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## Bestqool BQ150

# BestQool Red Light Therapy Device User Manual

Model: BQ150

Brand: Bestqool

## 1. INTRODUCTION

The BestQool Red Light Therapy Device (Model BQ150) is designed to provide full-body red and near-infrared light therapy. This device features 4 wavelengths and 150 elite-grade dual-chip LEDs, offering high power output for various benefits including anti-aging, pain relief, and overall wellness. It is engineered for efficient light absorption and can be used to support collagen production, improve workout recovery, and enhance general well-being.

This manual provides essential information on the safe and effective use of your BestQool Red Light Therapy Device, including setup, operation, maintenance, and troubleshooting. Please read it thoroughly before first use.

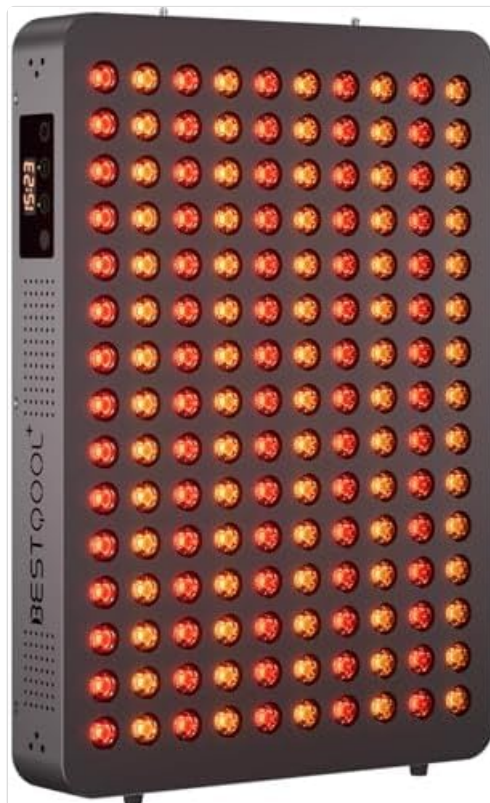


Figure 1: BestQool Red Light Therapy Device (Model BQ150)

The BestQool BQ150 device is a rectangular panel with numerous red and near-infrared LEDs on its front surface. It features a digital display and control buttons on its side, indicating its advanced functionality.

## 2. SAFETY INFORMATION

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Before operating the BestQool Red Light Therapy Device, please observe the following safety precautions to ensure safe and effective use:

- Always wear the provided protective eyewear during therapy sessions to shield your eyes from intense light.
- Do not look directly into the LEDs when the device is active.
- Keep the device away from water or any liquids. Do not operate with wet hands.
- Ensure the device is placed on a stable, flat surface or securely mounted before use.
- Do not block the ventilation openings on the device, as this can lead to overheating.
- Consult with a healthcare professional before using this device if you have any pre-existing medical conditions, are pregnant, or are taking photosensitizing medications.
- Discontinue use if you experience any discomfort, pain, or adverse reactions.
- Keep out of reach of children and pets.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is not intended to diagnose, treat, cure, or prevent any disease.

## 3. PRODUCT OVERVIEW

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### 3.1 Key Features

- **Dual-Chip 150 LEDs:** Equipped with 150 high-quality dual-chip LEDs for enhanced performance.
- **4 Wavelengths:** Utilizes red light (630nm, 660nm) and near-infrared light (850nm, 940nm) for comprehensive therapy.
- **High Power Output:** Delivers exceptional irradiance exceeding 96.2 mW/cm<sup>2</sup> at a 3-inch distance.
- **Modular Design:** Unique connection holes allow for easy linking of multiple BQ150 devices to create a wider irradiation area.
- **Low Heat Release:** Designed for comfortable skin contact use.
- **Smart Control System:** Provides flexibility and personalization for therapy sessions.
- **Benefits:** Supports collagen production, improves workout recovery, aids in pain relief, enhances energy levels, optimizes brain function, eases fatigue and tension, supports physical mobility, balances mood and focus, and improves surface appearance.

