

## Product Spec

<b>Model No.:</b>	Hooga Red Light Pod	Hooga Red Light Pod XL
<b>Power Consumption:</b>	230W	320W
<b>Input Voltage:</b>	24V/10A	24V/13.5A
<b>Wavelength:</b>	660nm Red,850NIR, 1:2 Ratio	660nm Red,850NIR, 1:2 Ratio
<b>LED Quantity:</b>	1800 Triple Chip LEDS	2680 Triple Chip LEDS
<b>Dimensions:</b>	63"24"8 Inch(160x60x20cm)	71"32"12 Inch(180x80x30cm)
<b>EMF:</b>	0 ut at 0 Inch	0 ut at 0 Inch
<b>N.W:</b>	12.8 lbs(5.82kg)	18.12 lbs(8.24kg)
<b>Best For:</b>	Full Body Therapy	Full Body Therapy
<b>Irradiance:</b>	85mW/cm2	140mW/cm2

## Hooga Red Light Therapy Pod User Manual

Thank you for choosing the Hooga Red Light Therapy Pod! This manual provides instructions for safe and effective use of your pod, available in both Regular and XL sizes.

### Models:

**Regular:** 63" x 24" (160cm x 61cm) with 1800 Triple Chip LEDs

**XL:** 71" x 32" (180cm x 81cm) with 2680 Triple Chip LEDs

## Benefits of Red and Near Infrared Light

The Hooga Red Light Pod utilizes a combination of red and near-infrared light wavelengths to deliver a range of potential health benefits. Let's delve deeper into how each wavelength can contribute to your well-being:

### Red Light (660nm):

● **Enhanced Skin Health:** Red light therapy has been shown to stimulate the production of fibroblasts, the cells responsible for collagen and elastin synthesis. This can lead to firmer, more youthful-looking skin with reduced wrinkles and fine lines. Red light may also improve acne by reducing inflammation and sebum production in the sebaceous glands.

● **Reduced Inflammation:** Red light therapy can help modulate the body's inflammatory response. This can be beneficial for various conditions like arthritis, tendonitis, and even chronic pain. By reducing inflammation, red light may also aid in faster wound healing and tissue repair.

● **Improved Cellular Function:** Red light exposure can increase the production of ATP (adenosine triphosphate), the primary source of energy for cells. This can enhance cellular function and promote overall tissue health.

### Near Infrared Light (850nm):

● **Deeper Tissue Penetration:** Near-infrared light has a longer wavelength compared to red light, allowing it to penetrate deeper into tissues like muscles and bones. This deeper penetration makes it potentially beneficial for:

○ **Muscle Recovery:** Near-infrared light may help reduce muscle soreness and fatigue after exercise by improving blood flow and promoting mitochondrial function in muscle cells. This can lead to faster recovery times and improved athletic performance.

○ **Pain Management:** Similar to its effect on inflammation, near-infrared light therapy can help manage chronic pain by reducing pain signals transmitted to the nervous system. It may also promote tissue repair in areas of chronic pain.

○ **Improved Circulation:** Near-infrared light can increase blood flow by dilating blood vessels. This improved circulation can benefit various conditions by delivering more oxygen and nutrients to tissues and promoting the removal of waste products.

### Combined Benefits:

By combining red and near-infrared light, the Hooga Red Light Pod offers a comprehensive approach to promoting well-being. You may experience a range of benefits, including:

- Reduced appearance of wrinkles and fine lines
- Improved skin tone and texture
- Faster wound healing
- Reduced muscle soreness and fatigue
- Enhanced athletic performance
- Alleviation of chronic pain
- Improved circulation
- Overall promotion of cellular health and tissue repair

# USER MANUAL

## Hooga Red Light Pod



**Operating Instructions:**

1. **Placement:** Unfold or unroll the pod on a comfortable, flat surface. **Do not use it on a soft flexible surface with a lot of give (like a bed or couch) as it can cause bending and stretching of the wires inside.**

2. **Power On:** Locate the controller and turn on the power using the power button.

