

User Manual



RED LIGHT THERAPY User Guider

Create a better life with LED technology

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Red Light Therapy for Skin Health

Taking care of your skin is vital for your overall health, not just the way you look (although that's important too). Skin plays a huge role in everything from immunity, to body temperature, to hormone regulation. But, what are the direct impacts of red light therapy for skin? [1] Red and near infrared light therapy treatments with a high-quality device can enhance cellular function, and promote healthier skin across your entire body. In this article, we explain why skin health is so important, and give an overview of how red and near infrared light therapy can have a positive effect on the skin.

Red light therapy, also known as photobiomodulation (PBM) or low-level laser therapy (LLLT), is a simple, non-invasive treatment that delivers wavelengths of red and near infrared (NIR) light to the skin and cells.

Red light therapy works by enhancing cellular function. Wavelengths of red and near infrared light have been shown to stimulate the mitochondria, the powerhouse of the cell, and can optimize the cellular respiration process that makes ATP (adenosine triphosphate) energy. [4] Red light therapy treatments are quick and easy, at about 10 minutes per session, allowing a person to supplement the sunlight they get from their environment with specific wavelengths of red and NIR light. Want to dive deeper into how red light therapy works at the cellular level?

Taking in light is crucial for skin health, and overall health and wellness. Our bodies work better, and even look better, when our cells are in a state of balance, or homeostasis. Red and near infrared light promote balance across the body by enhancing the cellular environment, making energy production more efficient, with less inflammation and oxidative stress. When your cells are in greater balance, your skin will look & feel softer and more invigorated. [5] That inner balance is ideal for outer beauty.

How Red Light Therapy supports skin health

Red light therapy can help support skin health across the entire body. The skin functions mentioned above all rely on millions of cells performing and communicating with one another. When the mitochondria in those skin cells absorb healthy red and near infrared light, they can produce more energy (ATP), stimulating the synthesis of pro-collagen, collagen, basic fibroblast growth factors (bFGF), and proliferation of fibroblasts. Red and near infrared light therapy also increase microcirculation that improves cellular balance [6]. In summary, balanced skin cells operating at full capacity do all of those jobs better. That can translate to healthier, glowing skin that looks & feels smoother and softer.

Why Use Red Light Therapy for Skin Health

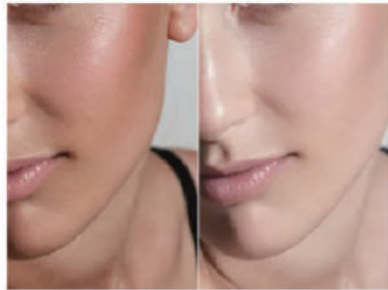
Red light therapy was mostly used in high-end salons and spas for skin treatments. Thanks to innovations in LED technology, red light therapy is now accessible to just about anyone. The skincare community has taken notice of the numerous benefits of using red light therapy for skin health. Many of the world's leading skin experts trust red light therapy as an integral part of their skincare routine.

Full-Body Skin Health: Your face gets the most attention, but skin health doesn't end at the neck. Exposing more of your skin and cells to red and near infrared light will have a greater effect on your overall health. The more of your skin you can expose to healthy wavelengths of light, the more energy you can produce, which translates to better overall health.

Balance is about your whole body working together as a system, so you're going to see better results treating more of your skin with red and near infrared light. It may seem counterintuitive, but giving the skin on your legs and back the light they need can have just as much effect on how your face looks and feels as doing targeted facial treatments. True health and beauty is a full-body phenomenon.



Improve acne



Whitening

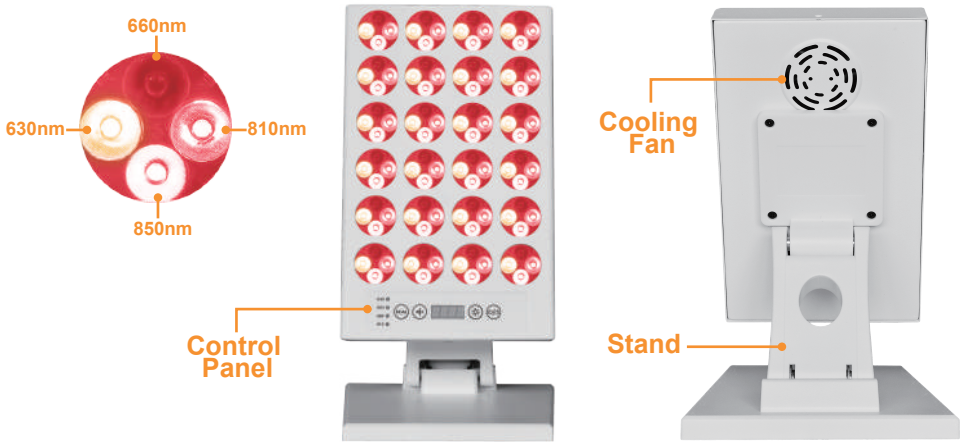


Tightening



Improve acne

Product Structure



Control Panel Button



- 1 Power Button
- 2 Dimmable Function Button
- 3 Display Screen
- 4 Pulse Function Button
- 5 Mode Selection Button
- 6 Indicators For Working status

Package Contents

This package includes of the following contents.



