



Red Light Therapy Mat

User Manual

<https://infraredredlight.com>

Say hello to your red light mat !

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

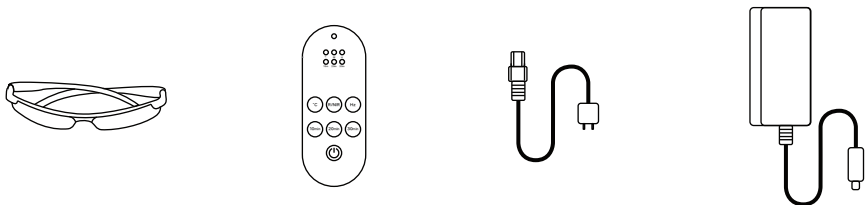
Notes : Each led diode inside with dual chips at 1 pc 660nm and 1 pc 850nm .
Near Infrared 850nm is invisible to the human naked eyes .

Model Name	60180
Rating Power	576W
Actual Power	180W
Product Size	1800*600*5MM
LED QTY	1440*0.4W
Net Weight	3 KG
Wavelength	660nm : 850nm = 1 : 1
EMF	0 μ t
Irradiance	0 Inch: > 100 mW/cm ²
Voltage	AC 100-240V
Timer	10/20/30 Minutes
Temperature	42/44/47 °C
Material	Fabric
Lifespan	Over 50,000 Hours

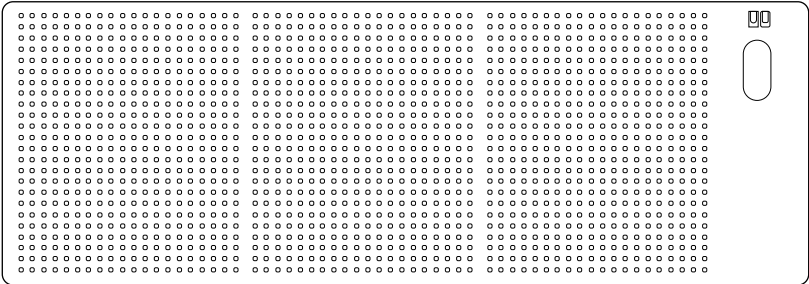
The red light device uses combo red 660nm and Infrared 850nm leds which is chosen to give the ideal wavelengths found in the scientific research of the last decades .

Package list

- 1*Red Light Therapy Mat
- 1*Goggles
- 1*Wire Controller
- 1*Adaptor
- 1*Power Cord



60180



Benefits backed by science

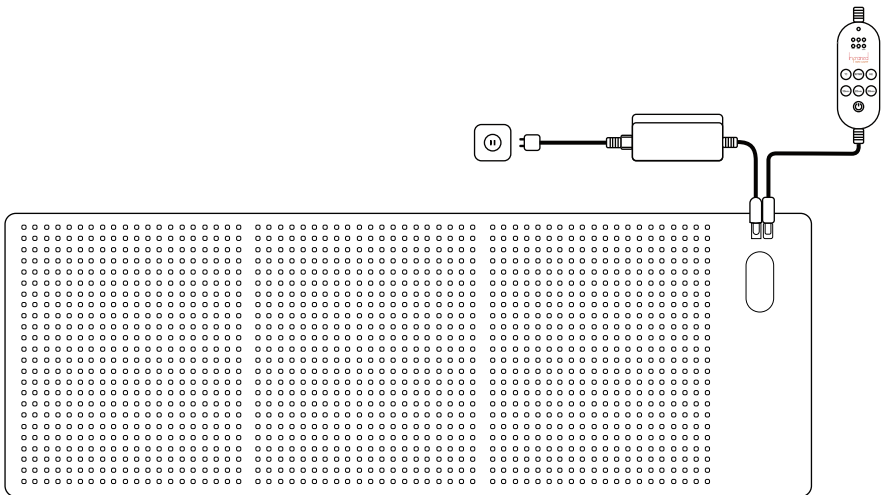
Red light with 660nm wavelength therapy acts on the "power plant" in your body's cells called mitochondria. They can absorb light wavelengths and are stimulated to work with other cells more efficiently, such as repairing skin, boosting new cell growth and enhancing skin rejuvenation.

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.

