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› MEGELIN Red Light Therapy Mat (Model JR8) User Manual

MEGELIN JR8

MEGELIN Red Light Therapy Mat (Model JR8) User Manual

For Whole Body, 3840pcs LED 660nm and 850nm Infrared Light Therapy Device

1. INTRODUCTION

Thank you for choosing the MEGELIN Red Light Therapy Mat. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before operation and retain it for future reference. This oversized red light therapy mat features 3840 LEDs, utilizing 3-in-1 chip technology to emit therapeutic wavelengths of 660nm (red light) and 850nm (near-infrared light) simultaneously. Designed for full-body application, it aims to support cellular energy, promote healing, and aid in muscle recovery and pain relief.

2. SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in injury or damage to the device.

- Avoid prolonged use to prevent burns.
- Keep the device away from water and moisture.
- Do not use if you have any medical conditions that could be adversely affected by heat or light.
- Consult a doctor before use if you are pregnant, have a pacemaker, or have any other health concerns.
- Keep out of reach of children.
- Do not use the device if the power cord or plug is damaged.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- Wear the provided goggles during use to protect your eyes from direct light exposure.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- Light Therapy Mat x 1
- Controller x 1
- Goggles x 1

- Adaptor x 1
- Cable x 1
- User Manual x 1

Advanced LED Light Technology

Combining Dual Spectrum, 3-in-1 Chip, and 3840 LEDs



650NM RED LIGHT : 1280 BEAMS

For epidermis and dermis



850NM INFRARED LIGHT : 2560 BEAMS

For Muscle, bone and deep tissue



TOTAL : 3840 LEDs

3-in-1 Chip

Image: Overview of the product specifications and included accessories, such as goggles, cable, controller, and adaptor.

4. PRODUCT SPECIFICATIONS

Feature	Specification
Product Name	Light Therapy Mat
LED Count	3840 LEDs
Wavelength	660nm (Red Light) & 850nm (Near-Infrared Light)
Irradiance	120mW/cm² at 0 inch

Power	140W
Weight	8.4 lbs (3.8 kg)
Dimensions	71" x 32" (180 cm x 81.3 cm)
Material Type	Fabric
Color	Black
Model Number	JR8

Accelerate Healing for Entire Body



Relax after exercise



Body shaping



Injury recovery



Massage physiotherapy



Pet care



Skin beauty

Image: Detailed product specifications including dimensions, LED count, and power.

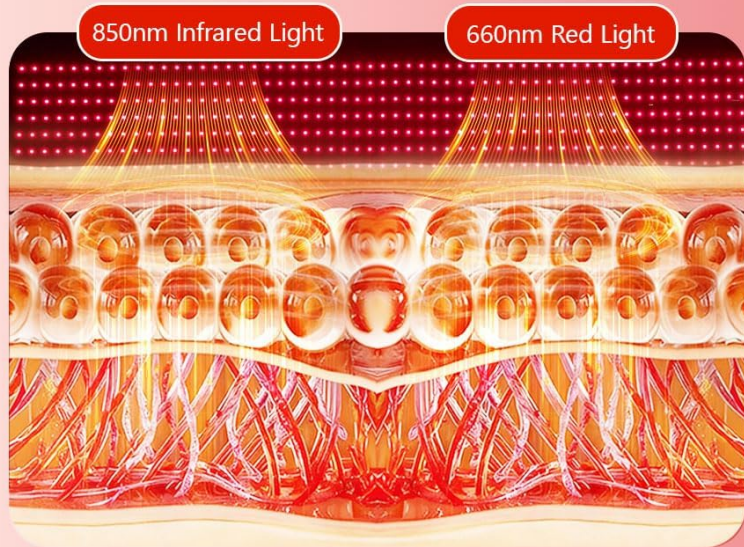
5. UNDERSTANDING RED AND INFRARED LIGHT THERAPY

The MEGELIN Red Light Therapy Mat utilizes two specific wavelengths: 660nm (red light) and 850nm (near-infrared light). These wavelengths penetrate the skin at different depths to provide various therapeutic effects.

- **660nm Red Light:** Primarily targets the epidermis and dermis. It is associated with accelerating wound healing, promoting blood circulation, stimulating collagen regeneration, and reducing skin wrinkles.
- **850nm Near-Infrared Light:** Penetrates deeper into muscle, bone, and deep tissues. It is known for relieving muscle and joint pain, promoting muscle and bone recovery, reducing inflammation, and boosting immunity.

3-in-1 Light Therapy Modes

3840 Targeted Beams,
120mW/cm² Irradiance



1280Pcs 650nm Red Light

Revitalize Skin & Replenish Elasticity

2560Pcs 850nm Infrared Light

Release Muscle Tension & Recover Faster

Image: A visual representation of how 660nm red light and 850nm infrared light penetrate different layers of the skin and tissues.

Medical Grade Light Therapy Full Body Treatment



Pain Relief and Wounds Healing

The red and infrared light emitted by medical-grade LEDs penetrates the skin to address pain, inflammation, and wounds at their core.



Body Recovery and Rejuvenation

Light from the mat, targeted at specific wavelengths, penetrates deep into tissues. By stimulating mitochondria, it boosts ATP production, providing the necessary muscle recovery fuel.



Promote Hormonal Balance

Our mat effectively tackles mood swings, irregular menstrual cycles, low testosterone, weight gain, sleep problems, and fatigue.



Unlock Brain Potential

By enhancing blood flow and ATP production, our panel improves cognitive function, reducing the risk of Alzheimer's and Parkinson's diseases. This leads to better focus, clarity, and mental sharpness.

Image: An illustration detailing the 3-in-1 chip technology, showing 1280 pieces of 650nm red light for skin revitalization and 2560 pieces of 850nm infrared light for muscle tension relief and faster recovery.

6. SETUP GUIDE

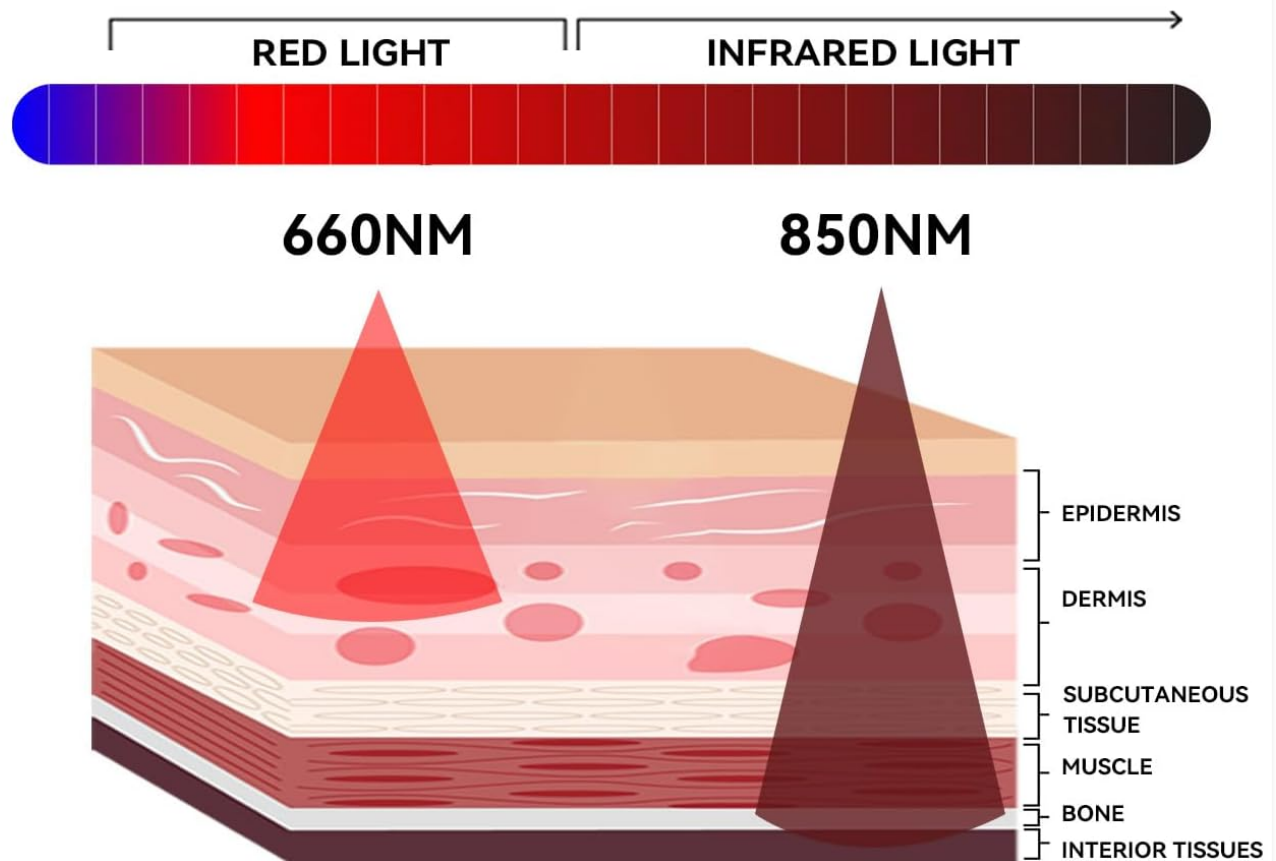
1. **Unpack:** Carefully remove the light therapy mat and all accessories from the packaging.
2. **Placement:** Place the mat on a flat, stable, and dry surface. Ensure there is enough space around the mat for comfortable use.
3. **Connect:** Connect the controller to the mat and then plug the adaptor into the controller. Finally, plug the adaptor into a standard electrical outlet.
4. **Prepare for Use:** Before turning on the device, ensure you are wearing the provided goggles to protect your eyes.

