

hooga B0D7QX8W48

hooga Red Light Therapy Eye Mask

Model: B0D7QX8W48

User Instruction Manual

1. INTRODUCTION

The hooga Red Light Therapy Eye Mask is designed to provide targeted red and near-infrared light therapy to the delicate skin around the eyes. This device utilizes dual-chip LEDs emitting 660nm (red light) and 850nm (near-infrared light) wavelengths, known for their potential to stimulate collagen production and improve skin appearance. It features an adjustable strap for comfort, a rechargeable battery for portability, and a remote control for easy operation.

2. SAFETY INFORMATION

- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or are taking photosensitizing medications.
- Do not use on broken, irritated, or infected skin.
- Avoid direct eye contact with the LEDs during operation. Although the mask is designed for eye area treatment, prolonged direct exposure to bright light can be uncomfortable.
- Keep out of reach of children.
- Do not immerse the device in water or other liquids.
- Use only the provided charging cable.
- Discontinue use if you experience any discomfort or adverse reactions.
- 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.

3. PACKAGE CONTENTS

- hooga Red Light Therapy Eye Mask
- Adjustable Strap

- Remote Control
- USB Charging Cable
- User Manual (this document)



Image 1: Hooga Red Light Therapy Eye Mask with remote and charging cable.

4. PRODUCT FEATURES

- **Dual-Chip LEDs:** 56 LEDs delivering 660nm (red light) and 850nm (near-infrared light) wavelengths.
- **Adjustable Nogier Frequencies:** Three settings (73Hz, 146Hz, 292Hz) for customized treatment.
- **Comfortable Design:** Made from soft, flexible silicone with an adjustable strap for a secure and comfortable fit.
- **Rechargeable Battery:** Built-in 3000mAh battery for cordless operation and portability.
- **Intuitive Remote Control:** Easily manage settings including light intensity, treatment duration, and frequency selection.



Wavelengths

Red @ 660nm &
Near Infrared @
850nm



Dosing

Use daily for 5-10
minutes



LEDs

56 Dual-Chip



Irradiance

60mW/cm²
surface irradiance



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Image 2: Key specifications of the eye mask, including 660nm & 850nm wavelengths, 5-10 minute daily dosing, 56 dual-chip LEDs, and 60mW/cm² surface irradiance.



Medical-Grade Silicone

A close and comfortable fit right against your skin with medical-grade silicone.



Battery-powered

Conveniently do your treatments anywhere with our battery-powered mask.



Adjustable Strap

Easily adjustable for a more comfortable and

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Image 3: Features emphasizing medical-grade silicone for comfort, battery-powered convenience, and an adjustable strap for a perfect fit.

5. SETUP

1. **Charge the Device:** Before first use, fully charge the eye mask using the provided USB charging cable. Connect the cable to the mask's charging port and a compatible USB power source. The battery indicator on the remote control will show charging status.
2. **Attach the Strap:** Securely attach the adjustable strap to the eye mask. Ensure it is positioned for a comfortable and snug fit around your head.
3. **Cleanse Skin:** Gently clean and dry your face, especially the eye area, before each treatment session.

6. OPERATING INSTRUCTIONS

1. **Position the Mask:** Place the eye mask comfortably over your eyes, ensuring the LEDs are directly over the areas you wish to treat. Adjust the strap for a secure fit.
2. **Power On:** Press and hold the power button on the remote control to turn on the device.
3. **Select Treatment Mode:** Use the mode selection buttons on the remote to cycle through the available Nogier frequencies (73Hz, 146Hz, 292Hz). Refer to the product features for details on each frequency.

4. **Adjust Intensity (if applicable):** The device may have intensity settings. Adjust as desired for comfort.
5. **Set Treatment Duration:** Use the timer buttons on the remote to select your desired treatment duration (e.g., 5-10 minutes). The device will automatically shut off after the set time.
6. **Begin Treatment:** Relax and allow the device to perform the light therapy.
7. **Consistency:** For optimal results, use the mask for 5-10 minutes, 3-5 times per week.

