

# SPIRAL SUN<sup>TM</sup>

FEEL ALIVE. THRIVE.



## User Manual



# RLT 300 Panel



# Welcome to the Spiral Sun™ Family!

## Welcome to Radiant Wellness: Your Spiral Sun™ RLT 300 Panel Manual

We're thrilled to have you join our community of those seeking a more vibrant, healthy life!

The Spiral Sun™ RLT 300 Panel is your powerful ally in revitalizing your skin and enhancing overall well-being. This manual is your guide to unlocking the transformative potential of red light therapy.





# Experience the Power of Targeted Light

Our cutting-edge panel delivers a comprehensive spectrum of red and near-infrared light to energize your cells. Potential benefits include:



## Radiant Skin

Reduced wrinkles, improved tone, and a healthy glow.



## Deep Relaxation

Calming effect for both body and mind.



## Cellular Renewal

Supports your body's natural healing processes.

**Important Note:** Individual results may vary. Consistent use is key for optimal benefits.

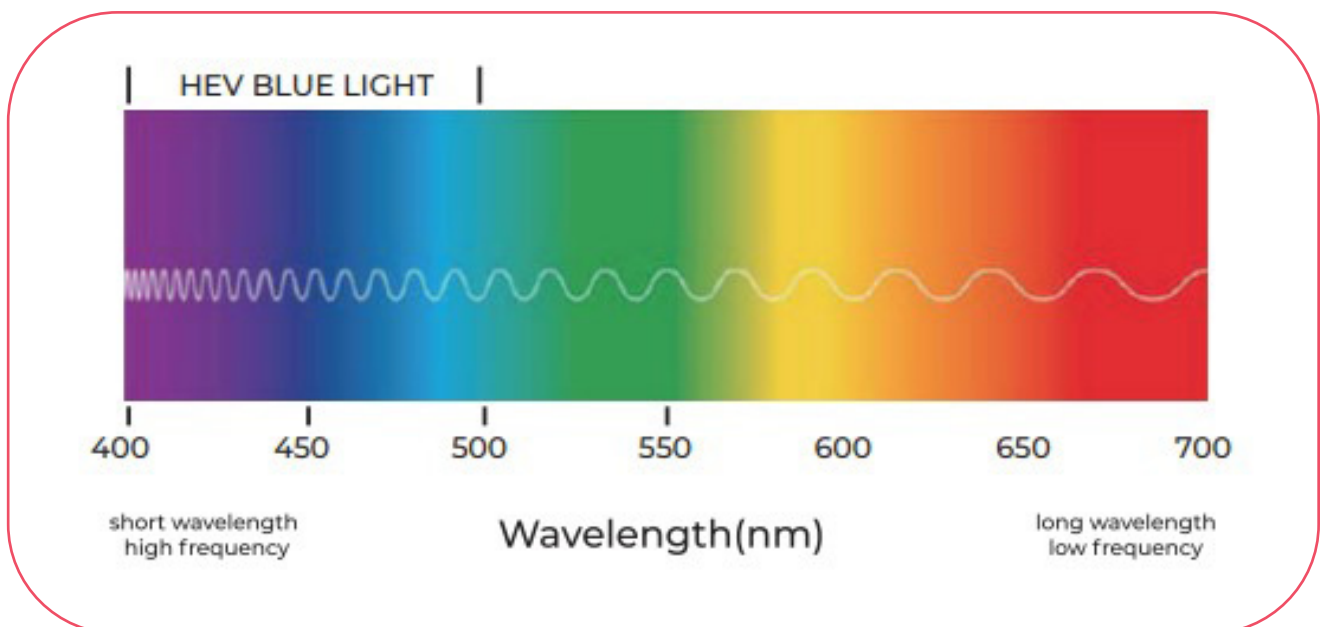
## Why the Spiral Sun™ RLT 300 Panel?

- **Multi-Spectrum LEDs:** Target your specific needs with a range of wavelengths.
- **Energy Efficient:** Powerful performance without excessive power consumption.
- **Precise Delivery:** Adjustable angles and high irradiance for maximum impact.
- **Customizable:** Tailored sessions with timer, dimming, and pulsing options.
- **User Friendly:** Intuitive touch screen, remote control, and Bluetooth connectivity.
- **Streamlined Set up:** Daisy chain multiple panels for a seamless experience.
- **Safety First:** Rigorous certifications ensure peace of mind.
- **Built to Last:** Enjoy countless sessions with a 50,000-hour lifespan
- **Your Wellness, Protected:** 2-year warranty for your investment.



