



Red Light Therapy Panel

User Manual

<https://infraredredlight.com>

Technical Specification

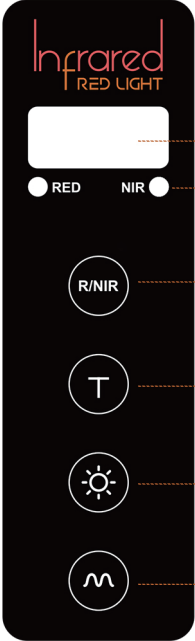
Product Model	BP70	BP210	BP300	BP560	BP840
Dimensions	322*216*71mm	880*216*71mm	880*276*71mm	1159*415*71mm	1717*415*71mm
Power Consumption	91W	273W	390W	728W	1092W
LEDs	70pcs	210pcs	300pcs	560pcs	840pcs
Lens Beam Angle	30 Degree				
Cooling Fans	1pcs	2pcs	2pcs	4pcs	8pcs
Weight	4.2kg	8.6kg	11.8kg	18.5kg	32kg
Warranty	3 Years				
Lifespan	50,000 Hours				
Voltage	AC 100-240V				
Timer	5min / 10min / 15min / 20min / 25min / 30min				
Dimmer	20% / 40% / 60% / 80% / 100%				
Pulse	10 / 40 / 73 / 146 / 293 / 587Hz				
EMF	0 µt at 3 Inches				
Best For	Target Area	Half Body	Half Body	Full Body	Full Body

Irradiance

Product Model	BP70	BP210	BP300	BP560	BP840
6 Inches	136mW/cm ² 15.8*12in	146mW/cm ² 37.8*12in	156mW/cm ² 37.8*14.2in	146mW/cm ² 48.78*19.84in	156mW/cm ² 70.7*19.8in
12 Inches	125mW/cm ² 19*15in	129mW/cm ² 41*15in	140mW/cm ² 41*17.3in	129mW/cm ² 52*22.84in	140mW/cm ² 74*22.84in
18 Inches	110mW/cm ² 22.1*18.2in	116mW/cm ² 44.1*18.2in	132mW/cm ² 44.1*20.5in	116mW/cm ² 55.1*26in	132mW/cm ² 77.1*26in
24 Inches	92mW/cm ² 25.2*21.3in	98mW/cm ² 47.2*21.3in	103mW/cm ² 47.2*23.6in	98mW/cm ² 58.2*29.1in	103mW/cm ² 80.2*29.1in

Controller Operation

Control Panel



- Display for on/off, time, brightness and pulse frequency.
- Indicators, green is on.
- Light Mode Control (Red, NIR, Both)
- Timer Control (5/10/15/20/25/30min.)
- Dimmer Control (20%/40%/60%/80%/100%)
- Pulse Frequency Control (10/40/73/146/293/587Hz)

Remote Control



Light Mode Selection

Click the light button, 3 light modes can be switched: Red + NIR (1st) -> Red (2nd) -> NIR (3rd).

4th press for off.

5th press for another light mode selection cycle, Red + NIR (5th) -> Red (6th) -> NIR (7th).

- When red light + NIR mode is selected, "RED" and "NIR" indicators lighten in green simultaneously;
- When red light mode is selected, the "RED" indicator lightens in green;
- When near infrared (NIR) light mode is selected, the "NIR" indicator lightens in green.

Timer Function

Click the timer button, 5 -> 10 -> 15 -> 20 -> 25 -> 30 minutes can be selected, it will begin to count down in 0.3s.

Press it for over 1s to halt the count down process, and press again for a continuation for the unfinished time.

Dimmer Function

Click the dimmer button, 5 levels of brightness can be switched to choose: 20% -> 40% -> 60% -> 80% -> 100%.

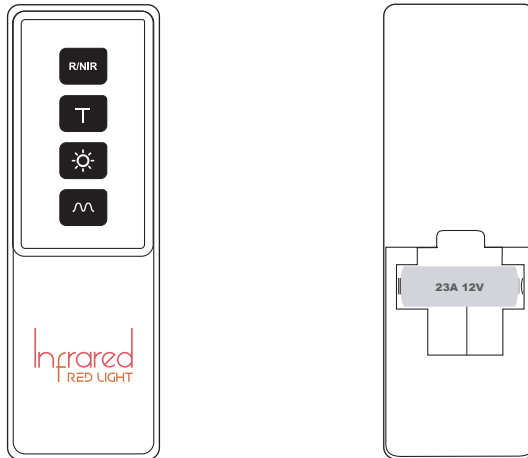
Pulse Function

Click the pulse button, 6 levels of pulse frequencies can be switched respectively: 10 -> 40 -> 73 -> 146 -> 293 -> 587Hz.

