

INFRARED LIGHTS NZ

LIGHTFORCE LED RED LIGHT THERAPY RECHARGEABLE USER MANUAL

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WHAT'S INCLUDED

- 1 X LightForce LED Red Light Therapy Rechargeable
- 1 X USB Cable and Plug
- 2 x Rechargeable Batteries (18650)
- 1 X Box with Protector Bag
- 1 X Instruction Manual

USAGE INSTRUCTIONS

For proper use and safety, please thoroughly read this manual and follow all the instructions before using your light.

The LightForce LED Red Light Therapy Rechargeable Light has 12 PCS of high power 5W Dual LED diodes which makes the light powerful and effective. This model is packed full of the latest technology with a Digital Display, Timer, 3 Spectrum Modes, 4 Brightness Levels and Pulsing Function. It's best for facial or targeted treatment areas and it runs on rechargeable batteries making it totally portable, compact and ideal to take with you on travels.

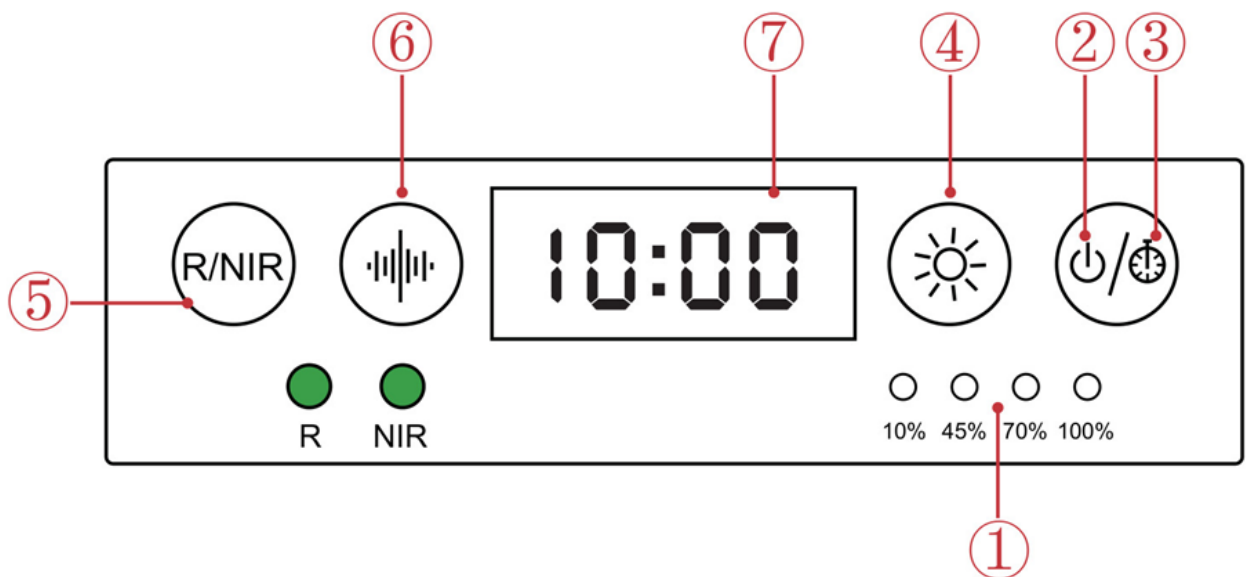
Red light will not penetrate very well through clothing, so for maximum effect on the treatment area use on bare skin. If using on face, it is important to wear Black-Out Goggles to protect your eyes from excessive exposure to light.

The device is not waterproof, keep away from liquids and do not immerse in water.

BEFORE YOU START

Wash and clean your face and body prior to use.

CONTROL PANEL



1. Battery Charge: The device has a 10,000mAh lithium battery which can support 2 hours use. A full charge takes 5 hours and the indicator bulbs show remaining time.

2. Power Button: Start/Pause

3. Timer: Screen default time 10mins, Press and hold the Power Button for 3sec to change time.

4. Brightness: There are 4 Brightness Levels L1(25%),L2(50%),L3(75%),L4(100%)

5. R/NIR: 3 Spectrum Modes Red 660nm, NIR 850nm (Near Infrared) and Red & NIR, it is important to note that the NIR mode will appear to not light up, this is because it is not visible to the human eye.

6. Pulsing: Adjustable pulsing frequency from 0hz, 10hz, 40hz, 100hz and 1000hz. There is some evidence that pulsing may help stimulate cells.

7. 4 Digit Display: Display setting, parameters and time.

RECOMMENDED DISTANCE

We recommend starting off with smaller amounts of treatment time eg 5 minutes and working up to longer treatment times of 15 to 20 minutes to ensure that you are not light sensitive. Your cells can only absorb so much light per day and for optimum results consistency is the key, 1 x 15 minute treatment session per area a day would be most beneficial but no longer than 20 minutes.