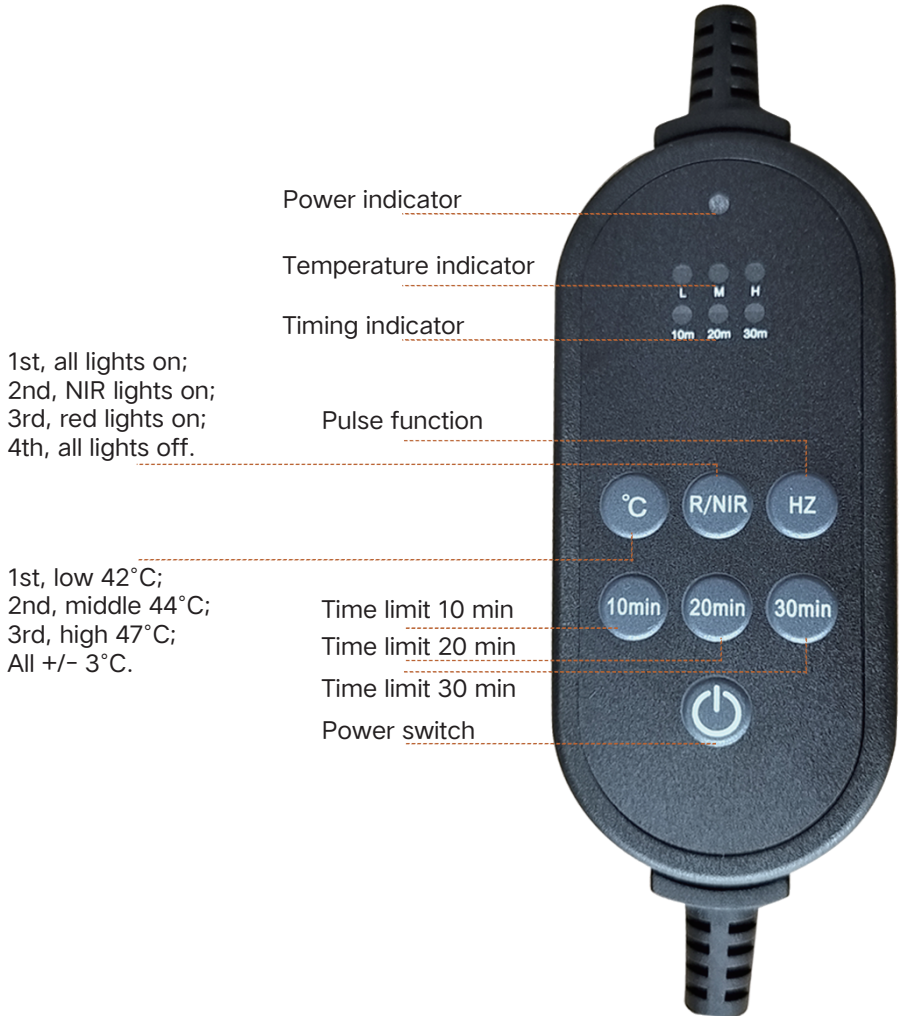
Connection

Plug in

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



Controller introduction



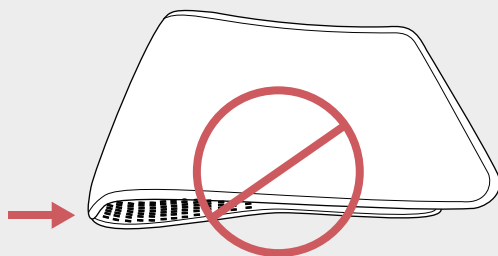
Usage suggestions and maintenance

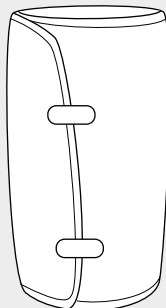
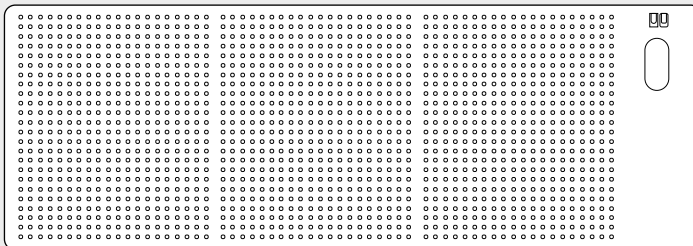
1. 20 minutes a session, 1-2 times a day for the same area at an interval of 6 hours, and last for a minimum of 8 weeks.

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.

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!