# The Power of Wavelengths: Unlocking Targeted Benefits

Red light therapy (RLT) harnesses the natural power of specific light wavelengths to support your health journey. The Spiral Sun™ RLT 300 Panel delivers a carefully curated selection of red and near-infrared wavelengths, each with unique benefits for your skin, body, and mind.



Let's explore how **each wavelength** in your **Spiral Sun™ RLT 300 Panel** offers unique benefits:

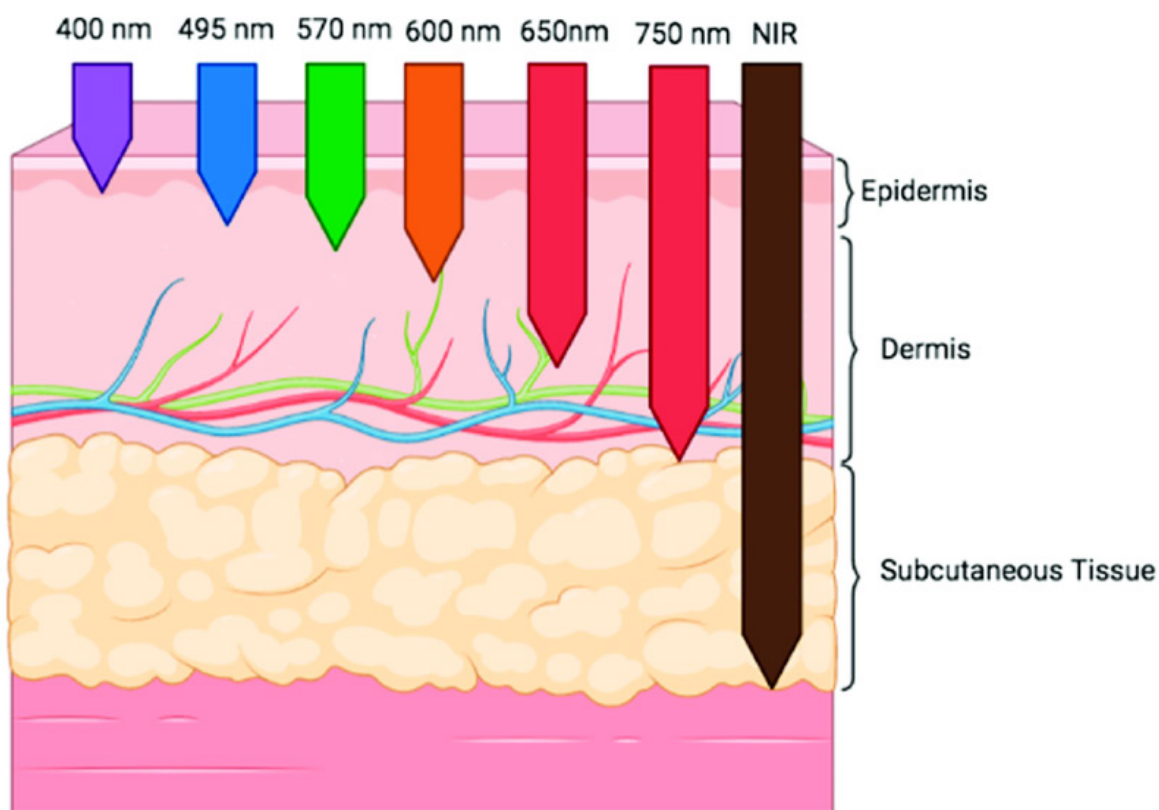
## ■ 630nm and 660nm: The Skin Rejuvenators

- Skin Transformation: Smooth wrinkles, promote a brighter complexion, and support healthy skin function. [Study 1](#), [Study 2](#), and [Study 3](#)
- Acne & Inflammation Relief: Target acne reduction and soothe inflammation for clearer skin. [Study 1](#), [Study 2](#), and [Study 3](#)