HOW TO USE



1. Cleanse the Skin: Gently clean & dry your face before starting your treatment.
2. Secure the Eye Mask on your Eyes
3. Select Your Desired Treatment Modes
4. Begin your Treatment!
5. Be Consistent: For best results use for 5-10 minutes, 3-5 times per week.

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Image 4: Step-by-step guide on how to use the eye mask: Cleanse skin, secure mask, select desired modes, begin treatment, and be consistent (5-10 minutes, 3-5 times per week).

Nogier Frequencies Explained:

The Nogier Frequencies are specific light frequencies discovered by French neurologist Dr. Paul Nogier. They are believed to resonate with the body, exerting specific effects, and are particularly effective when pulsed. They cover a range of health benefits, from wound healing to mood disorder alleviation, by stimulating the body's natural healing processes.

- **73 Hz:** Stimulation of the Body and Nervous System. Resonates with certain parts of the brain which control metabolism and hormones. Boosts Blood Circulation.
- **146 Hz:** Reduces inflammation and scar tissue. Fights infection. Promotes relaxation by resonating with the cerebral cortex. Alleviates anxiety. Boosts mood. Promotes circulation. When applied locally, it will cause blood circulation to rush to the treatment location to help reduce pain.

- **292 Hz:** Resonates with Ectoderm – the outermost tissue that forms skin, glands, nerves, eyes, ears, teeth, brain, and spinal cord. Assists wound healing, skin and nerve repair. Reduces scar tissue and inflammation. Known as a universal frequency to try for any condition.



Nogier Frequencies: The Nogier Frequencies are a set light frequencies discovered by French neurologist Dr. Paul Nogier in the 1970s. They work by entering into resonance with the body, exerting specific effects on it, and are particularly effective when pulsed. They cover a range of health benefits, from wound healing to mood disorder alleviation, by stimulating the body's natural healing processes.

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146 Hz: Reduces inflammation and scar tissue. Fights infection. Promotes relaxation by resonating with the cerebral cortex. Alleviates anxiety. Boosts memory. Improves mood: It is the serotonin frequency and can treat feelings of sadness and depression. Promotes circulation: When applied locally, it will cause blood circulation to rush to the treatment location to help reduce pain.

292 Hz: Resonates with Ectoderm – the outermost tissue that forms skin, glands, nerves, eyes, ears, teeth, brain, and spinal cord. Assists wound healing, skin and nerve repair. Reduces scar tissue and inflammation. Known as a universal frequency to try for any condition.

Image 5: Detailed explanation of the three Nogier Frequencies (73Hz, 146Hz, 292Hz) and their associated benefits for skin and overall well-being.

7. MAINTENANCE

- **Cleaning:** Gently wipe the surface of the mask with a soft, damp cloth after each use. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully using the provided USB cable. Ensure the power button is pressed and held.
LEDs are dim or flickering.	Low battery.	Recharge the device.
Remote control is unresponsive.	Battery in remote is low or connection issue.	Ensure the remote is charged (if applicable) and within range. Re-pair if necessary (refer to specific remote instructions if provided separately).

9. SPECIFICATIONS

- **Wavelengths:** 660nm (Red Light) & 850nm (Near-Infrared Light)
- **LEDs:** 56 Dual-Chip LEDs
- **Battery:** Rechargeable 3000mAh Lithium Ion (included)
- **Nogier Frequencies:** 73Hz, 146Hz, 292Hz
- **Material:** Soft, Flexible Silicone
- **Package Dimensions:** 14 x 5 x 2 inches
- **Weight:** 5 ounces
- **Manufacturer:** Hooga

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official hooga website or contact their customer service directly. Keep your purchase receipt for warranty claims.

Manufacturer: Hooga
Date First Available: June 21, 2024
ASIN: B0D7QX8W48

11. OFFICIAL PRODUCT VIDEOS

The following video provides additional information and demonstrations of the hooga Red Light Therapy Eye Mask.

Your browser does not support the video tag.

Video 1: Demonstration of the Hooga Red Light Therapy Eye Mask in use, highlighting its effectiveness for fine lines and puffy eyes.