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## hooga HG200

# Hooga Red Light Therapy HG200 User Manual

Model: HG200

## INTRODUCTION

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The Hooga Red Light Therapy HG200 device is designed to provide targeted red and near-infrared light therapy for various wellness applications. This manual provides essential information for safe and effective use, including setup, operation, maintenance, and troubleshooting.



Image: The Hooga Red Light Therapy HG200 device, a rectangular panel with multiple red light LEDs, shown with its integrated stand. The device features a digital display and control buttons at the bottom.

## SAFETY INFORMATION

Please read all safety instructions before operating the device. Failure to do so may result in injury or device damage.

- Always wear the provided eye protection during use to shield your eyes from the intense light.
- Do not immerse the device in water or expose it to excessive moisture.
- Keep out of reach of children and pets.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or are taking photosensitizing medications.

- Do not block the ventilation openings on the device, as this can lead to overheating.
- Unplug the device from the power outlet when not in use or before cleaning.

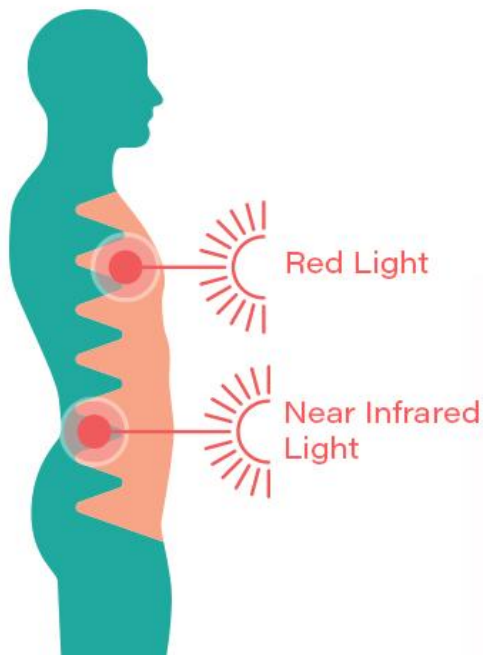
*Note: The statements regarding this product have not been evaluated by the FDA (U.S. Food & Drug Administration). This product is not intended to diagnose, treat, cure, or prevent any disease. It is a low-risk, general wellness/fitness product.*

## PRODUCT FEATURES AND BENEFITS

The Hooga HG200 incorporates specific wavelengths of light to support various bodily functions.

- **Dual Wavelengths:** Features 660nm (red light) and 850nm (near-infrared light) in a 1:1 ratio.
- **High Power Output:** Equipped with 40 individual 5W LEDs for effective light delivery.
- **Built-in Timer:** Allows for precise session duration control.
- **Integrated Stand:** Provides convenient tabletop or desk use.
- **Cooling Fan:** Ensures heat dissipation for optimal performance and longevity.
- **Selectable Modes:** Choose between red light only, near-infrared light only, or both simultaneously.

## Clinically Proven Wavelengths of 660nm and 850nm



### Red Light at 660 Nanometers:

This specific wavelength is absorbed at a higher proportion by the skin tissue, making it especially effective for boosting skin health and increasing collagen production.

### Near Infrared Light at 850 Nanometers:

This wavelength is actually outside of the visual spectrum, so it may appear as if the NIR lights are not working, but they just can't be seen by the naked eye. Near infrared light has a particularly strong ability to penetrate deeper into the tissue, organs, and joints, making it ideal for enhancing muscle recovery and reducing joint pain.

Image: A diagram illustrating the penetration depth of 660nm Red Light (absorbed by skin tissue, effective for skin health and collagen) and 850nm Near Infrared Light (penetrates deeper into tissue, organs, and joints, ideal for muscle recovery and pain reduction).

Benefits associated with these wavelengths include:

- Improved skin health and appearance, including reduced wrinkles and enhanced collagen/elastin production.
- Enhanced muscle performance, strength, and recovery.
- Reduction of inflammation and alleviation of pain.
- Support for energy levels and reduced fatigue.

## SETUP INSTRUCTIONS

1. **Unpack the Device:** Carefully remove the Hooga HG200 and all accessories from the packaging. Ensure all components are present: the light panel, power cord, and eye protection.
2. **Position the Device:** Place the device on a stable, flat surface using its integrated stand. Ensure there is adequate space around the device for ventilation.
3. **Connect Power:** Insert the power cord into the power input port on the device, then plug the other end into a standard electrical outlet.
4. **Prepare for Use:** Before turning on the device, put on the provided eye protection.

## OPERATING INSTRUCTIONS

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Follow these steps to operate your Hooga HG200 device:

1. **Power On:** Press the power button ( ) on the control panel to turn on the device. The display will illuminate.
2. **Select Mode:**
  - Press the 'R' button for Red Light (660nm) only.
  - Press the 'NIR' button for Near-Infrared Light (850nm) only.
  - Press both 'R' and 'NIR' buttons to activate both wavelengths simultaneously.
3. **Set Timer:** Use the timer buttons (+ / -) to set your desired session duration. Recommended session times typically range from 5 to 20 minutes, depending on the distance and desired intensity.
4. **Begin Session:** Position yourself at the desired distance from the device. Refer to the irradiance chart in the Specifications section for guidance on effective distances.
5. **Session Completion:** The device will automatically turn off once the set timer expires.
6. **Power Off:** If you wish to end the session early, press the power button ( ) again.

