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LifePro Bioheal Plus Regular

Lifepro Bioheal Plus Regular Red Light Therapy Panel User Manual

Model: Bioheal Plus Regular

1. INTRODUCTION

The Lifepro Bioheal Plus Regular Red Light Therapy Panel is designed to provide targeted red and near-infrared light therapy. This device features 60 LEDs, offering both 660 nm red light and 850 nm near-infrared light wavelengths, along with a 10 Hz pulse mode. It is intended for personal use to support muscle and joint comfort, skin appearance, and cellular regeneration.



Image 1.1: Lifepro Bioheal Plus Regular Red Light Therapy Panel and its components.

2. SAFETY GUIDELINES

Please read all safety instructions before using the device.

- **Eye Protection:** Always wear the provided eye protection during use to shield your eyes from intense light.
- **Distance:** Maintain a distance of 6-12 inches (15-30 cm) from the panel during therapy sessions.
- **Duration:** Limit sessions to 10-20 minutes per area. Excessive exposure is not recommended.
- **Medical Conditions:** Consult a healthcare professional before use if you have any medical conditions, are pregnant, or are taking photosensitizing medications.
- **Children and Pets:** Keep the device out of reach of children and pets.
- **Ventilation:** Ensure adequate ventilation around the device during operation to prevent overheating.
- **Water Exposure:** Do not use the device near water or in damp environments.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Lifepro Bioheal Plus Regular Red Light Therapy Panel
- Power Adapter
- Door Hanging Pulley System
- Eye Protection Goggles
- User Manual

4. PRODUCT OVERVIEW

Familiarize yourself with the various components and controls of your Bioheal Plus Regular panel.

