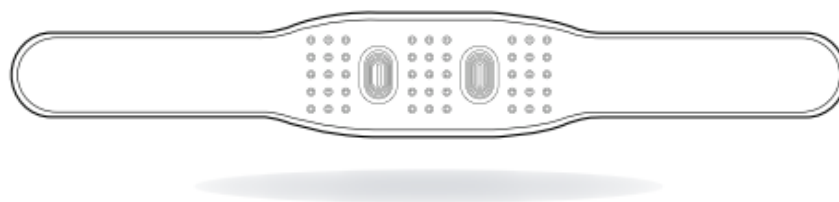


Comfytemp



**READ THIS MANUAL COMPLETELY AND
CAREFULLY BEFORE USING THIS PRODUCT**

Keep this manual in a safe location for future reference

■ Model: K4052

V1.0

EN

1. About This Manual

This manual applies to the Portable Red Light Belt Pro.

This manual includes instructions for using and managing the product. The pictures, charts, images, and all other information provided are for description and explanation purposes only. The information contained in this manual is subject to change without notice due to firmware updates or other reasons. Please refer to the company website for the latest version.

Thank you for choosing Comfytemp.

2. Product Functions

When it comes to discovering the potential benefits of red light therapy, you can actually thank space travel. In October 1995, the second U.S. Microgravity Laboratory mission (STS-73, Columbia) first used red light sources for plant growth experiments in space. During this experiment, astronauts noticed that small scratches on their hands healed faster than expected. This phenomenon caught NASA's attention, leading to extensive research on the applications of red light in treatment. These studies found that exposing the skin to low levels of red or near-infrared light could provide therapeutic benefits. These wavelengths of light can penetrate the skin and be absorbed by cells, leading to:

- **Increasing Cellular Energy:** Red and near-infrared light stimulate the mitochondria within cells to produce more ATP (adenosine triphosphate), thereby raising the energy levels of the cells and making them more active.
- **Improving Blood Circulation:** Red light therapy can enhance local blood circulation and increase blood flow in the treated area. Enhanced blood circulation can deliver more oxygen and nutrients to tissues while accelerating the removal of metabolic waste, aiding in tissue repair and regeneration.
- **Reducing Inflammation:** Red and infrared light can reduce inflammatory responses through various mechanisms. It can lower the levels of pro-inflammatory cytokines and increase the production of anti-inflammatory cytokines, helping to alleviate inflammation and swelling. This is particularly beneficial for treating inflammatory conditions such as arthritis and muscle injuries.
- **Enhancing Collagen Production:** Red and infrared light can stimulate the production of collagen, improving skin elasticity and enhancing skin texture.

Applicable symptoms include, but are not limited to:

- **Pain Relief:** Alleviating chronic pain, including arthritis, joint pain, and muscle soreness.
- **Wound Healing:** Accelerating the healing of wounds, cuts, and burns.

To achieve the best results, we recommend:

- **Wearing Method:** Wear the red light therapy belt on the area needing treatment, ensuring the light source is in direct contact with the skin. Note that wearing clothes of different colors or thicknesses may cause some light to be wasted, reducing the effect. Effectiveness order: no obstruction > thin, transparent white clothing > thin, transparent clothing of other colors.
- **Usage Duration:** Each session should last about 20 minutes. Adjust the settings according to personal needs and comfort. Beginners should start with the lowest setting and gradually increase.
- **Frequency:** Use on the same area 20 minutes a day. Continuous use over a period of time is required to achieve the best results. Avoid overuse.

The expected effects may vary with different durations of continuous use:

- **Short-term Effects:** After the initial use, you may feel localized warmth and comfort, which is normal.
- **Mid-term Effects:** After 1-2 weeks of continuous use, you may find that pain and discomfort have lessened, and muscle fatigue recovers more quickly.
- **Long-term Effects:** After 4-6 weeks of continuous use, you may notice improved skin quality, faster wound healing, and significant relief from chronic pain.

