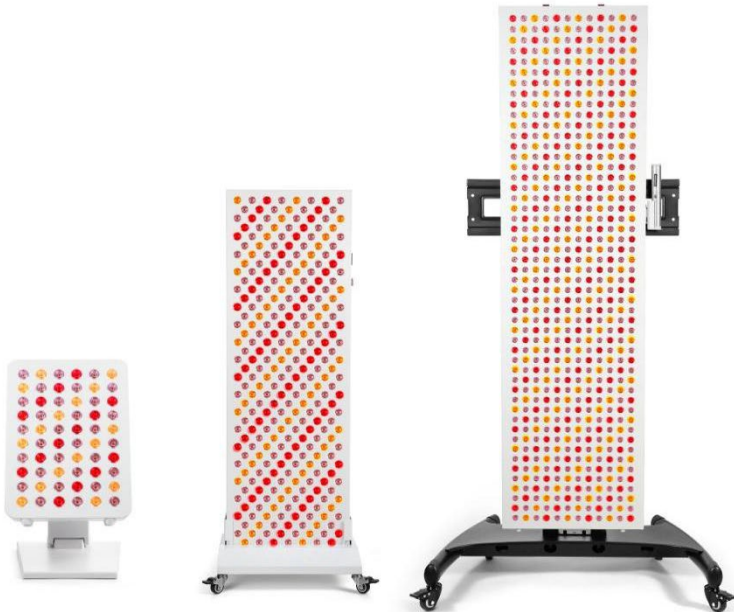


Led Light Therapy Lamp

User Manual



These LED Light Therapy Lamp uses 630nm,660nm, 830nm and 850nm light wavelengths, 830nm and 850nm are infrared wavelengths that are difficult to see with the human eye. Don't worry that the light from these lamps are not visible.



1x Led Lamp	1x User Manual
1x Power Cord	1 x eye protector
1x Hanger Kit	1 floor stand if applicable

FREQUENTLY ASKED QUESTIONS

Q: How long should I use the device for?

A: In general, all that is usually needed is 10-20 minutes . When first using the device it is suggested you start at 5 minute sessions for the first 2-3 sessions, then progress to 7-8 minutes for the next 2-3 sessions before progressing to sessions of 10 or more minutes. You should not engage in sessions lasting more than 25 minutes. A maximum of 1 session per day should be engaged in per person.

Q: Should I wear eye protection?

A: Eye protection provided and should be worn . We don't recommend looking directly at the LEDs because it can sometimes be uncomfortable. Eye protection should be worn during all sessions.

Q: Why aren't the infrared LEDs working?

A: I can't see them. Near infrared (NIR) light is actually not visible to the naked human eye. It is outside of the visual spectrum, and as a result, it cannot be seen. However, there is a very slight glow that comes from the LEDs, especially in dark conditions, so if you are concerned the NIR LEDs are really not working, you can test them that way.

Q: Can children use the device?

A: Yes, children can use the device under adult supervision. Never use the device 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. With that being said, many people will experience benefits such as increased muscle recovery, relief of pain and increased wound healing relatively quickly. However, more systemic benefits such as enhanced skin health, increased energy, improved hormonal health and increased quality of sleep may take 8-12 weeks of consistent use. Using your device every day will maximize the rate of response and healing. It is very important to be consistent with red light therapy.

Q: Does red light therapy interfere with the medications?

A: Red and near infrared light therapy has been proven in many 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 photo sensitizing drugs, we recommend consulting with your doctor or health care provider before using the device.

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.

SAFETY INSTRUCTIONS, WARNINGS, AND DISCLAIMER

To preserve the life and functionality of the device, 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 device:

DO NOT let children use the device 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.

This light 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 vapors. Explosion of fire may occur.

DO NOT store your device in hot temperatures exceeding 140 degrees F.

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.

DO NOT cover the cooling fans while Operating the device

Cautions

We recommend 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 device 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 device 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. we make 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. You should always consult a qualified health professional before using this product to be aware of any conditions that require medical attention.

HOW TO USE YOUR DEVICE

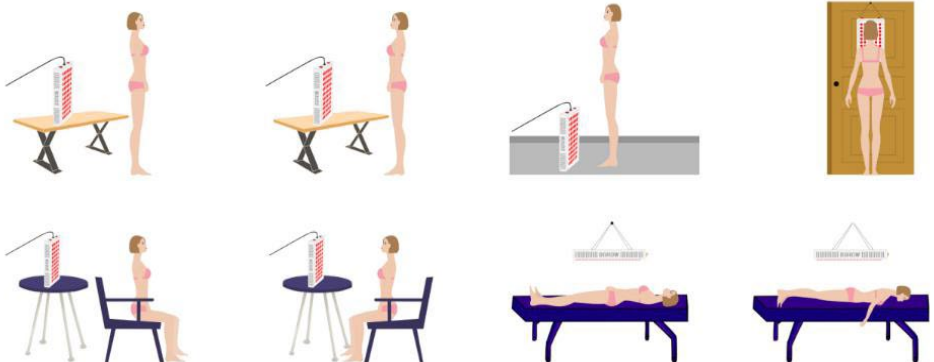
Mount your LED therapy light to door or wall use a hanging fixture, or hang it against a wall or surface. You can also stand your light upright during usage using the included stands, or set the smaller units on a table.