Contents of Goods

- 1** 1 pc Desktop Beauty Light
- 2** 1 pair of glasses
- 3** 1 pc user manual
- 4** 1 pc power cord
- 5** 1 pc power adapter

Parameters

Product Name	Desktop Therapy Light
Light Panel Dimension	9.8*6.1*1.2inch
Material	Iron shell
Led Qty	96pcs
Irradiance Data	206mw/cm2@3inch distance 130mw/cm2@6inch distance
Wavelength	630nm&660nm&810nm&850nm
Input voltage	22V 2.72A Adaptor
Actual Power	65Watt
Net Weight	1.03KG
Power Adaptor	100~240V UL list
Function	1.Dimmable function:L0-L4 2.Pulse Function:1-1000HZ 3.Program timer
Color	Black & White optional
Mode	15 modes
Application	Improve skin health (wrinkle remover,reduce skin inflammation etc)
Certificate	CE,ROHS,FDA
Warranty	2 years

Operating Procedures

Step1

Connect the DC cord to the device and plug in the power adaptor to the outlet



Step2:

Press the front power button to turn on the device to initiate the 10 minute timer.



Step3:

Press the “Mode” button to choose different modes



Mode 1: 630nm 660nm 810nm 850nm

Time Per Session :8 minutes Distance from the panel: 3inches

Total care support for skin,benefit for Anti-inflammatory effects ,Increased collagen production reduces scars, wrinkles, & fine lines .Increase blood flow to damaged & inflamed tissues. help skin tissue regenerate and heal faster

Mode 2: Only 630nm Time Per Session:8 minutes Distance of the panel:3 inch

Beautiful skin care support program

Helpful for reduced fine lines and wrinkles,improvement in photo damage, Reduce inflammation

Mode 3:only 850nm Timer Per Session: 8 minutesDistance of panel: 3inch

Improvement in photo damage, Reduce inflammation ,benefit Penetrates deepest through skin and bone,helps prompt tissue and deep Penetrates deepest through skin and bone

Mode 4:only 810nm Time Per Session : 8 minutes Distance of the panel:3inch

An 810nm wavelength can help red blood cells do a better job of carrying oxygen from the lungs to body cells, Improving the delivery of oxygen can help regenerate damaged muscle and tendon tissue.

Mode 5:only 660nm Timer Per Session: 5 minutes Distance of the panel: 3 inch

red light at 660 nm is readily absorbed by skin tissue leading to improved skin health and collagen production, proven to enhance cellular function.

Mode 6:630nm 850nm Time Per Session : 8 minutes Distance of the panel:3inch

Texture firmness skin care support program,skin smoother and Softer 10minutes, produce more energy (ATP), stimulating the synthesis of pro-collagen, collagen.making skin smoother and softer and reduce wrinkles

Mode 7:630nm 810nm Time Per Session : 8 minutes Distance of the panel:3inch

Helpful Reduce inflammation and tender skin& Anti Aging

Mode 8:630nm 660nm Time Per Session : 8 minutes Distance of the panel:3inch

Benefit for oily skin & Help for Acne 8minutes

Mode 9:850nm 810nm Time Per Session : 8 minutes Distance of the panel:3inch

Smooth skin care support. removes toxins and waste from the skin

Mode 10:660nm 630nm Time Per Session : 8 minutes Distance of the panel:3inch

Helpful reduce inflammation and benefit for acne treatment

Mode 11:810nm 660nm Time Per Session : 8 minutes Distance of the panel:3inch

Reduces acne scars and removes toxins and waste from skin

Mode 12:630nm 810nm 590nm Time Per Session : 8 minutes Distance of the panel:3inch

Produce more energy (ATP), stimulating the synthesis. removes toxins and waste from the skin. of pro-collagen, collagen. make skin smoother and softer

Mode 13:630nm 850nm 660nm Time Per Session : 5 minutes Distance of the panel:3inch

Texture firmness skin care support program


Mode 14: 630nm 810nm 660nm Time Per Session : 5 minutes Distance of the panel:3inch

Total care support for skin

Mode 15:850nm 810nm 660nm Time Per Session : 5 minutes Distance of the panel:3inch


Smooth skin care support. removes toxins and waste from the skin

Step4

Press the  button to adjust the light intensity based on the demands



Step5

Press the  button to choose different frequency (NULL,10hz,40hz,100hz,300hz, 500hz,800hz,1000hz), Long press to continuously increase 1 Hz



Safety To Use

- ▶ 1.It suggest use the exclusive goggles and close your eyes during irradiation.Please do not use anything other than exclusive goggles. When use product please close eyes and do not look directly of the light
- ▶ 2.Caution! Please do not use it if directed by a physician or while taking medication.Our care-support-treatment program is not a medical treatment for the skin.