3. APP Operating Instructions

(1) Scan the QR code to download the App or APK file. or search for "Comfytemp" in the app store to download it.

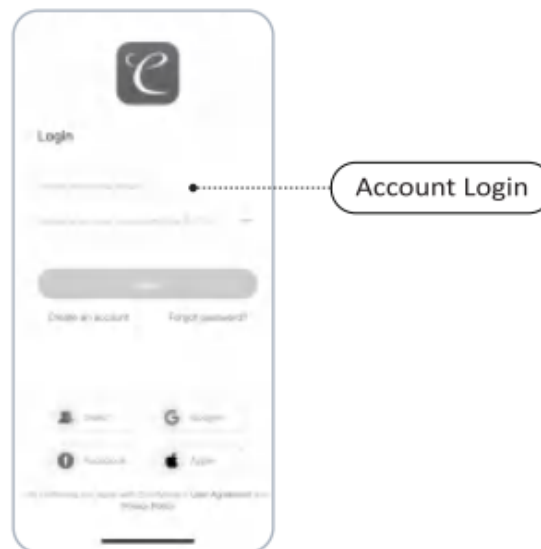


ios

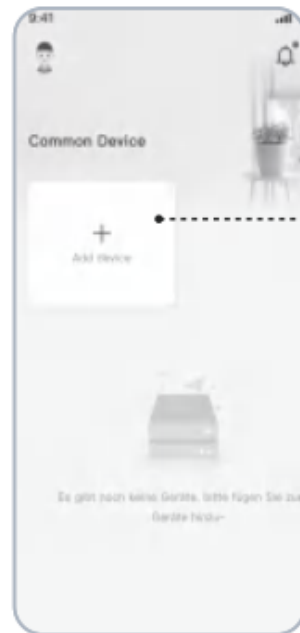


android

(2) "Create an account" or "Enter as a guest"

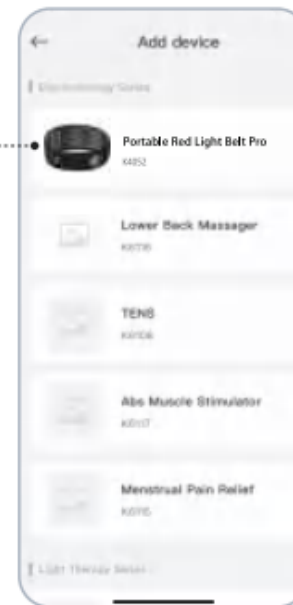


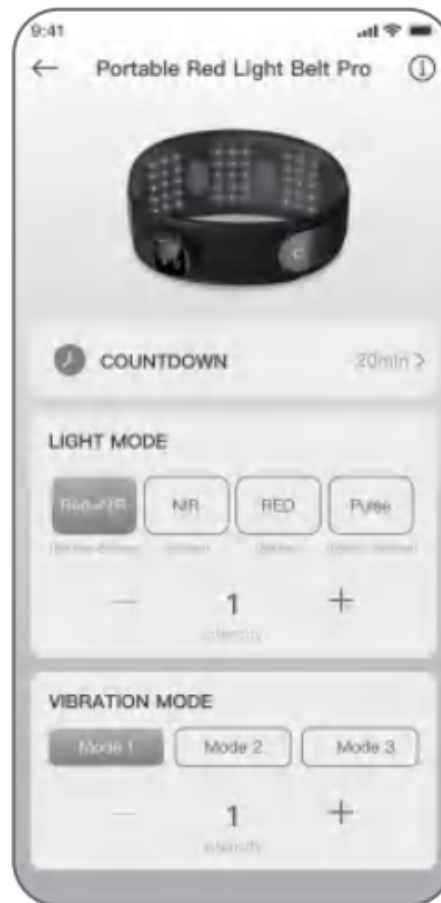
(3) Pair the device



Click the "+" icon to add a device

Alternatively, manually
add a device to pair.





