



Light Therapy at Home

Follow this easy step by step guide to perform your at-home light therapy mask treatment safely and with confidence.

O1

Cleanse face

When using an LED product at home, we recommend using on a clean face. Makeup will impair the light penetration. (serums are fine).



O2

Connect adapter & remote

Connect the 2 USB cables to the touch screen remote control.

Connect the adapter to the touch screen remote & plug into power the supply, the remote will automatically turn on.



O3

Operating mode

The default timer setting is 30 minutes. Press the TIME key to select 20 minutes. We recommend not exceeding 20 minutes.

Select the Colour Select/Start to choose light colour.

Press the BRIGHTNESS key to adjust the intensity of light you would like. This is up to individual preference and tolerance.



O4

Cover eyes

Place cotton pads over the eyes if you find the light too bright or wear black opaque goggles for added eye protection.



O5

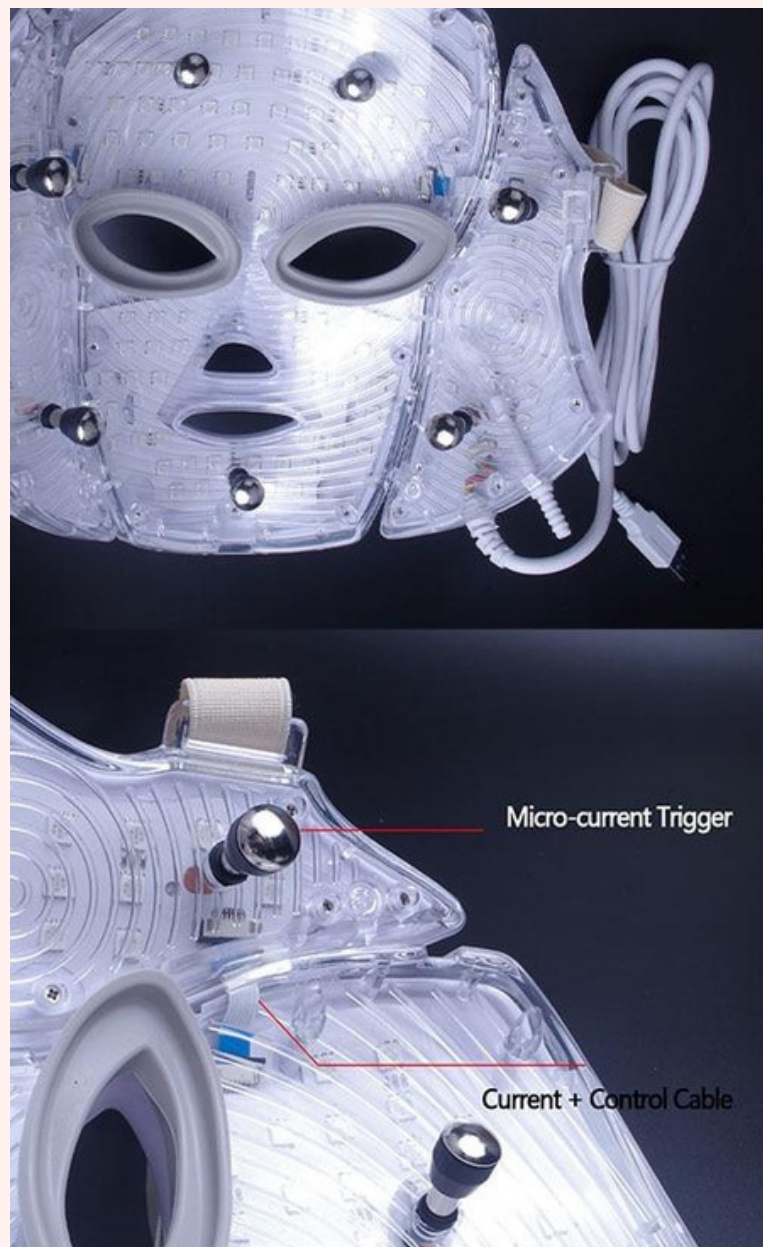
Relaxing time

Lie down flat or in a reclined position, relax and enjoy!



O6

Optional: The LED mask also comes with the option to use a 7 point micro point stimulation (MPS) feature. To use this feature, simply use the prongs that come packaged with your face mask. MPS is great for firming and tightening the skin by stimulating the skin to produce more collagen and elastin. The MPS uses low-voltage energy to stimulate the muscles, cell growth, and collagen development in the dermis. Using the MPS feature is optional, but is a great option to enhance the results of your facial by firming the skin after a LED treatment.



Precautions

Individuals should not use LED therapy if they take certain medications, such as isotretinoin (Accutane), for acne or use topical treatments that cause sensitivity to sunlight.

Consult your doctor if you have light sensitivity, epilepsy or are pregnant

People with skin conditions should speak to a dermatologist before using LED light therapy.

Side effects from LED light therapy are rare and were not noted during clinical trials. Call your doctor if you experience any unusual symptoms post-treatment:

