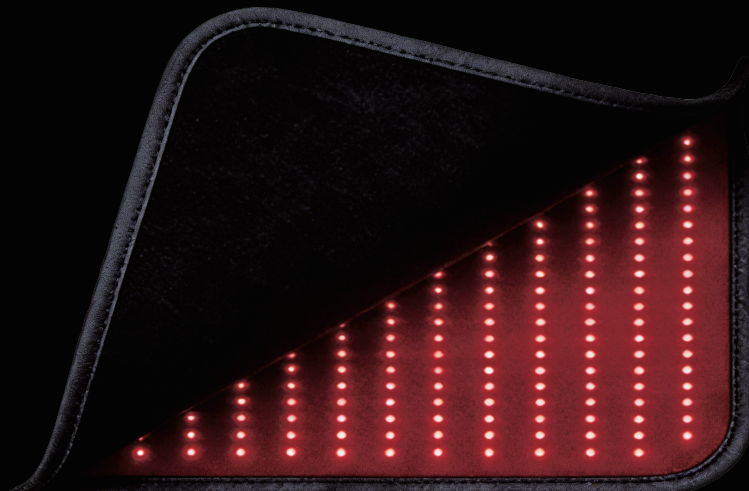


User Manual

**Smart Wireless Full Body
Red Light Therapy Mat**



Dear customer,

Thank you for your purchase! We appreciate your trust in our upgraded Smart Wireless red light therapy mat. We are sure this will be one of the best investments in your health and well-being.

Red light therapy is a scientifically validated wellness technology that has been extensively researched and supported by numerous clinical studies. The 660nm (red light) and 850nm (near-infrared light) wavelengths used in this device are among the most clinically proven for their effectiveness in enhancing cellular function, promoting circulation and reducing inflammation.

To experience the full benefits of red-light therapy, we recommend using it for 20-30 minutes per session. (For optimal results, use the device in direct contact with your skin to maximize light absorption and therapeutic benefits.) With consistent use for 3 weeks, you will start noticing significant improvements in pain relief, circulation, and muscle recovery.



Important Notice

1. This is a red light therapy pad, not a heating pad. It works by emitting clinically proven red and near-infrared light.
2. As this product is quite large, it may complicate the return or after-sales process. Therefore, we request buyers to contact us directly for any product issues so we can prioritize and handle them efficiently. We will give you a satisfactory answer.

Please take the time to read this manual carefully to maximize the effectiveness of your red-light therapy and enjoy its benefits safely.

I. Benefits of Red-Light Therapy

There are over 3000 scientific studies and peer clinical trials that have been conducted on the benefits and effectiveness of red and near infrared light therapy. The studies have shown that light therapy can have significant health benefits, including but not limited to:

- Increased energy
- Enhanced fat loss
- Enhanced muscle recovery
- Decreased inflammation and joint pain
- Improved health and appearance of our skin
- Increased collagen production
- Improved mood and cognitive function
- Faster wound healing
- Improved hormonal health
- Improved quality of sleep

The benefits are so wide-ranging due to the mechanism of action: increased cellular energy production.

II. What's Included

- Full Body Red Light Therapy Mat *1
- Power Cords *1
- Remote Control *1
- AAA Battery * 4
- Eye Mask * 1
- Storage bag * 1
- User Manual * 1

III. How to Use

Using your new Full Body Red Light Therapy Mat is simple and easy to use, and all it takes is up to thirty minutes per day. Red and near infrared light therapy can be used anywhere on the body.

1. Connect the Two Mats

Connect the plugs of the upper and lower mats, and fasten the buckles between the two mats.

2. Connect the Power Cord

Take the power cord out of the bag, connect the product to the power cord, and plug it into a power outlet.

3. Turn on the Remote Control

Insert the batteries into the remote control. The remote will automatically power on and begin searching for a Bluetooth connection.

4. Adjust Treatment Modes

Use the remote control to adjust the corresponding treatment modes. Adjustable settings include: Frequency, Intensity, Treatment Area, Mat Selection, and Time.

5. Start Treatment

Fasten the remaining buckles, put on the eye mask, find a comfortable position to lie down, and enjoy your treatment. The mat will automatically shut off once the countdown ends.

Duration of Each Use

- Recommended to limit each use to 20-30 minutes; the total length of time does not exceed 60 minutes.

Frequency of Use

- Daily Use: If your body condition allows and you do not experience any discomfort, you can use it once a day. However, be sure to follow the recommended duration each time.
- Weekly Use: Some products recommend using it 3-5 times a week, with a gap of one day between uses, to allow your body time to recover and adapt.
- Evening Use: If the goal is to improve sleep, it is suggested to use the pad 1-2 hours before bedtime. This can help relax the body and adjust the biological clock.
- Daytime Use: If it is used for other health purposes, such as promoting blood circulation or relieving muscle pain, it can be used during the day. However, attention should be paid to the duration and frequency of use.