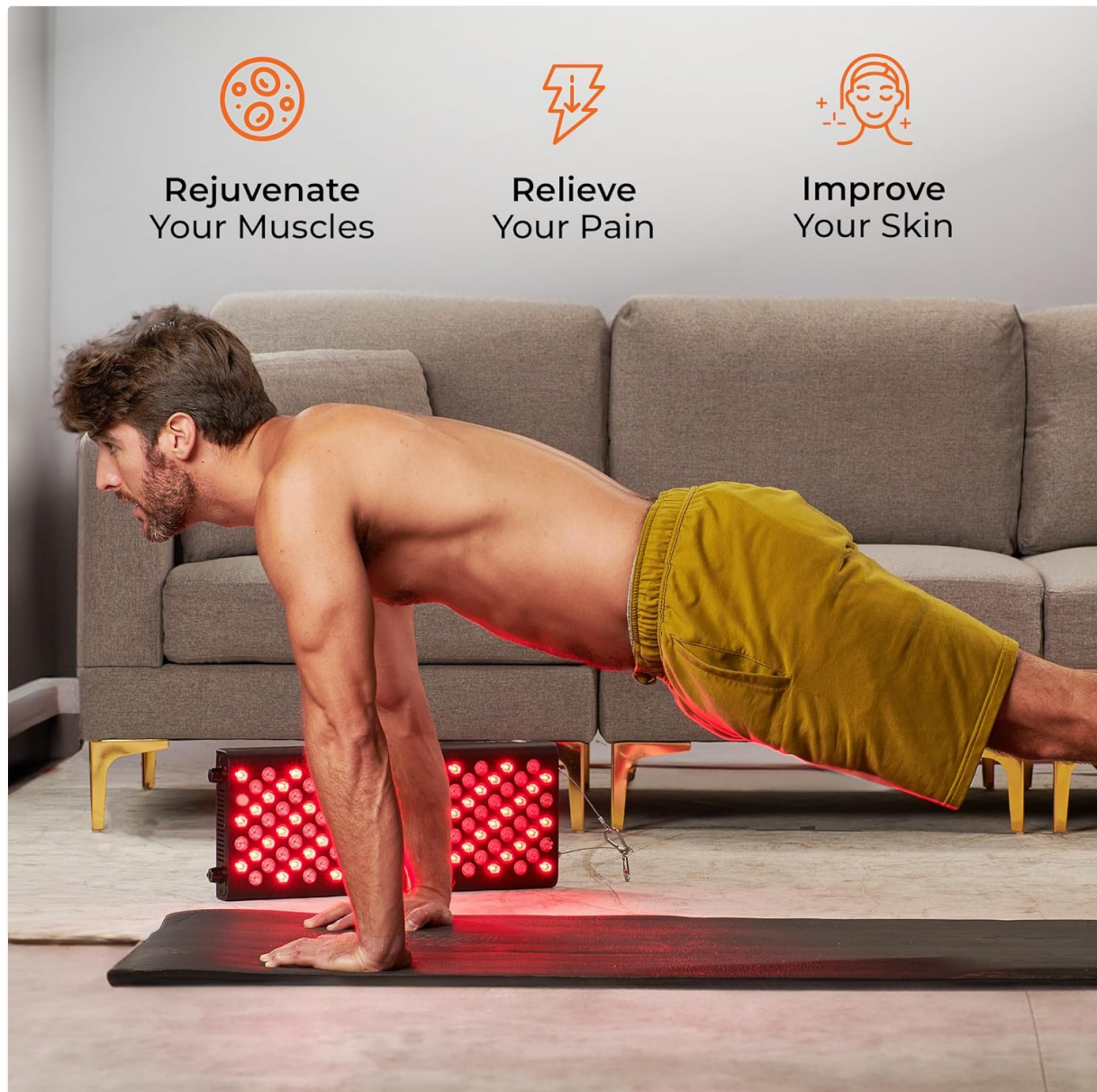


Image 4.1: Overview of therapy modes and controls on the panel.

- **Control Panel:** Located at the top, featuring power, mode selection, and timer buttons.
- **LED Array:** Comprises 60 high-intensity LEDs emitting red (660 nm) and near-infrared (850 nm) light.
- **Cooling Fans:** Integrated fans on the rear ensure optimal operating temperature.
- **Mounting Points:** Attachment points for the door hanging pulley system.

5. SETUP AND INSTALLATION

The Bioheal Plus Regular panel can be used in various orientations.

5.1 Using the Door Hanging Pulley System

1. Attach the pulley system hooks to the designated mounting points on the top of the panel.
2. Securely hang the panel over a door or from a sturdy hook.
3. Adjust the height to ensure the panel is positioned correctly for your therapy area.

5.2 Freestanding Use

The panel can also be placed on a flat surface for targeted therapy. Ensure the surface is stable and the panel is upright.

