

RED LIGHT THERPAY HAT

USER'S MANUAL



Content

Getting started	1
Product warranty	1
In the box	2
Setting up	2
Controller instructions	3
Using the red light therapy	4
What is Red&Near Infrared Light	5
The Benefits	6
The Charte	7
Contraindicationsa	8
Adverse reactions	8
Caring for your red light therapye	8
Contact us	9
Disclaimer	10

GETTING STARTED

Congratulations on purchasing your red light therapy hat, please read your manual fully before using this product.

You have in your hands the one and only red light hat. When it comes to targeted light therapy, is at the top of it's class. Patented, portable and clinical strength, this powerful red light therapy provides real results from home

The red light therapy are clinically proven to stimulate the body's natural process to heal, building new proteins and regenerating cells to temporarily relieve arthritic, muscular, and joint pain, reduce inflammation and stiffness, increase blood circulation, healing times, and even cause lipolysis in fat cells resulting in slimmer figures when used with a healthy diet and exercise. Red light and infrared therapy can treat skin issues, such as wrinkles, scars, and acne. It can also be used to treat a wide range of other conditions which include anti-aging, pain relief, cognitive enhancement, fat reduction, wound healing, reducing anxiety, increasing muscle mass, preventing muscle loss, and reducing depression among others.

PRODUCT WARRANTY

1. This warranty covers the defects resulting from defective parts, materials or manufacturing, if such defects are revealed during the period of 12 months since the date of purchase.
2. The warranty does not cover any free gifts that may have been included as a promotion or are broken due to natural wear and tear, or have been damaged from not following the instructions for recommended use.

IN THE BOX:

1.Red light therapy hat

2. Controller

Controller is provided to set the timer and heat for each treatment when used. This will assist you to not use the wrap for more than.

3. Power adapter

For standard use of the Wrap.

4.Eye protection glasses

Protect your eyes from the red light for a long time when using

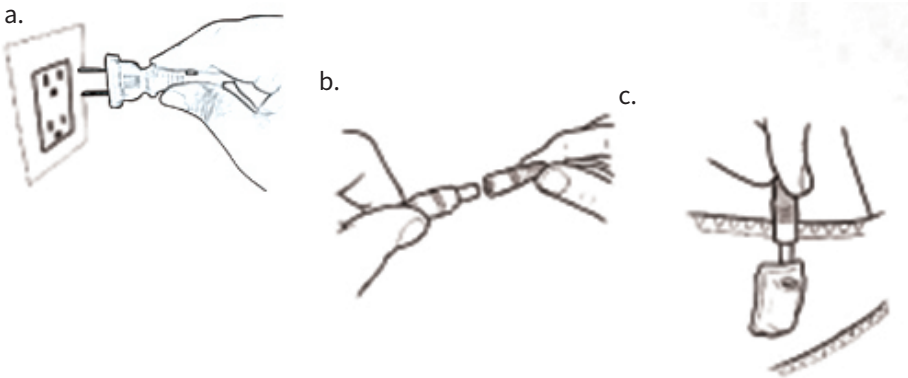
5.User manual

⚠ Accessories Under no circumstances should you use anything other Than accessories. Any others may not be compatible with your unit and could degrade the mini-mum safety levels.

SETTING UP YOUR RED LIGHT THERAP

1.Power adapter mode

Connect the AC adapter to the walll socket (Fig.a) and then con-nect the other end to the controller (Fig.b) which should then be directly connected to your wrap (Fig.c). If you wish to use the wrap without the controller vou may connect the adapter directly to the wrap.