Note:

The Wireless function will only activate once the product is powered on.

Once the product is turned off, the Wireless function will also shut down, and you will be unable to search for "Comfytemp K4052".

4. Specifications

Product Name	Portable Red Light Belt Pro
Bluetooth Name	Comfytemp K4052
LED	45 LEDs (Visible 660nm +Invisible 850nm Light)
Rated Capacity	7.2V, 2500mAh (equivalent to 3.7V, 5000mAh)
Control	Button & APP
Red Light Therapy	Modes: Red + NIR /NIR/Red /Pulse Intensity: 0-9 levels
Vibration	Modes: Waveform /Intermittent/ Continuous Vibration Intensity: 0-3 levels
Auto-Off Timer	Button: 20 minutes APP: 5/10/15/20/25/30 minutes
Charger	5V---2A
Package Includes	Portable Red Light Belt Pro*1 Charging Cable *1 User Manual*1

5. Product Diagram



| 6. How To Use Your Product

6.1 Operating Instructions

(1) Power On:

Press the  button briefly to turn on the device. By default, both red light therapy and vibration massage are activated:

- Red light therapy starts in Red & NIR mode at level 1.
- Vibration massage starts in waveform mode at level 1.

(2) Selecting Red Light Therapy Mode and Intensity:

Long press the  button to switch red light therapy modes, indicated by different LED colors.

Short press the  button to cycle through intensity levels: 1→9→0 (0 turns off red light therapy).

(3) Selecting Vibration Massage Mode and Intensity:

Long press the  button to switch vibration modes, indicated by different LED colors.

Short press the  button to cycle through intensity levels: 1→3→0 (0 turns off vibration).

(4) Timer Setting:

The default timer set via the device buttons is 20 minutes. With the app, you can customize duration from 5 to 30 minutes.

(5) App Control:

In addition to device button control, you can also use the Comfytemp app to select modes, intensity levels, and treatment duration for both red light therapy and vibration massage for a more intuitive experience.

Note:

- a. If the Battery Indicator Light flashes red, it indicates that the battery is low. Please charge the device before using it again.
- b. This product does not support use while charging.
- c. You can switch between using the APP and the buttons at any time.

6.2 Red Light Therapy Function

(1) Mode: Different modes have different therapy effects. Choose the appropriate mode based on your needs.

a. Red+NIR (660nm+850nm)

This mode focuses on pain relief by reducing inflammation, stimulating cell repair, promoting blood circulation, and inhibiting the transmission of pain signals, among other mechanisms.

b. NIR (850nm)

This mode focuses on reducing inflammation by decreasing the activity of inflammatory cells and the release of inflammatory mediators. It also aids in cell repair and regeneration, enhances blood circulation, and helps remove waste products. This overall process aims to reduce inflammation and alleviate associated pain.

c. Red (660nm)

This mode is designed to promote energy production in cells, thereby enhancing cell vitality, metabolism, and repair. It also supports blood circulation, accelerates wound healing, and encourages the formation of new blood vessels. Additionally, it aids in collagen synthesis, strengthening skin elasticity, and reducing inflammation, pain, swelling, and the risk of infection, facilitating wound healing.

d. Pulse (Pulse 660nm+850nm)

This mode targets the mitochondria within cells, stimulating the production of adenosine triphosphate (ATP), which helps speed up the body's recovery process and enhances energy levels.

(2) Intensity: Featuring 1-9 levels, according to your needs choose different levels.

Note:

When you use level 7/8/9, the product's temperature will increase. If red marks appear on your skin, don't worry, this is a normal phenomenon. The red marks will disappear on their own quickly.