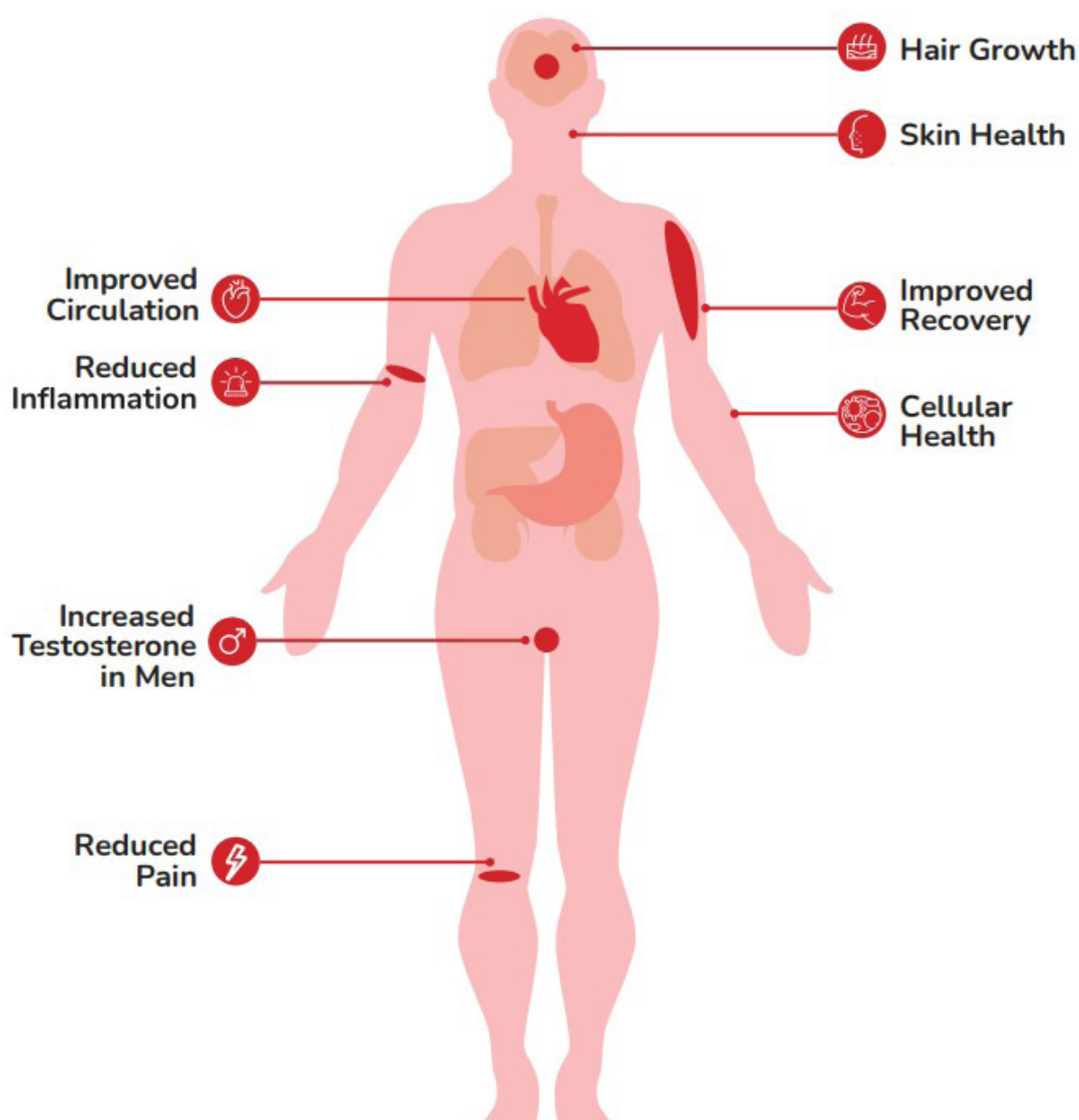
### ■ 810nm, 830nm, and 850nm: Deep Healing & Recovery

- Pain Relief & Muscle Support: Accelerate muscle recovery, reduce inflammation, and block pain signals. [Study 1](#) and [Study 2](#)
- Faster Wound Healing: Promote tissue repair for quicker recovery. [Study 1](#), [Study 2](#), and [Study 3](#)
- Joint Health: Enhance joint health and diminish pain. [Study 1](#), [Study 2](#), and [Study 3](#)
- Support hair growth through improved scalp circulation. [Study 1](#), [Study 2](#), and [Study 3](#)
- Improve blood flow throughout the body. [Study 1](#), [Study 2](#), and [Study 3](#)
- May aid in the treatment of depression and anxiety. [Study 1](#) and [Study 2](#)
- Potentially reduce carpal tunnel syndrome symptoms. [Study 1](#), [Study 2](#), [Study 3](#), and [Study 4](#)
- Enhance cognitive function and mental clarity. [Study 1](#), [Study 2](#), and [Study 3](#)





