

## Bestqool Redot M

# BestQool Red Light Therapy Belt (Redot M) User Manual

## 1. INTRODUCTION

---

Welcome to the BestQool Red Light Therapy Belt (Redot M) user manual. This document provides essential information for the safe and effective operation, maintenance, and troubleshooting of your device. The BestQool Redot M is designed to deliver red light (660nm) and near-infrared light (850nm) therapy, utilizing 220 dual-chip LEDs to support various wellness applications.

Please read this manual thoroughly before first use and retain it for future reference.

## 2. SAFETY INFORMATION

---

- **Consult a Healthcare Professional:** It is recommended to consult with a doctor or healthcare provider before using this device, especially if you have pre-existing medical conditions, are pregnant, or are taking medications.
- **Eye Protection:** While the light emitted is generally safe, avoid direct eye exposure to the LEDs.
- **Skin Sensitivity Test:** Before regular use, perform a light sensitivity test as described in Section 5.5.
- **Temperature:** The device may generate warmth during operation. Limit use to under 20 minutes on the highest setting to avoid discomfort or potential burns.
- **Not a Medical Device:** 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.
- **Children and Pets:** Keep out of reach of children. Use on pets only under veterinary guidance.
- **Damaged Device:** Do not use the device if the power cord, adapter, or the belt itself appears damaged.

## 3. PRODUCT OVERVIEW

---

The BestQool Red Light Therapy Belt (Redot M) is a flexible, wearable pad designed for targeted light therapy. It features 220 high-efficiency dual-chip LEDs, emitting both 660nm red light and 850nm near-infrared light.