7. OPERATING INSTRUCTIONS

The MEGELIN Red Light Therapy Mat is operated using the included remote controller, allowing for customized therapy sessions.

1. **Power On/Off:** Press the power button on the controller to turn the device on or off.
2. **Adjust Brightness:** Use the brightness controls (Level 1 to Level 5) to adjust the light intensity.
3. **Select Wavelength Mode:** Choose between 660nm (RED), 850nm (NIR), or a combination (RED & NIR) using the wavelength buttons.
4. **Set Time:** Adjust the session duration from 15 minutes to 60 minutes using the time setting buttons. It is recommended that maximum use time should not exceed 30 minutes to prevent skin damage from temperature rise.
5. **Choose Mode:** Select between SINGLE or CYCLE modes for light frequency.
6. **Adjust Frequency:** Set the light frequency from 10KHz to 40KHz.
7. **Positioning:** Lie on the mat or position it over the desired area of your body. Ensure direct contact with the light for optimal results.
8. **End Session:** The device will automatically turn off after the set time. You can also manually turn it off at any point.

How Red & Infrared Light Works?



660NM WAVELENGTH

- Accelerate Wound Healing
- Promote Blood Circulation
- Stimulate Collagen Regeneration
- Reduce Skin Wrinkles

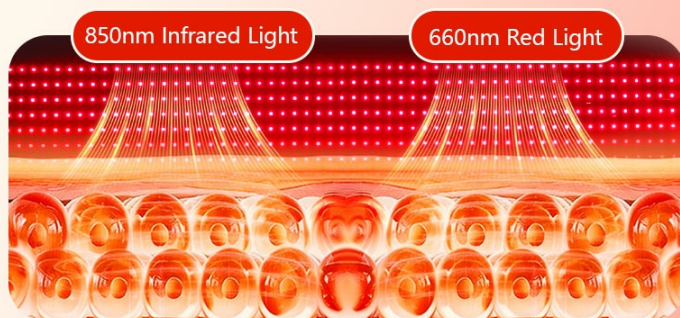
850NM WAVELENGTH

- Relieve Muscle and Joint Pain
- Promote Muscle and Bone Recovery
- Reduce Inflammation
- Boost Immunity

Image: The remote controller displaying various settings for brightness, wavelength, time, mode, and frequency.

