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## Hooga HG300

# Hooga Red Light Therapy HG300 Instruction Manual

Your guide to optimal use and care of your red light therapy device.

## WELCOME TO YOUR HOOGA RED LIGHT THERAPY DEVICE

The Hooga Red Light Therapy HG300 is designed to provide effective red and near-infrared light therapy in the comfort of your home. This device features 60 5W LEDs, emitting clinically proven wavelengths of 660nm (red) and 850nm (near-infrared) light in a 1:1 ratio. This manual will guide you through the setup, operation, and maintenance of your device to ensure safe and effective use.

## IMPORTANT SAFETY INSTRUCTIONS

- Always wear the provided eye protection when using the device to shield your eyes from the intense light.
- Keep the device dry. It is not waterproof.
- Do not use the device if it is damaged or malfunctioning. Contact customer support immediately.
- Keep out of reach of children.
- Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult with a healthcare professional before starting any new therapy.

## PACKAGE CONTENTS

Your Hooga Red Light Therapy HG300 package includes the following items:

- Hooga HG300 Red Light Therapy Device
- Instruction Manual
- Hanging Kit
- Eye Protection Goggles

# HARNESS **THE LIGHT POWER** OF HG SERIES

Hooga HG Series deliver clinically proven wavelengths of red and near infrared light in perfect combination to **energize and rejuvenate** the cells of your body.



Built in **Timer**



**Powerful irradiance** for efficient, effective treatments



Carrying **Handle**



**Low flicker & low EMF** output



**Included** hanging kit, door mount, and eye protection

Image: The Hooga HG300 device is shown alongside its power cord, hanging kit components, and a pair of blackout goggles.

## SETUP GUIDE

### Tabletop Setup

The HG300 device can be easily set up on a flat surface, such as a table or nightstand, using its integrated kickstand. Ensure the surface is stable and the device is placed where it can safely emit light without obstruction.



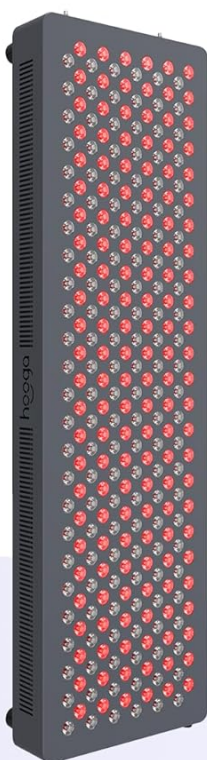
Image: The Hooga HG300 red light therapy device is shown standing on a wooden surface, demonstrating its built-in kickstand for tabletop use.

### **Hanging Setup**

For full-body or hands-free sessions, utilize the included hanging kit. This allows you to suspend the device from a door or wall mount. Follow the instructions provided with the hanging kit for secure installation.

# REJUVENATE YOUR SKIN

Red and NIR light enhances **collagen & elastin** production which results in:



- **smoother**, more **youthful** looking skin
- **reduced appearance** of wrinkles, scars, and sun spots
- **alleviation of skin conditions** such as eczema and psoriasis and more!



Image: A person is shown standing in front of the Hooga HG300 device, which is suspended from a door using the hanging kit, allowing for hands-free red light therapy.

## OPERATING INSTRUCTIONS

### Powering On

Connect the power cord to the device's input port and then plug it into a standard electrical outlet. Locate the main power switch on the back of the device and flip it to the 'ON' position. You will hear a slight fan noise, indicating the device is powered on.

### Selecting Light Modes

On the side panel of the device, you will find two separate switches: 'RED' for 660nm red light and 'NIR' for 850nm near-infrared light. You can activate either mode individually or both simultaneously. Note that near-infrared light (850nm) is not fully visible to the human eye, so the LEDs might appear off even when active.

# RECHARGE THE HUMAN BATTERY

Red light therapy is proven in thousands of studies to stimulate the mitochondria in our cells to produce more energy so our cells can function optimally.



