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**bonodave B0CSN7S2HQ**

# bonodave Cordless Red Light Therapy Pad User Manual

MODEL: B0CSN7S2HQ

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## Introduction

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Thank you for choosing the bonodave Cordless Red Light Therapy Pad. This device is designed to provide targeted red and infrared light therapy for various body parts, offering a convenient and portable solution for your wellness routine. Please read this manual thoroughly before use to ensure safe and effective operation.

## Safety Information

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- Do not use on broken or damaged skin.
- Avoid using on areas with poor blood circulation.
- Keep away from eyes.
- Do not use while sleeping.
- Do not use on children without adult supervision.

**Legal Disclaimer:** *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.*

## Package Contents

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- 1 x Red Light Pad (16 inch x 8 inch)
- 1 x Elastic Strap (34.5 inch x 4 inch)
- 1 x Type-C Charging Cord
- 1 x Rechargeable Power Bank Controller
- 1 x User Manual

# AVAILABLE FOR ANY BODY PART

Like lower waist, shoulder, spine, breast, etc

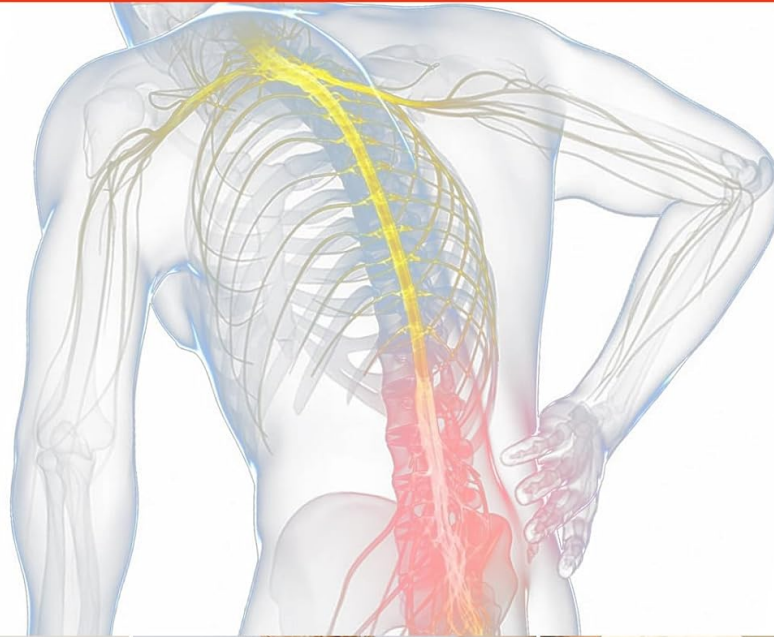


Image: All items included in the bonodave Red Light Therapy Pad package.

## Product Overview

The bonodave Cordless Red Light Therapy Pad features 105 LEDs, combining 660nm red light and 850nm infrared light. This combination is designed to penetrate tissue, promote circulation, and support body relief. Its cordless and rechargeable design ensures portability and freedom of use.

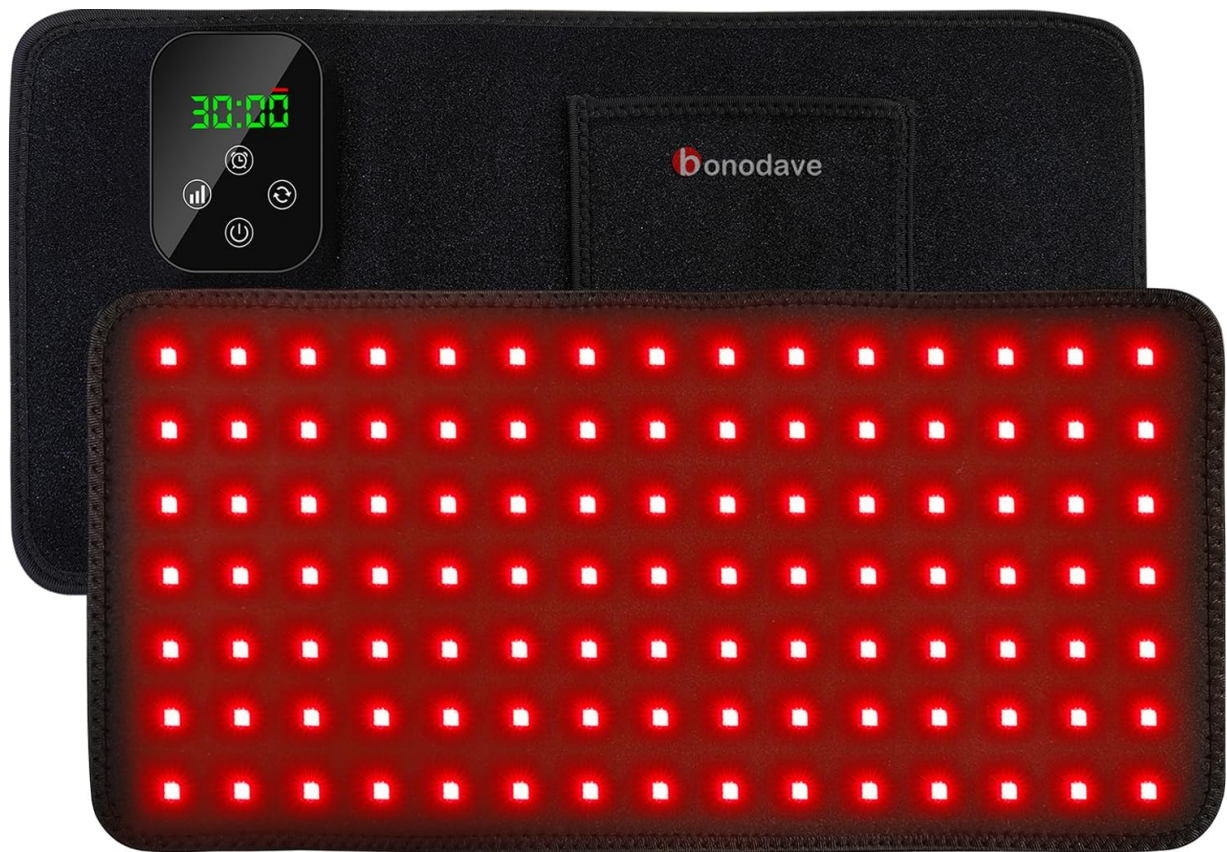


Image: The bonodave Cordless Red Light Therapy Pad, showing the main pad, controller, and various application areas.

# CORDLESS RED LIGHT THERAPY DEVICE

3000 mAh Rechargeable Remote & Cords-Free Red Light Therapy  
Making it incredibly convenient to use not just at home but also on the go

