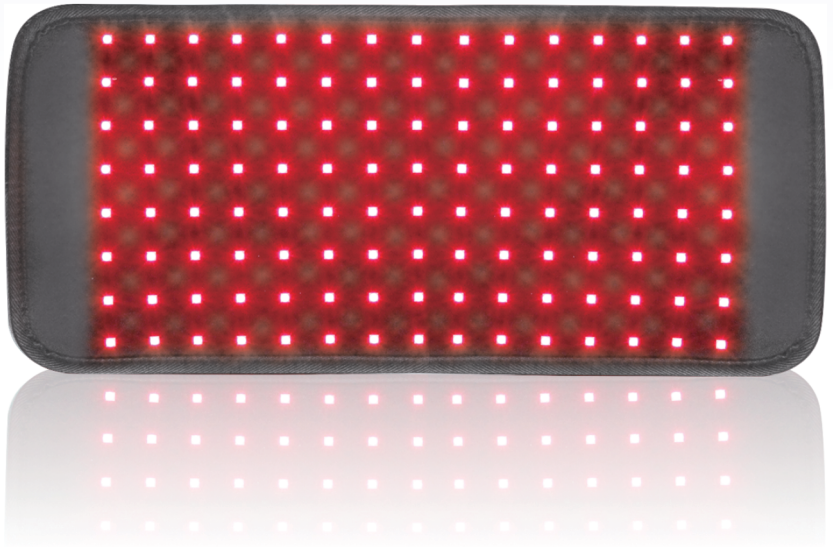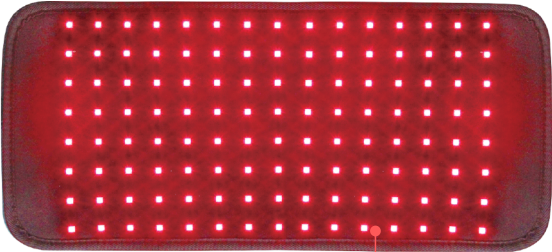# Red Light Therapy Wrap

USER MANUAL

hooga

What's Included

120 LEDs

Light Therapy Belt

Adjustment Strap

Plugs into DC Port on Remote Control Table

Plugs into DC Power Port on Belt

Display Screen

Remote Control

Plugs into USB Power Source

Wall Plug

Plugs into DC Port on Remote Control Cable

DC USB Power Adapter Cable

Remote Control and Cable

AC Power Adapter

Operating Instructions

Please read the operation instructions before using the Hooga Red Light Therapy Wrap.

Powering the Wrap Using the Wall Adapter

1. Connect the male end of the remote control cable to the DC power port on the Wrap.
2. Connect the wall power adapter to the female end of the remote control cable.
3. Plug the power adapter into a standard wall outlet.

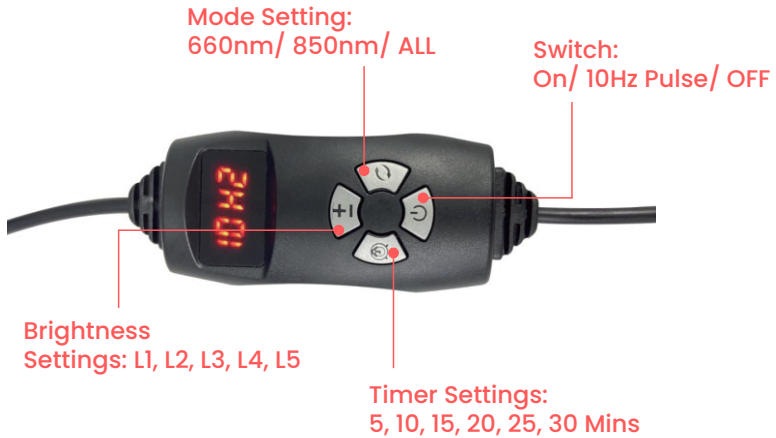## Powering the Wrap Using the USB Adapter

1. Connect the male end of the remote control cable to the DC power port on the Wrap.
2. Connect the USB adapter to the female end of the remote control cable.
3. Insert the other end of the USB cable into a USB device, such as a laptop/computer. Alternatively, you may use a standard (5V-3A, 5V-4A) mobile phone USB charging adapter.
WARNING: The Wrap cannot be used with a 12V USB charging adapter.

Powering the Wrap Using an External Battery

The Hooga Red Light Therapy Wrap supports the use of a 5V external battery, also known as a "power bank." The power bank is not included, but may be purchased separately. To use a power bank, please follow the instructions below.
1. Connect the male end of the remote control cable to the DC power port on the Wrap.
2. Connect the power bank to the female end of the remote control cable via the cable included with the power bank.
3. Place the power bank in the pocket at the front of the wrap.

Using the Remote

Mode Setting:
660nm/ 850nm/ ALL

Switch:
On/ 10Hz Pulse/ OFF

Brightness
Settings: L1, L2, L3, L4, L5

Timer Settings:
5, 10, 15, 20, 25, 30 Mins

Brightness Settings

Five different brightness settings allow you to adjust the intensity of the Wrap.

Brightness Level	Irradiance (mW/cm²)
L1	46.3 mW/cm²
L2	93 mW/cm²
L3	139.8 mW/cm²
L4	180 mW/cm²
L5	219.2 mW/cm²

Tips for Using the Hooga Wrap

 • Place the Wrap in position before turning it on.
 • Turn off the Wrap before removing it from its position.
 • Do not use for more than 30 min at a time and let it rest for at least 2 hours between sessions.
 • Use daily for best results.
 • Wash hands and treatment area, and thoroughly dry, before using the Wrap. This will help to keep the surface of the wrap clean.
 • While the Wrap is mainly meant for use on the waist and back, it can also be used on shoulders, arms, legs and feet. Do not use around the head or neck.
 • Do not wear accessories or jewelry underneath the Wrap.
 • The remote control cable and the power adapter (or USB) should be disconnected for storage or travel.

Important Safety Information

 • Never use the Wrap underneath a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
 • Keep the Wrap, remote control and power cables away from heat sources and fire.
 • The Wrap is not waterproof. Please keep away from liquids. Do not immerse in water.
 • Never use the device or plug/unplug cables with wet hands.
 • Always power off the device after each use.
 • Do not place the Wrap or put any cables around your head or neck.

Note: Indoor use only. The Wrap is not waterproof and cannot be used in water or wet places. To avoid the danger of electric shock, please turn off the Wrap before disconnecting any cables.

Product Specifications

Model No.	Hooga_Wrap_01
Color	Grey
Size	17.5" x 7.8"
LEDs	120 1W LEDs
Wavelengths	660nm 850nm
Max. Irradiance	219.2 mW/cm²
Weight	5.3 oz
Input Voltage	100-240 AC
External Battery	Supported
Shell Material	Neoprene

AC Wall Power Adapter
Rated Input: AC 100-240V 50/60Hz
Rated Output: DC 12V

DC USB Adapter Cable
Rated Input: DC 5V/4A
Rated Output: DC 12V-1.66A

External Battery/Power Bank
Rated Input: DC 5V/4A
Rated Output: DC 5V
Not Included. Sold Separately.

Equipment Maintenance

Cleaning and Disinfecting: Use only a soft, dry cloth to clean the exterior. Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by water or any auto-clave method.

Storage: Store the unit in a cool, dry place away from direct sunlight and extreme heat.

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