**Recommended Usage:** For optimal results, use the device consistently. Daily sessions are often recommended, but consult with a healthcare professional for personalized advice.

## MAINTENANCE

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Proper maintenance ensures the longevity and performance of your Hooga HG200.

- **Cleaning:** Before cleaning, ensure the device is unplugged and completely cool. Use a soft, dry cloth to wipe the surface of the device. Do not use abrasive cleaners, solvents, or excessive moisture.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case when not in use for extended periods.
- **Inspection:** Periodically inspect the power cord for any signs of damage. If the cord is damaged, discontinue use and contact customer support.

## TROUBLESHOOTING

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If you encounter issues with your Hooga HG200, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in, power outlet issue, or power cord damage.	Ensure the power cord is securely plugged into both the device and a working electrical outlet. Try a different outlet. Inspect the power cord for visible damage.
Lights are dim or flickering.	Power supply issue or internal component malfunction.	Ensure the power connection is stable. If the problem persists, contact customer support.
Device overheats.	Blocked ventilation or prolonged use.	Ensure the cooling fan and ventilation openings are not obstructed. Allow the device to cool down between sessions if used for extended periods.
Near-infrared lights appear off.	Near-infrared light is not visible to the naked eye.	This is normal. Near-infrared light (850nm) is outside the visible spectrum. You may see a faint red glow, but the LEDs are functioning.

If the issue is not resolved by the above steps, please contact Hooga customer support for further assistance.

## SPECIFICATIONS

- **Model:** HG200
- **Wavelengths:** 660nm (Red Light) and 850nm (Near-Infrared Light)
- **LEDs:** 40 x 5W LEDs (20 Red, 20 Near-Infrared)
- **Dimensions:** Approximately 9.5" (H) x 6" (W) x 1" (D) (24.1cm x 15.2cm x 2.5cm)
- **Weight:** Approximately 4.3 lbs (1.95 kg)
- **Irradiance:** Over 90mW/cm<sup>2</sup> at 6 inches
- **Power Input:** Standard AC power (specific voltage/ampereage not provided, assume standard household)
- **Features:** Built-in timer, integrated stand, cooling fan, selectable light modes.

