



# The Red Sauna.

User & Assembly Guide.

Questions On Assembly?

Text Us Now: (412) 423-6090

Email: [Support@Recover.Red](mailto:Support@Recover.Red)

 **RECOVERRED**





## Warning




**This device may cause personal injury if not adjusted or used as required by this manual. Both the operators and the technicians who use this device must be familiar with the safety requirements. The patient should also have knowledge of the basic principles. The patient should wear the protective glasses and know the precautions.**


## Red Sauna Device Introduction

The Sauna LED Red Light Therapy device is a LED light therapy device, which is suitable for skin and inflammation treatments and more. The Max is manufactured in our FDA registered facility. The Sauna has passed all ETL / UL Certifications for Electrical Safety Assurance. Please read these instructions carefully, and the related operators should have professional training for light therapy devices. Our LED devices are official FDA Class II medical devices. Our products are low-risk, general wellness / fitness products in accordance with the "General Wellness: Policy on Low Risk Devices" draft released January 20, 2015.

## General Safety Rules

 Read all instructions. Failure to follow all instructions may result in skin irritation, burns, eye damage, and/or serious injury. The term "device" in the warnings listed refers to your-operated Sauna Red Light Therapy Device. **SAVE ALL WARNINGS AND INSTRUCTIONS FOR FUTURE REFERENCE**

 **The safety of the patient lies on the operators, technicians and the facility this device is used at. The patient should also have knowledge of the basic principles. The patient should wear the protective glasses and know the precautions.**

 **Do not operate device closer than 6", carefully monitor skin temperature. Maximum Permissible Exposure (M.P.E.) can be considered as dangerous if the operator is too close to the light source.**


 **Do not stare into the Light. Staring into this device may cause burns to the eye. Some temporary color distortion can occur if eye protection is not worn.**


 **Remove reflectors such as jewelry, watches, beauty devices or mirrors.**

 **Clean the skin with soap and water, treatment should begin only when the skin is dry after cleansing.**

 **Avoid any flammable items close to the device.**

 **The Remote contains a battery. Follow all battery safety precautions. Keep batteries out of reach of children.**

 **Do not subject the device to extreme temperatures or variations in temperature. Protect the device against moisture and direct sunlight. Device is to be used in a climate controlled environment.**

 **Avoid Impacts or dropping of the device. Be sure when setting the device up it is not at risk to tip over. Be sure to Setup device on flat, level floor.**

 **Device cords are only designed for device use. Do not us power cords with any other device.**

**Note:** *There are no user serviceable parts inside. Disassembling the device will void all warranties on the product. Do not modify the device in any way. Modifying the device may result in hazardous condition.*

## Disclaimer

**By using this device you are agreeing to our terms of service.**

A) WE ARE NOT A MEDICAL SERVICE PROVIDER, AND WE DO NOT PROVIDE ANY MEDICAL TREATMENT. We merely sell Red Light therapy devices through our website that are adjustable to any prescribed treatment level. If you require medical attention or professional advice, we would suggest you to seek such medical aid, or contact the relevant professional for the same. You must consult your physician before purchasing or using any of our products.

B) Our products are not intended to, nor do we make any claim or warranty that any of our products will diagnose, cure, or prevent any specific medical condition or disease, or will work to your expectation, or provide you any particular results. Neither any of our products, nor anything mentioned on our website shall be deemed as a substitute for professional medical advice

Limitation of Liability: To the maximum extent permitted by law, in no event shall our Company (or our directors, partners, licensors or affiliates) be liable to you or any third party for any damage, costs of procurement of substitute products, cost of medical opinions or tests or treatments or expenditures, adverse effects, illness, loss of health, medical issue, or any indirect, consequential, exemplary, incidental, special or punitive damages arising from or relating to the purchase or use of any of our products, even if our Company has been advised of the possibility of such damages. We strongly advise you to consult a registered medical practitioner before using our products. Access to, and use of, the products is at your own discretion and risk, and you will be solely responsible for any damage or loss, whatsoever.

*You can read more at <https://recovered.com/policies/terms-of-service>*

## Regular Maintenance

To ensure your device is working as best as possible we recommend inspecting the device every month.

- Check to make sure Fans are clean and not obstructed
- Check power cords and electrical connections for damage or corrosion
- Clean surface of LED lens with damp cloth or basic cleaner.