IV. Remote Control Button Instructions

Icon/Text	Meaning
	Red Light Frequency: 3 modes available (Continuous, 10Hz, and 40Hz).
	Red Light Intensity: 5 levels available (P1 to P5).
	Power Button: Long press to power on/off; short press to Pause/Start.
	Increase Duration: Adjusts in 10-minute increments; maximum session is 90 minutes.
	Decrease Duration: Adjusts in 10-minute increments; minimum session is 10 minutes.
	Body Zone Selection: Choose between Full Body, Upper Body, or Lower Body modes.
	Mat Control: Choose between All Mats, Upper Mat only, or Lower Mat only.
	Continuous Wave: Steady red light frequency.

10Hz、40Hz	Pulsed Frequency: 10Hz and 40Hz red light frequency modes.
P1、P2、P3、P4、P5	Power Intensity: 5 levels of output intensity.
	Full Body Mode: Provides coverage for the entire body.
	Upper Body Mode: Targets the top half of the body.
	Lower Body Mode: Targets the bottom half of the body.
	All Mats Mode: Activates both mats simultaneously.
	Lower Mat Mode: Activates only the bottom mat.
	Upper Mat Mode: Activates only the top mat.

V. Safety Instructions and Warnings

Precautions

When using a red light full-body therapy mat, you should adjust according to your personal physical reactions and the product instructions.

- If you experience any discomfort during use, such as redness, heat, or pain on the skin, you should stop using it immediately and consult a professional.
- Pregnant women and people with special medical conditions should consult a healthcare provider before using it.

To preserve the life and functionality of the red light therapy mat, should be stored in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions. Do NOT do any of the following with the red light therapy mat:

- DO NOT let children use the red light therapy mat without adult supervision.
- DO NOT use this device on Infants.
- DO NOT let sleeping, disabled, or unconscious persons use the device.
- DO NOT exceed 90 minutes of use in one therapy session.
- DO NOT use on open, fresh wounds.
- DO NOT use with remedies, creams, or ointments that contain febrile ingredients. Failure to do so may result in skin burns.
- DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the user.

VI. Technical Specification

Specification	Detail
Lamp Power	Min 72.5 W, Max 192 W
Irradiance	89-123mW/cm ²
Wavelength	660nm&850nm
Input Voltage	Input Voltage
Input Voltage	100V-240V
Dimensions	78.4 in (199 cm) x 34 in (86.3 cm)
Material	Neoprene Fabric + Leathers
Operation Modes	40Hz Pulse Mode, 10Hz Pulse Mode and Regular Mode

VII. Troubleshooting

- Device not turning on: Ensure it is plugged in properly and the outlet is working.
- Power issues: Check the connection between power adapter and function controller.
- Remote control does not light up: Please long-press the power button for at least 2 seconds to see if it turns on. If there is no response, please replace the batteries and try again.

For further assistance, contact our customer service.

VIII. Frequently Asked Questions

Q1:

Can children use the full body red light therapy mat?

A:

Yes, but do not use a full body red light therapy pad on an infant. If the child is older than 12 years, they can receive half the treatment time mentioned above. If the child is younger than 12 years of age, the treatment time should be one quarter of the time recommended for adults.

Q2:

Although I have read the instructions, I still have some questions. What is the best way for me to get these answers?

A:

You can get in touch with us by contacting our email address: solutionshub@163.com. We will provide you with excellent after-sales service and answer your questions as best we can.

Q3:

Can I wear clothing during my treatment sessions?

A:

Of course you can, but make sure that the treatment area is fully exposed so that the effects of red light therapy can be maximized.

Q4:

When can I expect results?

A:

Results vary depending on an individual's fitness level and goals. Many will experience benefits such as increased muscle recovery, pain relief and wound healing relatively quickly. However, consistent use for 8-12 weeks may be required for more systemic benefits such as enhanced skin health, increased energy, improved hormonal health, and improved sleep quality. Daily use of the Whole-Body Red Light Therapy Mat Device maximizes response and healing. Consistent use of red light therapy is very important.

IX. Warranty Services

Thanks for choosing our products. Your satisfaction will be our greatest.

1. Basic Terms

1. The warranty period for this product is 1 year (the warranty applies from the date of purchase).
2. If you need to extend the guarantee period (2 years), please contact us by email, send your Purchase Order Screenshot, we will register and apply for you.
3. If you have any problems, please contact us and the problems you are experiencing, we will respond within 24 hours.

2. Non-warranty Regulations

- A. Exceeded the warranty expiration date;
- B. Damage due to improper removal of the product;
- C. Product immersion water or other impact, incorrect use of non-product accessories;

3. Customer Support

Email address: solutionshub@163.com

FCC Warning:

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.