# Irradiance & Coverage

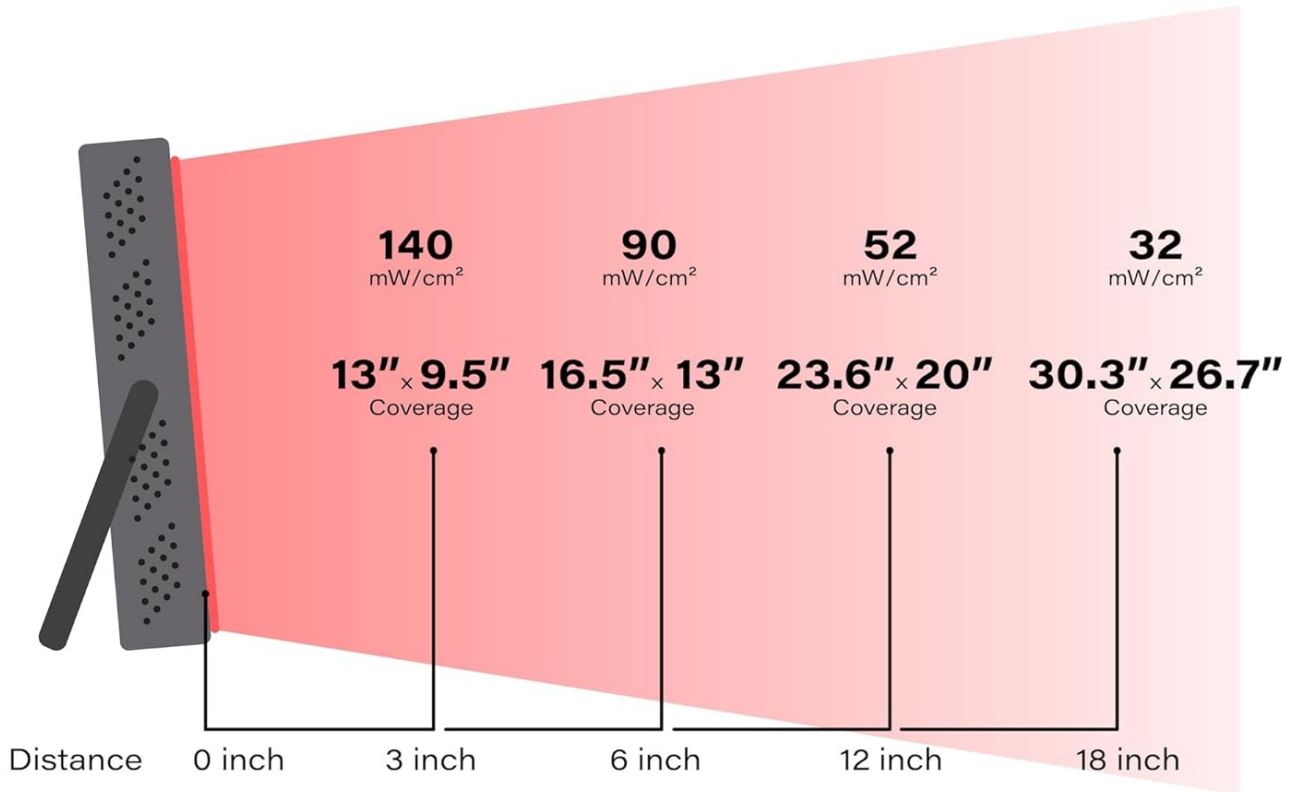


Image: A visual representation of the Hooga HG200's dimensions (9.8" H, 6.3" W, 1.2" D) and total LED count (40 LEDs), along with its weight (3.3 lbs).

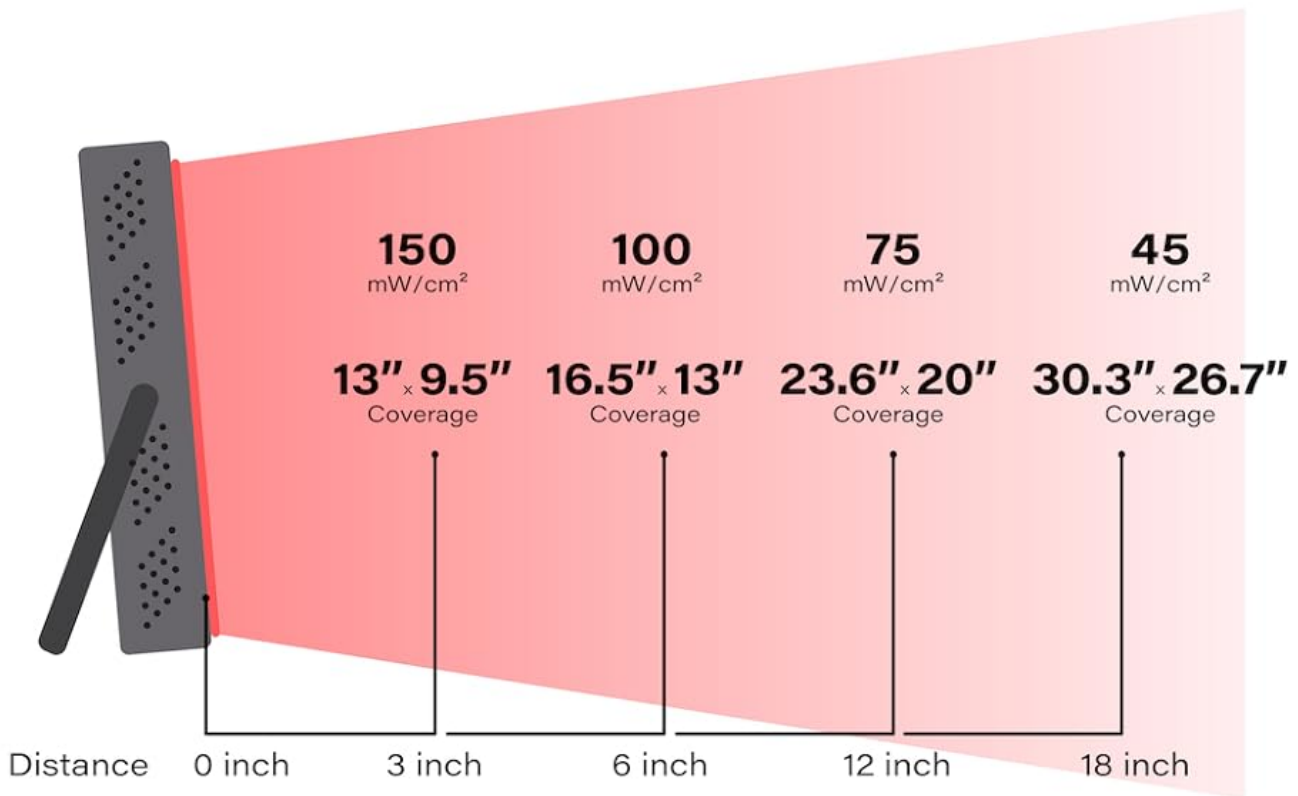


Image: A diagram illustrating the irradiance (mW/cm<sup>2</sup>) and coverage area at various distances from the Hooga HG200 device (e.g., 140 mW/cm<sup>2</sup> at 3 inches, 90 mW/cm<sup>2</sup> at 6 inches).

## WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please contact Hooga customer service directly.

**Manufacturer:** Hooga

**Contact Information:** Refer to the Hooga official website or the contact details provided with your product packaging for the most current support options.

**Return Policy:** The standard return policy for this product is 30 days from the date of purchase. Please refer to your retailer's specific return policy for details.