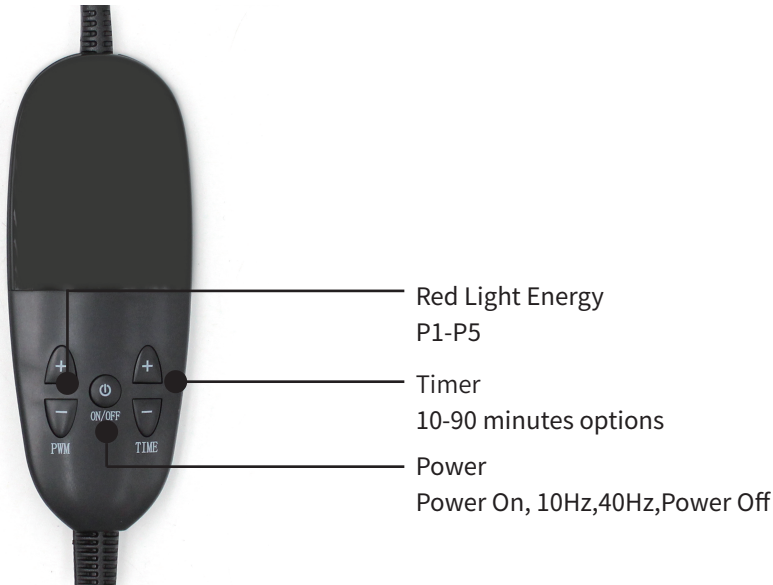
IMPORTANT Please ensure you only use the adapter sup-plied

2.Power bank mode

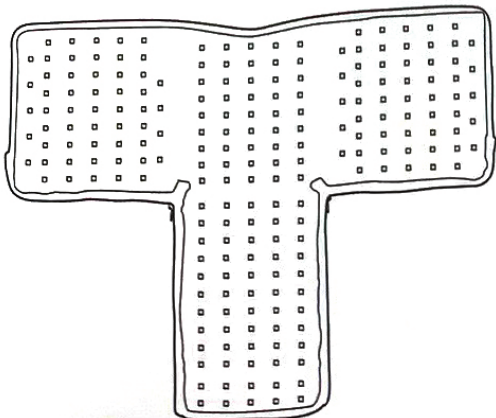
When using your unit with a battery pack cable into the red light Pad socket as shown above in (Fig.c). If using the controller, connect the battery cable into the (female end) of the controller cable as shown above in (Fig.b), and insert the male of the controller cable into the wrap as shown above in (Fig.c).

***Battery pack not included.**

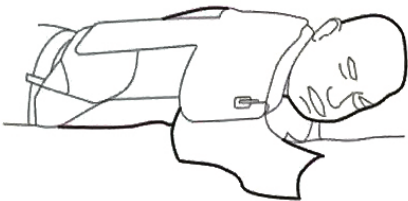
Controllerinstructions



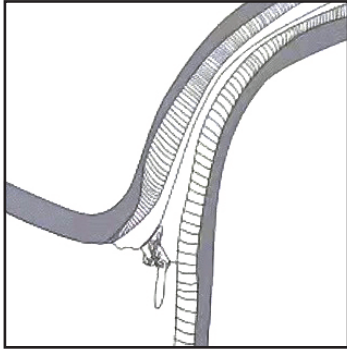
a.



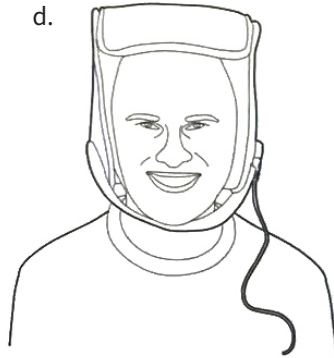
b.



c.



d.



Using the red light therapy

- If you unfold the red light therapy panel without tightening the zipper (Fig. a), you can wrap the red light therapy around your back or any part of the body you'd like (Fig a & b)
- Zip it up (Fig c), assemble the red light therapy Pad into a Hat, and wear it on the head (Fig d) to prevent hair loss, promote hair regeneration and improve skin condition
- For the best results, we recommend that you follow protocol, including light exercises to stimulate the lymphatic system after treatment.

IMPORTANT: Do not use the wrap longer than 20 minutes at a time, allow 10 mins for the wrap to cool down before doing another treatment.

