



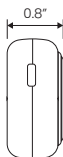
**Hooga Dot**

hogga

## Specifications

Input Voltage:	DC5C/1A
Power Frequency:	50-60Hz
LED Quantity:	19PCS
Irradiance:	>120 mW/cm <sup>2</sup>
Battery Capacity:	450MAH
Dimensions:	1.75" x 0.8"
Wavelength:	660nm(Red) and 850nm (Near-infrared)
Net Weight:	1 oz
IP Rate:	IP20
Switch:	Touch Switch
Power:	3W
Warranty:	1 year

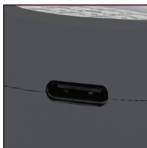
## Dimensions





### **Touch Switch**

3-in-1 Multifunction.  
Long Press to turn On/Off.  
Short Press to toggle  
between Red, NIR and Both.



### **USB-C Charging**

Fast charging cable  
included. Can be plugged  
into any USB charging  
port. Charges in 1 hour.



### **19 LEDs**

High-power, medical  
grade LEDs. Nine 660nm  
Red and ten 850nm Near  
Infrared.

## 3 Modes of Use



**Mode 1**  
Red 660nm



**Mode 2**  
Near Infrared 850nm



**Mode 3**  
Red 660nm and Near  
Infrared 850nm

\*The Hooga Dot has a memory function and when powered on it will start on the last mode used.

# What's Included



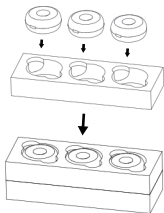
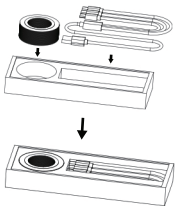
Sticker x 10



Hooga Dot



Power cable x 1



hooga



## How to Use

Each Hooga Dot comes with 10 adhesive rings that can be used to attach the Dot to your body for your treatment.

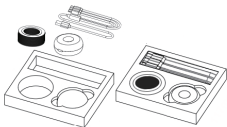
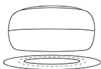
**Step 1:** If using an adhesive ring for your treatment, peel off the small sticker ring and attach it to the Dot. Then peel off the larger sticker ring and attach the Dot to your body at the spot you wish to treat.

**Step 2:** Long press the Hooga logo on the top of the Dot to turn on the device. The lights will first display the power level for 1-2 seconds before the device powers on.

**Step 3:** Select either Red (6 red light illuminate around the Hooga logo), Near Infrared (6 blue dots illuminate around the Hooga logo), or Both (3 red and 3 blue dots illuminate around the Hooga logo).

**Step 4:** The 15 minute timer will start automatically. The Dot will beep twice and turn itself off at the end of the treatment.

**Step 5:** Remove the Dot from your body and discard the adhesive ring. Allow the Dot at least 5 minutes to cool down after treatment before using again.



## Cautions

- Please read all instructions on how to operate the device before using.
- Do not use liquid or disinfectant to clean the device. Only use a dry cloth.
- Put it in a safe place to avoid improper use by children, and use it under the supervision of adults.
- Do not place this device near water sources.
- Dropping the device could cause damage and is not covered under product warranty.
- Please use the accessories provided by the manufacturer when charging this product.
- Do not touch the light-emitting surface directly with water.
- Do not use this device in a place with high temperature and high humidity for a prolonged amount of time.
- If there is smoke or a peculiar smell during usage, please stop using it and contact us.
- For proper storage, please keep the device in its original box when not in use.
- For patients with underlying diseases, please consult a doctor or contact our company for consultation before use. If skin redness or irritation occurs during use, please stop using this product.
- Please do not try to repair the device by yourself.
- Please keep this instruction manual for easy reference.

## Additional Notes

- The Hooga Dot can be fully charged in about 1 hour using the provided cable.
- When charging, red dots will illuminate to show charge status. When fully charged, the flashing red lights will change to solid blue.
- Long Press the Hooga logo on the top of the device to power off.
- Red lights on the top of the device will flash when the battery is getting low.
- Additional packs of adhesive rings can be purchased from Hooga.



Hooga Health

✉ <http://www.hoogahealth.com>

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📷 @hoogahealth