### 3.2 Package Contents

Upon unpacking your BestQool Red Light Therapy Device, ensure all the following items are present:

- BestQool Red Light Therapy Device (BQ150)
- User Manual
- Splicing Sheet (for connecting multiple units)
- Braided Steel Cables (for hanging)
- Protective Glasses
- Adjustable Rope Hanger
- Door Hook Hanger
- Power Cord

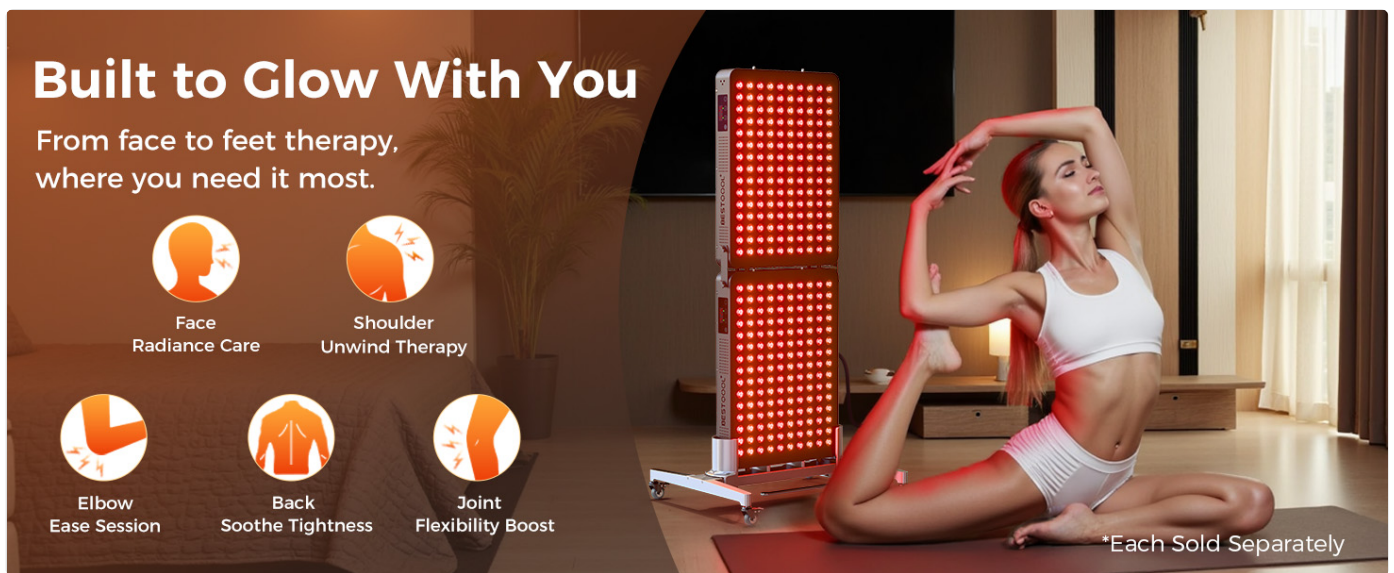


Figure 2: Included Accessories and Components

This image displays the BestQool BQ150 device along with its standard accessories: a user manual, splicing sheet, braided steel cables, protective glasses, an adjustable rope, a door hook, and a power cord.

## 4. SETUP

The BestQool BQ150 offers flexible setup options for various uses.

### 4.1 Standalone Use

1. **Placement:** Place the device on a flat, stable surface, ensuring adequate ventilation around the unit.
2. **Power Connection:** Connect the provided power cord to the device's power input port and then plug it into a standard electrical outlet.

### 4.2 Hanging Setup

1. **Attach Hangers:** Securely attach the braided steel cables or adjustable rope to the designated hanging points on the top of the device.
2. **Mounting:** Use the door hook or another suitable, sturdy mounting point to hang the device. Ensure the mounting point can safely support the weight of the device (approximately 12.2 pounds).
3. **Adjust Height:** Adjust the rope or cables to achieve the desired height and distance from the area to be treated.
4. **Power Connection:** Connect the power cord to the device and then to an electrical outlet.

### 4.3 Modular Connection (Multiple Units)

For a wider irradiation area, multiple BQ150 devices can be connected using the splicing sheets.

1. **Align Devices:** Place two or more BQ150 devices side-by-side or stacked, aligning their connection holes.
2. **Secure with Splicing Sheet:** Use the provided splicing sheets to securely fasten the devices together.
3. **Power:** Each connected device will require its own power connection.

# Wider.Stronger.Modular

Enjoy full-body red light therapy combined with Bestqool mobile stand.

## Modular Design For 2 Devices

4 Wavelengths Dual-chip

Modular design

96.2mW/cm<sup>2</sup> @3 inches

0 EMF @6 inches

Multiple settings

Note: Image shows 2 devices + stand for demonstration. Each sold separately.

