

## GENERAL WELLNESS DEVICE DISCLAIMER:

**RedRush 360 is a general wellness/fitness device and is not intended to diagnose, treat, cure, or prevent any disease.**

The statements in this guide have not been evaluated by the FDA (U.S. Food & Drug Administration). This product is not intended to diagnose, treat, cure, or prevent any disease.

Information provided by Red Therapy Company LLC should **not** be taken as individual medical advice. Please always consult your physician for such advice.

Please consult your physician before using a light therapy device.

## HEALTH ISSUES?

To error on the side of caution please start with  $\frac{1}{4}$  of the recommended application times listed in this guide and as mentioned above **always** consult your physician before using a light therapy device. Be sure to specifically ask if any of your medications or conditions increase light sensitivity as this will also increase your sensitivity to RED/NIR light.

## WARNINGS:

**DO NOT USE** Red Light Therapy Devices if you are pregnant, may be pregnant, or nursing as the risks are unknown and have not been established.

**Electrocution Danger!** Do not use near water. Do not get water or liquid on or inside of any part of your RedRush 360.

Do not use if the device is visibly damaged, and never attempt to open or repair the device.

**Do not expose yourself to more than 30 minutes per day** of light from this device. It does not increase the effectiveness, and may put you at unknown risk since high doses have not been thoroughly tested.

**THANK YOU FOR PURCHASING REDRUSH 360!!**

Visit <http://redtherapy.co/quickstart> for updated info.

Our mission is to help **YOU** look better, feel better, and perform at your best. Let us know if we can help in any way. [team@redtherapy.co](mailto:team@redtherapy.co)



### **RedRush 360 Basics**

**RED** – switches on 60 RED (660nm) LEDs. These are great for skin, mouth, ears, nose or any other surface area you'd like to treat.

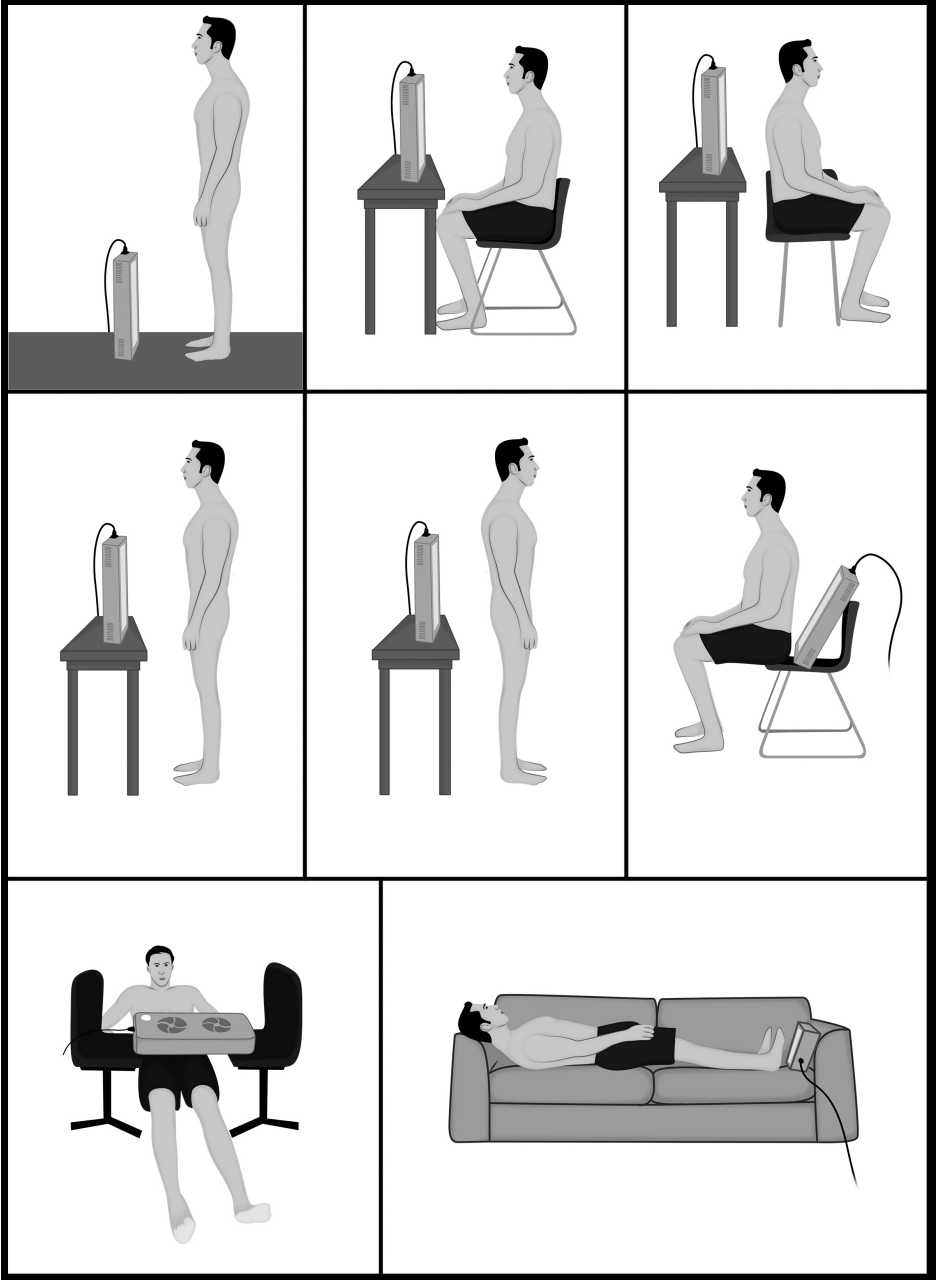
**NIR** – switches on 60 Near-Infrared (850nm) LEDs. These penetrate deeper into the body to treat tissues, joints, muscles & more.

