INTEO LP-099A

Red Light Therapy Lamp User Manual

Brand: INTEO

Model: LP-099A

Introduction

Thank you for choosing the INTEO Red Light Therapy Lamp. This 2-in-1 removable red light panel is designed to provide targeted red and infrared light therapy for various body parts, promoting overall well-being and skin health. This manual provides essential information for safe and effective use of your device.



Image: The INTEO Red Light Therapy Lamp in use during a yoga session, highlighting its versatility.

Product Features

- **Advanced LED Technology:** Equipped with 120 LEDs, featuring a mixed spectrum of 660nm red light (visible) and 850nm infrared light (invisible) for comprehensive skin and muscle care.
- **2-in-1 Removable Design:** The therapy panel can be detached from the stand and used as a portable pad with an elastic strap, allowing for flexible application on various body parts.
- **Optimized Light Concentration:** Curved panel structure is designed to enhance light concentration, maximizing therapeutic effect.
- **Adjustable Settings:** Features 5 light modes and intensity levels (P1-P5) for customized treatment. Session duration can be set from 10 to 90 minutes in 10-minute increments.
- **Versatile Application:** Suitable for use on the face, neck, shoulders, back, joints, knees, ankles, and even for pets.
- **Stable and Adjustable Stand:** Comes with a wide, weighted base for stability, an adjustable arm, and a 360° rotating ball for precise positioning.

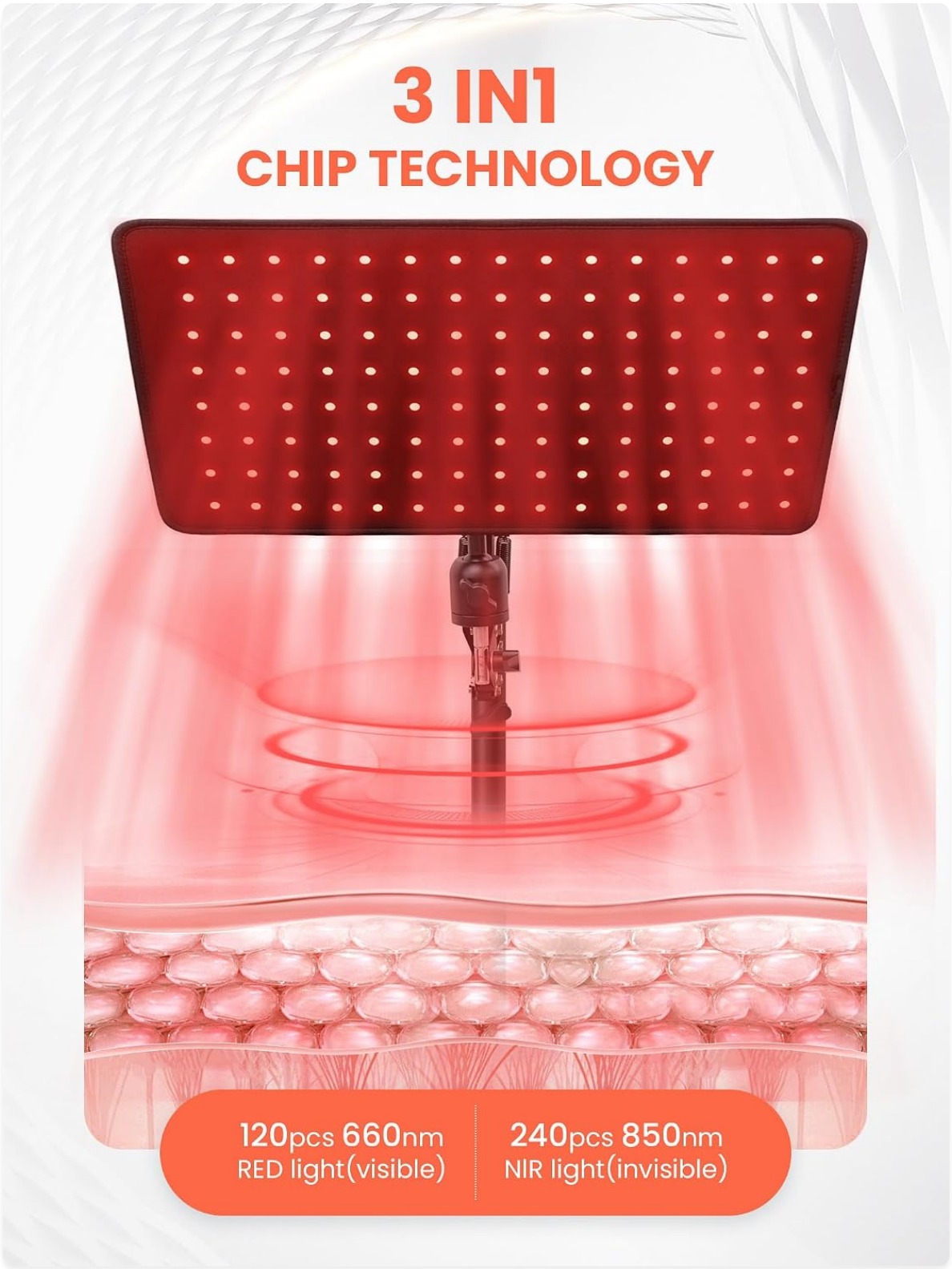


Image: Illustration of the dual-wavelength LED technology used in the therapy panel.

