

Hooga PRO300

Hooga PRO300 Red and Near Infrared Light Therapy Panel User Manual

MODEL: PRO300



Introduction

The Hooga PRO300 is a red and near infrared light therapy panel designed for targeted use on the face and body. This device incorporates advanced technology to deliver beneficial wavelengths for various wellness applications.

- **PRO Series Features:** Flicker-free, dual chip LEDs for high irradiance, modular and stand capability.
- **LED Configuration:** 60 high-efficiency 5W LEDs emitting red (660nm) and near infrared (850nm) light at a 1:1 ratio.
- **Convenience:** Includes an adjustable stand, built-in timer, and cooling fans.
- **Beam Angle:** 60 degrees for effective coverage.
- **Accessories:** Instruction manual and eye protection are included.

This device brings the benefits of red light therapy, previously found in clinics, into your home with its powerful, energy-efficient, and affordable design. It aims to support skin health, enhance recovery, improve mental clarity, and optimize sleep.

Important Safety Information

Legal Disclaimer:

The statements regarding this product have not been evaluated by the FDA (U.S. Food & Drug Administration). This product is not intended to diagnose, treat, cure, or prevent any disease. It is classified as a low-risk, general wellness/fitness product that does not require FDA clearance, in accordance with the “General Wellness: Policy on Low Risk Devices” draft released January 20, 2015.

General Precautions:

- Always use the provided eye protection during operation.
- Consult a healthcare professional before use if you have any medical conditions or concerns.
- Keep out of reach of children.

Setup

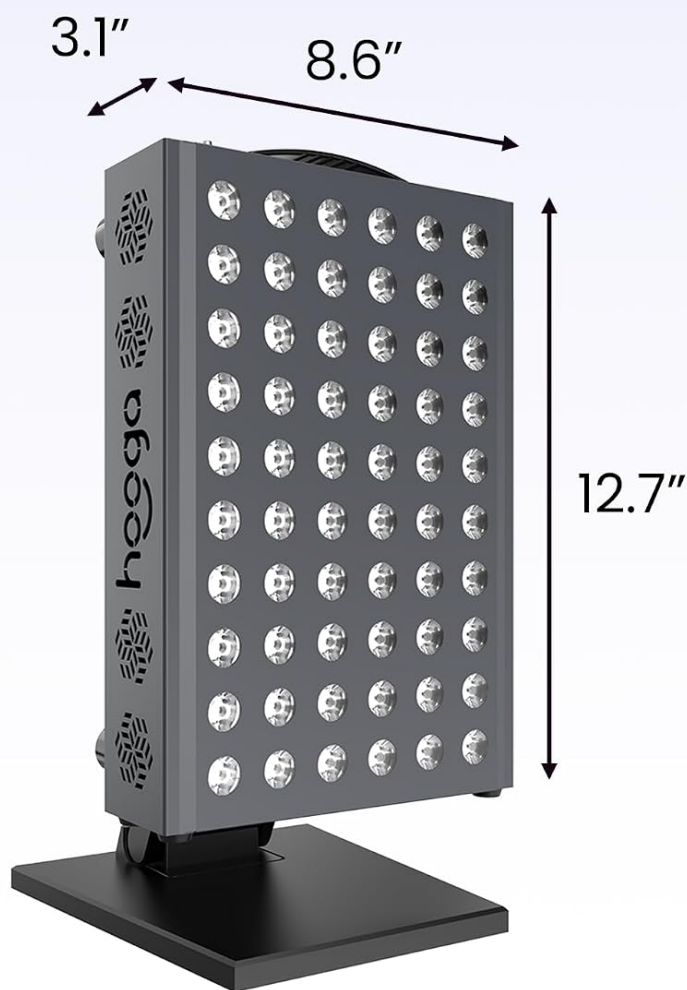
Follow these steps to set up your Hooga PRO300 light therapy panel:

1. **Unpack Components:** Carefully remove the light therapy panel, adjustable stand, power cord, and eye protection from the packaging.
2. **Attach the Stand:** Securely attach the adjustable stand to the base of the light therapy panel. Ensure all connections are firm.
3. **Position the Device:** Place the assembled unit on a stable, flat surface. Adjust the stand to your desired angle for optimal treatment area coverage.
4. **Connect Power:** Plug the power cord into the designated port on the device, then plug the other end into a standard electrical outlet.