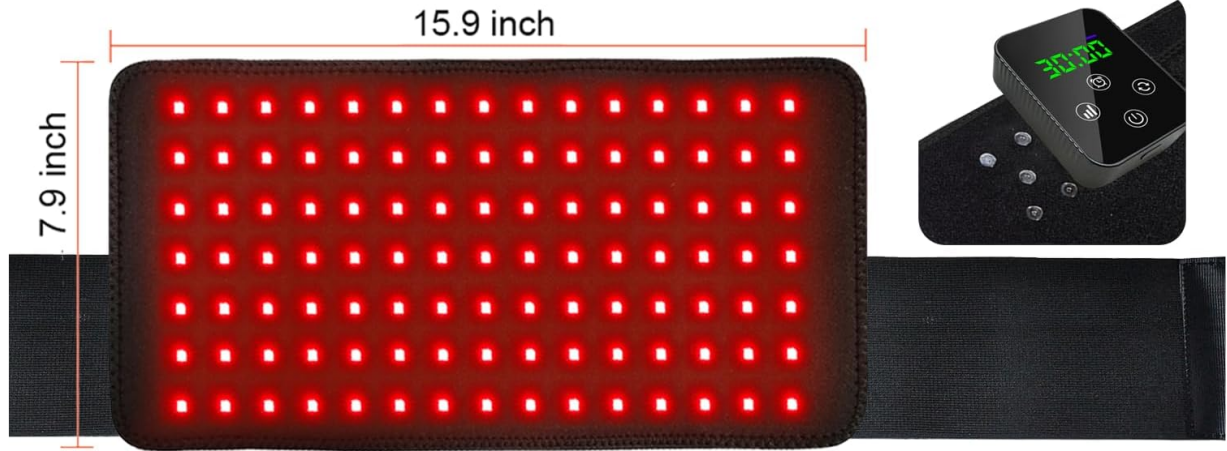


Image: The therapy pad dimensions (15.9 x 7.9 inches) and illustrations of its use outdoors, at home, and at work.

Also Suitable For Your Pet Family



Image: A diagram illustrating how 660nm (visible) red light and 850nm (invisible) infrared light penetrate the skin and tissues.

## Setup

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1. **Charge the Controller:** Connect the Type-C charging cord to the rechargeable power bank controller and plug it into a suitable power source. Ensure the controller is fully charged before first use for optimal performance.
2. **Attach the Controller:** The controller attaches magnetically to the designated area on the red light pad. Ensure it is securely fastened.
3. **Prepare for Application:** If using the elastic strap, attach it to the pad as needed to secure the device to your desired body part.



Image: A close-up of the touchscreen controller, highlighting the Type-C charging port, digital screen, timing button, light modes, power button, brightness levels, and screen lock.

Your browser does not support the video tag.

Video: Demonstrates the usage and display of the cordless red light therapy pad, including how to attach the controller and wear the device.

## Operating Instructions

1. **Power On:** Press and hold the power button on the controller for 3 seconds to turn on the device.
2. **Select Mode:** Use the 'Light Modes' button to cycle through available light settings: Red Light (660nm), Infrared Light (850nm), or both combined.
3. **Adjust Brightness/Intensity:** Use the 'Brightness Levels' buttons (P1, P2, P3) to select your desired intensity. P1 is suitable for beginners, while P3 is for more experienced users.
4. **Set Timer:** Use the 'Timing Button' to set the session duration to 10, 20, or 30 minutes. The device will automatically shut off after the selected time.
5. **Screen Lock:** Utilize the screen lock function to prevent accidental changes during use.
6. **Power Off:** Press and hold the power button for 3 seconds to turn off the device.

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Video: Shows how to use the bonodave cordless red light therapy device in various settings, highlighting its portability and ease of use.

## Application Areas

The flexible design of the bonodave Red Light Therapy Pad allows for versatile application across various body parts. It can be effectively used on:

- Shoulders
- Back (upper and lower)
- Knees
- Legs
- Hips
- Hands and Feet

The device is also suitable for use on pets, such as dogs, cats, and horses, to provide similar therapeutic benefits.

## WIDE APPLICATIONS

Design for body parts therapy, like, back, shoulder, leg, knee, hip, feet, hand



Use cordless adjustable infrared light therapy pad, 15-30mins on one parts to get some relief. Better effect with long time use.

Image: Demonstrates the red light therapy pad being applied to the back, hip, shoulder, knee, and thigh.