### 3.1 Components

- Red Light Therapy Pad (Redot M)
- Adjustable Straps
- Controller with Display

- Power Adapter
- Power Cord

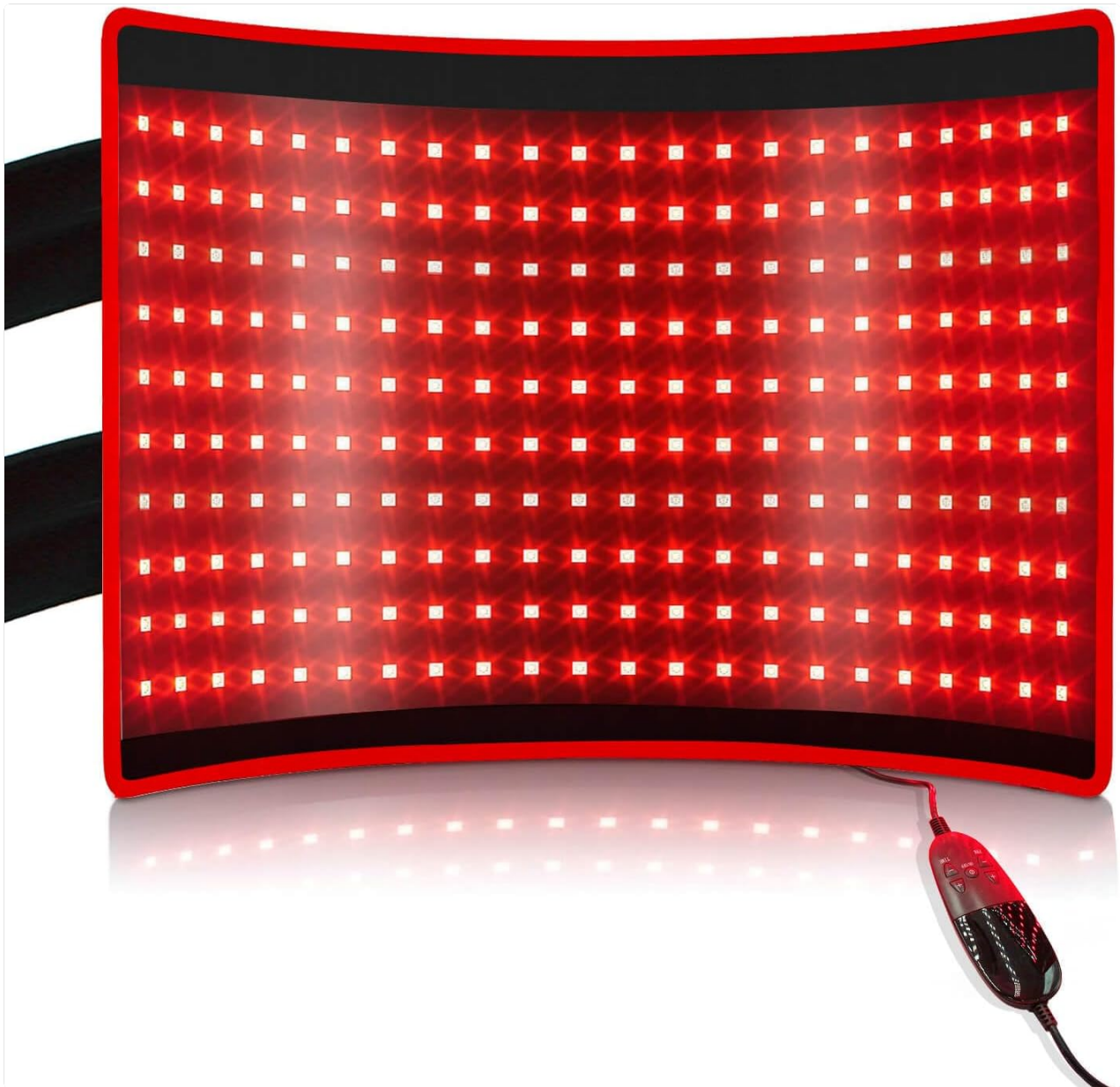


Image 3.1: The BestQool Red Light Therapy Belt (Redot M) with its integrated controller.

S1	S2	S3
<b>Week 1</b>	<b>Weeks 2-3</b>	<b>Weeks 4+</b>
Feel warmth and comfort; muscle tension may ease.	Pain may lessen and muscle fatigue may improve.	Significant improvement in chronic pain.

Helpful tip: Use it at least 4 times a week for 4 weeks to see better results.

**How Will You Feel** —

Image 3.2: Visual representation of the therapy pad, straps, controller, adapter, and power cord.

## 4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Connect Power:** Connect the power cord to the controller, then plug the power adapter into a standard electrical outlet (AC 85-265V).
3. **Position the Belt:** Place the therapy belt on the desired body area. The flexible design allows it to conform to various body contours such as the back, waist, abdomen, or limbs.
4. **Secure with Straps:** Use the adjustable straps to comfortably secure the belt in place. Ensure it is snug but not overly tight to allow for proper circulation.

# Why Are We More Expensive?

True Value Beyond the Price.

## Recommended by Dr. William Li

Stable results, save up to **\$500** in equivalent consultation costs.

\*Based on average monthly consultation fees.

## Trusted by thousands

**4.6** Average

\*Based on independent customer survey data.

## Premium Experience

**1-on-1** VIP Customer Service, +99% social value. Choose us and save valuable time.

## 2x effect in 1 session

**10 mins = others 20 mins**

\*Tested by LightLab laboratory: 59mW/cm<sup>2</sup>

## Exclusive Advanced Technology

Triple Chips and skin-friendly materials, **50%** more comfortable

## Better Performance

Only 20% more cost, but 30% wider size, **60%** more stronger.

Image 4.1: Example of the therapy belt being worn around the waist.

## 5. OPERATING INSTRUCTIONS

### 5.1 Power On/Off

Press the power button on the controller to turn the device on or off. The display will illuminate when the device is active.

### 5.2 Therapy Modes

The device offers two primary modes:

- **Steady-On Mode:** All red and near-infrared lights remain continuously illuminated. This mode is suitable for general relaxation and daily use.
- **Pulsing Mode:** The lights pulse at a specific frequency. This mode is adjustable between 10Hz and 40Hz.
  - **10Hz Pulse Mode:** Gentle pulses for superficial tissues, calming inflammation, and promoting skin renewal.
  - **40Hz Pulse Mode:** Reaches deeper tissues, boosts cell energy, and supports pain relief and healing.