Figure 1: Hooga PRO300 Red Light Therapy Panel with adjustable stand.



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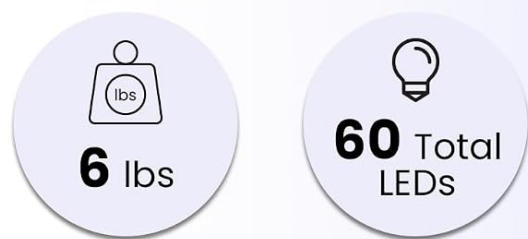


Figure 2: Product dimensions (3.1" x 8.6" x 12.7") and weight (6 lbs).

Operating Instructions

To begin your light therapy session:

1. **Wear Eye Protection:** Always put on the provided eye protection before activating the device.
2. **Power On:** Locate the power switches on the side of the panel. You can activate the Red (R) light, Near Infrared (NIR) light, or both simultaneously.
3. **Set Timer:** Use the built-in timer function to set your desired session duration. The device will automatically shut off after the set time.
4. **Position for Treatment:** Position yourself approximately 6 inches from the panel for optimal irradiance (109mW/cm²). The 60-degree beam angle ensures effective coverage.
5. **Session Duration:** Typical sessions can range from a few minutes to 10-20 minutes per area, depending on individual needs and desired outcomes.

The Near Infrared (850nm) LEDs are not fully visible to the human eye, so they may appear dim or off even when active. This is normal operation.