The HG Series can:

- **Improve** skin health & appearance
- **Optimize** brain function & mood
- **Improve** energy levels and beat fatigue
- **Increase** muscle performance, strength & recovery
- **Reduce** inflammation & relieve pain

Image: A detailed view of the control panel on the side of the Hooga HG300, highlighting the individual switches for Red and Near-Infrared light, along with the timer controls.

## Setting the Timer

The device features a built-in timer with preset options. Press the timer button to cycle through 5-minute, 10-minute, and 15-minute session durations. The device will automatically shut off once the selected time has elapsed.

## Recommended Usage

For optimal results, position the device approximately 6 inches away from the target area. For superficial areas like the face, a session of 3-5 minutes is recommended. For deeper tissue treatment, such as joints or muscles, sessions of up to 10 minutes can be beneficial. Consistency is key; aim for daily use to observe noticeable improvements.



# ENHANCE MUSCLE PERFORMANCE & RECOVERY

Recover and repair from workouts faster than ever. Red light therapy has been shown to enhance **muscle strength, endurance and recovery!**

Image: A diagram showing the Hooga HG300's light coverage and irradiance levels at different distances, from 0 inches to 18 inches, indicating optimal treatment distances.

## UNDERSTANDING RED LIGHT THERAPY

Red light therapy, also known as photobiomodulation, uses specific wavelengths of light to stimulate cellular function. The 660nm (red) and 850nm (near-infrared) wavelengths used in the HG300 are absorbed by the mitochondria in your cells, leading to increased energy production and various therapeutic effects.

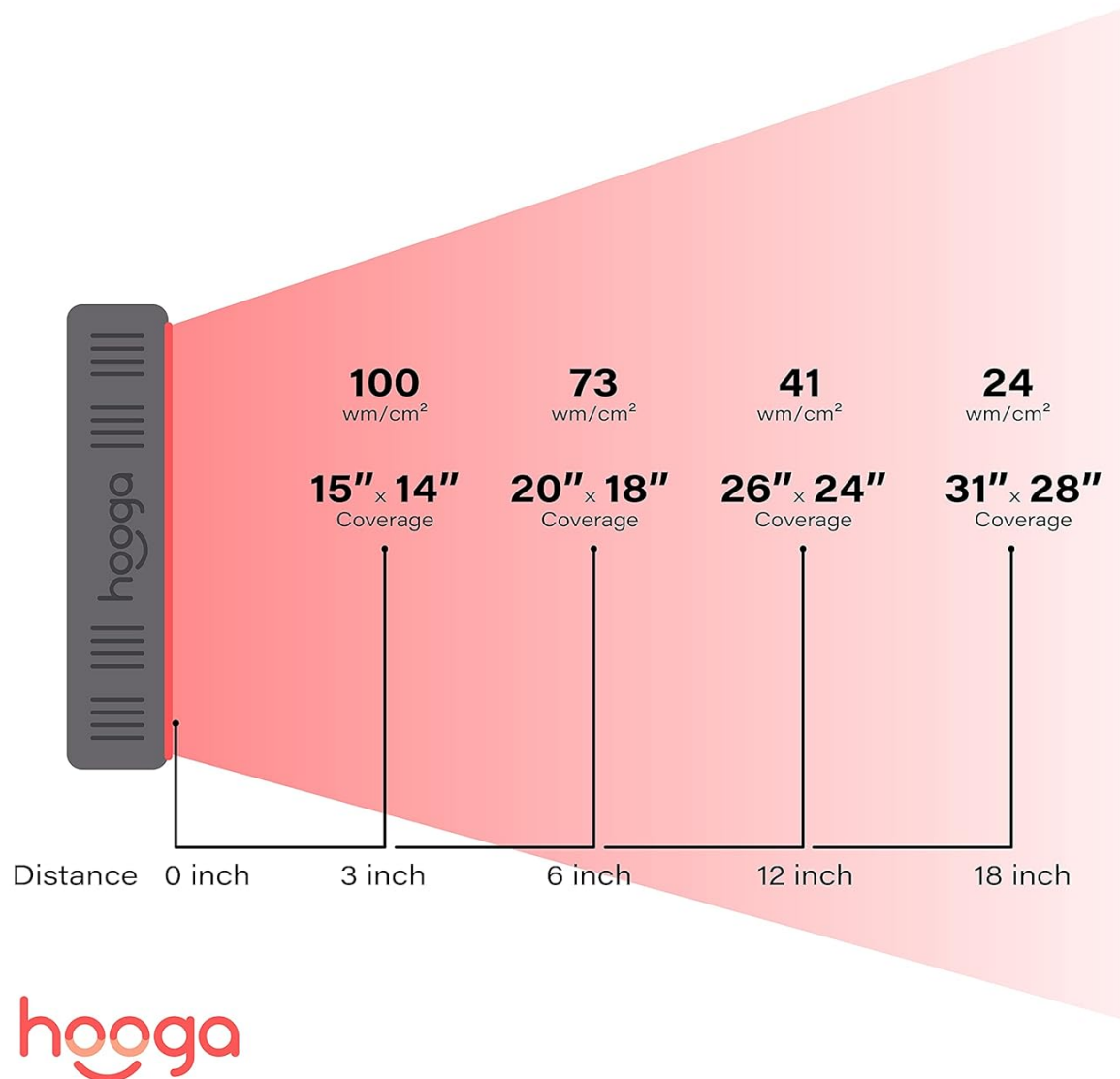
### Key Benefits:

- **Skin Health & Anti-Aging:** Promotes collagen and elastin production, leading to smoother, more youthful-looking skin, reduced wrinkles, and alleviation of certain skin conditions.
- **Pain Relief & Recovery:** Helps reduce inflammation and provides relief from various types of pain, aiding in faster recovery from physical exertion.
- **Improved Energy & Performance:** Supports cellular energy production, which can lead to enhanced overall

energy levels and improved physical performance.

- **Enhanced Sleep & Mental Clarity:** Regular use may contribute to better sleep patterns and improved cognitive function.

## Irradiance & Coverage



hooga

Image: A woman is shown stretching on the floor, with two Hooga red light therapy devices providing ambient red light, illustrating a common use case for recovery and well-being.

### CARE AND MAINTENANCE

To ensure the longevity and optimal performance of your Hooga HG300, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the device's exterior with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and moisture.
- **Cooling Fan:** The built-in cooling fan operates during use to prevent overheating. Ensure the fan vents are not obstructed.

## TROUBLESHOOTING

Issue	Possible Cause	Solution
Device does not power on	Power cord not properly connected; Main power switch off	Ensure power cord is securely plugged in; Flip main power switch on.
Near-infrared (NIR) LEDs appear off	NIR light is not fully visible to the human eye	This is normal. The NIR LEDs are working even if they don't emit visible light.
Device overheats	Obstructed cooling fan vents	Ensure fan vents on the device are clear of obstructions.

## PRODUCT SPECIFICATIONS

Feature	Detail
Model	HG300
LEDs	60 x 5W LEDs
Wavelengths	660nm (Red) & 850nm (Near-Infrared) at 1:1 ratio
Irradiance	>100mW/cm <sup>2</sup> at surface, >73mW/cm <sup>2</sup> at 6 inches
Beam Angle	60 degrees
Dimensions	12.6 x 4.92 x 2.44 inches
Weight	0.11 ounces (Note: This weight seems incorrect based on typical product weights, please refer to product packaging for accurate weight)
Features	Built-in cooling fan, timer, carrying handle, hanging kit included

## WARRANTY AND CUSTOMER SUPPORT

Hooga Health is committed to providing high-quality products. For information regarding warranty coverage or to receive customer support, please refer to the contact details provided on the product packaging or visit the official Hooga Health website. This product is from a small business brand and is Verified by Transparency, ensuring authenticity.

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