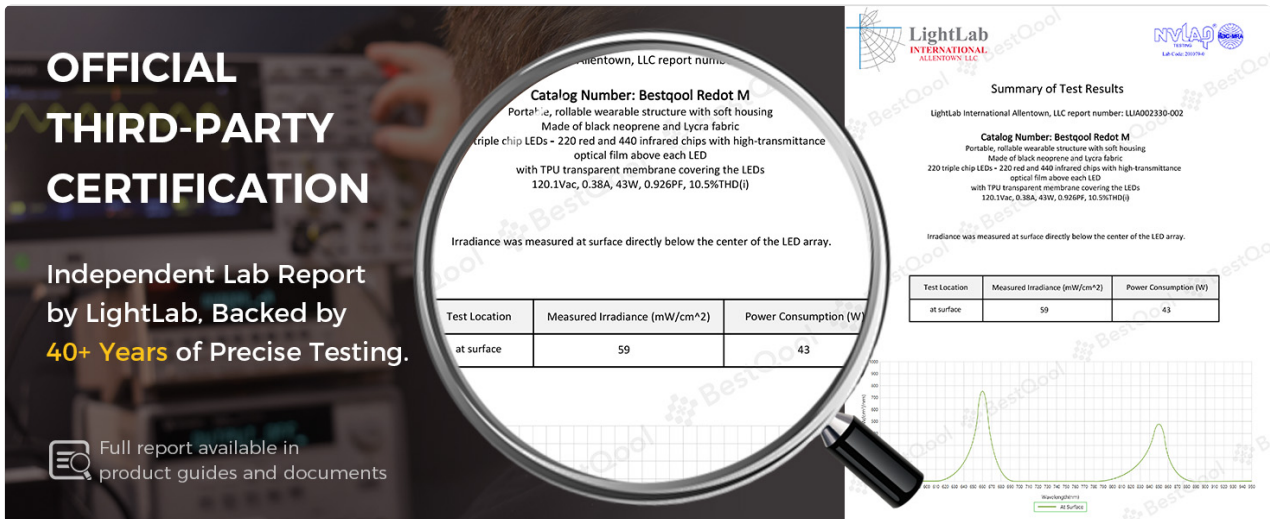


Image 5.1: Explanation of the three available therapy modes: Constant, 10Hz Pulse, and 40Hz Pulse.

### 5.3 Intensity Levels

The device features 5 power intensity levels (L1-L5) to customize your therapy experience. Adjust the intensity using the controller buttons. Higher levels provide greater light output.

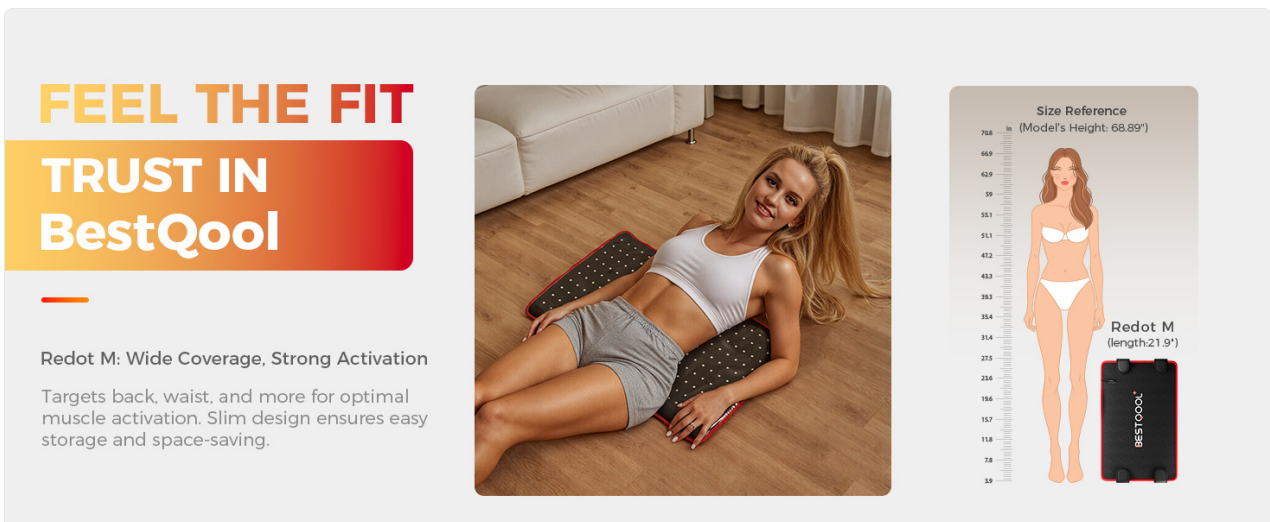


Image 5.2: Intensity levels and their associated power values.