Remote Controller

Long-press the "R/NIR" buttons of the remote controller for 5s to close the remote function.

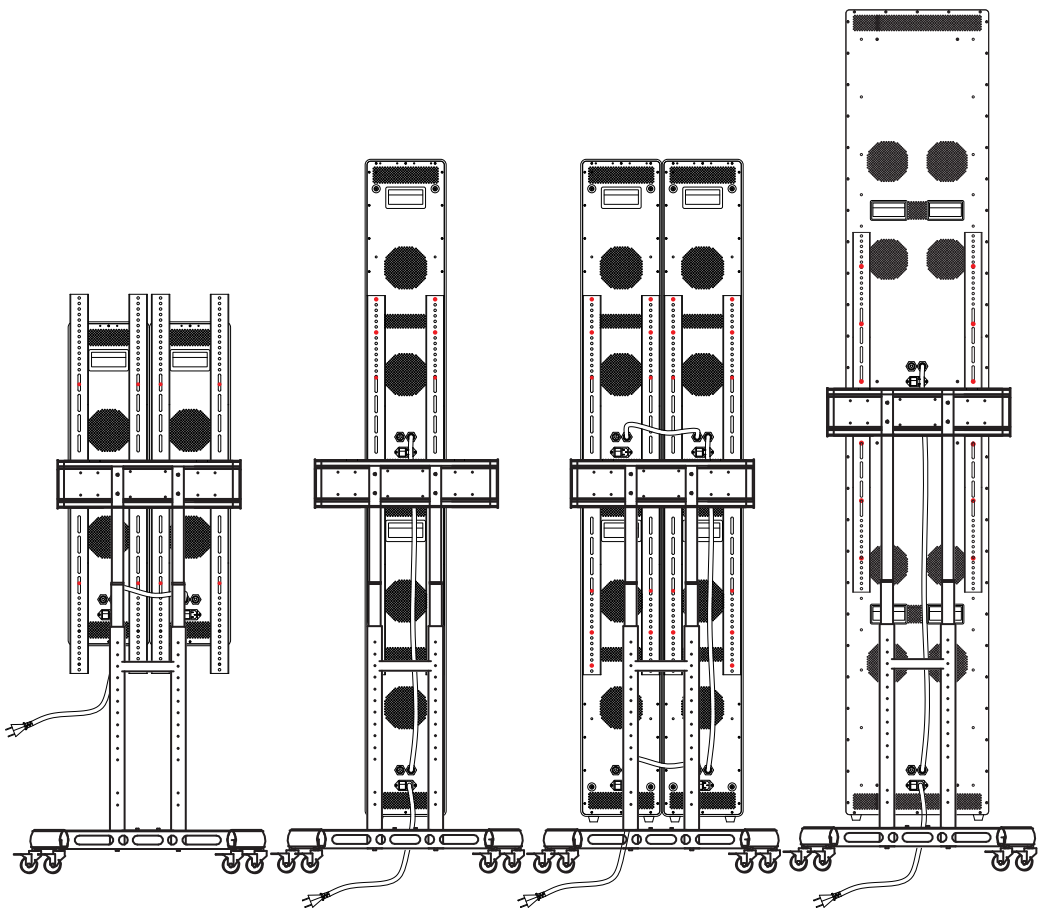
The available battery for the remote controller is 23A 12V.



Cascading Operation

Support multiple panels of BP210/BP300 and 2 panels of BP560 to connect and operate synchronously.

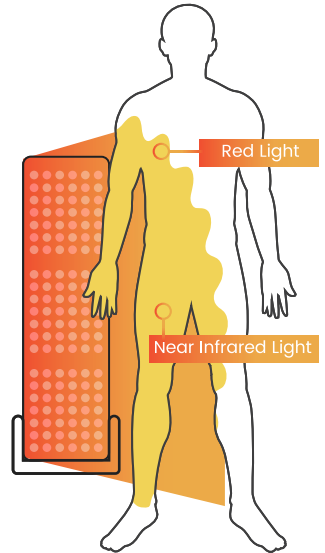
1. Keep one panel plugged in.
2. Connect more panels with the signal cable. The suggested maximum cascading quantity is 6 for BP210/BP300, 2 for BP560.
3. Then use any one of the remote to control the operation. (Long-press the "R/NIR" buttons of other remote controllers for 5s to close their remote function, again to open the function.)
4. The control board of each panel can be used to control the corresponding panel for particular needs.