3-in-1 Light Therapy Modes

3840 Targeted Beams, 120mW/cm² Irradiance



1280Pcs 650nm Red Light

Revitalize Skin & Replenish Elasticity

2560Pcs 850nm Infrared Light

Release Muscle Tension & Recover Faster



Image: A detailed view of the controller, highlighting buttons for power, brightness reduction/increase, and time settings

8. BENEFITS AND APPLICATIONS

The MEGELIN Red Light Therapy Mat is designed to offer a range of benefits for whole-body wellness:

- **Pain Relief and Healing:** The red and infrared light penetrates tissues to address pain, inflammation, and support wound healing.
- **Muscle Recovery and Rejuvenation:** Targeted wavelengths boost cellular energy (ATP production), aiding in muscle regeneration and faster recovery after workouts.
- **Improved Workout Results:** Using the mat for 20 minutes during aerobic exercise can help burn fat and enhance workout effectiveness, boosting lymphatic metabolism.
- **Skin Health:** Red light stimulates collagen, which can help revitalize skin and improve elasticity.
- **Deep Relaxation:** Promotes deep relaxation of muscle tissues and bones.



Image: A woman demonstrating use of the mat for full-body therapy, with various body parts (head, neck, shoulders, abdomen, knee, ankle, thigh, waist) indicated as target areas.

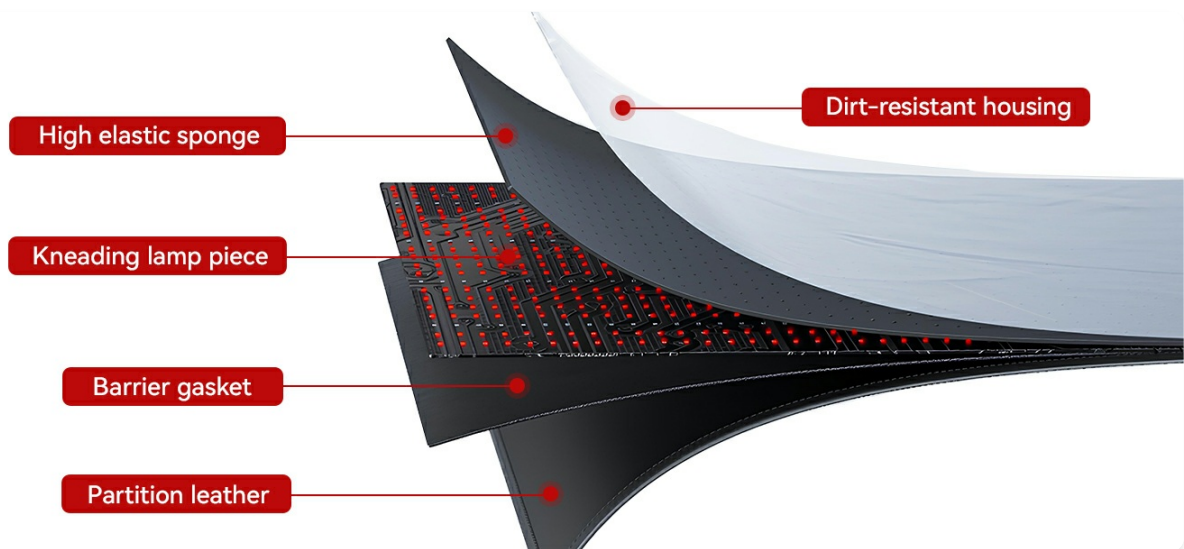


Image: Various applications of the red light therapy mat, including relaxation, body shaping, injury recovery, physiotherapy, pet care, and skin beauty.

