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**Bestqool Redot S**

# BestQool Redot S Red Light Therapy Belt User Manual

Model: Redot S
Brand: Bestqool

## 1. Introduction

This manual provides essential information for the safe and effective use of your BestQool Redot S Red Light Therapy Belt. Please read all instructions carefully before operation and retain this manual for future reference.
The BestQool Redot S Red Light Therapy Belt is designed to deliver red light (660nm) and near-infrared light (850nm) to various body areas. It features a flexible, wearable design for convenient application.

## 2. Safety Information

- Consult a healthcare professional before using this device if you have any medical conditions, are pregnant, or are taking medications.
- Do not use the device on broken skin, open wounds, or areas with active infections.
- Avoid direct eye exposure to the light. Protective eyewear is recommended during use.
- Keep the device out of reach of children.
- Do not immerse the device in water or other liquids.
- Unplug the device from the power source when not in use or before cleaning.
- If you experience any discomfort, redness, or irritation, discontinue use immediately.
- For the highest intensity setting, limit use to under 20 minutes to avoid excessive heat.

## 3. Package Contents

Verify that all items are present in your package:

- BestQool Redot S Red Light Therapy Belt

- Power Adapter
- Controller
- Connection Wire (for power bank option)
- User Manual




Figure 1: Product Accessories including the power adapter, controller, and connection wire.

## 4. Setup

### 4.1 Connecting the Device

1. **Connect the Controller:** Locate the connection port on the Redot S belt. Align the arrow on the controller's connector with the port and firmly insert it.

2. **Power Options:**
    - **Wall Outlet:** Connect the power adapter to the controller, then plug the adapter into a standard AC 85-265V wall outlet.
    - **Power Bank (Not Included):** Use the provided connection wire to connect the controller to a compatible power bank. The belt features a pocket to hold the power bank.

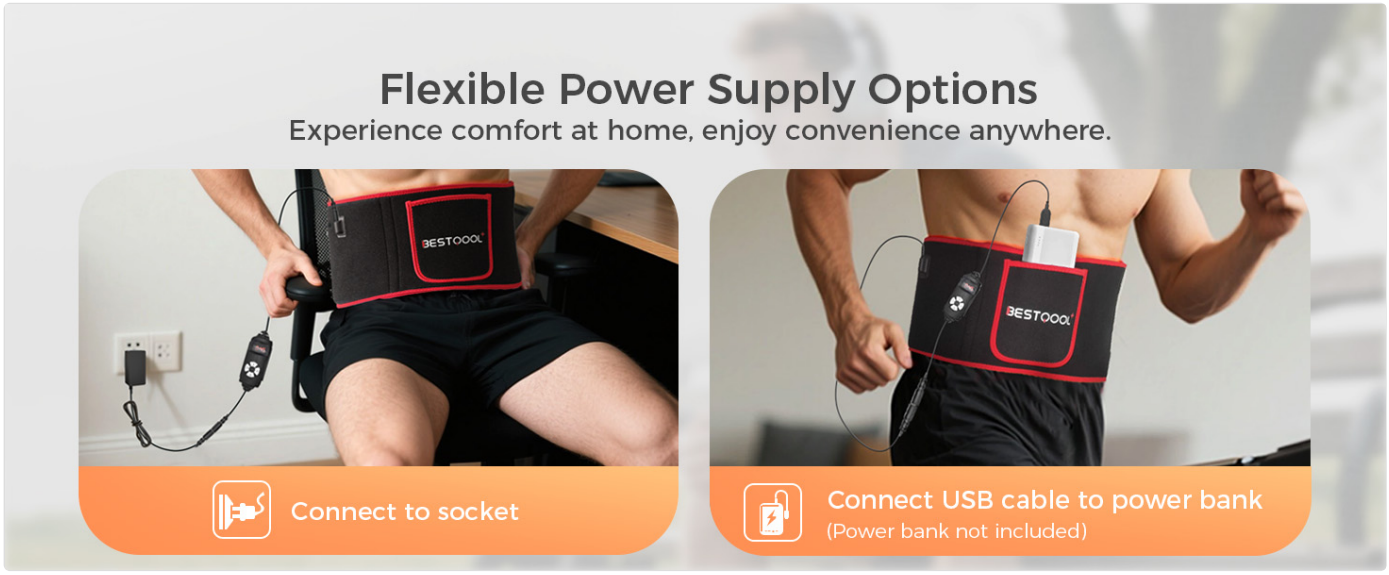



Figure 2: Flexible power supply options for the Redot S belt.