Turn the power switches to "ON" position.

There are 2 separate switches, one for deep red 660nm and one for near infrared 850nm (see color guide table).

Expose the area you want to treat from 6-12 inch away, treat each area for 10-20 minutes up to one time per day. Note, when first starting out it is suggested you start at 5 minute sessions for the first 2-3 sessions, then progress to 7-8 minutes for the next 2-3 sessions before progressing to sessions of 10 or more minutes. You should not engage in sessions lasting more than 25 minutes. A maximum of 1 session per day should be engaged in per person.

You can also use it as shown below:



COLOR GUIDE TABLE

Near-Infrared-830nm 850nm	Deep Red-630nm 660nm
Pain relief	Combats lethargy
Speeds wound healing	Boosts liver function
Increases circulation	Skin repair
Healing of muscle and ligament sprains	Beneficial for lungs
Enzymes boosted to improve body processes	Reduces scar tissue promotes circulation
Boosts mitochondria function in cells for healing and energy	Pain relief
Boosts DNA in body cells for better healing	Enhances the senses
Alleviates allergy symptoms	Beneficial for bones
Speeds healing of burns	Improves nutritional metabolism
Skin repair	Beneficial for heart
	Regenerates blood
	Beneficial for kidneys boosts liver function
	promotes muscle healing
	promotes wound healing

Red and Near Infrared light therapy maybe effective for a wide range of health issues, including:

Muscle recovery	Mental clarity
Athletic performance	Reduced Pain and arthritis
Sexual performance	Improved Circulation
Relaxation and sleep	Cellular Health
Increased Testosterone in Men	Skin Health
Reduced Inflammation	Hair Health

OVERVIEW OF LIGHT THERAPY

What is red and near infrared light therapy?

Red and near infrared light therapy, also known as photobiomodulation (PBM) involves the use of specific wavelengths of natural light in the mid 600 and mid 800 nanometer to enhance the health and function of our cells without any harmful UV rays, excess heat, or negative effects.

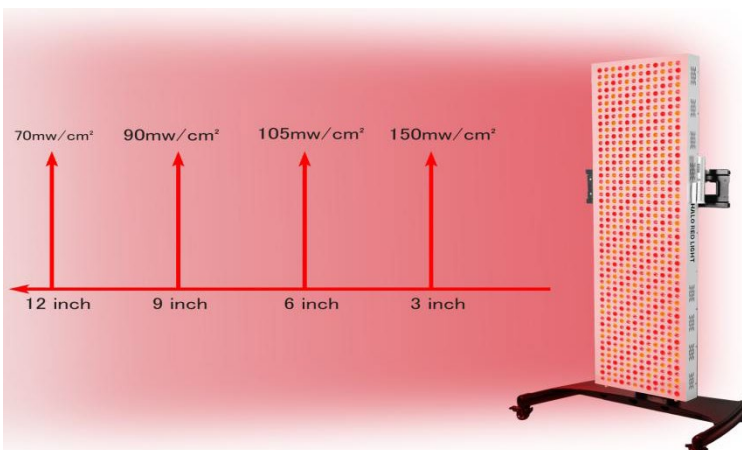
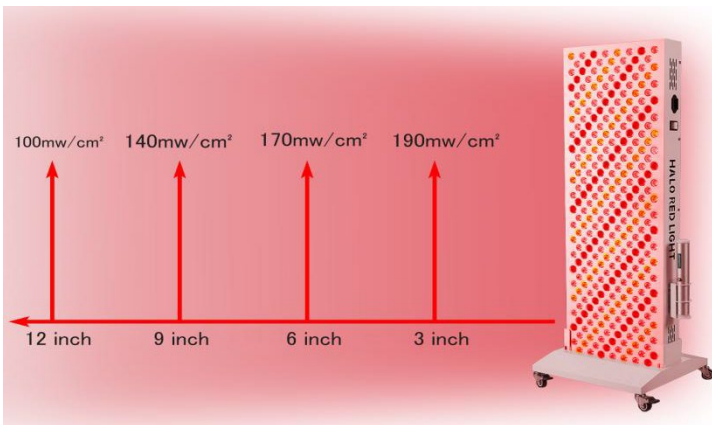
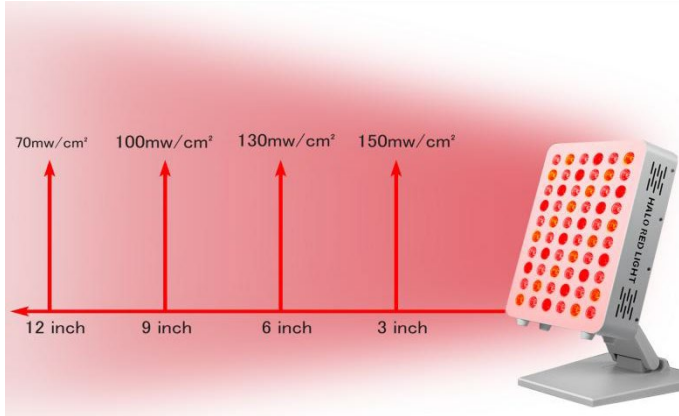
How does it work?