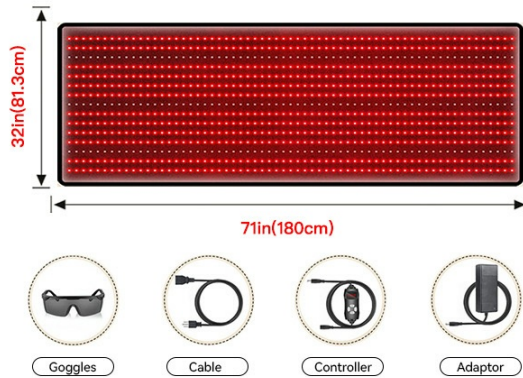


Image: Infographic explaining the benefits of medical-grade light therapy for pain relief, body recovery, hormonal balance, and cognitive function.

9. MAINTENANCE AND CARE

- **Cleaning:** Unplug the mat before cleaning. Wipe the surface with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the mat is completely dry before storing or using again.
- **Storage:** After use, allow the mat to cool completely. Store it in a dry, cool place, away from direct sunlight. The mat is foldable for convenient storage.
- **Handling:** Handle the mat with care. Avoid sharp objects that could puncture the surface.

PRODUCT SPECIFICATIONS



Product Name	Light Therapy Mat
LED Count	3840 LEDs
Wavelength	660nm:850nm=1:2
Irradiance	>120mW/cm ² at 0 inch
Fluence	3 J/cm2/minute
Power	140w
Weight	8.4lbs (3.8kg)
Dimensions	71in*32in (180cm * 81.3cm)

Image: Features of the mat including TPU film waterproof material, innovative design, and foldable material for easy storage and maintenance.

10. TROUBLESHOOTING

If you encounter any issues with your MEGELIN Red Light Therapy Mat, please refer to the following common solutions:

- **Device Not Turning On:**

- Ensure the power adaptor is securely plugged into both the mat and a working electrical outlet.
- Check if the power button on the controller has been pressed.
- Test the outlet with another device to confirm it is functional.

- **Lights Not Emitting:**

- Verify that the device is powered on and the correct wavelength mode is selected.
- Check the brightness setting; ensure it is not set to the lowest level.

- **Mat Feels Too Warm:**

- Reduce the session duration. It is recommended not to exceed 30 minutes per session.
- Ensure the mat is used in a well-ventilated area.

If the problem persists after attempting these steps, please contact customer support.

11. WARRANTY AND SUPPORT

MEGELIN is committed to providing the best shopping experience. Your product comes with:

- **60-Day Money Back Guarantee:** If you are not satisfied with your purchase, you may return it within 60 days for a full refund.
- **365-Day Free Warranty:** The device is covered by a 365-day warranty against manufacturing defects.

For any questions, concerns, or warranty claims, please contact MEGELIN Official US customer service. Please have your purchase details and model number (JR8) ready when contacting support.

12. PRODUCT VIDEOS

Watch these official videos for additional guidance and demonstrations on using your MEGELIN Red Light Therapy Mat.

Red light therapy mat relaxing at home

Your browser does not support the video tag.

Video: A demonstration of the red light therapy mat being used for relaxation at home, showcasing its ease of integration into daily routines.

Megelin red light therapy mat

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Video: An overview of the Megelin red light therapy mat, highlighting its features and benefits.

Red light therapy mask and mat

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Video: This video demonstrates the use of both a red light therapy mask and the mat, showing how they can be integrated into a wellness routine.

megelin red light therapy mat at home

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Video: A user's perspective on using the Megelin red light therapy mat in a home setting, highlighting convenience and personal experience.

Megelin Red Light Therapy Mat for Whole Body

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Video: A brief, 7-second preview showcasing the Megelin Red Light Therapy Mat for whole body use.

Red light therapy mat at home

Your browser does not support the video tag.

Video: Another demonstration of the red light therapy mat being used comfortably at home.

Megelin Red Infrared Light Therapy Bag at Home

Your browser does not support the video tag.

Video: This video shows the Megelin Red Infrared Light Therapy Bag, which is a related product, being used at home.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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