6.3 Vibration Function

(1) Mode: Different modes have different therapy effects. Choose the appropriate mode based on your needs.

a. Waveform Vibration (M1):

Waveform vibration offers a gradual, wave-like intensity that increases and decreases over time. This mode is designed to gently stimulate muscles, enhance circulation, and promote relaxation, making it suitable for users seeking a soothing massage experience.

b. Intermittent Vibration (M2):

Intermittent vibration alternates between periods of vibration and rest, mimicking the effects of manual massage. This mode is effective for releasing muscle tension, improving flexibility, and providing targeted deep tissue stimulation, ideal for users needing deeper muscle relaxation.

c. Continuous Vibration (M3):

Continuous vibration delivers a steady and consistent frequency, providing intense and sustained muscle stimulation. This mode is particularly useful for quickly relieving pain and offering a powerful relaxation experience, best suited for users seeking a robust massage effect.

(2) Intensity: Featuring 1-3 levels, according to your needs choose different levels.

Note:

High-frequency vibrations can cause slight friction on the skin surface and stimulate nerve endings, leading to itchiness. This is a common reaction and will disappear after a while without causing any harm to the body.

6.4 Indicator Light

State			Indicator Light		Display	
			Vibration	Red Light Therapy	Vibration	Red Light Therapy
Red Light Therapy	Long Press	Red+NIR	/	White	/	/
		NIR		Green		
		Red		Blue		
		Pulse		Red		
	Short Press	level 1	/	/	/	1
		level 2				2
		level 3				3
		level 4				4
		level 5				5
		level 6				6
		level 7				7
		level 8				8
		level 9				9
		level 0				0
Power	Short Press	Power on	White	White	1	1
		Power off	Blank	Blank	Blank	Blank
Vibration	Long Press	M1	White	/	/	/
		M2	Green			
		M3	Blue			
	Short Press	level 1	/	/	1	/
		level 2			2	
		level 3			3	
		level 0			0	

Note:

1. When powered on, the device will automatically enable both the Red Light Therapy and Vibration functions.
2. For both Red Light Therapy and Vibration, long press to switch modes, and short press to change levels.
3. Level 0 indicates that the function is paused.
4. "/" represents "maintain the current state".
5. When the connection is successful, the Wireless indicator light will turn blue.
6. When the battery indicator light flashes red, you will hear a sound 3 times, indicating the battery is low. Please charge it before using it again.
7. During charging, the battery indicator light will flash white. When fully charged, the battery indicator light will remain solid white.
8. Each time the mode or level is adjusted, there will be a short beep sound as feedback. There will be a long beep sound as feedback when the device is turned on or off.

• Tips

Before using the product, please conduct a photosensitivity skin test.

Step 1: Place the device on your arm, switch it on, and expose it for 5-15 minutes. If your skin turns red or experiences severe itching, it indicates that you may have photosensitive skin. We recommend that you discontinue use or consult a dermatologist before using it again.

Step 2: Before use, clean the relevant areas (without makeup) to prevent interference with skincare effects due to possible photosensitive ingredients in cosmetics.

Step 3: Following use, your skin may experience slight redness or itching, which is a normal reaction and should return to normal within 1-2 hours. If there is immediate vascular pain or if such symptoms occur the next day, discontinue use or avoid exposing obvious vascular areas. If you feel burning or any other discomfort during the process, stop using it immediately.

Note: Please conduct the test under light exposure or normal lighting conditions to avoid experiencing palpitations or light-headedness. If you feel nauseous or dizzy after exposure, it indicates a special sensitivity to the light, so please discontinue its use.

| 7. Product Maintenance & Cleaning Guide

Maintenance & Care

(1) Moisture & Contamination Prevention

- After use, place the product in a safe, dry location to avoid moisture and contamination.
- Do not place heavy objects on the product to prevent damage.

(2) Fault Handling

- If the product malfunctions, contact after-sales service immediately.
- Do not attempt to disassemble or repair it yourself.

(3) Storage Environment

- Store the product in a well-ventilated area, avoiding direct sunlight and exposure to corrosive gases or liquids.
- If not in use for an extended period, clean the product and store it in a dust-proof bag.

