



Red Light Therapy Pad 2040

User Manual

<https://infraredredlight.com>

Say hello to your red light pad !

Before starting your first session , please make sure to read this manual as it may explain important operating procedures .

Notes : Each led diode inside with dual chips at 1 pc 660nm and 1 pc 850nm .
Near Infrared 850nm is invisible to the human naked eyes .

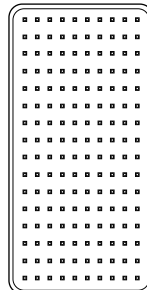
Model Name	2040
Rating Power	64W
Actual Power	23W
Product Size	200*400*5MM
LED QTY	160*0.4W
Net Weight	1.06 KG
Wavelength	660nm : 850nm = 1 : 1
EMF	0 μ t
Irradiance	0 Inch: > 100 mW/cm ²
Voltage	AC 100~240V
Timer	Default 20 minutes (5-30 minutes for option)
Dimmer (5 Levels)	1-5 (20% / 40% / 60% / 80% / 100%)
Pulse Frequency (7 Levels)	4 / 10 / 40 / 73 / 146 / 293 / 587Hz
Material	Fabric
Lifespan	Over 50,000 Hours

The red light device uses combo red 660nm and Infrared 850nm leds which is chosen to give the ideal wavelengths found in the scientific research of the last decades .

Package list

- 1*Red Light Therapy Pad
- 2*Stretchy Band
- 1*Remote Control
- 1*Adaptor
- 1*Power Cord
- 1*Step-up USB Cable

2040



Benefits backed by science

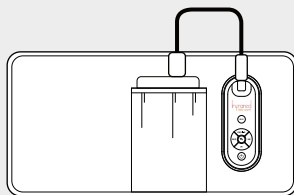
Red light with 660nm wavelength therapy acts on the "power plant" in your body's cells called mitochondria. They can absorb light wavelengths and are stimulated to work with other cells more efficiently, such as repairing skin, boosting new cell growth and enhancing skin rejuvenation.

The infrared ray at 850nm wavelength has strong permeability and uniform energy. It can effectively act on the dermal tissue, generate radiant heat from inside, mimic natural sunlight, and increase your core temperature faster. After the body temperature rises, the tiny blood vessels open, the blood flow speeds up, and the circulation improves. Meanwhile, metabolism promotes. Thereby increasing skin elasticity, repairing sensitive skin, achieving the purpose of rejuvenating skin, shrinking large pores, relieving fatigue, alleviating muscle pain, improving insomnia, etc.

Connection

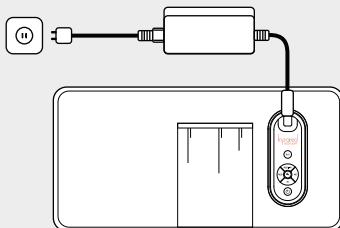
Power bank

The therapy pads can be used with a 5V/9V/12V power bank, 12V 2A for full power supply to model 2040. If your power bank has a 5V/9V output, then use the USB cable we provide, which helps to boost the voltage. It's best to use the original USB cable at 12V for full power.



Plug in

Use the original universal power adaptor that supports AC 100V-240V, and connect the pad, adaptor, and power cord before plugging in for therapy.



Controller introduction

1. Power Switch Button: For turn on and turn off. Turn on the pad, it automatically goes into "RED+NIR" mode.
2. "RED" Button: Press it for only "RED" mode. You will only receive the red lights, bright and no heat.
3. "NIR" Button: Press it for only "NIR" mode. You will only receive the NIR lights, and feel the heat, they are invisible to our naked eyes.
4. "Time" Button: Default 20-minute, pressing it to adjust the time, 25 -> 30 -> 0 -> 5 -> 10 -> 15 -> 20 minutes, then goes into another cycle.
5. "Hz" : 7 frequencies for your option, 4 / 10 / 40 / 73 / 146 / 293 / 587Hz.
6. "Dimmer" Button (in the middle): For brightness and light energy adjustment, 1=20%, 2=40%, 3=60%, 4=80%, 5=100% (full power), total 5 levels can be chosen.



Usage suggestions and maintenance

1. 20 minutes a session, 1-2 times a day for the same area at an interval of 6 hours, and last for a minimum of 8 weeks.

2. Drink some water before and during use.

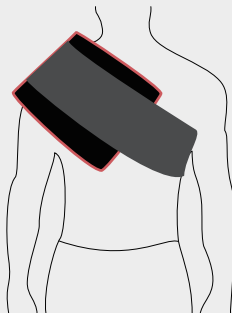
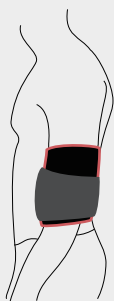
3. Uncover your skin and pad for better light therapy results.

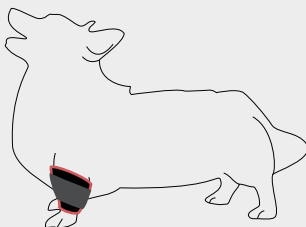
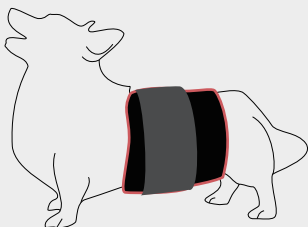
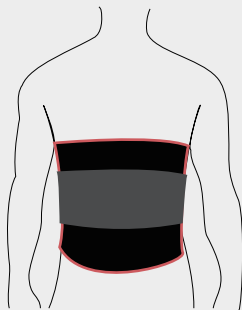
4. After use, unplug and store the belt in a cool and dry area.

5. All LEDs are waterproof designs, and it is safe to use a light damp cloth to gently wipe the surface to clean.

Application

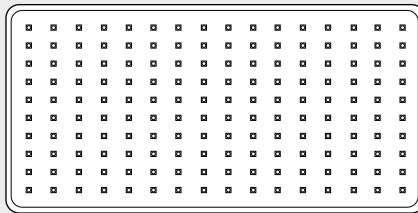
The pad can be used to cover your arms, legs, hip, abdomen, lumbar, shoulder and more, it also can be used to your pets. Here are some examples.

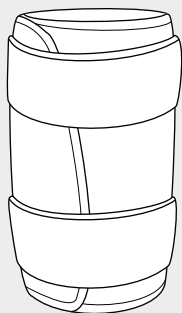




Warning

1. NOT USE UNDER THESE CONDITIONS: Children under the age of 13, pregnancy and epilepsy, photo-allergy, and photosensitizing medications like lithium, melatonin, phenothiazine antipsychotics, and certain antibiotics. People with a history of skin cancer and systemic lupus erythematosus should also avoid this kind of treatment. Besides, if you are currently taking steroids or cortisone injections, you should not receive light therapy.
2. One treatment session for the same area should not exceed 30 minutes.
3. Keep away from water and damp area.
4. Do not fold and squeeze the pad, please loose roll it to prevent the built-in flexible PCB board from fracturing, unfold and flat storage will be the best way.





1-Year warranty

All pads of Infrared Red Light (IRL) purchased new from IRL directly or an authorized reseller are warranted for a period of one year from the date of shipment from the factory. IRL will be responsible for the faults of the products caused by the normal using during the warranty period, repair or replace at no charge to the purchaser.

IRL shall not be liable for any faults or damage caused by misuse, accidental or intentional damage, force majeure, or the product has been modified.

Thank You!