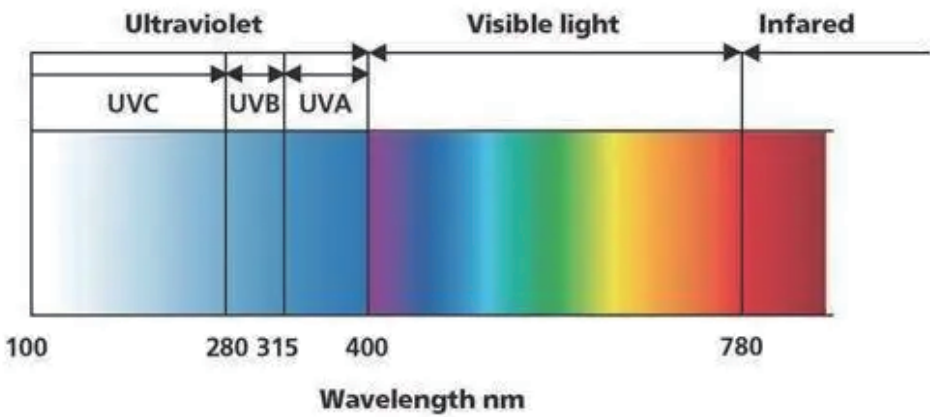
Session over

At the end of the session your red light therapy Wrap will stop automatically. However, to switch off your unit at any time during a session, press and hold the on/off button for two seconds. You should see the display turn off.

What is Red and Near Infrared Light Therapy?

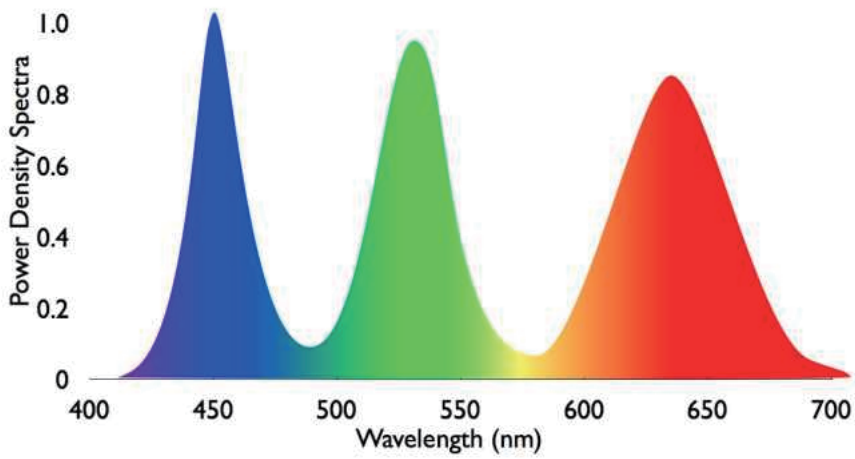
Red and near-infrared light are part of the electromagnetic spectrum, and more specifically, part of the spectrum of light emitted by the sun. These wavelengths of light are “bioactive” in humans.

Below is a chart outlining the electromagnetic spectrum:



If you remember high school physics, when you pass white light through a prism it separates out the different colors based on their wavelengths (ROYGBIV). Only a tiny part of this spectrum (roughly 400nm to 700nm) is actually visible to the human eye.

Nanosys QDEF Spectrum



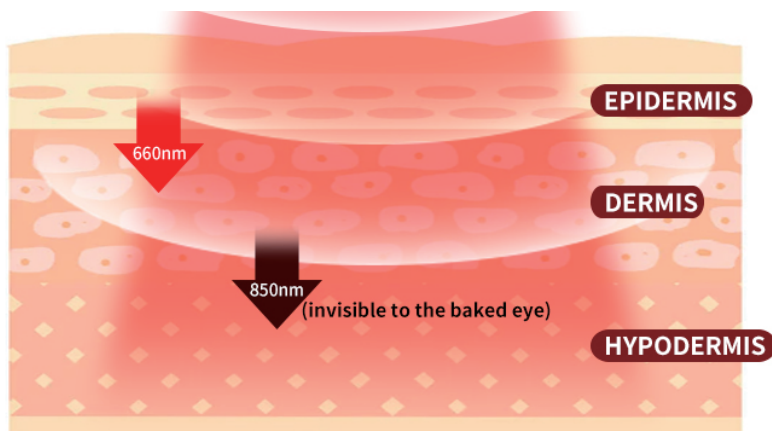
At the highest end of the visible light spectrum is red light, which goes from a little over 600nm to approximately 700nm. Above the visible light spectrum is near-infrared (NIR) from about 700nm to a little over 1,100nm. It is specifically these red and near-infrared wavelengths that have amazing effects on our bodies. Most research showing benefits of red light and near-infrared light have used wavelengths in the ranges of 620-680nm and 800-880nm.