Figure 3: Example of Modular Device Setup

This image illustrates two BestQool BQ150 devices connected vertically on a mobile stand, demonstrating the modular design for expanded coverage. Note that the mobile stand is sold separately.

## 5. OPERATION

Operating your BestQool Red Light Therapy Device is straightforward.

- Power On:** Once plugged in, press the power button located on the side control panel to turn on the device. The digital display will illuminate.
- Select Mode/Settings:** Use the control buttons (refer to the device's side panel for specific button functions, typically indicated by icons for mode selection or timer adjustment) to choose your desired therapy settings. The BQ150 features multiple settings, though specific details are managed via the smart control system.
- Set Timer:** Adjust the session duration using the timer controls. It is recommended to start with shorter sessions and gradually increase.
- Begin Therapy:** Position yourself or the target area approximately 3 to 6 inches from the device. Ensure the skin is bare for optimal light absorption.

5. **Power Off:** The device will automatically turn off after the set timer duration. Alternatively, press the power button again to manually turn off the device.



Figure 4: Device Control Panel

This image shows the side of the BestQool BQ150 device, highlighting the digital display and control buttons used for power, mode selection, and timer settings.

## 6. USAGE GUIDELINES

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For best results and to maximize the benefits of your BestQool Red Light Therapy Device, adhere to the following guidelines:

- **Session Duration:** Recommended session duration is 15-30 minutes per session. For specific areas like shoulder pain, 20-35 minutes; for lower back, 30-45 minutes; for joint stiffness, 25-35 minutes.
- **Frequency:** Use the device at least 4 times per week, ideally 5+ times a week for better results.

- **Distance:** Position the device approximately 3 to 6 inches away from the skin for optimal irradiance and penetration.
- **Skin Exposure:** For best results, use the device on bare skin. Clothing can block up to 99% of light absorption, significantly reducing effectiveness.
- **Consistency:** Consistent use over 4 weeks is recommended to observe visible transformations and benefits.

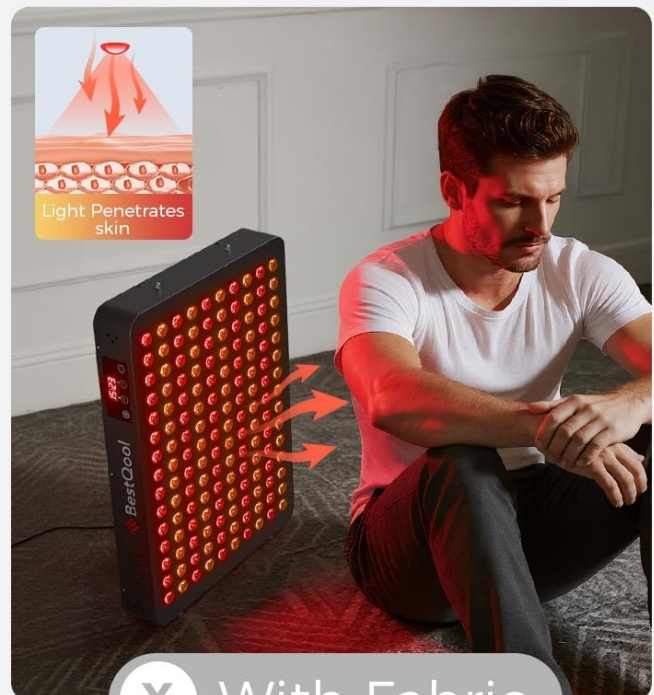
## For Best Results, Use on Bare Skin

Clothing blocks red light – keep skin exposed for optimal results



✓ No Fabric

Up to 99% Light Absorption



✗ With Fabric

Only 10% Light Absorption

Figure 5: Importance of Bare Skin for Therapy

This image illustrates how red light penetrates bare skin effectively, leading to up to 99% light absorption, whereas fabric significantly reduces absorption to only 10%.