3. **Session Settings:**

a. Choose the duration of your session by adjusting the timer. We recommend between 10 and 20 minutes.

b. Choose your brightness (P1-P5): We recommend full brightness (P5). You may want lower brightness if you want to spend longer amounts of time inside the pod for some reason. P1 represents 20% brightness while P5 represents 100% brightness.

c. You may also choose between continuous light (default) or pulsed light by pressing the power button twice. The pulse rate is 10 Hz (10 flashes per second). Pulsed light flashes the light rapidly, giving your cells a break in between the light flashes.

4. **Relax and Enjoy:** Lie down inside of the pod and relax during your session. The pod will automatically turn off when the timer is complete.

**What to Wear:**

For optimal results, wear minimal clothing or be fully nude to maximize skin exposure to the light. The light does not penetrate clothing well. Eye protection is recommended if treating your head/face area. Red light is good for eye health in certain doses, but near infrared may be a bit intense for eye health. Avoid looking directly at the LEDs.

**Frequently Asked Questions (FAQ):**

**What is Red Light Therapy?**

Red light therapy (RLT) is a treatment that uses low-level red and near-infrared light wavelengths to stimulate cellular activity. It works by increasing the production of ATP (adenosine triphosphate), the energy source for cells. This can lead to a cascade of benefits, including improved tissue repair, reduced inflammation, and enhanced collagen production.

**How Does Red Light Therapy Work?**

The red and near-infrared light emitted by the Hooga Pod is absorbed by cells in the skin and underlying tissues. This light energy is then converted into cellular energy (ATP) which can trigger various cellular processes. These processes may include:

- Increased blood flow
- Reduced inflammation
- Enhanced mitochondrial function (mitochondria are the "powerhouses" of cells)
- Stimulation of collagen production

**How Often Should I Use the Hooga Red Light Pod?**

The recommended frequency of red light therapy sessions can vary depending on the desired outcome and individual needs. Generally, a starting point of 3-5 sessions per week for 10-20 minutes each is recommended. As results are observed, the frequency and duration of treatments can be adjusted as necessary.

**How Long Should Each Session Last?**

We recommend spending between 10 and 20 minutes inside of the pod for a session. After 25 minutes, the pod will automatically turn off to keep the pod from overheating. Allow for at least 10 minutes between sessions to allow the device to cool down if another treatment is desired.

**What Should I Expect During Treatment?**

During your red light therapy session, you may feel a gentle warming sensation on your skin. This is normal and indicates that the light is being absorbed by your tissues. Some users report feeling relaxed and rejuvenated after treatment.

**Cleaning and Care:**

- Do not launder the pod or submerge in water. Spot treat as necessary with a cloth.
- Between sessions, you may want to wipe the surface with a slightly damp cloth using a gentle soap solution.
- Allow the pod to dry completely before storing.
- Avoid submerging the pod in water, using harsh chemicals, or essential oils.
- Do not wipe with alcohol.
- Avoid squeezing or over-bending the pod. Folding and creasing can damage the wires inside of the pod, resulting in malfunction. We recommend gently rolling up the pod to minimize creases.
- Always connect the power cord before use.

**Step 1**

Remove all components from the box.

**Step 3**

Now its time to select your treatment session.



**Step 2**

Plug the power cord into the male power socket which is found at the back of the device. Then plug the other end into the wall power outlet. Then switch the power on.



Please note: When the power adapter and controller are in use, they will produce some heat, which is normal and within safety requirements. Please do not worry about the power adapter or controller producing some heat. However, please avoid covering the power adapter and controller for long periods of time.

**Power On/Off Mode Switch-Pulse (Press it twice)**

**Timer 10-25 minutes options**

**Brightness Adjustment P1,P2,P3,P4,P5**

**Step 4**

Unzip the zipper and enter the red light therapy pod



**Step 5**

Zip up and go into therapy mode