The most well studied mechanism of action surrounding red and near infrared light therapy is increased mitochondrial energy production in our cells. Mitochondria can be thought of as the energy production plants of all the cells in our body. Red and near infrared light therapy helps the mitochondria create more of that energy. The specific photons found in red and near infrared light interact with a photoreceptor within our cells called cytochrome oxidase. This interaction stimulates the mitochondria in our cells to use oxygen more efficiently, which allows the mitochondria to produce more ATP (also known as cellular energy). When our cells have more energy, they perform all of their functions better. When our cells are functioning optimally, our bodies function optimally.

What are the benefits?

There are many scientific studies and peer reviewed clinical trials that have been conducted on the benefits and effectiveness of red and near infrared light therapy. The studies have shown that light therapy can have significant health benefits, including but not limited to: increased energy, enhanced fat loss, enhanced muscle recovery, decreased inflammation and joint pain, improved health and appearance of our skin, increased collagen production, improved mood and cognitive function, faster wound healing, improved hormonal health, improved quality of our sleep and much more. The benefits are so wide ranging due to the mechanism of action: increased cellular energy production.

IRRADIANCE



TECHNICAL INFORMATION & SPECIFICATIONS



Model	Halo Red Light XS	Halo Red Light Pro	Halo Red Light Pro-Max
Power	300W	1500W	3000W
Power Consumption	90W	425W	850W
Led Chip	60X5W	300X5W	600X5W
Wavelength	630nm:660nm:830nm: 850nm=1:1:1:1	630nm:660nm:830nm: 850nm=1:1:1:1	630nm:660nm:830nm:850nm=1:1:1:1
Light Angle	60 Degree	60 Degree	60 Degree
Dimension	303*220*65mm (11.9*8.7*2.6")	910*300*70mm (35.8*11.8*2.76")	1625*430*70mm (64*17*2.76")
Net Weight	3.4KG	9.2KG	21KG
Irradiance	>100mw/cm ²	>100mw/cm ²	>100mw/cm ²
Life Span	10,000 Hrs	10,000 Hrs	10,000 Hrs
EMF Emission	0.0 μT @ 6"	0.0 μT @ 6"	0.0 μT @ 6"
Best For	Half of Body Treatment	Full Body Treatment	Full Body Treatment

*Irradiance varies based on wavelength configuration and distance from the device

MAINTENANCE, CUSTOMER SERVICE, AND WARRANTY

Maintenance

This 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 device is dry before using it again. For safety, the device is only intended for use indoors.

Customer Service

We are 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 device light therapy device, or you have any questions or concerns about the device, please do not hesitate to contact us/

Warranty

We warranty that the device will function and perform within the specifications for three years after the date of delivery. The 3-year warranty will cover all parts and labor during the warranty period with some exclusions. If required, the buyer is responsible for return shipping within the 3-year warranty period. The warranty shall not apply to any device that has been abused, misused, modified, damaged, or fitted with substitute parts. We shall not be liable for any consequential loss or inconvenience caused by any failure of a 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, we reserve the right to provide parts or replacement in different colors than the original device.

Use of Halo Pocket halogenerator (salt inhalation):

Your Halo Red Light panel comes with a Halo Pocket portable halogenerator. You will need to follow the instructions on how to use and care for your Halo Pocket that come in the box with the Halo Pocket. The Halo Pocket can be used during your red light therapy session by simply breathing in the salt particles that are emitted from the Halo Pocket 4 to 10 times per session as desired.

For more information visit www.HaloRedLight.com and
www.HaloTherapySolutions.com