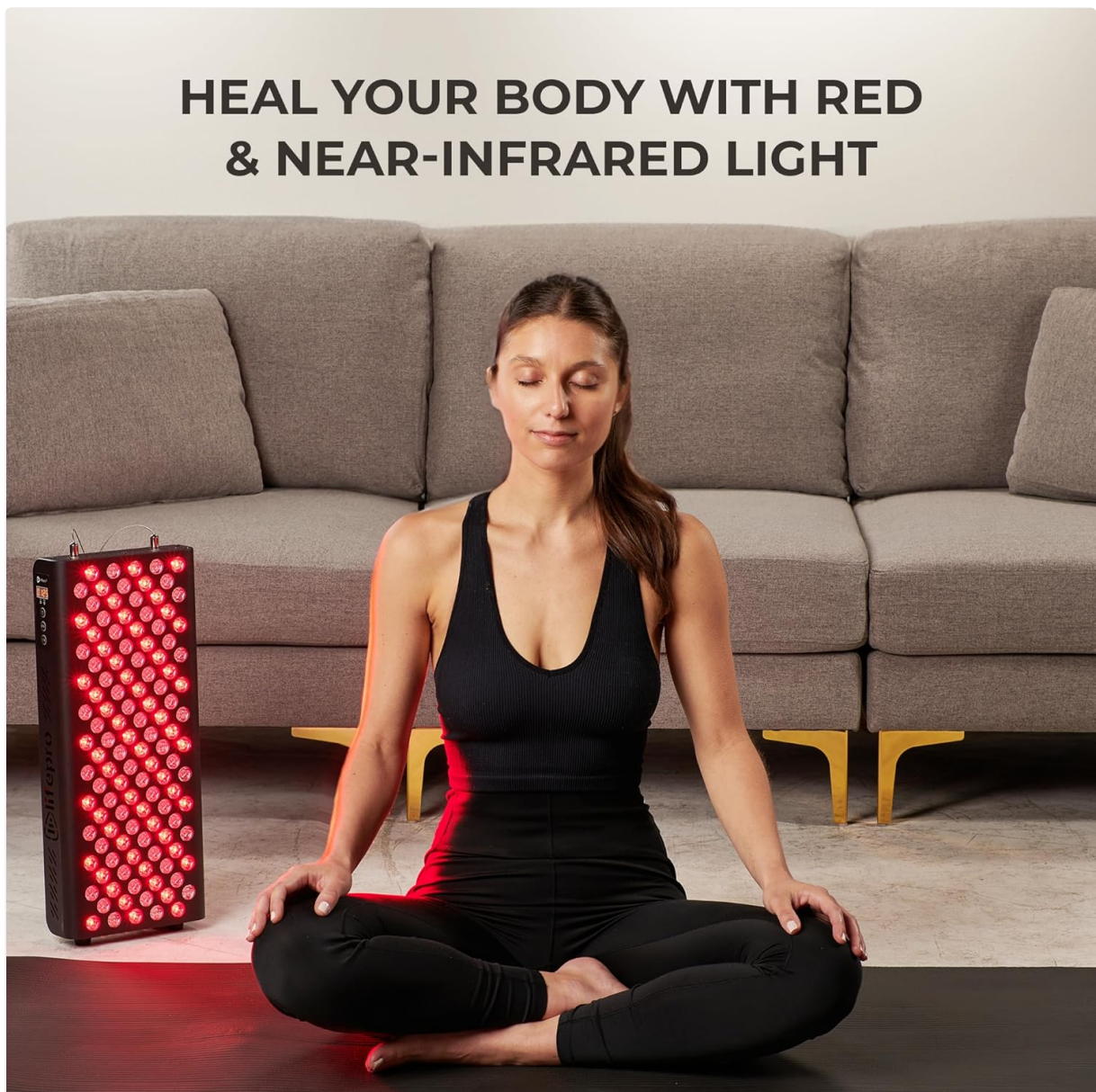


Image 5.1: Example of freestanding use during meditation.

6. OPERATING INSTRUCTIONS

1. **Connect Power:** Plug the power adapter into the panel and then into a standard electrical outlet.
2. **Power On:** Press the power button on the control panel to turn on the device.
3. **Select Mode:** Use the mode button to cycle through the available therapy modes:

- **Red Light (660 nm):** Visible red light for skin health and surface tissue.
 - **Near-Infrared Light (850 nm):** Invisible light for deeper tissue penetration, muscle, and joint support.
 - **Combined Mode:** Both red and near-infrared lights active simultaneously.
4. **Activate Pulse Mode (Optional):** If desired, press the pulse button to activate the 10 Hz pulse mode, which can enhance cellular regeneration. This can be used with any of the light modes.
 5. **Set Timer:** Use the timer buttons to set your desired session duration (e.g., 10, 15, 20 minutes). The device will automatically shut off after the set time.
 6. **Begin Session:** Position yourself 6-12 inches from the panel, ensuring the target area is exposed to the light. Wear eye protection.
 7. **Power Off:** The device will turn off automatically when the timer expires. You can also press the power button to manually end a session.

