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› RICIAL Red Light Therapy Lamp Model RT005-1 Instruction Manual

RICIAL RT005-1

RICIAL Red Light Therapy Lamp Model RT005-1 Instruction Manual

Your guide to effective red light therapy at home.

1. INTRODUCTION

Thank you for choosing the RICIAL Red Light Therapy Lamp Model RT005-1. This device is designed to provide non-invasive red light and near-infrared light therapy for various applications, including muscle relaxation and skin enhancement. This manual provides essential information for safe and effective use of your device.



Figure 1: RICIAL Red Light Therapy Lamp Model RT005-1

2. SAFETY INFORMATION

- Always wear the provided protective goggles during use to shield your eyes from direct light exposure.
- Do not look directly into the LED lights when the device is active.
- Keep the device out of reach of children and pets.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or are taking photosensitizing medications.
- Do not use the device on broken, irritated, or infected skin.
- Ensure the device is placed on a stable, flat surface to prevent tipping.
- Unplug the device from the power outlet when not in use or before cleaning.

3. PRODUCT COMPONENTS

The RICIAL Red Light Therapy Lamp Model RT005-1 includes the following components:

- Red Light Therapy Panel (with 660nm red light and 850nm near-infrared light beads)
- Adjustable Gooseneck Stand
- Stable Base
- Control Panel (integrated on the stand)
- Remote Control
- Power Adapter
- Protective Goggles
- User Manual

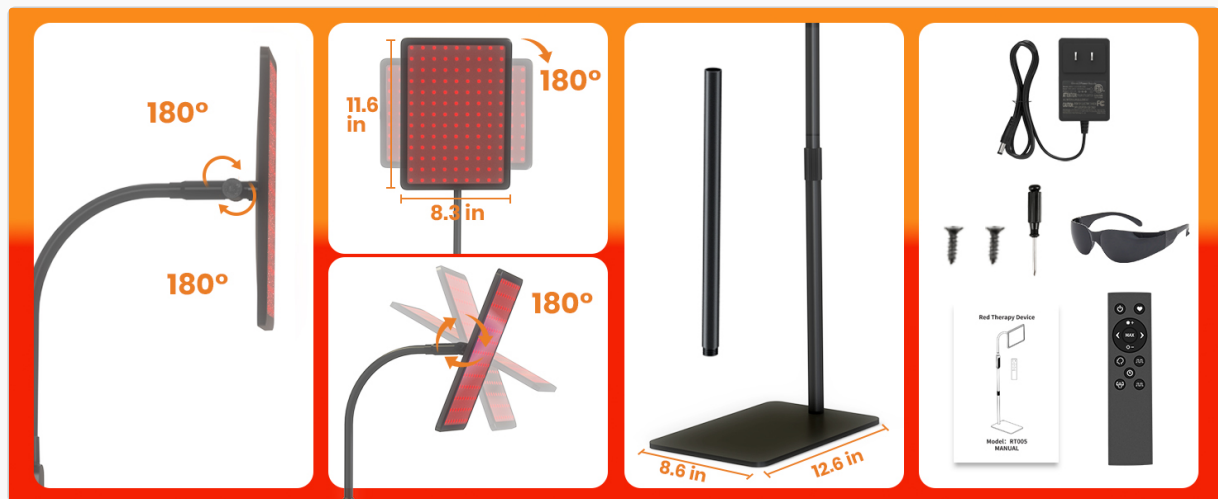


Figure 2: Product Diagram and Included Accessories

4. SETUP INSTRUCTIONS

Follow these steps to assemble your Red Light Therapy Lamp:

1. **Install the Bottom Lamp Pole:** Securely attach the lowest section of the stand to the base.
2. **Install the Lamp Head Screws:** Connect the gooseneck section to the main pole, ensuring all screws are tightened.
3. **Install the Middle Lamp Pole:** Attach the middle section of the pole, if applicable, to achieve desired height.
4. **Connect the Power Cord:** Plug the power adapter into the designated port on the stand and then into a power outlet.



Figure 3: Easy Assembly Steps

The lamp features a flexible gooseneck and 360° rotation for precise positioning. The height of the stand is also adjustable.