The recommended distance from the light to body treatment area is 15 to 30cm. The closer you are to the device, the higher the intensity of the light. This means the more energy you are receiving in terms of light photons reaching your skin. We recommend daily treatments, as consistency is essential to receive the benefits of Red Light Therapy and higher usage frequency is not recommended or necessary.

It is recommended that you use darkened safety goggles during your sessions, if using on your face. The LightForce LED Red Light Therapy Rechargeable lights are powerful and the irradiance (brightness) is brighter than sunshine, so it is important to wear darkened safety goggles for comfort and protection.

The LightForce LED Red Light Therapy Rechargeable is very safe with no known negative side effects proven in over 5,000 clinical studies.

THE AMAZING BENEFITS OF RED LIGHT THERAPY	
RED LIGHT THERAPY MAY HELP WITH THE FOLLOWING	
RED LIGHT	NEAR INFRARED (NIR)
Improved skin health	Anti-skin aging
Reduced inflammation	Decreases muscle fatigue
Accelerated wound healing	Accelerated wound healing
Promote cellular health	Promote cellular health
Reduced neuropathic pain	Reduced Inflammatory pain
Improved bone healing	Improved bone growth & healing
Reduced training fatigue	Helps with sleep
Stimulate hair growth	Stimulate hair growth
Improved circulation	Improved circulation
Increased energy	Neuroprotective effects on brain cells
Red light therapy can reach all the way into a cell's mitochondria to stimulate healing and regeneration to help improve your appearance, performance, and overall well-being.	

Do you want to have younger looking skin? How about more energy? Do you need relief from pain or arthritis? Maybe you suffer from Hashimoto's, diabetes, or are at risk of brain-related diseases (Alzheimer's, Parkinson's). Perhaps you have some stubborn fat or cellulite you can't seem to shed. Believe it or not, there is a therapy

scientifically proven in over 5,000 studies to do all that and more! It's Red Light and Near Infrared Light Therapy!



MAINTENANCE

The LightForce LED Red Light Therapy Rechargeable Light does not require any maintenance beyond basic care and regular cleaning. Ensure the light is unplugged from power source and wipe down the surface with a soft dampened cloth. Ensure the light is dry before plugging it back into power.

Do not use harsh chemicals, cleaning fluid or bleach as these may damage the light and void your warranty.

To preserve the life and functionality of the light, always store in a cool, dry place whenever possible.

WARRANTY

Infrared Lights NZ warrants that the LightForce LED Red Light Therapy Rechargeable Light(s) will function and perform within the specifications for One (1) year after the date of delivery. The 1 year warranty will cover all parts and labour during the warranty period with some exclusions. If required, the buyer is responsible for return shipping to Infrared Lights NZ within the 1 year warranty period. The warranty shall not apply to any light that has been abused, misused, modified, damaged, or fitted with substitute parts other than parts supplied or repaired by Infrared Lights NZ. Infrared Lights NZ shall not be liable for any consequential loss or inconvenience caused by any failure of an Infrared Lights NZ product. After the warranty has concluded, the buyer is required to pay for all parts and labour charges. If the light is repaired or replaced, either within or outside the warranty period, Infrared Lights NZ reserves the right to provide parts or replacement in different colours than the original light.

To obtain warranty service, please call Mobile 0272344901 or email

infraredlightsnz@gmail.com

SAFETY INSTRUCTIONS

For safety, the LightForce LED Red Light Therapy Rechargeable Light(s) are only intended for use indoors and are not waterproof.

Please DO NOT do any of the following:-

- **DO NOT** let children use the device without adult supervision and it is not to be used on infants.
- **DO NOT** let sleeping, disabled or unconscious people use the device.
- **DO NOT** exceed 20 minutes of use in one therapy session.
- **DO NOT** use on open or 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 and doing so will void your warranty.
- **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** use on or near heated surfaces.
- **DO NOT** operate this light in areas where it could be exposed to flammable or combustible products or vapours. Explosion or fire may occur.

- **DO NOT** store or use your device in hot temperatures exceeding 50 degrees Celcius.

There are many interesting current clinical studies investigating the benefits of using Red light Therapy for eye diseases such as Macular Degeneration and Glaucoma- so the future for Red Light Therapy is bright!

WARNINGS

Infrared Lights NZ recommends 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 light 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 light, stop use immediately and contact your healthcare provider.

DISCLAIMER

The information provided is not intended to diagnose, treat, cure or prevent any disease and should not be construed as medical advice.

Infrared Lights NZ makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical or mental conditions. A qualified health professional should always be consulted prior to using this product in regards to any condition that may require medical attention.

CONTACT

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Infrared Lights NZ is lighting up the future of our health and hopes that you will enjoy experiencing the healing power of Red Light Therapy. Your LightForce Red Light Therapy LED Light should improve your health and beauty and nourish your mind!.

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