### 5.4 Timer Settings

The controller allows you to set a session duration. Refer to the controller's specific buttons for adjusting the timer. The device will automatically shut off once the set time has elapsed.

### 5.5 Application Guidelines

For optimal results, use the therapy belt on bare skin. Clothing can block the red light, significantly reducing its effectiveness.

## Not Sure Which Belt To Pick?

Start with your main concern area and match the belt size accordingly.

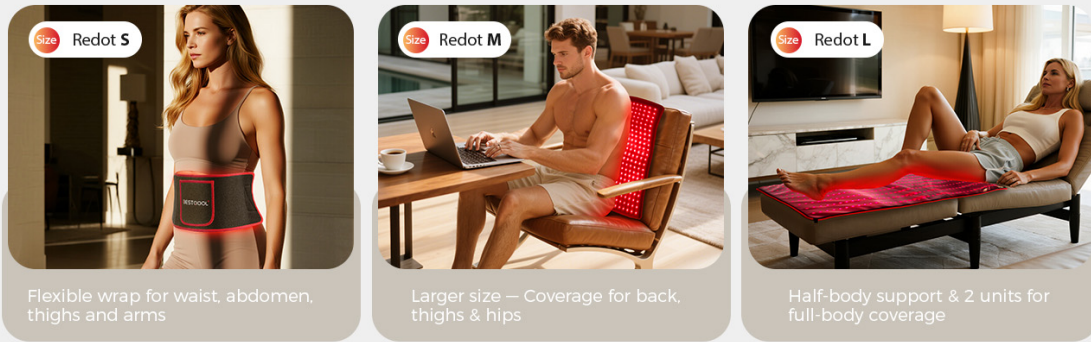


Image 5.3: Illustration demonstrating the importance of direct skin contact for effective light penetration.

Recommended session durations and intensities vary based on the desired application:

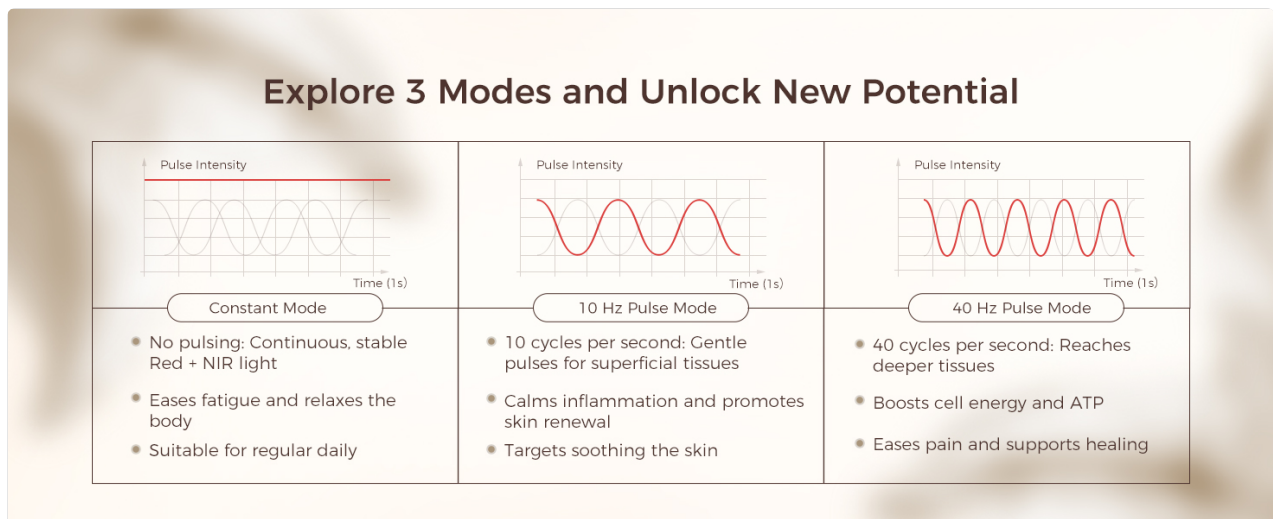


Image 5.4: Recommended light intensity, duration, and pulse mode for different applications.