# WIRELESS RECHARGEABLE

## RED & INFRARED LIGHT THERAPY DEVICE

Convenient & Portable

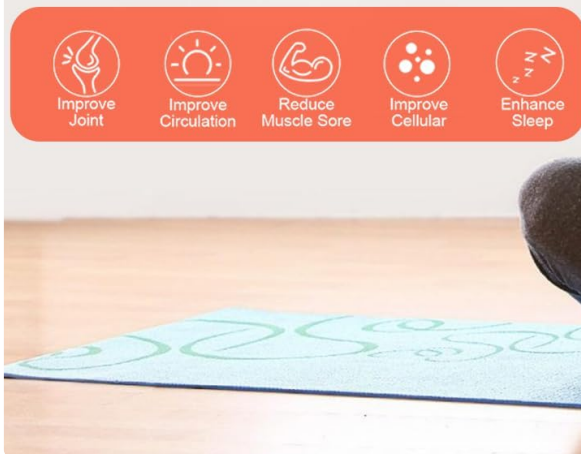
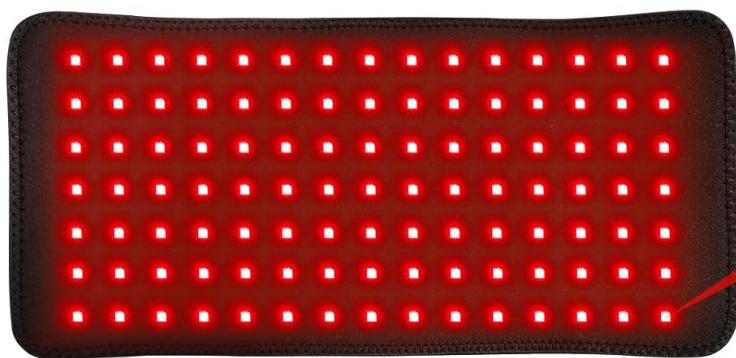


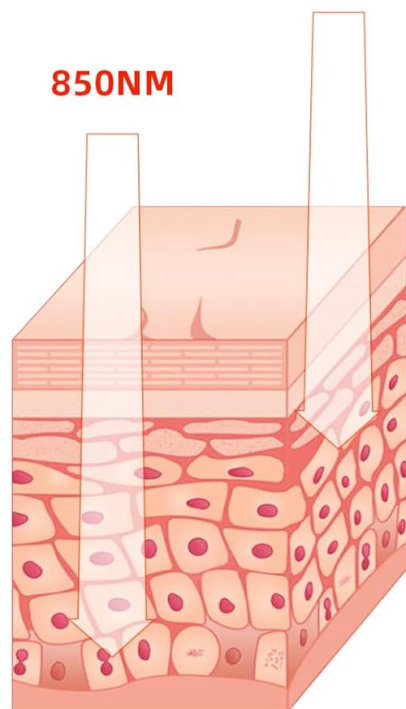
Image: A woman wearing the wireless red and infrared light therapy device around her waist during a yoga session.

# HOW RED-LIGHT THERAPY WORK



660NM

850NM



## 660nm Red Light(visible)

It can be absorbed effectively by skin, improve the appearance of our skin, increase collagen production, and faster wound healing

## 850nm Infrared Light(invisible)

It is invisible to the naked eye and can penetrate deeper to reach your bone, tissue, organs, and joints, enhance muscle recovery

Image: A woman applying the red light therapy pad to her dog's back, indicating its suitability for pets.

## Maintenance

- **Cleaning:** Gently wipe the surface of the pad 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 and extreme temperatures. Keep it out of reach of children and pets.

## Troubleshooting

- **Device not turning on:** Ensure the controller is fully charged. Check all cable connections to ensure they are secure.
- **Lights not illuminating:** Verify the device is powered on and the correct light mode is selected. If using the power bank, ensure it is adequately charged.
- **Inconsistent heat/light:** Ensure the pad is making good contact with the skin. Avoid using on areas with thick clothing that may impede light penetration.

## Specifications

<b>Brand</b>	bonodave
<b>Model</b>	B0CSN7S2HQ
<b>Material</b>	Fabric
<b>Color</b>	Black
<b>LEDs</b>	105 (660nm Red Light, 850nm Infrared Light)
<b>Power Source</b>	Type-C Rechargeable Controller
<b>Timer Settings</b>	10, 20, 30 minutes
<b>Intensity Levels</b>	3 (P1, P2, P3)
<b>Item Weight</b>	0.48 Kilograms (1.06 Pounds)
<b>Package Dimensions</b>	10.04 x 5.51 x 2.76 inches

## Warranty & Support

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bonodave offers a 60-day return policy, a 365-day warranty, and 24-hour customer service for this product. For any questions, concerns, or support needs, please contact bonodave customer service.