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**NAKED SKIN** – To have any effect the skin you are pointing the light at must be exposed. It will not work through clothing.

## HOW TO USE REDRUSH 360

Simple! Plug it in, set up the device on a table, chair, or the ground. Alternatively, you can use the included adjustable door hanging kit.



*Pro Tip:* CAREFUL not to tip device over or trip on power cord!

## TREATMENT GUIDE

**GET RESULTS** – Most studies show results in 6-8 weeks of consistent use. Be sure to use at least 5 days a week for best results.

### **For Youthful Skin, Overall Health, & Energy:**

RED Switch: **ON**

NIR Switch: **ON**

Position Yourself: **24" (2ft) away.**

Total Time: **5 mins per area (20 mins for whole body)**

At 24" away, the light will cover about 50% of your body. So total body front & back treatment will take around 20 mins (suggested order: top front, top back, bottom front, bottom back). If you're in a hurry it's suggested to only do the top front and top back of your body since this is where the majority of skin, organs, and tissues are. Then you can get the front and back of your legs at another time.

Repeat daily. *Pro Tip:* Treat for 5 days, then take 2 days off, then repeat this cycle for maximum results.

### **For a Specific Deep Tissue / Muscle / Joint:**

RED Switch: **ON**

NIR Switch: **ON**

Position Yourself: **6" away.**

Total Time: **10 mins**

This is **HIGH INTENSITY for deep tissues**. Use this only on specific areas that need special attention NOT your whole body. For joints, use on both sides with ½ the time on each side. Repeat daily as desired.

### **Super Gentle Skin Treatment:**

RED Switch: **ON**

NIR Switch: **ON**

Position Yourself: **36" (3ft) away.**

Total Time: **10 mins**

This will cover your entire body (90%+) in red light. Just do 10 minutes on the front of your body and 10 mins on the back. Repeat daily.

For many more "treatment recipes" please download our RedRush App from: <http://redtherapy.co/quickstart>

## DOOR HANGING KIT INSTRUCTIONS

**STEP 1:** Hang door hook over door of your choice.



**STEP 2:** Clip adjustable pulley to the door hanging hook.



**STEP 3:** Attach steel cable to light hooks. Then simply hang the RedRush 360 from pulley.



**Adjust UP:** Pull long cord while lifting up on light with the other hand.

**Adjust DOWN:** Hold long cord firmly, lift metal release (on pulley). Lower to desired height. *Pro Tip:* CAREFUL. You'll be holding 10lbs on the cord.

## QUESTIONS & ANSWERS

### **How does red light therapy work?**

Pretty simple actually. It helps your cells do their jobs better! It does this by knocking out stuck nitric oxide in the mitochondria of the cell so oxygen can get back in there and boom, you've got increased ATP production = more energy for the cell to do it's job.