### 4.2 Performing a Light Sensitivity Test

Before initial full use, perform a light sensitivity test to ensure comfort and prevent potential irritation:

1. Place the belt on a small area of your arm.
2. Leave it for 5-10 minutes.
3. Remove the belt and wait 30 minutes.
4. If no discomfort or adverse reaction occurs, proceed with regular use.

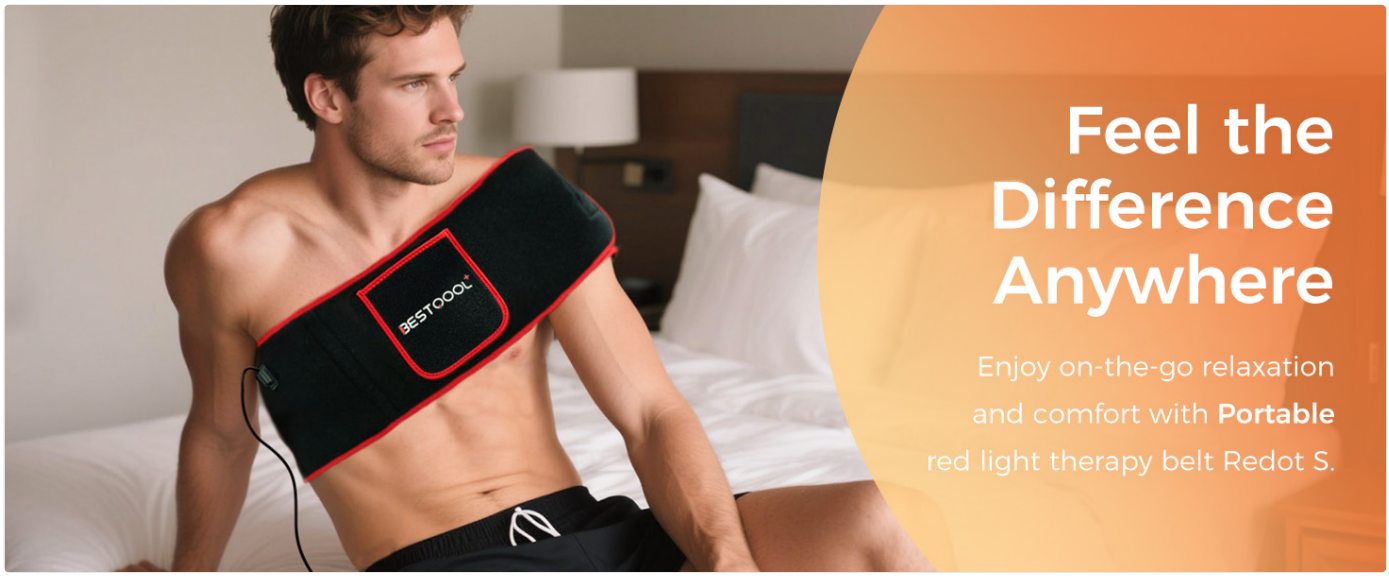



Figure 3: Light Sensitivity Test procedure.

## 5. Operating Instructions

### 5.1 Basic Operation

1. **Power On/Off:** Press the ON/OFF button on the controller to turn the device on. The display will show 'OFF' when powered off. Press again to turn it on.
2. **Adjust Intensity:** Use the '+' and '-' buttons to select one of four intensity levels (L1-L4), with L4 being the highest.
3. **Set Treatment Time:** Press the 'TIME' button to cycle through available treatment durations: 15, 30, 45, or 60 minutes.
4. **Switch Modes:** Press the 'MODE' button to select the desired light mode: '660' for Red light, '850' for Near-infrared light, or 'ALL' for both Red and Near-infrared light.
5. **Pulse Mode:** To activate pulse mode (10 Hz), press the ON/OFF button again after selecting your desired settings. The display will show '10 HZ'.




Figure 4: Controller functions for the Redot S belt.

## 5.2 Application Areas and Guidelines

The flexible design allows for application on various body parts. Ensure the belt is placed directly on bare skin for optimal results.




Figure 5: Versatile application areas for the Redot S belt.

