

Bulb

Red Light Therapy Lamp User Manual

Model: Bulb | Brand: Generic

1. INTRODUCTION

The Red Light Therapy Lamp is an innovative device designed for pain relief, muscle recovery, and skin health. It features 24 high-power LED lights, combining 660nm Red and 850nm Near-Infrared wavelengths to provide comprehensive phototherapy benefits.

Red light (660nm) is ideal for superficial skin treatments, promoting cellular regeneration and improving skin conditions. Near-infrared light (850nm) penetrates deeper, targeting deep tissues, muscles, and joints to stimulate blood circulation, reduce pain and stiffness, and accelerate muscle recovery.



Figure 1: The Red Light Therapy Lamp, showcasing its compact design and LED array.

2. SAFETY INFORMATION

Important Safety Precautions:

- Always turn off the power before screwing in or removing the therapy lamp.
- Do not look directly into the LED lights when the lamp is on, as intense light can cause eye strain.
- Ensure the lamp is used in a well-ventilated area to prevent overheating. The bulb has a built-in cooling fan for heat dissipation.
- Keep out of reach of children and pets.
- Do not use if the lamp or its cord is damaged.
- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or are taking photosensitizing medications.
- Avoid prolonged exposure to a single area of the body to prevent skin irritation.

3. SETUP

The Red Light Therapy Lamp is designed for easy setup, fitting into a standard E26 socket.

1. **Choose a Suitable Lamp Fixture:** Select a lamp fixture with an E26 socket that can support the weight and size of the therapy lamp.

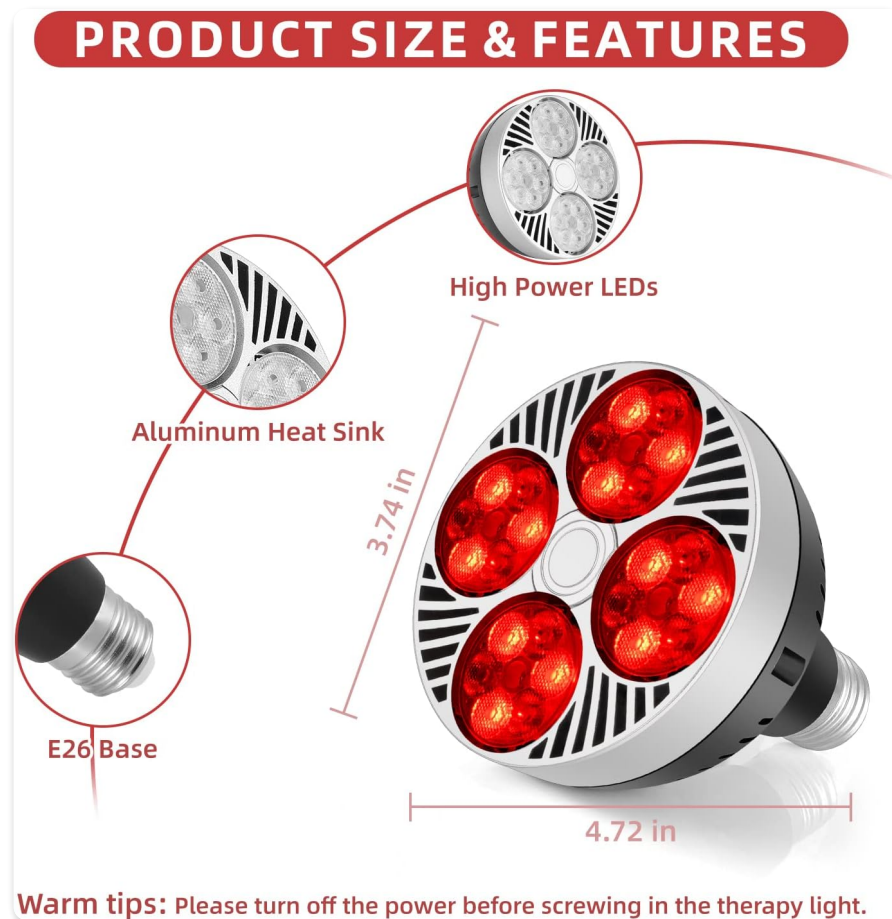


Figure 2: Product dimensions and E26 base for easy installation.

