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USER MANUAL

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# SAFETY INSTRUCTIONS, WARNINGS, AND DISCLAIMER



To preserve the life and functionality of the Hooga Light Therapy Bulb, always store in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions and do not do any of the following with the Hooga Light Therapy Bulb:

- **DO NOT** let children use the Hooga Light Therapy Bulb without adult supervision.
- **DO NOT** use this device on infants.
- **DO NOT** let sleeping, disabled, or unconscious persons use the device.
- **DO NOT** exceed 20 minutes of use in one therapy session.
- **DO NOT** use on open, fresh wounds.
- **DO NOT** use in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.
- **DO NOT** modify or attempt to repair this equipment. There are no parts that are serviceable by the user.

The Hooga Light Therapy Bulb is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:

- **DO NOT** wash electrical parts with water or other liquids.
- **DO NOT** drop your device in water or other liquids or place it where it may fall into water or other liquids. Do not expose to running water. If your device comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet. If device is to be used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter.
- **DO NOT** directly touch the device or touch the plugs or switches with wet hands.
- **DO NOT** apply or touch the device to, or with, wet or damp skin.
- **DO NOT** pull, carry, or lift the device by its cord. If the cord is damaged, don't use the device.
- **DO NOT** use on or near heated surfaces.
- **DO NOT** operate this device in areas where it could be exposed to flammable or combustible products or vapours. Explosion of fire may occur.
- **DO NOT** store your device in hot temperatures exceeding 140 degrees fahrenheit.
- **DO NOT** use your device if it is damaged. Continuous

use of a damaged device may result in electric shock or injury.

- **DO NOT** use extension cords unless they are designed to carry the total wattage of the device being powered.
- **DO NOT** unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.

## Cautions

Hooga recommends consulting with your healthcare provider prior to use if you believe that you are sensitive to light. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity. We also recommend consulting with your healthcare provider prior to using the Hooga Light Therapy Bulb if you are **pregnant, have any suspicious or cancerous lesions, or have recently had a steroid injection or use topical steroids.** If you experience discomfort or have a concern about the device, stop use immediately and contact your healthcare provider. Unplug from outlet when not in use to avoid tripping hazards.

## Disposal

The symbol to the right, found on the Hooga Light Therapy Bulb or within its packaging, indicates that this device may not be disposed of with other household waste. This device requires disposal via a designated collection point for the recycling of electrical waste. Please recycle your equipment at the time of disposal to help conserve natural resources and protect human health and the environment.



## Disclaimer

This product is not intended to diagnose, cure, or prevent disease. Hooga Health makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical, skin or mental conditions from using this product. A qualified health professional should always be consulted prior to using this product with regards to any condition that requires medical attention.

Thank you for your purchase, and congratulations on making a great decision for your health and well-being! We're excited and thankful you chose to continue your health journey with Hooga.

Your brand new light therapy bulb is a high power, handheld device delivering over 100mw/cm<sup>2</sup> of light power to your body in various wavelengths depending on which device color you purchased.

Please take the time to read this manual to learn everything you need to know to safely and effectively enjoy the benefits that can be derived from the use of daily light therapy!

## WHAT'S INCLUDED

1 x Hooga Light Therapy Bulb

1 x Hooga Light Therapy Bulb Manual

1 x US Cord with E26/E27 Socket and Power Switch

## TECHNICAL INFORMATION & SPECIFICATIONS

Model:	<b>Hooga Green Light Therapy Bulb</b>
Power Consumption:	<b>19W</b>
Irradiance:	<b>19 mW/cm<sup>2</sup> at 3"</b>
Wavelengths:	<b>525 nm</b>
LED Quantity:	<b>12 2W LEDs</b>
Power Input:	<b>AC100V-264V</b>
Beam Angle:	<b>30 Degrees</b>
Dimensions:	<b>5.51 in (140 mm) x 4.72 in (120 mm)</b>
Weight:	<b>1.6 LB (0.75KG)</b>
Operating Temperature & Altitude:	<b>32 Degrees Fahrenheit to 90 Degrees Fahrenheit, 0M to 2000M</b>
Lamp Base:	<b>E26/E27</b>

Model:	<b>Hooga Orange Light Therapy Bulb</b>
Power Consumption:	<b>19W</b>
Irradiance:	<b>26.9 mW/cm<sup>2</sup> at 3"</b>
Wavelengths:	<b>605 nm</b>
LED Quantity:	<b>12 2W LEDs</b>
Power Input:	<b>AC100V-264V</b>
Beam Angle:	<b>30 Degrees</b>
Dimensions:	<b>5.51 in (140 mm) x 4.72 in (120 mm)</b>
Weight:	<b>1.6 LB (0.75KG)</b>
Operating Temperature & Altitude:	<b>32 Degrees Fahrenheit to 90 Degrees Fahrenheit, 0M to 2000M</b>
Lamp Base:	<b>E26/E27</b>

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**Q: How long should I use the Hooga Light Therapy Bulb for?**

A: It depends completely upon the area being treated and the distance of treatment. For information on dosing, please see the previous page titled Dosing. In general, all that is usually needed is ten minutes or less.