## Illustrating some of the Science-Backed Benefits:

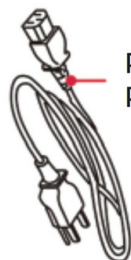
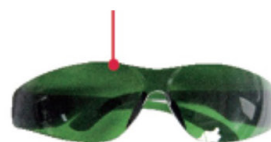






Remote Control

Protective Glasses



Power Plug

## Content of Goods

- 1pcs Desktop Beauty Light
- 1 Pair of Glasses
- 1Pcs Power Plug
- 1 Remote Control



# Product Parameters

Dimension	28.45 cm x 20.8 cm x 6.35 cm
Led Quantity	60 Pcs 3w/5w
Irradiance Data	219mw/cm² 160 mw/cm² @15.2cm distance
Wavelengths	630/660/810/830/850nm
Input Voltage	10-240V 50/60Hz
Lens Beam Angle	30 Degree
Weight	2.4kg
Warranty	2 years
Best Used for	Target Treatment
Certifications	CE, FDA, ROHS





# Understanding Your RLT 300 Panel Controls

## 1. Main Interface

**Start/Pause:** Turns the panel on or off.

**Setting:** Accesses advanced options (timer, mode, brightness, frequency).

## 4. Frequency

It supports 0-10000Hz.

Use "+" and "-" to adjust frequency.

Or, tap "Null," enter your desired frequency, and press the checkmark.

## 2. Setting Options: Customize Your Sessions

### Timer:

Drag the circle to set your desired time (up to 30 minutes).

Or, tap the center, enter your time, and press the checkmark.

### Mode:

R: Red light only (630nm, 660nm)

NIR: Near-infrared light only (810nm, 830nm, 850nm)

*Note: NIR light is invisible to the naked eye.*

R+NIR: Combines both red and near-infrared light.

## 3. Dimmable

It supports 0-100% brightness

Use "+" and "-" to adjust brightness.

Or, slide the brightness icon for quick adjustments.

## 5. Blue Light

Access within "Setting" menu.

Activate this optional 480nm light independently of the main program.



# Important Safety Information for Your Spiral Sun™ RLT pod

## Safety First

- **Protect Your Eyes:** Always wear the included eye protection during treatment avoid looking directly at the light.
- **Post-Tanning Care:** If you've recently tanned, especially if your skin is burned, wait at least three days before using the device.
- **Consult Your Doctor:** If you have any medical conditions or take medications that increase light sensitivity, speak to your doctor before starting RLT.
- **Personalized Treatment:** Longer treatment sessions are safe and can provide even greater benefits. Feel free to tailor your routine!
- **Disclaimer:** This device provides skin care support and is not a substitute for medical treatment.

## Care and Cleaning

- **Cleaning the Device**
  - Before cleaning, ensure the device is off and unplugged.
  - Wipe the body (except the lenses) with a damp microfiber cloth. Avoid spraying directly onto the device.
  - Take care around vents and openings to prevent moisture damage.
  - Never use harsh chemicals on any part of the device.
- **Storing the Device:** Choose a clean, dry location with temperatures between 0°C and 40°C and humidity below 50%.
- **Warranty & Service:** Your device is covered by a 1-year warranty. For any issues, contact us at [support@spiralsun.eu](mailto:support@spiralsun.eu)

## Warnings

- **Supervision Required:** Use by children or those with reduced physical, sensory, or mental capabilities requires supervision.
- **Avoid Direct Eye Contact:** Never stare at the light emitter. Read instructions carefully.
- **Follow Recommended Usage:** Adhere to suggested treatment times and protect your eyes during sessions.
- **Seek Medical Advice:** If you experience unexpected side effects (like itching) within 48 hours of use, consult your doctor before continuing.
- **No User-Serviceable Parts:** Do not attempt to replace the emitter yourself.



## Your Questions, Our Answers

### **What is Red Light Therapy (RLT) and how does it work?**

RLT uses specific wavelengths of red light to promote skin health, boost cellular function, and support muscle recovery. It works by stimulating your cells' energy production.

### **Is Red Light Therapy safe?**

Yes! When used as directed, RLT is considered safe and non-invasive. If you have any concerns, consult your doctor.

### **How often should I use Red Light Therapy?**

For optimal results, aim for a few 10-20 minute sessions per week. Consistency is key!

### **Can Red Light Therapy treat specific health conditions?**

Research suggests RLT may benefit conditions like arthritis, skin issues, and muscle pain. However, always consult your doctor for medical advice.