For more science on this please visit: <http://redtherapy.co/quickstart>

### **When should I use it?**

Any time is fine *except* just before bed. Being around very bright lights before bed can make it harder to sleep. Also true of TV, cell phones etc.

### **Can I do too much red light therapy?**

Yes. If you do too much the positive effects go away because you are actually adding more stress to the cells. Just stick to less than 15 mins per area per day and you'll be good.

It's worth noting that red light therapy is very safe and there are no known negative side effects after over 3,000 clinical studies.

### **How long does it take to see/feel a difference?**

Great question. Most people feel at least some difference in energy and a nice "glow" to their skin right away. 8 weeks of daily use is the rule of thumb to see more dramatic effects. Why 8 weeks? This is the length of most skin benefit studies. For other uses like muscle soreness and joints some feel a difference right away and for others it can take up to 8 hrs after use to feel the full effects. Beyond that for the more systemic whole body health benefits (like muscle growth during strength training) it can take several weeks of using once per day in order to feel a difference. For best results we recommend treating for 5 days, then taking 2 days off, then repeating this cycle.

### **Are the lenses moving when I tilt the device?**

Yes! We use a very special secondary focusing lenses to direct light. You may hear them move when you tilt the device. This is perfectly normal.

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## **Do I need safety glasses with this light?**

To err on the side of caution we do recommend wearing darkened safety glasses. All of our products come with these glasses for free. Our RedRush lights are very bright and if you have any eye issues (or any other health conditions at all) you should always talk to your doctor before using a device like RedRush.

These wavelengths (660nm & 850nm) have been shown in multiple studies to be beneficial for the eyes and are currently being studied for treatment of certain eye diseases. However, due to the level of brightness it's a good idea to wear darkened safety glasses, turn on the light away from you, and let your eyes adjust before shining on your face / eyes.

## **Why are only ½ of the lights on?**

If you turned on both switches then all 120 LEDs are brightly shining! It's just that our human eyes can't see the near-infrared (NIR) wavelengths. This is actually very useful because if you don't want to light the entire room up red while someone is watching TV you can simply turn on the NIR lights only. Then you get your treatment invisibly!

*Pro tip:* RED has certain positive effects on the skin that NIR does not. So be sure to use both when you can.

## **Does this work with clothes on?**

To have any effect the skin you are pointing the light at must be exposed. It will not work through clothing. One of the benefits of red light therapy is that you can get light into "private" areas that never get any sun or other exposure to light.

## **I feel overly fatigued or have a headache after use. What does this mean?**

You are likely one of the few in the population (only a small percent are) that is highly responsive to Red Light Therapy. This means you need much less light to get the same effects. Simply take a few days off to let your body reset, then divide all recommended times by 4.

## Tech Specs

- Size: 10.6" Wide x 16.3" Tall x 2.6" Thick
- Treatment Area: up to 24" x 60"
- Treatment Time Per Area: 5-10 Minutes
- Irradiance:
  - 105 mw/cm<sup>2</sup> at 6"
  - 75 mw/cm<sup>2</sup> at 12"
  - 45 mw/cm<sup>2</sup> at 18"
  - 30 mw/cm<sup>2</sup> at 24"
  - 15 mw/cm<sup>2</sup> at 36"
- Power: 360 Watts
- LEDs: 120 x 3 watt LEDs (60 x 660nm | 60 x 850nm)
- Input Voltage: AC100-240V 50/60Hz
- Lifespan: 50,000 hours

## DEVICE SAFETY INFORMATION

Indoor use only. Not water-proof. Keep away from water.

**Repairing.** Do not attempt to repair this yourself. If your device needs servicing please contact us directly. Opening the device will void warranty.

**Cleaning.** When cleaning be sure to turn off and unplug your device. Then dampen a clean, soft, lint-free cloth to wipe the device.

## WARRANTY

1. We offer 2 years (24 months) warranty against manufacturing defects, from the date of purchase.
2. The warranty does not cover damage due to high moisture levels, water, power surges, improper use, falling, dust build-up, or user modifications.
3. Within 60 days of purchase for any reason except those in #2, you can choose:
  - a. Exchange for a new unit
  - b. Return for money back to original purchase method
  - c. Send unit in for Repairs
4. For warranty service other than those not covered (see #2) after 60 days our company reserves the right to choose between:
  - a. Exchange for a new unit
  - b. Have unit sent in for Repairs