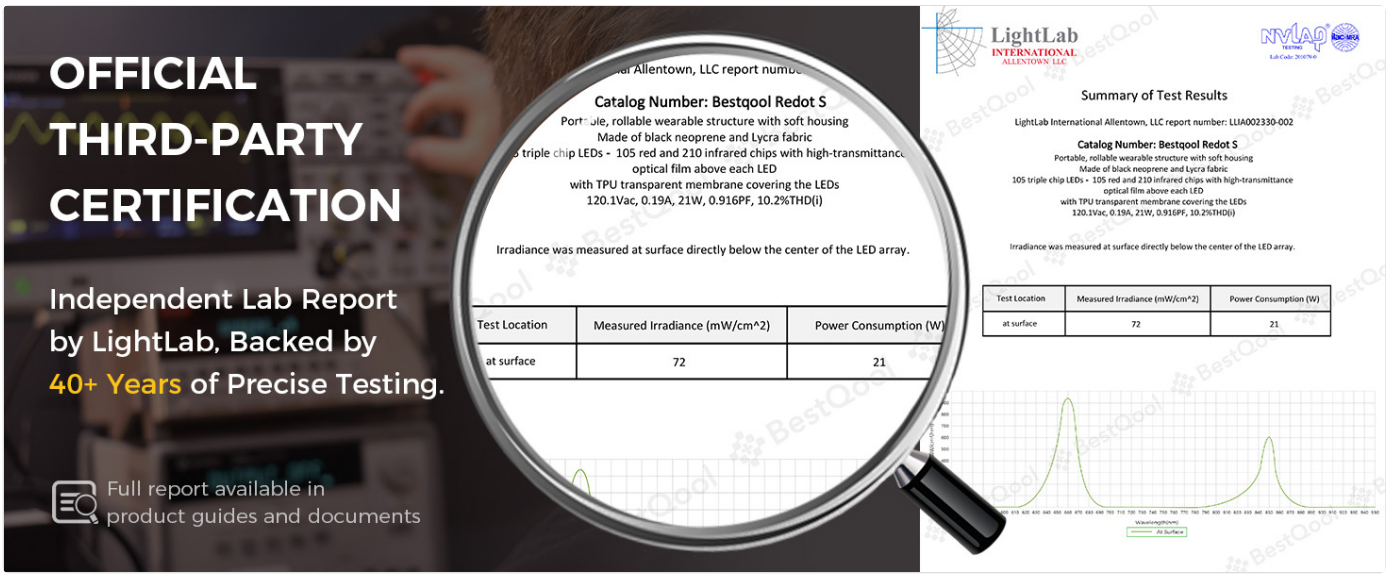



Figure 6: Red Light Therapy Guidelines for various body parts.

### 5.3 Video Demonstration

Video 1: A step-by-step guide on how to operate the BestQool Redot S controller, demonstrating power on/off, intensity adjustment, time setting, and mode switching.

## 6. Maintenance

- **Cleaning:** Ensure the device is unplugged before cleaning. Wipe the surface of the belt with a soft, damp cloth. Do not use abrasive cleaners or submerge the device.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Roll or fold the belt gently to avoid damaging the LEDs.

## 7. Troubleshooting

- **Device Not Turning On:**
  - Check if the power adapter is securely connected to both the device and the wall outlet.
  - Ensure the wall outlet is functional.

- If using a power bank, ensure it is charged and properly connected.

- **Lights Not Emitting:**
  - Verify the device is powered on and not in 'OFF' mode.
  - Check the selected mode (Red, Near-infrared, or All). Near-infrared light is not visible to the naked eye.

- **Discomfort During Use:**
  - Reduce the intensity level.
  - Shorten the treatment duration.
  - Ensure the device is not used on sensitive or irritated skin.

## 8. Specifications

| Feature | Specification |
|---|---|
| Model Number | Redot S |
| Product Dimensions | 48.8 x 5 x 0.31 inches |
| Weight | 14.72 ounces |
| Light Coverage Area | 21.5" x 5.0" |
| Wavelengths | 660nm (Red Light), 850nm (Near-Infrared Light) |
| Power Consumption | 21W |
| Voltage | AC 85-265V |
| Material | TPU soft rubber and diving material |

## 9. Warranty and Support

### 9.1 Warranty Information

The BestQool Redot S Red Light Therapy Belt includes a warranty. Please refer to the product packaging or the official BestQool website for specific warranty terms and conditions. A 30-day testing period is typically offered to ensure customer satisfaction.

### 9.2 Customer Support

For any questions, technical assistance, or support needs, please contact BestQool customer service:

- **WhatsApp (Text+Pics):** +1 3195123212
- Refer to the official BestQool website for additional contact methods.

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