Frequent Questions

Q: What is the LED? How do the lights effect the skin?

A: LED is an abbreviation for Light Emitting Diode. A color (wavelength) is characteristic of the LED light which is a semiconductor used in home appliances and tags. High value wavelength strengths have been carefully chosen for skin care. Each LED has its own color that is created by a specific periodic wave called a wavelength. This wavelength is very important for skin care.

Q: Does it affect my eyes?

A: NO. It does not directly affect your eyes. There are stronger lights in our daily life. Some programs emit a momentary brightness that can blind you temporarily, please use the goggles required by those programs. (*) Please close your eyes even if the other programs do not require the goggles.

Q: Is it possible to irradiate an entire body?

A: No problem.. Please use the goggles required and also do not look directly at the irradiation.

Q: Is it okay to use the device after my skin is irritated from tanning?

A: Please do not use it for three days when your epidermal skin is burned by ultraviolet light. You can use it after cleaning your face as long as there is no stiffness or any other trouble with your skin.

Q: Is there any difference in effectiveness between a short distance and a long distance?

A: Effectiveness and results can differ if the lights are weakened by being far from the LED irradiation. Please use it at distance between 10cm and 30cm.

Q: How long can I irradiate a light on my face?

A: Irradiating for a long period of time is no problem. But it takes time to make your skin beautiful. Our device helps you to make your skin beautiful so you can keep treating your skin for daily use.

Q: How do I care for the device after I finish treating my skin?

A: The device is contactless and requires minimal care. Please use detergent and soft cloths to clean the irradiation surface area and surrounding buttons. Please do not use alcohol, thinner or nail polish remover for cleaning as they can damage the device.

Q: Can I purchase spare parts if needed? Can the device be repaired?

A: You can do both. Go to the shopping cart. Please contact the shop where you purchased the device or our Exideal customer service.

Q: Can I use it in other countries?

A: Yes. Exideal is compatible with 100-240V, please check the voltage of other countries. If you can change the shape of an outlet, you do not need to have a voltage converter.

Care And Cleaning

Please read this instruction manual carefully and use the product safely and correctly. Persons who use a heart pacemaker or electro-medical apparatus that may cause calibration changes should not use this device.

Please use the exclusive goggles and close your eyes during irradiation.

Please do not use anything other than exclusive goggles.

Please do not place this product in the bathroom, near too much moisture, or next to water (lavatory vanity). It could be a fire hazard, short circuit, or cause insulation deterioration.

When you stop using the device please turn off the power and pull the power cord from the outlet.

- Smoke from this product
- Unusual heat
- Unusual noise
- Unusual smell, etc.

Please do not use a damaged cord, adaptor or power supply. It could cause a fire, short circuit, or deliver an electric shock.

Please do not damage, bend, pull, stretch, kink, or place heavy objects on power cords. It could cause a fire, short circuit, or deliver an electric shock.

Please do not remove AC adaptor with wet hands. It could cause a short circuit or result in an electric shock.

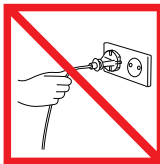
Please use electricity rated at 100-240V power code. Also, please use the Exideal dedicated AC adaptor. Not doing so could cause a fire, short circuit, or other damage.

Please stop using if you feel any pain or illness. It could cause an accident or other problems.

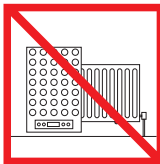
Please do not damage this product or the AC adaptor. It could cause an accident or other problems.

Please do not place items on this product or panel.

Please do not pull the cable when removing the AC Adaptor.



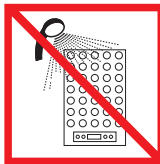
Do not pull on the cable



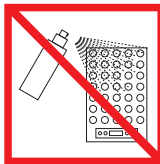
Do not store near heat sources.



Do not use near naked flames.



Do not use in wet conditions.



Do not spray scented products such as air freshener or perfume near the filter or the appliance.



Our products are not intended to diagnose, treat, cure, or prevent any disease. 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.