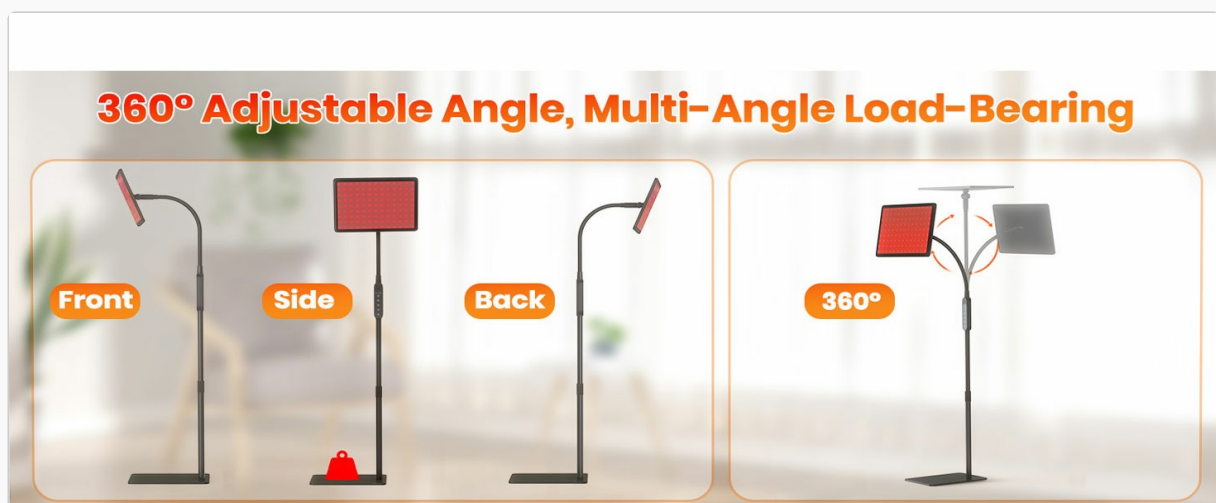


Figure 4: Flexible Adjustment and Rotation

5. OPERATING INSTRUCTIONS

5.1 Control Methods

The device can be operated using either the integrated touch control panel on the stand or the provided remote control.

Touch Control Panel



Figure 5: Touch Control Panel Functions

- **ON/OFF:** Power the device on or off.
- **Brightness Control:** Adjust brightness levels from 25% to 100%.
- **Mode Regulation:** Cycle through different light modes (e.g., 660nm, 850nm, 660nm+850nm).
- **Max Brightness:** Instantly set to 100% brightness.
- **Timing Key:** Set a timer for 15 or 30 minutes.

Remote Control



Figure 6: Remote Control Functions

- The remote control offers the same functionalities as the touch panel, plus additional options for specific wavelength modes (660nm, 850nm, 660nm+850nm) and pulsed modes.
- It has a range of up to 65.6 feet for convenient long-distance operation.

5.2 Recommended Usage

- Use the device 5-6 times per week.
- Session duration: 10-30 minutes per session.
- Start from a comfortable distance and gradually move closer for increased effectiveness.
- Always wear protective goggles during therapy.