2. **Ensure Power is Off:** Before installation, ensure the lamp fixture is unplugged or the power switch is in the OFF position to prevent electrical shock.
3. **Screw in the Lamp:** Carefully screw the Red Light Therapy Lamp into the E26 socket until it is firmly seated. Do not overtighten.
4. **Position the Lamp:** Adjust the lamp fixture to direct the light towards the desired treatment area. For optimal results, position the lamp approximately 6 inches from the skin surface.

4. OPERATING INSTRUCTIONS

This Red Light Therapy Lamp provides a combination of 660nm (Red) and 850nm (Near-Infrared) wavelengths for comprehensive therapy.

- **Wavelength Benefits:**

- 660nm Red Light: Effectively absorbed by the skin, ideal for shallow skin treatment, cellular regeneration, and improving skin conditions.
- 850nm Near-Infrared Light: Penetrates deeper into tissues, muscles, and joints, more effectively relieving pain and aiding muscle recovery. (Note: 850nm light is almost invisible to the naked eye, which is normal.)

BEST WAVELENGTH FOR LIGHT THERAPY



12pcs Deep Red 660nm LEDs

- Effectively absorbed by skin, repair skin problem.



12pcs Near Infrared 850nm LEDs

(Warm Tips: weak light, almost invisible, it's normal)

- Deeper into skin, more effectively relieving pain.



Figure 3: Illustration of 660nm deep red and 850nm near-infrared LED wavelengths and their benefits.

- **Treatment Areas:** Suitable for targeted treatment on the face, shoulders, knees, waist, and other body parts.
- **Recommended Usage:**
 - Frequency: 3-5 times per week.
 - Duration: 20-30 minutes per session for each targeted area.
 - Distance: Maintain a distance of approximately 4-6 inches from the skin for optimal irradiance (over 75mW/cm² at 6 inches).



Figure 4: Examples of light therapy application for skin rejuvenation, joint pain, muscle recovery, and muscle pain.



Figure 5: Diagram illustrating the penetration depth of 660nm and 850nm wavelengths into the skin and muscle layers.

- **Activation:** Once installed and positioned, turn on the lamp fixture's power switch to activate the Red Light Therapy Lamp.

5. MAINTENANCE

To ensure the longevity and optimal performance of your Red Light Therapy Lamp, follow these simple maintenance guidelines:

- **Cleaning:** Ensure the lamp is unplugged and cool before cleaning. Gently wipe the surface of the lamp with a soft, dry cloth. Do not use liquid cleaners or abrasive materials.
- **Storage:** When not in use, store the lamp in a cool, dry place away from direct sunlight and extreme temperatures.
- **Handling:** Handle the lamp with care. Avoid dropping it or subjecting it to strong impacts.
- **Heat Dissipation:** The lamp has a built-in cooling fan. Ensure the ventilation holes are not obstructed during operation to allow for proper heat dissipation.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Lamp does not turn on.	Not properly screwed into socket. No power to the lamp fixture. Lamp is faulty.	Ensure the lamp is securely screwed into the E26 socket. Check if the lamp fixture is plugged in and the power switch is on. Test with another bulb if possible. If still not working, contact customer support.
Near-infrared light appears dim or off.	850nm wavelength is nearly invisible.	This is normal. The 850nm LEDs are working even if you can't see them brightly. You may feel a gentle warmth.
Lamp feels hot during use.	Normal operation. Poor ventilation.	The lamp is designed to generate some heat. It has a built-in cooling fan. Ensure the lamp is in an open area and ventilation holes are not blocked.

7. SPECIFICATIONS

Feature	Detail
LED Count	24 high-power LEDs (12x 660nm Red, 12x 850nm Near-Infrared)
Wavelengths	660nm (Red), 850nm (Near-Infrared)
Socket Type	Standard E26
Voltage	110-130V AC

Feature	Detail
Irradiance	>120mW/cm ² (at surface), >75mW/cm ² (at 6 inches)
Optical Lens Angle	45 degrees
Heat Dissipation	Built-in cooling fan
Item Weight	6.7 ounces
Package Dimensions	5.39 x 4.09 x 3.98 inches
UPC	768461661672

8. WARRANTY AND SUPPORT

Your Red Light Therapy Lamp comes with a 12-month warranty from the date of purchase. We also offer a 30-day satisfaction or return guarantee for a 100% money-back refund.

If you are not satisfied with your product or have any questions, please do not hesitate to contact us via Amazon customer message. Our customer service team is available 24/7 to assist you.

Manufacturer: shenzhenshi junyanyaokeji youxiangongsi