Rolling base



x1

wall mount  
brackets  
(optional)



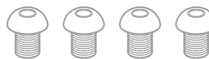
x2

Light Arm



x1

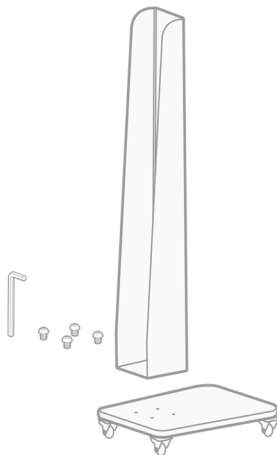
Bolts



x4

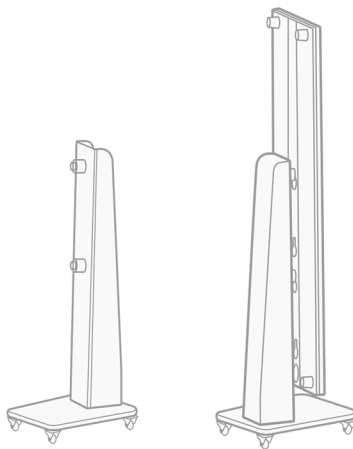
## STEP 1

Set the base with rolling wheels on the ground and lock the wheels. Screw in the light arm using 4 bolts.



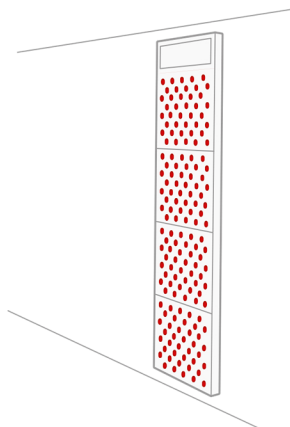
## STEP 2

Choose the upper or lower set of mounting holes in the light panel; to use and hang light on silver mounting tabs.



## OPTIONAL

Professional installation only. Use the provided mounts to mount directly to a wall or other surface. The spacing from center to center is 12" only use in a vertical position.



# USER GUIDE

## SAUNA LIGHT INSTRUCTION



Power on/off



Press MODE to control the output of the light, There will be 3 modes that Red mode, NIR mode or Combined mode running in a circle. Press OK once you get your desired output

When the indicator illuminates, it means that you chose the Red mode.

When the indicator illuminates, it means that you chose the NIR mode.

When both indicators illuminate, it means that you chose the Combined mode.



Press TIME to create your own time using the + and - keys. Once selected, this time will stay in memory and the light will default to this when started, The maximum is 30 minutes.



Press button, start 10HZ Pulse mode with NIA LEDS



Press OK button to begin or pause your session at any time.



Increase 1 minute or 10% intensity (long press for fast Increase)

- 1) Time: When press button, then press button, one press to increase 1 minute.
- 2) Mode: When press button, then press button, one press to increase 10% intensity.

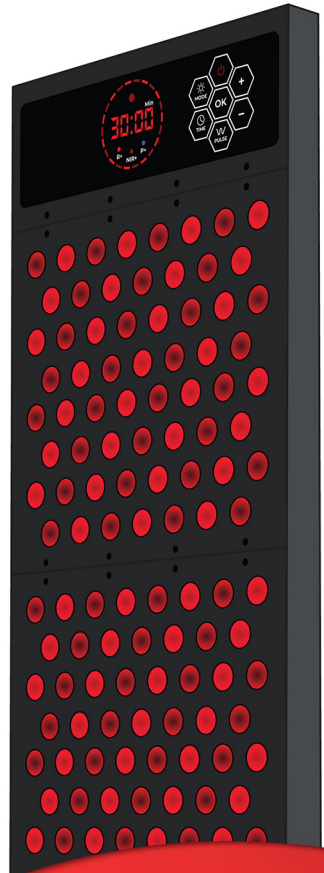
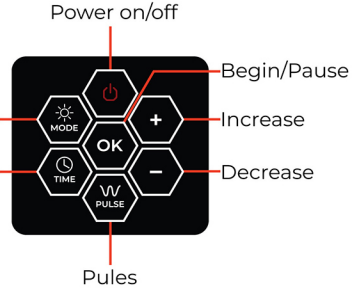


Decrease 1 minute or 10% intensity (long press for fast Decrease)

- 1) Time: When press button, then press button, one press to decrease 1 minute.
- 2) Mode: When press button, then press button, one press to decrease 10% intensity.

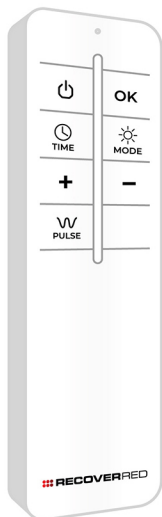


Infra Red Intensity Indicator  
 Red Light Intensity Indicator  
 Time Indicators



# USER GUIDE

## REMOTE CONTROL



 Power on/off

 Mode Switch

 Time Setting

 Pules

**OK** Begin/Pause

**+** Increase

**-** Decrease



Recover Red Product Setup Guides

<https://recovered.com/pages/setup-guides>

\*\*For units with multiple light panels be sure they are all set to the same group, be sure remote is on the same setting

\*\* Remember Near IR spectrums cannot be seen with the human eye.