# Speed Up Your Recovery Journey

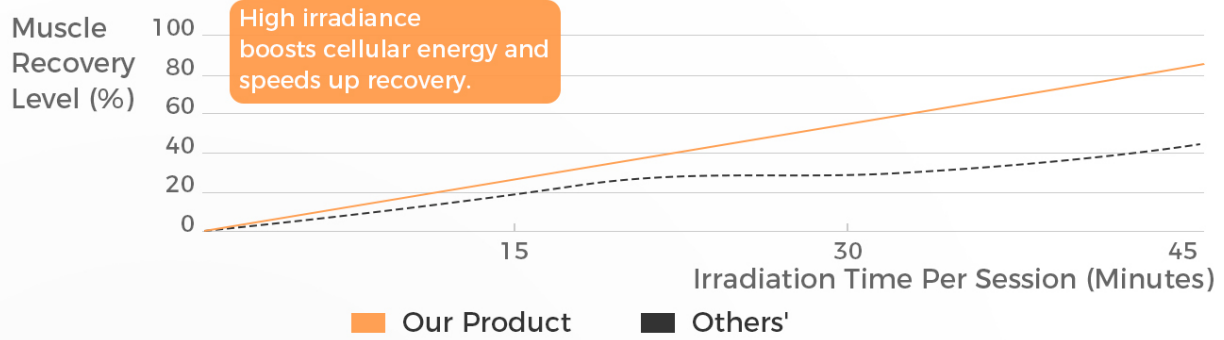


Figure 6: Recommended Usage for Specific Areas

This graphic provides specific session duration recommendations for various applications, including shoulder pain, lower back discomfort, and joint stiffness, emphasizing consistent use for optimal results.

## 7. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your BestQool Red Light Therapy Device.

- **Cleaning:** Disconnect the device from power before cleaning. 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 cover when not in use to prevent dust accumulation.
- **Inspection:** Periodically inspect the power cord for any signs of damage. If the cord is damaged, do not use the device and contact customer support.

## 8. TROUBLESHOOTING

If you encounter any issues with your BestQool Red Light Therapy Device, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; Power outlet issue; Damaged power cord.	Ensure the power cord is securely plugged into both the device and a working electrical outlet. Test the outlet with another device. Inspect the power cord for damage.
Lights are dim or flickering.	Low power supply; Internal malfunction.	Ensure the device is connected to a stable power source. If the problem persists, contact customer support.
Device overheats.	Blocked ventilation; Prolonged use.	Ensure ventilation openings are clear. Allow the device to cool down between sessions if used for extended periods.
Digital display not working.	Internal error.	Try unplugging and re-plugging the device. If the issue continues, contact customer support.

If the problem persists after attempting these troubleshooting steps, please contact Bestqool customer service for further assistance.

## 9. SPECIFICATIONS

Attribute	Detail
Model Number	BQ150
LED Count	150 Dual-Chip LEDs
Wavelengths	630nm, 660nm (Red Light); 850nm, 940nm (Near-Infrared Light)
Irradiance	>96.2 mW/cm <sup>2</sup> at 3 inches
Power Consumption	250W
Product Dimensions	14.3 x 2.6 x 21.3 inches
Item Weight	12.2 Pounds (approx. 6.16 kg)
Manufacturer	Bestqool
First Available Date	September 11, 2023