(4) Child Safety

- Keep the product out of reach of children.

Cleaning Instructions

(1) Surface stains can be wiped off with a clean, soft cloth.

(2) For stubborn dirt, gently wipe with a slightly damp cloth and a mild detergent.

Note:

- Avoid allowing water to enter the product during cleaning.
- After cleaning, let the product air dry naturally and avoid placing it in humid environments.
- Do not store the product in high-humidity areas after use.
- If not in use for an extended period, clean the product and store it in a dust-proof bag to avoid dust accumulation.

| 8. Troubleshooting

Here are some common questions about this product and its solutions. If you can't find the solutions to your question here, please contact the after-sales service: help@Comfytemp.com.

Q1: When using the NIR mode, I found that the lights are not on.

A1: In the NIR mode, the lights emit 850nm near-infrared light, which is invisible to the naked eyes. Therefore, it's not that the lights are not on; it's just that our eyes cannot perceive this wavelength.

Solution: By checking the indicator light in the battery case, we can observe that it is still on, indicating that the device is still active. Additionally, after using this mode for a while, one can feel the heat generated by the device.

Q2: I only feel warmth at first and no other obvious effects—why is that?

A2: Red light therapy works through two mechanisms:

- Photobiomodulation:** Stimulates cell mitochondria to improve metabolism, enhance cell activity, and boost collagen production. These effects take time to show.

- Thermal effect:** The warmth you feel is an immediate effect and penetrates deeper than traditional heating pads.

Solution: Based on scientific research, consistent daily use for 20 minutes can produce visible results in as little as 3 weeks.

Q3: The Pulse mode and the Red+NIR mode seem to have no noticeable difference, and it doesn't feel like a pulsing light.

A3: "Pulse" refers to light emitted intermittently rather than continuously.

Our Pulse mode uses a combination of continuous red light and pulsed infrared light. However, since infrared light is invisible to the naked eyes, the Pulse mode and Red+NIR mode may appear the same to the user.

Scientific Support: Research indicates that continuous red light is more effective for treating the surface layers of the skin, while pulsed infrared light has a more significant impact on deeper tissues. This combination optimizes the therapeutic effects on both surface and deep tissues.

Q4: After using for a period of time, the device shuts down.

A4: This product has a default timer setting; in the absence of selecting a timer via the app, the product will shut down after 20 minutes.

Solution: You can restart the device for further use. However, we do not recommend using it multiple times on the same body part. According to scientific evidence, longer usage does not necessarily yield better results; scientific evidence indicates diminishing returns. It's sufficient to use it for 20 minutes. Prolonged use increases the likelihood of cellular dehydration.

| 9. Warnings & Contraindications

Absolute Contraindications for Red Light Therapy

- Red light therapy should not be used on burns that occurred within the last 24-48 hours unless it has been cleared by the doctor providing treatment for the burn, as red light therapy may add heat to the overheated tissues, causing further thermal damage.
- Malignant Cancers, especially carcinomas. Theoretically, red light therapy can speed the growth or spread of cancerous cells by encouraging cell proliferation, it should not be used.
- Hyperthyroidism (Neck and Upper Chest Only). When red light therapy is used over the neck and upper chest, it is likely that light will reach the thyroid. Increased stimulation of the thyroid may cause a worsening of symptoms caused by an already overactive thyroid. Those with hyperthyroidism should not use red light that may reach the thyroid without the permission of their endocrinologist.
- Epilepsy. People with epilepsy may be susceptible to flicker in red light panels and could experience a seizure if the flicker is severe or if they are particularly sensitive.
- Pregnancy (Abdomen Only). Development during pregnancy involves a delicate balance of many complicated biological processes. Anything that could potentially affect this process should be approached with great care. For this reason, red light therapy during pregnancy should generally be avoided if it could reach the developing fetus.
- Eye Disease (Eye Only). While the effect of red light therapy on healthy eyes is still being debated, it should never be used on those who have an eye disease

unless they are explicitly given permission to do so by their ophthalmologist. The unknown effects of red light therapy on the eyes, combined with underlying eye disease, may result in damage to eyes.