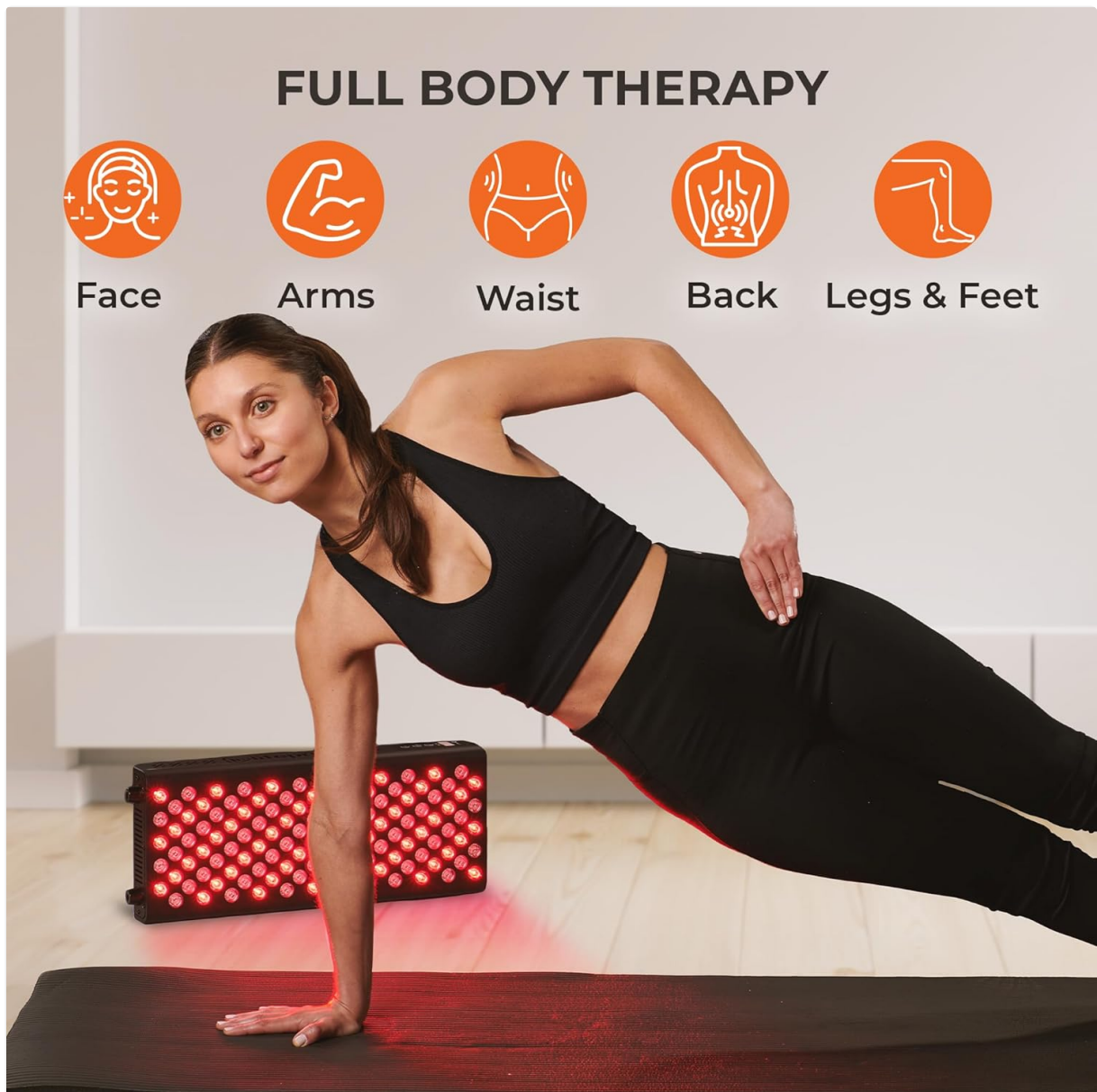


Image 6.1: Example of full body therapy application.

7. USAGE RECOMMENDATIONS

- **Session Frequency:** For optimal results, use the device 3-5 times per week.
- **Target Areas:** The panel can be used on various body parts, including the face, arms, waist, back,

and legs.

- **Consistency:** Regular and consistent use is key to experiencing the benefits of red light therapy.

ILLUMINATE YOUR SKIN WITH RED & NEAR-INFRARED LIGHT

Boost collagen
for smoother,
youthful skin

Diminish wrinkles
and fine lines

Enhance circulation
for a natural glow

Safe and
Non - Invasive



Image 7.1: Example of facial application for skin health.