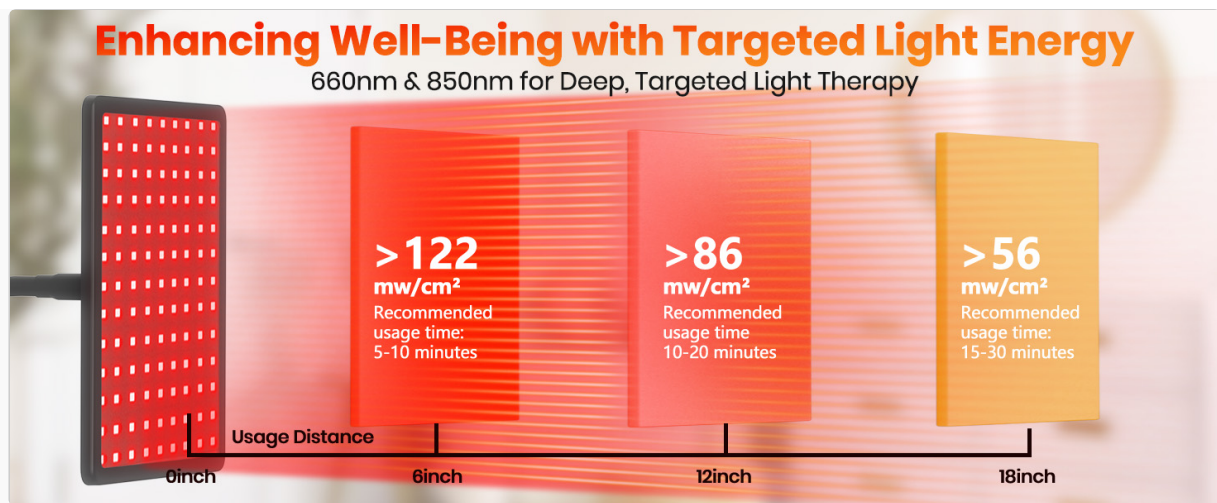


Figure 7: Recommended Usage Distance and Time

5.3 Light Modes and Benefits

The device features 120 660nm red light beads and 240 850nm near-infrared light beads, utilizing an advanced 3-in-1 design for even and effective light distribution.

- **660nm Red Light (Visible):** Ideal for skin enhancement, improving skin tone and texture, and promoting blood circulation. Penetrates the epidermis and dermis.
- **850nm Near-Infrared Light (Invisible):** Ideal for deep tissue recovery, muscle relief, reducing soreness, boosting metabolism, and supporting better sleep. Penetrates muscle layers and deep tissue.
- **660nm + 850nm Combination:** Provides comprehensive full-body care by targeting both superficial and deeper layers.



Figure 8: Dual Wavelength Penetration

5.4 Application Areas

The large panel (11.5x8.3 inches) provides ample coverage for various body parts:

- Face and Neck
- Back and Shoulders
- Elbows and Wrists
- Ankles and Knees
- Abdomen

Infrared Therapy: Relieve Muscle Soreness



Figure 9: Targeted Relief for Muscle Soreness

Relax Your Skin with Infrared Therapy

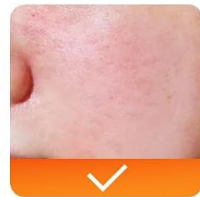


Figure 10: Relax and Improve Skin Condition

5.5 Official Product Videos

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Video 1: This video demonstrates the RICIAL Red Light Therapy Lamp for Body & Face, showcasing its features and various applications for personal wellness.

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Video 2: This short video highlights the easy and convenient use of the red light therapy lamp for both face and body, demonstrating its adaptability for different areas.

6. MAINTENANCE

- Clean the device regularly with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- Ensure the device is unplugged before cleaning.
- Store the device in a cool, dry place when not in use.

7. TROUBLESHOOTING

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

- **Device not turning on:** Check if the power adapter is securely plugged into both the device and a working power outlet.
- **Lights not illuminating:** Ensure the device is powered on and the correct mode is selected. Check brightness settings.
- **Remote control not working:** Verify that the remote control batteries are correctly installed and not depleted. Ensure there are no obstructions between the remote and the device's receiver.
- **Device unstable:** Ensure the base is fully assembled and placed on a flat, stable surface.

For further assistance, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	RT005-1
Product Dimensions	12.6 x 8.66 x 60.24 inches
Item Weight	10.08 Pounds
LED Wavelengths	660nm (Red Light), 850nm (Near-Infrared Light)
LED Count	120 x 660nm, 240 x 850nm (3-in-1 design)
Brightness Settings	25% to 100% (Adjustable)
Timer Settings	15, 30 minutes
Control Methods	Touch Control Panel, Remote Control
Adjustability	Flexible Gooseneck, 360° Rotation, Adjustable Height
Materials	Acrylonitrile Butadiene Styrene, Metal

9. WARRANTY AND SUPPORT

For information regarding product warranty or customer support, please refer to the product packaging or contact RICIAL customer service directly. 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.