**Q: Should I wear eye protection?**

A: Yes. Please wear the included eye protection when shining the light on or around your face.

**Q: Can children use the Hooga Hooga Light Therapy Bulb?**

A: Yes, children can use the Hooga Hooga Light Therapy Bulb under adult supervision. Never use the Hooga Hooga Light Therapy Bulb on infants, though. If a child is older than 12 years old, they may follow the previously referenced treatment times. If a child is younger than 12 years old, they should opt for half the dose that would be recommended for adults.

**Q: When can I expect results?**

A: Results vary depending on goals and treatment consistency, but if you use the light consistently for 8-12 weeks you should begin to notice results. Some results may come immediately. Just be consistent.

**Q: Does light therapy interfere with the medications?**

A: Light therapy has been proven in thousands of clinical studies and peer reviewed clinical trials to be not only safe but also effective. However, if you use medications such as Tetracycline, Digoxin, Retin A, and/or other photosensitizing drugs, we recommend consulting with your doctor or healthcare provider before using the Hooga Light Therapy Bulb.

**Q: Can I wear clothing during my treatment sessions?**

A: Of course, just make sure that the area that you're treating is completely exposed.

## HOW TO USE YOUR HOOGA LIGHT THERAPY BULB

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Using your new Hooga Light Therapy Bulb is simple and easy, and all it takes is up to ten minutes per day. The light can be used anywhere on the body.

Your Light Therapy Bulb is lightweight, portable, and easy to use. It can be used anywhere there is a power outlet. All you need to do is screw the bulb into the base by turning the bulb clockwise until secured tightly in the base. Then, plug the power plug into an outlet and turn the device on. Simply point the device at the area of your body you would like to treat. We recommend using the device daily from about 12 inches away for about ten minutes or less.

When finished with the treatment session, simply turn the power switch off, unplug the device and store in a safe place. It is important to be consistent with treatments for best results.

## MAINTENANCE, CUSTOMER SERVICE, AND WARRANTY

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### Maintenance

The Hooga Light Therapy Bulb does not require any maintenance beyond basic care and regular cleaning. Cleaning the device is easy, just unplug the device and wipe the surface with a damp cloth or paper toweling. Do not use harsh cleaning chemicals or bleach because they may damage the device. Make sure the Hooga Light Therapy Bulb is dry before using it again. For safety, the Hooga Light Therapy Bulb is only intended for use indoors.

### Customer Service

Hooga Health is committed to your well-being by providing you with efficient, effective, and affordable light therapy devices. If at any time you are having trouble with your Hooga Light Therapy Bulb light therapy device, or you have any questions or concerns about the device, please do not hesitate to contact us at [contact@hoogahealth.com](mailto:contact@hoogahealth.com) and we will be more than happy to answer any questions you may have.

### Warranty

Hooga Health warrants that the Hooga Light Therapy Bulb will function and perform within the specifications for one (1) years after the date of delivery. The 1 year warranty will cover all parts and labor during the warranty period with some exclusions. If required, the buyer is responsible for return shipping to Hooga Health within the 1 year warranty period. The warranty shall not apply to any device that has been abused, misused, modified, damaged, or fitted with substitute parts other than parts manufactured by Hooga Health. Hooga Health shall not be liable for any consequential loss or inconvenience caused by any failure of a Hooga Health product. After the warranty has concluded, the buyer is required to pay for all parts and labor charges. If the device is repaired or replaced, either within or outside the warranty period, Hooga Health reserves the right to provide parts or replacement in different colors than the original device. To obtain warranty service, please email [orders@hoogahealth.com](mailto:orders@hoogahealth.com).

Model:	<b>Hooga Yellow Light Therapy Bulb</b>
Power Consumption:	<b>19W</b>
Irradiance:	<b>15.1 mW/cm<sup>2</sup> at 3"</b>
Wavelengths:	<b>590 nm</b>
LED Quantity:	<b>12 2W LEDs</b>
Power Input:	<b>AC100V-264V</b>
Beam Angle:	<b>30 Degrees</b>
Dimensions:	<b>5.51 in (140 mm) x 4.72 in (120 mm)</b>
Weight:	<b>1.6 LB (0.75KG)</b>
Operating Temperature & Altitude:	<b>32 Degrees Fahrenheit to 90 Degrees Fahrenheit, 0M to 2000M</b>
Lamp Base:	<b>E26/E27</b>

Model:	<b>Hooga Blue Light Therapy Bulb</b>
Power Consumption:	<b>19W</b>
Irradiance:	<b>2 mW/cm<sup>2</sup> at 3"</b>
Wavelengths:	<b>415 nm</b>
LED Quantity:	<b>12 2W LEDs</b>
Power Input:	<b>AC100V-264V</b>
Beam Angle:	<b>30 Degrees</b>
Dimensions:	<b>5.51 in (140 mm) x 4.72 in (120 mm)</b>
Weight:	<b>1.6 LB (0.75KG)</b>
Operating Temperature & Altitude:	<b>32 Degrees Fahrenheit to 90 Degrees Fahrenheit, 0M to 2000M</b>
Lamp Base:	<b>E26/E27</b>