Setup & Installation

Package Contents:

- Red Light Therapy Panel
- Adjustable Stand (Base, Telescopic Pole, Adjusting Arm Bracket)
- Remote Control Cable

- Power Cord
- Wearable Belt
- Sunglasses (for eye protection)
- Connectors (x2)
- User Manual

Assembly Steps:

1. **Install the Telescopic Pole:** Insert the telescopic pole into the weighted base and secure it by rotating until firm.
2. **Attach Adjusting Arm Bracket:** Install the adjusting arm bracket onto the telescopic pole, tightening the screw to secure its position.
3. **Install Ball Connector:** Attach the ball connector to the top of the adjusting arm bracket.
4. **Attach Red Light Panel:** Securely attach the red light therapy panel to the ball connector. Ensure it is firmly in place.
5. **Connect Cables:** Connect the remote control cable to the red light panel, and then connect the remote control cable to the power cord. Plug the power cord into a suitable electrical outlet.



Image: Visual guide for assembling the red light therapy lamp.

Installation Video:

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Video: Official guide demonstrating the unboxing of package accessories and how to install the red light therapy lamp.

Operating Instructions

Using the Remote Control:

- **Power Button:** Press to turn the device ON/OFF.
- **LED Buttons (+/-):** Adjust the light intensity (P1-P5).
- **Time Buttons (+/-):** Set the therapy session duration from 10 to 90 minutes in 10-minute increments. The default duration is 30 minutes.
- **Mode Button:** Select your desired light mode (all bright, 10HZ pulse, 40HZ pulse, or breathing mode pulse).

Recommended Usage:

- For optimal results, use the red light therapy lamp for 15-30 minutes daily.
- Continuously using the red light therapy lamp can help improve skin condition, increase body part flexibility, and promote better sleep.
- The device is suitable for both men and women.
- When using on the face, always wear the provided sunglasses to protect your eyes.



Image: The red light therapy lamp can be used on various parts of the body including feet, shoulders, neck, belly, waist, and wrists.

Versatile Applications:

The 2-in-1 design allows for flexible use:

- **With Stand:** Position the lamp over larger areas like the back, chest, or legs while sitting, lying down, or during light exercise.
- **Removable Pad:** Detach the panel and use the wearable belt to wrap it around specific body parts such as the waist, knees, or shoulders for targeted therapy. This also provides a gentle heating effect for muscle tension and soreness.



Image: The removable therapy pad can be used with an elastic strap for targeted application on the waist, legs, or shoulders.

Maintenance & Care

- Turn off, unplug, and allow the Head dot cool down before cleaning or storing.
- Wipe down the device with a soft, dry cloth after each use. Never allow water or other liquids to come into contact with the unit.
- Do not use abrasive, corrosive, solvent, chemical cleaners, or harsh detergents.

- Store the product in its box to prevent damage to the belt. Remove the remote controller and power cable before storing.
- Store the device in a cool, dry location. Do not store close to the ground walls or roof. Do not store other objects on top of the belt.
- Do not attempt to disassemble the device.

Troubleshooting

If you experience any issues with your Red Light Therapy Lamp, please refer to the following common troubleshooting tips:

- **Device not turning on:** Ensure the power cord is securely plugged into both the device and a working electrical outlet. Check if the remote control cable is properly connected to the panel.
- **Lights flickering or dim:** Verify all connections are secure. Ensure the power source is stable. Try adjusting the intensity levels using the remote control.
- **Unusual noises:** If the device begins to make unusual noises, immediately turn it off and unplug it from the power source. Contact customer support if the issue persists.
- **Overheating:** If the device feels excessively hot, turn it off and allow it to cool down. Ensure ventilation ports are clear of dust and debris. Do not use on or under blankets or pillows.

For further assistance, please contact INTEO customer support.

Specifications

Feature	Detail
LED Count	120 LEDs
Wavelengths	660nm (Red Light), 850nm (Infrared Light)
Light Modes	5 brightness adjustment levels (P1-P5)
Timer Settings	10-90 minutes (in 10-minute increments)
Power	12W
Model Number	LP-099A
Dimensions	19.6 x 12.4 x 3.8 inches (Package)
Weight	8.55 Pounds (Package)
Country of Origin	China

Warranty & Support

For warranty information, product support, or to purchase replacement parts, please refer to the documentation included in your product packaging or visit the official INTEO website.

You may also contact Amazon customer service for assistance with your purchase.

Important Safety Information

Please read and understand all safety instructions before using the device. Failure to follow these instructions may result in injury or damage.

- **Eye Protection:** Always wear the provided sunglasses when using the device, especially when targeting the face or upper body. Do not look directly into the LED lights.
- **Adult Use Only:** This device is intended for adult use. Keep out of reach of children.
- **Medical Advice:** Consult with a healthcare professional before using this device, especially if you have any pre-existing medical conditions, are pregnant, or are taking medications.
- **Usage Duration:** Do not use the device for longer than 90 minutes in a single session. Allow at least 1 hour of rest between 90-minute therapy sessions.
- **Placement:** Ensure the device is placed on a stable, flat surface. Do not place it on or under blankets, pillows, or other materials that could obstruct ventilation.
- **Heat:** The device may generate heat during operation. Avoid direct contact with the skin for prolonged periods to prevent burns.
- **Electrical Safety:** Only use the included power cord and USB cable. Do not use outdoors or in wet conditions. Do not plug/unplug with wet hands.
- **Avoid Obstructions:** Keep ventilation ports free from dust and debris. Do not store in high temperatures or direct sunlight.
- **No Accessories:** Do not wear accessories, such as belts or jewelry, under the device during use. Keep long hair away from the therapy belt.
- **Device Integrity:** Do not destroy, bend, stretch, twist, or tie the power cable. Do not attempt to disassemble or modify the device.
- **Unusual Operation:** If the device makes unusual noises or malfunctions, turn it off and unplug it immediately.