- **Light Sensitivity.** There are very rare conditions in which someone may have a sensitivity to light. Conditions like solar urticaria can cause allergic reactions when the skin is exposed to sunlight or intense light within a particular wavelength, regardless of the source. Those who have previously experienced sensitivity to light or have any kind of reaction when using red light therapy should not use this form of treatment until they have been cleared to do so by their doctor.

Relative Contraindications for Red Light Therapy

- **Fever or Infection.** During fever and infection the body temperature is elevated. There is a risk that the increased heat created by red light therapy may contribute to temperature elevation throughout the body. However, this risk is relatively benign, as it is unlikely that the heat created by red light therapy will significantly raise body temperature during a fever.

Someone who has a severely elevated body temperature should discuss the risks and benefits of red light therapy before using it.

- **Systemic Lupus Erythematosus (SLE).** Systemic lupus Erythematosus (SLE) is an autoimmune condition in which the body's immune system attacks connective tissue through the body. People with SLE may be more susceptible to damage from light, with a skin rash caused by sunlight being common with this condition.

- **Severe Bleeding or Blood Loss.** Red light therapy should not be used when serious bleeding is occurring unless it has been cleared by a doctor who is helping

to treat the bleeding or blood loss.

- Use of Photosensitizing Medications. Many medications may increase sensitivity to light. This could cause red light therapy to irritate the skin or lead to a rash when using red light therapy. While it is unlikely that red light therapy will meaningfully affect those using photosensitizing medications, it is best to check if medicines you are taking can increase your sensitivity to light and to consult with a doctor before using red light therapy if you are using one of these medicines.

Additional Considerations for Red Light Therapy

- Tattoos - Tattoos, especially ones that use red ink, may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform.
- Dark skin pigmentation - The effect of skin pigmentation on red light therapy is still being studied. Those with darker skin tones may find that their skin absorbs more light, making it warmer than those with lighter skin tones would experience. A smaller amount of red light may actually reach deeper tissues, however this effect is not likely to be large.
- Dark hair - Darker colors of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.
- Melasma / Hyperpigmentation - Our own product study showed improvement from red and NIR light on hyperpigmentation, particularly when paired with a high antioxidant serum. However, in rare instances users can experience the opposite effect. We suggest starting slowly and using red light only if this is a concern.

| 10. Pay Attention

(1) Pre-Use Precautions

- Check Product Condition

Ensure the product is intact before use. If any damage is found (regardless of severity), discontinue use immediately.

- No Self-Repairs

Do not disassemble, modify, or attempt to repair the product yourself.

- Water Exposure Warning

Avoid use near sinks, showers, washbasins, or other high-humidity areas.

(2) Usage Environment Restrictions

- Keep Away from Heat Sources

Do not use near stoves, electric blankets, heaters, or other heating appliances.

- Avoid Humid Conditions

Do not operate in damp environments (e.g., bathrooms, saunas).

- Reiterated Water Warning

Keep away from splash-prone zones (bathtubs, showers, etc.).

| FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

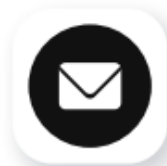
- (1)** This device may not cause harmful interference, and.
- (2)** This device must accept any interference received, including interference that may cause undesired operation.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

| Warranty



24 Hrs Quick Customer Support



30 Days Free Return



365 Days Warranty

If you have questions or concerns, don't hesitate to contact us directly at:

US Customer Services Hotline



1(833)990-0618

Monday to Friday, 9 AM to 5 PM EST

Email: help@comfytemp.com



www.comfytemp.com



Product Name: Portable Red Light Belt Pro

Model: K4052



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RoHS



MADE IN CHINA