Lights Therapy Effects

Red Light at 630nm 660nm

Red lights act 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, then improve skin appearance, enhance collagen production, smooth tiny wrinkles and fine lines, reduce acne and scars, boost fresh cell growth and enhance skin rejuvenation.



Near Infrared Light at 810nm 830nm 850nm

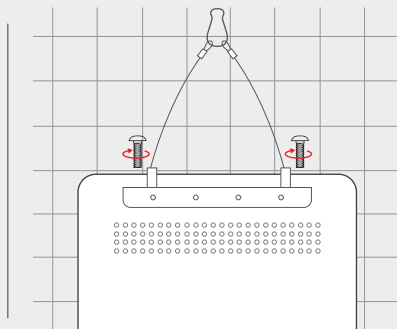
Infrared lights are invisible to the human eye, which have more penetrating power and can penetrate deeply into the subcutaneous tissues. Unlike the traditional warm methods, infrared rays generate radiant heat from inside, mimicking natural sunlight, and increasing the temperature more quickly. After the temperature of the subcutaneous tissue rises, tiny blood vessels open, blood flow speeds up and tissue metabolism is promoted. Then enhance the cells activation, facilitate excess fat consumption, reduce pain associated with joints and muscles, alleviate inflammation, improve sleep quality, relieve fatigue and boost mood, etc.

Door/Wall Mounting

It's suitable for BP210 and BP300. You can view the video on our website.

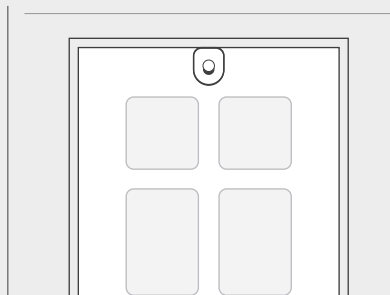
Step1

Attach the fittings to the top back of your device with four screws.



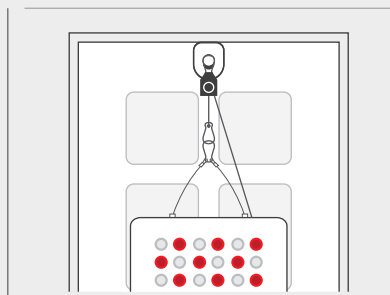
Step2

Hang the hook on your door or wall.



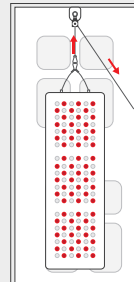
Step3

Connect the length-adjustable rope to the hook and your device.



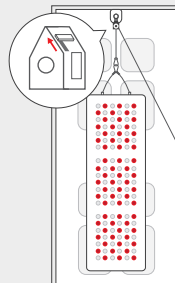
Step4

Raise your device to the proper height by carefully pulling down the rope to avoid large vibrations.



Step5

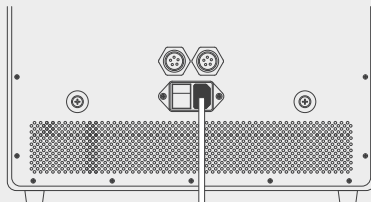
Lower your device to the appropriate height by discreetly pushing up the lever of the pulley.



Step6

Plug the power cord into your device, then connect the other end to an outlet.

Turn on the power switch, the display on the control panel will appear "OFF"



Use Suggestion

Session: 10 – 20 minutes for the same area in one session. It is better to start with a shorter session if you never use light therapy.

Frequency: 1 – 2 times a day for the same area treatment. Keep minimum 6 hours interval for the 2nd treatment for the same area.

Distance: Expose your skin and keep a distance at 6 – 24 inches from the device for best results.

Protect your eyes: Please wear goggles when enjoying the light therapy.

Tips: Drink some water before and during use.

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, insensitive to heat, 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.

Precautions

1. One treatment session for the same area should not exceed 30 minutes.
2. Turn off all power after finishing treatment, pull plugs off when not in use.
3. Do not use the device in the circumstances of hot, humid, dusty or have lampblack in the environment.
4. Keep your device away from sources of liquid, such as drinks, washbasins, bathtubs, shower stalls, and so on.
5. Keep your device in a cool, dry, well-ventilated location without corrosive gas.
6. Prevent impact or violent vibration, move it gently.
7. Avoiding alcohol or corrosive solvent to clean all parts of the device.

Maintenance

Turn off the power of your device first, and then unplug the power cord. Then use a light damp, soft, lint-free cloth to clean exterior. Do not spray liquid directly.

3-Year Warranty

All panels of Infrared Red Light (IRL) purchased new from IRL directly or an authorized reseller are warranted for a period of three years 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 the corresponding component found to be defective 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!