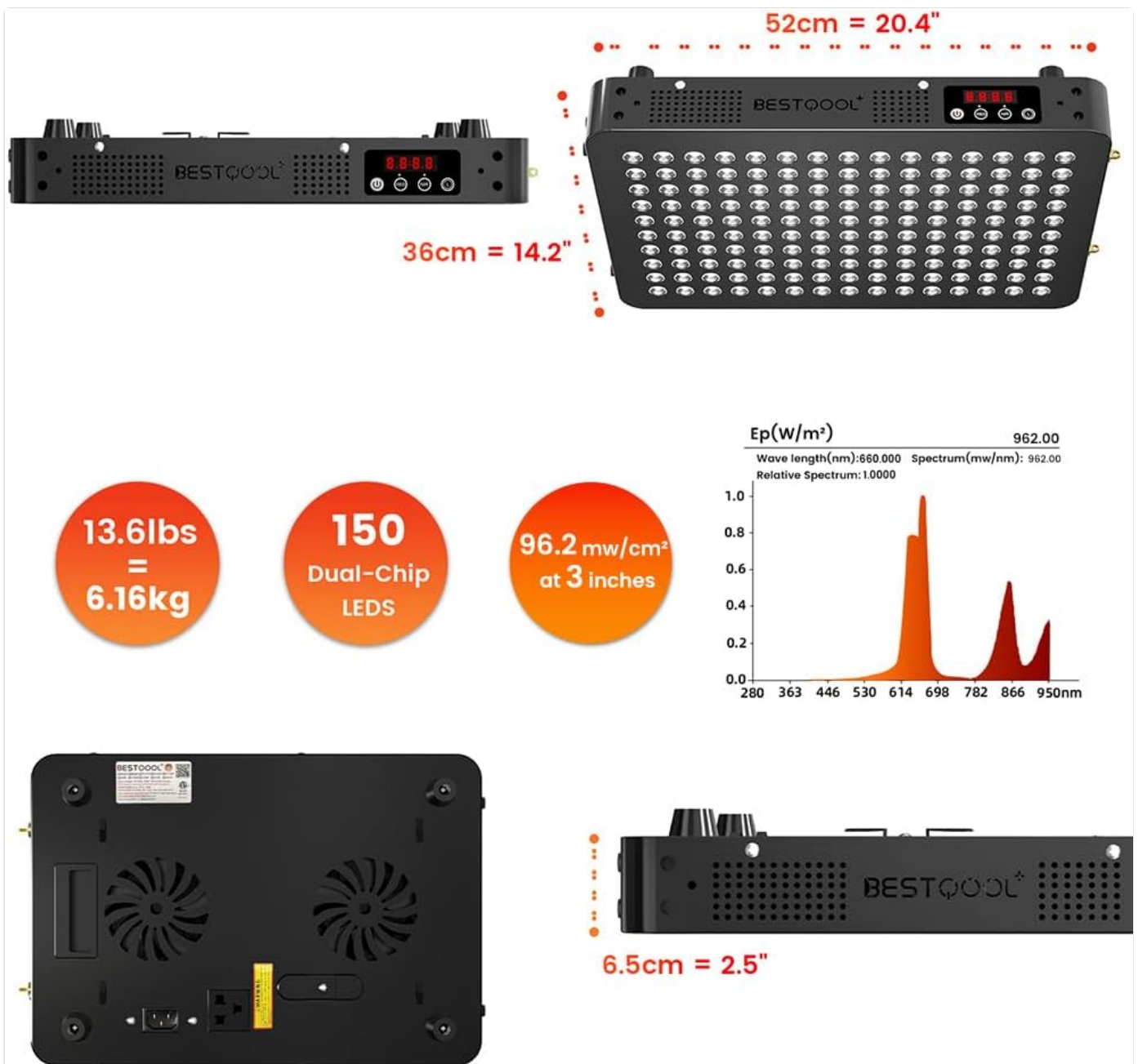


Figure 7: Device Dimensions and Technical Data

This image provides a visual representation of the device's dimensions and highlights key specifications such as weight, LED count, irradiance, and a spectral graph.

## 10. WARRANTY AND SUPPORT

Bestqool is committed to customer satisfaction. Your BestQool Red Light Therapy Device comes with a 30-day testing period, ensuring peace of mind.

For any questions, technical support, or warranty claims, please contact Bestqool customer service.

**Customer Service:** Refer to the contact information provided in your product packaging or visit the official Bestqool website.

**WhatsApp Support:** You may also send a free text message with questions or pictures to +1 3195123212 for detailed support.

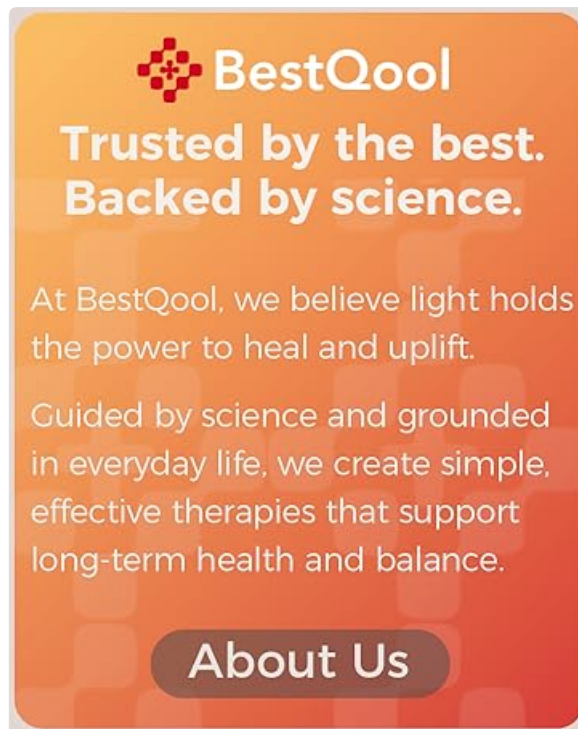


Figure 8: BestQool Customer Support

BestQool offers dedicated customer service to assist with product inquiries and support needs.

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This manual is for informational purposes only. Product specifications are subject to change without notice.