### **What are the benefits of Red Light Therapy?**

Benefits can include:

- Clearer, healthier-looking skin
- Reduced wrinkles and fine lines
- Faster muscle recovery
- Improved circulation
- Potential pain relief

### **What key factors should I look for when choosing a Red Light Therapy device?**

- **Wavelengths** (Ensure it has the ones you want)
- **Treatment Area Size**
- **Device Power Density**
- **Safety Certifications** (like FDA clearance)

### **Are there any contraindications for Red Light Therapy?**

If you have light sensitivity or take medications that increase light sensitivity, talk to your doctor before starting RLT.

### **What is the difference between red and near-infrared wavelengths in my panel?**

Both the red light (630nm, 660nm) and near-infrared light (810nm, 830nm, 850nm) in your panel improve cellular function. Red light is primarily absorbed by the skin, leading to enhanced collagen production and skin health. Near-infrared light, particularly at 850nm, penetrates deeper, offering benefits like reduced joint pain and faster muscle recovery.

### **Can I wear clothes when using the red light?**

Yes, but the area you wish to treat should be fully exposed for maximum effect.

### **Will red light interfere with the medications I use?**

While light therapy is generally safe, consult your doctor before use if you take medications like Retin A, Digoxin, Tetracycline, or other photosensitizing drugs.

**Is it safe for children to use the red light?**

While studies show light therapy to be safe, always consult your child's doctor before use.

## Thank You and Feedback

We appreciate you choosing Spiral Sun™! Your decision to invest in your health and embrace a sustainable lifestyle inspires us. We value your feedback and encourage you to share your experience or suggestions at [support@spiralsun.eu](mailto:support@spiralsun.eu). Your insights help us continually improve and ensure our products empower you to achieve your wellness goals. We're excited to be a part of your health journey!

## Warranty

Your Spiral Sun™ Beauty Panel is warranted against defects in materials and workmanship for a period of one (1) year from the original date of purchase ("Warranty Period"). This warranty extends only to the original purchaser of the product.

## What This Warranty Covers

This warranty covers the product against defects in materials and workmanship during the Warranty Period, under normal use and conditions.

## What This Warranty Does Not Cover

This warranty does not cover:

- Damage caused by misuse, abuse, neglect, or failure to follow the instructions provided in the user manual.
- Damage caused by unauthorized disassembly, repair, or modification of the product.
- Damage caused by accidents, drops, or other external factors.
- Normal wear and tear of consumable accessories.
- Loss of proof of purchase.
- Any product that has been purchased from an unauthorized retailer.



## Your Responsibilities

To obtain warranty service, please contact Spiral Sun™ customer service at [support@spiralsun.eu](mailto:support@spiralsun.eu) with a description of the problem and a copy of your dated proof of purchase. You may be required to return the product to an authorized service center for inspection and repair or replacement at our sole discretion. You are responsible for all shipping costs associated with returning the product for warranty service.

## Warranty Service

If a defect covered by this warranty is confirmed, we will, at our sole discretion, repair or replace the product with a new or refurbished product of comparable value. Repaired or replaced products will be warranted for the remainder of the original Warranty Period.

## Disclaimer of Warranties

THIS WARRANTY IS THE ONLY WARRANTY PROVIDED BY SPIRAL SUN™ AND SUPERSEDES ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. NO REPRESENTATIONS OR WARRANTIES ARE MADE REGARDING THE USE OR THE RESULTS OF THE USE OF THE PRODUCT IN TERMS OF ITS CORRECTNESS, ACCURACY, RELIABILITY, OR OTHERWISE.

## Limitation of Liability

SPIRAL SUN™ SHALL NOT BE LIABLE FOR ANY INCIDENTAL, SPECIAL, CONSEQUENTIAL, OR INDIRECT DAMAGES ARISING OUT OF OR RELATED TO THE USE OR INABILITY TO USE THE PRODUCT, EVEN IF SPIRAL SUN™ HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THIS LIMITATION MAY NOT APPLY TO YOU.

## Proof of Purchase

Please retain a copy of your dated sales receipt or other proof of purchase for your records. This will be required to obtain warranty service.



This product is designed for general wellness and fitness purposes and is not intended for medical use. It serves as a complement to a healthy lifestyle and should not replace professional medical advice or treatments. We encourage maintaining a balanced and healthy lifestyle and consulting with a healthcare professional before making any significant changes to your wellness routine. The use of this product should be part of a holistic approach to health and wellness.