PERSONALIZE YOUR DAILY SESSIONS

660 nm Red Light

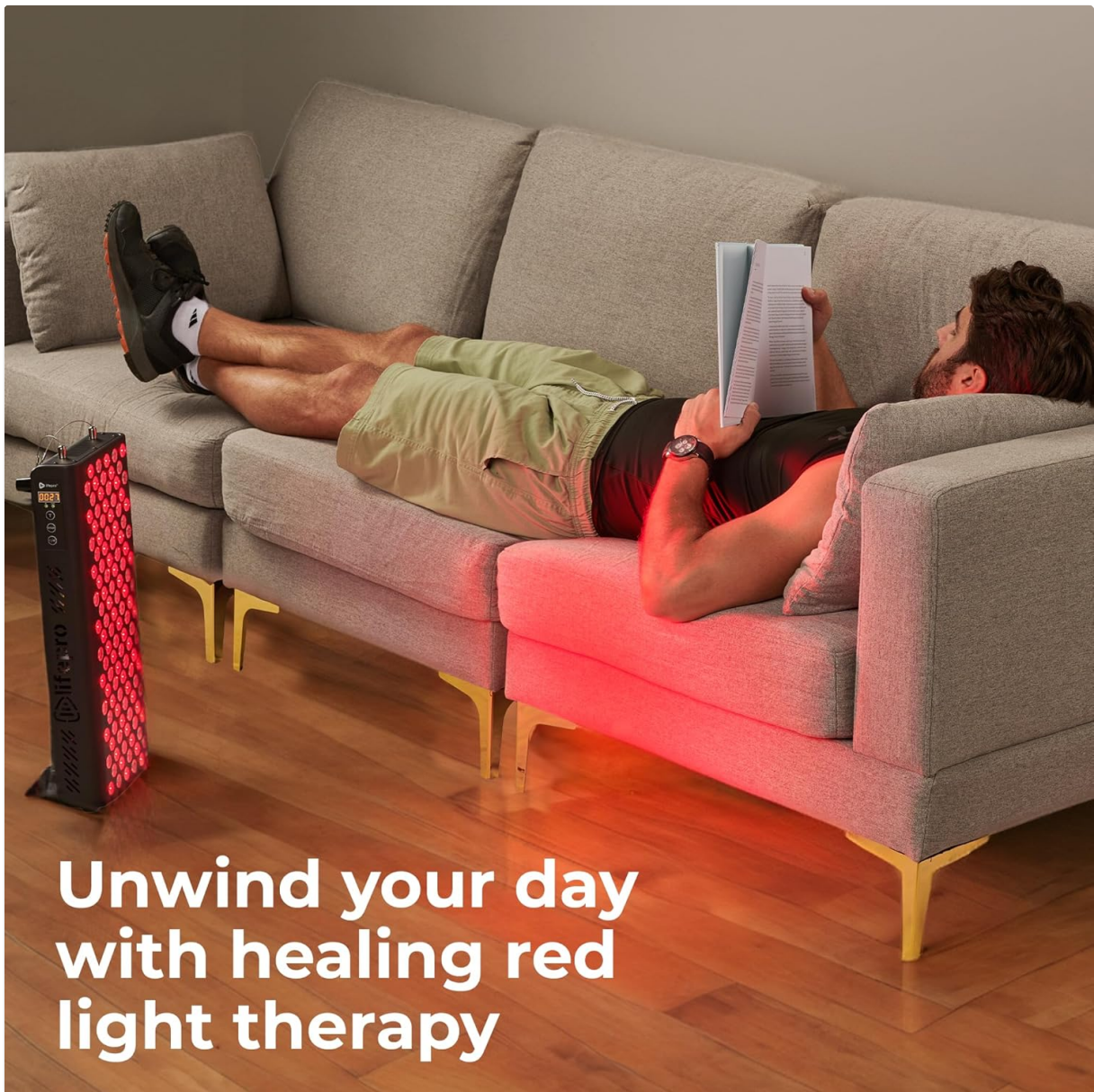
Skin Repair & Scar Healing

850 nm Near-Infrared Light

Deep Tissue Repair
& Pain Relief

Combined Mode 10 hz Pulse Mode

Image 7.2: Example of body application during exercise.



Unwind your day with healing red light therapy

Image 7.3: Relaxing during a therapy session.

8. CARE AND MAINTENANCE

- **Cleaning:** Disconnect the power before cleaning. Wipe the panel surface with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. The included hard case can be used for protection.
- **Inspection:** Periodically inspect the power cord and the device for any signs of damage. Do not use if damaged.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Power cord not properly connected; outlet malfunction.	Ensure power cord is securely plugged into both the device and a working electrical outlet.
Only some LEDs are lit.	Incorrect mode selected (e.g., only red or only NIR).	Press the mode button to cycle through modes (Red, NIR, Combined) to ensure desired lights are active. Note that 850 nm NIR light is invisible.
Device overheats.	Blocked ventilation; prolonged use.	Ensure cooling fans are not obstructed. Allow the device to cool down between extended sessions.

10. TECHNICAL SPECIFICATIONS

- **Model:** Bioheal Plus Regular
- **LED Count:** 60 LEDs
- **Wavelengths:** 660 nm (Red Light), 850 nm (Near-Infrared Light)
- **Pulse Mode:** 10 Hz
- **Product Dimensions:** 20.5 x 8.2 x 2.55 inches (52.07 x 20.83 x 6.48 cm)
- **Product Weight:** 5.73 Pounds (2.6 kg)
- **Manufacturer:** LifePro

11. WARRANTY AND SUPPORT

LifePro stands behind the quality of its products. The Bioheal Plus Regular Red Light Therapy Panel comes with a **Lifetime Warranty**.

For product support, troubleshooting assistance, or warranty claims, please visit the official LifePro website or contact their customer service.

Visit the LifePro Store on Amazon