

MINI60

PORTABLE



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Welcome

Welcome to **red Light Therapy**, it is dedicated to providing the best quality products on the market at an affordable price.

The Mini 60 red light therapy panel emits both visible red light (660nm) and non-visible near infrared light (850nm) which provides various therapeutic health benefits which many including: improved skin health, anti-aging, anti-wrinkle, increased collagen production, stimulated hair growth, increased blood flow, reduce inflammation, enhanced muscle

recovery, mental clarity, relaxation, increased sleep, and reduced joint and back pain. Results will vary by person.



Key Points

Activating your Mini 60

Your Mini 60 comes with everything you need to start your journey to an optimal life. You are about to experience the epic health benefits of red-light therapy. For the best results, it is highly recommended you read this manual prior to using your device for the first time.

Sensitivity Test

It is very important to do a sensitivity test prior to long sessions with your device. Turn on both the Red and NIR switches on and shine the light on an exposed part of your forearm, about 7.5cm (3 inches) away, for 4 minutes. If you experience any discomfort or redness on your skin you must not use your device until you have sought professional advice from your doctor or health care provider.

Technical Specifications

Model	Mini 60	Size	150x90x40mm
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Irradiance	>15.8mw/cm2 at 3inch	Battery Life	<5000hrs
Wavelength	660nm 850nm	Timer	10mins
Charge Time	2 hours	Voltage	DC 5V 2A

Setting Up and Using your Mini 60

What's in the box

1xMini 60	1x 5V 2A adaptor
1x USB wire	1x Use manual

Step 1

Remove the Mini 60 red light therapy device from the zipper box along with the USB wire and the adaptor. Plug the USB wire into the right corner of the device, and the other end into your adaptor and then into the mains. Switch on the mains power to begin charging your device.

Step 2

To check charge and battery level switch on the battery button as highlighted below. Once the power has reached 3 green lights your panel is fully charged and ready to use. And you can press the battery button to check the battery levels again and it will shut off automatically in 3-4 seconds

Step 3

Sensitivity Test as we mentioned in the previous step, you can start your red light therapy journey.



Troubleshooting

My Mini 60 won't turn on

- Ensure your panel is fully charged. Click the battery life button and if this does not light up green then your device needs charging

- Ensure you are using the charging cable supplied with your device
- If your device still won't turn on please call us or email us

My Mini 60 won't charge

- Ensure you are using the charging cable supplied with your device
- Ensure your adaptor has power on and plugged into the mains
- Ensure at least 2 hours of charge time
- If your device still won't charge please call us or email us

Frequently Asked Questions

How should I use my Mini 60?

We highly recommend using it for ten minute sessions about 7.5cm (3 inches) away from your target area.

Do I need to wear eye protection?

Eye protection is not essential however we recommend not staring directly into the LED panel. When utilising it for a face session you should ideally close your eyes for maximum comfort and relaxation

Why does it appear that the Near Infrared lights aren't working?

Near Infrared light is an invisible frequency of light which our eyes cannot detect. You can tell if these lights are working as we have added a dim light in the LED bulbs to show they are functioning.

Can I use it with cloths on?

You can use it with your cloths on but we cannot guarantee results. The most optimal results are achieved through having your bare skin absorbing the light from it, in the specifically chosen target area.

Will the light from it disrupt any medication I am taking?

If you are taking any photon sensitizing medication ensure you seek medical advice before using it. Such medications include Tetracycline, Digoxin and Retin A. Thousands of clinical trials have shown light therapy to be safe and effective, however it is always recommended to consult your health care provider or doctor before using it.

Can my children use it?

Peer reviewed clinical trials have shown red light therapy to be safe and beneficial. However, if you would like your children to experience red light therapy we always recommend consulting with your health care professional first.

When can I expect to see results?

After just a few sessions you may experience reduced swelling, stiffness and clearer skin. After one session you may feel a nice warmth around the area you have used it on. Consistent use over time will get the best results and give the best outcome for muscle or joint related issues.

Warnings and Cautions

Warnings

- Do not stare directly into the LEDs or its reflection in the mirror. This can cause temporary irritation to the eyes.
- Do not allow children to use it unsupervised or without clearance from your medical practitioner.
- This device is an electrical device and to avoid electric shocks you must adhere to the following:
 - . Do not drop the device in liquid
 - . Do not wash this device with any liquids
 - . Do not touch with wet hands
 - . Do not use the device on wet or damp skin
 - . Do not tug or pull on the charging cable when charging the device
 - . Do not use the device if it has been dropped, left outside or exposed to liquids
 - . Do not use on or near hot surfaces
 - . Do not operated near flammable or combustible products or where vapours may be present. Explosion of fire may occur.

- . Do not use this device on disabled, sleeping or unconscious people
- . Do not use this device on open wounds.
- . Do not use in conjunction with salves, balms or ointments
- . Do not modify or attempt to modify this device.

Cautions

We advise that before using your device you must seek professional doctors' advice. This includes if:

- You are pregnant
- Are taking drugs known to cause sensitivity of skin to light
- Have any suspicious or cancerous lesions
- Recently had a steroid injection or use topical steroids
- Do not use this device on infants
- If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor.
- For indoor use only
- Use only equipment provided with your device
- Do not exceed 20-minute session

If you have any difficulty in cleaning or setting up it please call us or email us

Electrical Safety

- Do not place or operate the device near to water or liquids
- Do not place near or pour running water over device
- This device is not to be used in the vicinity of water
- Do not store device at temperatures exceeding 140F or 60C
- Do not use your device if damaged, this may result in electric shock or injury

Disclaimer

This product is not intended to diagnose, cure or prevent disease. makes no claims, representations or otherwise warrants the ability of this product to cure any physical, skin or mental conditions from using this product.

A qualified health professional should always be consulted prior to using this product and with regards to any conditions requiring medical attention or contraindications.

Cleaning and Disposal

Cleaning

- Ensure your device is switched off
- Unplug the charging adapted from your device
- Clean the surface with a dry cloth
- Avoid using any polishes or bleaches as they may damage your

Disposal

This device must not be disposed of with your normal household rubbish.

This device requires disposal via your designated waste collection point.

This device contains a lithium battery and this must be disclosed when handing over to the waste collection point adviser.