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Bestqool X60

Bestqool Red Light Therapy Device - User Manual

Model: X60 | Brand: Bestqool

PRODUCT OVERVIEW

The Bestqool Red Light Therapy Device is a dual-chip clinical-grade LED panel designed to provide red (660nm) and near-infrared (850nm) light therapy. It aims to support various aspects of health, including muscle recovery, skin health, sleep improvement, and overall well-being. This manual provides essential information for safe and effective use of your device.



Figure 1: Bestqool Red Light Therapy Device (Model X60)

SETUP GUIDE

Your Bestqool device comes with everything needed for quick setup. Carefully remove all components from the packaging.



Figure 2: Included components: Device, Adjustable Rope, User Manual, Door Hook, Power Cord, and Glasses.

The device features a foldable stand for tabletop use and includes a hanging kit with an adjustable rope and door hook for vertical positioning. Simply attach the stand or hanging accessories as desired. Connect the power cord to the device and then to a suitable power outlet.



Elevate Muscle Recovery and Optimize Performance

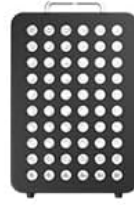
Enhance **muscle endurance and performance** by incorporating red light therapy into your routine as a complementary approach alongside **proper nutrition, adequate rest and appropriate training**.

Figure 3: Device features a cooling fan, touch control panel, and foldable stand for versatile placement.

OPERATING INSTRUCTIONS

To operate your Bestpool device, press the power button on the control panel. You can select between Red light mode, Near-Infrared (NIR) mode, or both simultaneously. The digital timer allows you to set session durations in 5-minute increments, up to 25 minutes.

BQ60 Red Light Therapy



**OUR
PRODUCT**

OTHERS

Dual-Chip with 2 spectra



Laboratory tested irradiance



Power consumption >105W



Multiple applications



No EMF output, no flicker



Class II device certified



Figure 4: Control panel for mode selection and timer adjustment.

For optimal results, use the device for 15-30 minutes per session, at least 4 times per week. Maintain a distance of approximately 6 inches from the device to the target area. Eye protection is recommended, especially when using the NIR mode or directing light towards the face.



Figure 5: Example usage for shoulder pain, lower back, and joint stiffness.

BENEFITS AND APPLICATIONS

The Bestool Red Light Therapy Device offers a range of potential benefits due to its dual-chip red (660nm) and near-infrared (850nm) wavelengths. These wavelengths are known to penetrate different depths of tissue, supporting cellular function and promoting various health improvements.

- **Muscle Recovery:** Enhances recovery and reduces training fatigue.
- **Pain Relief:** Helps reduce joint pain and inflammation.
- **Skin Health:** Optimizes collagen production, reduces wrinkles, and improves skin texture.
- **Improved Sleep:** Helps regulate circadian rhythms for better sleep quality.
- **Energy & Immunity:** Boosts overall energy levels and supports immune function.

5 AMAZING FEATURES

BQ60 delivers effective red and nir light to charge the cells of your body



Dual Chip



Digital timer



High irradiance
> $95\text{mW}/\text{cm}^2$
at 3 inches



0 EMF at 6
inches & No
flicker



Class II device
certified

Figure 6: Bestqool's higher irradiance provides more effective therapy sessions.



Figure 7: Key benefits include reduced joint pain, improved sleep, and boosted energy.

CARE AND MAINTENANCE

To ensure the longevity and optimal performance of your Bestqool device, follow these care and maintenance guidelines:

- **Cleaning:** Always unplug the device before cleaning. Use a soft, dry cloth to wipe the surface. 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 extreme temperatures.
- **Safety:** Ensure the device is unplugged when not in use. This product is designed for indoor use only. Do not exceed 30 minutes of use in one treatment session.

TROUBLESHOOTING

If you encounter any issues with your Bestqool Red Light Therapy Device, please refer to the following common troubleshooting tips:

- **Device not powering on:** Check that the power cord is securely connected to both the device and a working power outlet.
- **Lights not illuminating:** Ensure the correct mode (RED, NIR, or both) is selected on the control panel.
- **Timer not functioning:** Verify that the timer is set correctly and the device is powered on.

If problems persist after attempting these steps, please contact Bestqool customer support for further assistance.

PRODUCT SPECIFICATIONS

Feature	Detail
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Model Number	X60
Product Dimensions	13.1 x 8.2 x 2.3 inches
Item Weight	4.8 Pounds
Wavelengths	660nm (Red) & 850nm (Near-Infrared)
Irradiance	Higher than 100mW/cm ² at surface, 95.6mW/cm ² at 3 inches
Manufacturer	Bestqool
Country of Origin	China

WARRANTY AND SUPPORT

Bestqool offers a 30-day return policy for your peace of mind. For detailed warranty information and customer support, please refer to the official user manual included with your device or visit the Bestqool Store online.

Visit the [Bestqool Store](#) for more products and support.