There have now been literally thousands of studies done in both animals and humans. Overall, red and near infrared light has been repeatedly shown to have positive effects on cell function in animal and human studies and aid in improving a wide range of conditions. It's all about PENETRATION Most wavelengths of light (UV, blue, green, yellow, etc.) are unable to penetrate into the body - instead they stay in the layers of the skin. However as the picture below shows, red and near-infrared light are able to penetrate deeper into the human body and are able to reach the cells, tissues, blood, nerves, into the bones and even into the brain!

The Benefits Of Red and Near Infrared Light Therapy?

The benefits of red light: Red light between 600-700nm offers benefits for skin texture and tone, smoothing fine lines and wrinkles, promoting collagen production and generally rejuvenating the appearance of skin and hair.

The benefits of near-infrared light: Near-infrared light (NIR) 700nm - 1100nm. penetrates deeper into the tissues to assist with wound healing, muscle recovery, nerve injury and joint pain.



The chart

To get the most of your wrap please follow this treatment chart.

Treatment	Time	Weekly
Fat loss	20 mins	3-5X
Cellulite	20 mins	3-5X
Wound healing	10 mins	3X
Plantar warts	20 mins	1X
Muscle gain	20 mins	3-7X
Recovery	20 mins	3-7X
Herpes simplex	30 mins	3-7X
Chronic fatigue	30 mins	3-7X
Oral health	10 mins	2X
Fertility	10 mins	3-7X
Pain	20 mins	4-7X
Arthritis	20mins	3-7X
Carpal tunnel	20 mins	5-7X
Inflammation	20 mins	2-5X
	For 6 weeks	Retest

CONTRAINDICATIONS & ADVERSE REACTIONS

Contraindications

alternatives should not be used by pregnant women or individuals with active cancer. When the light empties the cell, the liver causes fatty acids and triglycerides to be voided from the body, a process in which the liver plays a critical role.

For this reason any individuals with compromised liver or kidney function should not undergo red light therapy for slimming purposes

Get your doctor's permission before using product if:

- You have any serious illness or injury not mentioned in this guide.
- You have recently undergone a surgical procedure.
- You want to use it on a young child.

Note: If you are in any other doubt about using product, please consult your doctor before use.







Adverse reactions

Skin irritations and burns have been reported with the use of red light therapy if used longer than the expected usage time. On very rare occasions, first-time users of red light therapy have reported feeling light-headed or faint. In this case start with a shorter treatment time and work your way up gradually. Please note that some reddening of the skin under the wrap is quite normal during and for a short time after a treatment session.

CARING FOR YOUR LIGHT THERAPY

- Your unit should not be allowed to get wet or be left in excessive sunlight.
- It may be cleaned regularly using a soft cloth, lightly dampened in soapy water, or alternatively you can carefully remove the LED treatment board from the wrap and wash the wrap.
- Do not use alcohol, spray aerosols or strong solvents on your unit.
- Access to the interior of the unit is not required for maintenance purposes.
- If your unit is damaged, you should not use it but should return it to for a replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorized by llc. Please contact us through the after-sales email if there is a problem with the product.

-  **Do not iron the wrap**
-  **Do not tumble dry the wrap**
-  **Do not use bleach**
-  **Do not dry clean the wrap**

Need personal attention? While we don't offer medical advice, we do our best to clarify your questions and offer you the best advice possible on how to make the most of our treatments.

Contact us at:

This product has not been evaluated by the food and drug administration. this product is not intended to diagnose, treat, cure, or prevent any disease. please consult a licensed physician with any questions or concerns you might have regarding use of this product and any condition you may have. This product is based on the pioneering cold light research of NASA and leading clinicians. llc do not use surgery, lasers, freezing, ultrasound cavitation, microwaves, or RF. This product is not FDA federal laser product performance standard.You agree that neither llc, nor its officers, directors, employees, agents, information providers or suppliers shall have any liability to you under any theory of liability or indemnity in connectionwith your use of this product.You hereby release and forever waive any and all claims you may have against llc, its officers, directors, employees,agents, information providers or suppliers (including but not limited to claims based upon the negligence of llc, its officers, directors, employees,agents, information providers or suppliers) for losses or damages you sustain in connection with your use of this llc product.

