



Red/NIR Face Mask Instruction Sheet



Specifications

Model Number	HG-MSK-03
Color	Black
Wavelengths	660nm (Red) and 850nm (near infrared)
Number of LEDs	64 Dual-Chip
Surface Irradiance	60 mW/cm ²
Beam Angle	120 degrees
Pulsed Frequencies	73 / 146 / 292 Hz
Rated Power	5W
Input Voltage	5V DC
Battery Capacity	3000mAh
Charging Port	USB Type-C
Weight	0.79lbs
Warranty	1 year

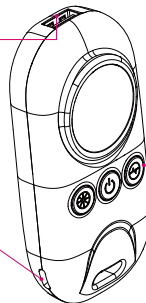
Controller Functions



USB Out: Connects the mask to the controller



USB Type-C: Charging port



Brightness: Click to cycle through brightness levels 25% / 50% / 75% / 100%. Brightness indicator lights will display along the bottom arc of the screen.



On/Off/Time: Press and hold for 3 seconds to turn on/off. Click to select time setting 5/10/15/20 min. Button can also be used to pause/continue treatment after the timer has been started.



Pulse: Click to select 73/146/292 Hz pulsed light. Long press to toggle between Red/NIR/Both.

Nogier Frequencies

Dr. Paul Nogier (1908–1996) was a French neurologist who discovered seven frequencies with which the body's cells naturally vibrate. He identified these frequencies as harmonics of the musical note D. According to Dr. Nogier, sickness results when cells, molecules or particles of matter are out of their normal resonance or vibratory pattern. Applying these frequencies help the cells to resonate with their natural healthy vibration. Nogier frequencies together with LED lights act as a trigger to stimulate the electrical nature of the body.

73 Hz: Stimulation of the Body and Nervous System. Resonates with certain parts of the brain which control metabolism and hormones. Boosts Blood Circulation.

146 Hz: Reduces inflammation and scar tissue. Fights infection. Promotes relaxation by resonating with the cerebral cortex. Alleviates anxiety. Boosts memory. Improves mood: It is the serotonin frequency and can treat feelings of sadness and depression. Promotes circulation: When applied locally, it will cause blood circulation to rush to the treatment location to help reduce pain.

292 Hz: Resonates with Ectoderm: This frequency resonates with the ectoderm, the outermost tissue that forms skin, glands, nerves, eyes, ears, teeth, brain, and spinal cord. Assists wound healing, skin and nerve repair. Reduces scar tissue and inflammation. Known as a universal frequency to try for any condition.

How To Use

Step 1: Before starting your treatment, thoroughly cleanse your skin, removing all make-up and any cosmetics that contain chemical, acidic, or reflective components that may affect light absorption and provide a decreased or ineffective treatment. Cosmetics are recommended to be used after treatment for the best possible results.

Step 2: Attach the facial straps by feeding them through the inlet holes located on the sides of the mask, making sure the velcro can properly connect behind the head.

Step 3: Put on the mask with the light diodes shining onto the skin. Adjust the straps to secure the mask to the facial area and set it to the desired position.

Step 4: Press and hold the power button for 3 seconds to turn on (*Please note that as you are holding down the power button you will first see the battery life. Keep holding the power button past the battery life display to get the mask to power on*) and then set the timer right away by pressing the power button in short presses to the desired time. The mask will then countdown from 5 to 1 and the treatment will start. You can tap the power button to pause the treatment if you haven't finished setting the treatment modes.

Step 5: Select your desired treatment modes via the controller. Toggle between Red/NIR/Both by long pressing the pulse button. When using both Red and NIR together, a 5 minute treatment is recommended at 100% brightness. When using Red by itself a 10 minute treatment is recommended at 100% brightness. NIR is not ideal to be used by itself since Red light is favored by the most recent skin health research. It won't be harmful to do so, however the greatest benefits can be found by either a combination of Red/NIR or just using Red by itself. The red light on the left side of the screen below the time indicates whether the Red lights are on, and the purple light on the right side below the time indicates whether the NIR lights are on. Pulsing the light is not required, however you can experiment with the 3 pulse modes to see which you like best by short pressing the pulse button.

Step 6: Start the timer and enjoy your full facial rejuvenation experience.

Precautions

- Stop using the facial mask if you experience any adverse effects, or have a concern regarding the facial mask. Consult medical advice, as you may be light-sensitive. Please note that those with melasma may exacerbate their condition with the use of NIR light. In this case, please proceed with the Red-only setting.
- Do not use the facial mask if you have increased sensitivity to light.
- Do not use the facial mask if you are undergoing treatment or taking drugs that are known to increase sensitivity to light.
- Do not use the facial mask if you are currently using systemic or topical steroids, or NSAIDs for pain or skin conditions. This may result in a photosensitive reaction to the facial mask.
- Do not use the facial mask near or over a steroid injection that has been received in the past 6 weeks. This may result in a photosensitive reaction from the facial mask.
- Do not scratch, damage or otherwise tamper with the light-emitting surface.
- If your eyes have a strong light sensitivity, please do not look directly into the LEDs.
- **Please read all instructions prior to using this device.**

Warnings

- Please follow the below instructions to avoid the risk of electric shock.
- Always attach the USB port to the plug adaptor first, before plugging into the mains electricity supply.
- Do not store the facial mask where it can fall or be pulled into water or liquid. If the device falls into water or liquid, unplug it immediately.
- Do not use the facial mask while in the bath or shower.
- Keep the cord away from heated surfaces.
- Do not use the facial mask if it has been damaged or appears to have a damaged cord or plug.
- Do not tamper or attempt to disassemble the facial mask as this may cause damage to the unit and void the warranty.
- Do not let unsupervised children use the facial mask.
- If the device begins to overheat, turn it off immediately.
- Keep away from flammable liquids and aerosol products or where oxygen is being administered.

Hooga Health

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