For best results, use the device at least 4 times a week for a minimum of 4 weeks.

### 5.6 Light Sensitivity Test

Perform this test before your first full session to assess your skin's reaction to the light therapy:

1. Place the belt on a small area of your arm.
2. Turn on the device to a low intensity (e.g., L1) for 5-10 minutes.
3. Remove the belt and wait 30 minutes.
4. If no discomfort, redness, or adverse reaction occurs, you may proceed with regular use.

## Light Sensitivity Test Recommended

Note: Temperature may vary depending on the environment. For the highest setting, limit use to under 20 minutes to avoid burns.

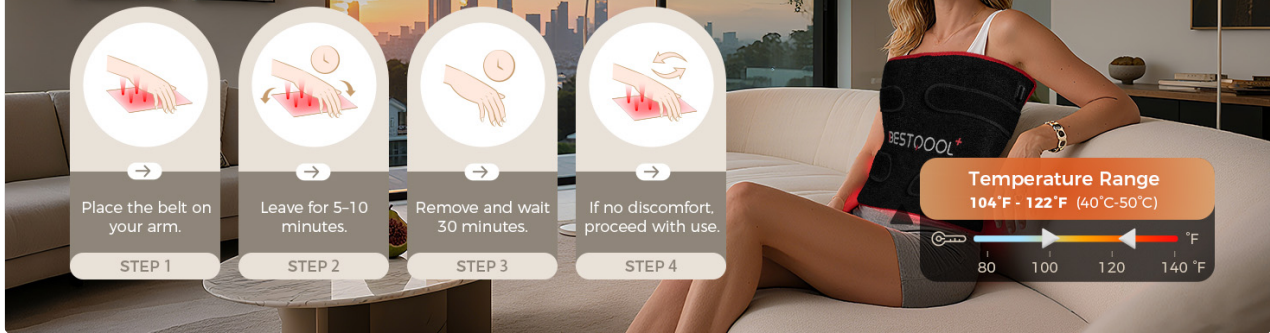


Image 5.5: Step-by-step guide for conducting a light sensitivity test.

## 6. MAINTENANCE AND CARE

- **Cleaning:** Disconnect the device from power before cleaning. Wipe the surface of the belt with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is completely dry before storage or next use.
- **Storage:** Store the device in a cool, dry place away from direct sunlight. Roll or fold the belt gently to avoid creasing or damaging the internal components.
- **Handling:** Avoid bending the belt sharply or placing heavy objects on it. Do not submerge the device in water.

## 7. TROUBLESHOOTING

If you encounter issues with your BestQool Red Light Therapy Belt, please refer to the following common solutions:

- **Device Not Turning On:**
  - Ensure the power adapter is securely plugged into both the wall outlet and the controller.
  - Verify that the wall outlet is functional.
- **Lights Not Illuminating:**
  - Check if the device is powered on and the timer is set.
  - Confirm that the intensity level is not set to zero (if applicable).
- **Unusual Odor or Noise:**
  - Immediately discontinue use and unplug the device. Contact customer support.

If the problem persists or you experience any other issues, please contact BestQool customer support for assistance.

## 8. SPECIFICATIONS

Feature	Specification
Model Number	Redot M

Product Dimensions	21.9 x 13.6 x 0.35 inches
Weight	1.08 Pounds
Power Consumption	43W
Wavelengths	660nm (Red Light), 850nm (Near-Infrared Light)
LED Count	220 LEDs (Dual Chip)
Power Input	AC 85-265V
Intensity Levels	5 Levels
Modes	Steady-On, Pulsing (10Hz, 40Hz)

## 9. WARRANTY AND SUPPORT

---

BestQool offers a 30-day testing period for the Red Light Therapy Belt. If you are not satisfied with your purchase within this period, please contact customer service for assistance.

For any questions, technical support, or warranty claims, please reach out to BestQool customer service. Our friendly customer service team is available to help you.

### Contact Information:

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