Irradiance & Coverage

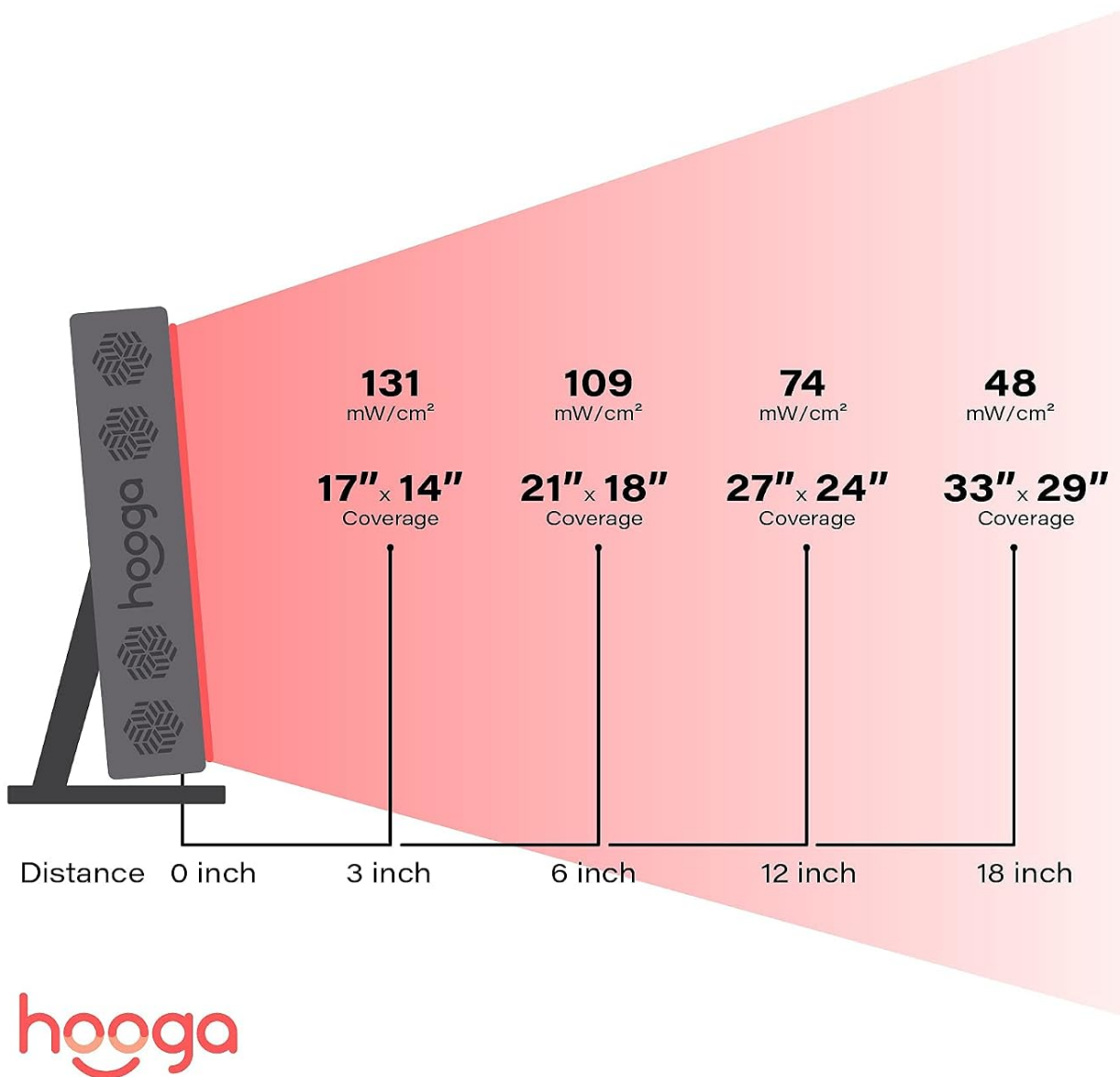


Figure 3: Irradiance and coverage at various distances from the panel.

Maintenance

Proper maintenance ensures the longevity and optimal performance of your Hooga PRO300:

- **Cleaning:** Ensure the device is unplugged before cleaning. Gently wipe the surface of the panel and LEDs with a soft, dry cloth. Do not use abrasive cleaners or liquids directly on the LEDs.
- **Cooling Fans:** The device features built-in cooling fans to prevent overheating. Ensure the fan vents on the sides are not obstructed during operation. Periodically check for dust accumulation and gently clean if necessary.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and moisture when not in use.

Troubleshooting

If you encounter any issues with your Hooga PRO300, refer to the following common troubleshooting tips:

- **Device Not Powering On:**
 - Check if the power cord is securely plugged into both the device and the electrical outlet.
 - Ensure the power switches (Red and NIR) are in the 'On' position.
 - Verify that the electrical outlet is functional by plugging in another device.
- **Near Infrared Lights Appear Dim/Off:**
 - This is normal. Near Infrared light (850nm) is not fully visible to the human eye. If the NIR switch is on, the LEDs are functioning.
- **Unusual Noise from Fans:**
 - Ensure the fan vents are clear of any obstructions.
 - If the noise persists and is excessive, contact customer support.

For issues not covered here, please contact Hooga customer service for assistance.

Specifications

Feature	Detail
Model Number	hooga_pro_HG300 (PRO300)
LED Type	60 High-Efficiency Dual Chip 5W LEDs
Wavelengths	660nm (Red) & 850nm (Near Infrared) at 1:1 Ratio
Irradiance	109mW/cm² at 6 inches
Beam Angle	60 degrees
Features	Built-in Timer, Cooling Fans, Adjustable Stand
Dimensions	16.91 x 11.3 x 7.13 inches
Weight	9.48 Pounds
Manufacturer	Hooga Health

Warranty and Support

Three-Year Warranty: The Hooga PRO300 comes with a three-year warranty. This warranty covers any issues with the panel that are not a result of misuse. Hooga Health will happily replace or repair the panel if such issues arise.

30-Day Satisfaction Guarantee: If you are not satisfied with your light therapy device within 30 days of purchase, you are welcome to return it.

Customer Service: For any questions, concerns, or warranty claims, please contact Hooga Health customer service. Refer to your purchase documentation for specific contact details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question