

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [HALIDODO](#) /

› [HALIDODO Red Light Therapy Foot Wrap \(Model: SC-HA-Ft02\) Instruction Manual](#)

HALIDODO SC-HA-Ft02

HALIDODO Red Light Therapy Foot Wrap (Model: SC-HA-Ft02) Instruction Manual

Comprehensive guide for safe and effective use of your HALIDODO Red Light Therapy Foot Wrap.

1. INTRODUCTION

Thank you for choosing the HALIDODO Red Light Therapy Foot Wrap. This device is designed to provide targeted red light and near-infrared light therapy to your feet and ankles. Please read this manual thoroughly before use to ensure proper operation and maximize the benefits of your device.



Image: The HALIDODO Red Light Therapy Foot Wrap, showcasing its design and the red light emitted around a foot, with the product box in the background.

2. PRODUCT OVERVIEW

2.1 Key Features

- **Dual Wavelength Therapy:** Equipped with 99 lamp beads, each containing 3 chips for visible 660nm red light and invisible 850nm near-infrared light.
- **Multiple Modes:** Features 5 distinct modes for a customized experience, including 10Hz Mode and 40Hz Mode.
- **Easy to Use:** Portable design with adjustable Velcro straps for a secure and comfortable fit around the foot.
- **Comfortable Material:** Constructed from breathable and durable materials for extended use.
- **Ergonomic Design:** Shaped to conform to the foot and ankle for optimal light exposure.

2.2 Components

Contenuto Della Confezione



- 1 Red Light Therapy foot *1
- 2 Control line *1
- 3 Power cord*1
- 4 User Manual*1
- 5 Package Box*1

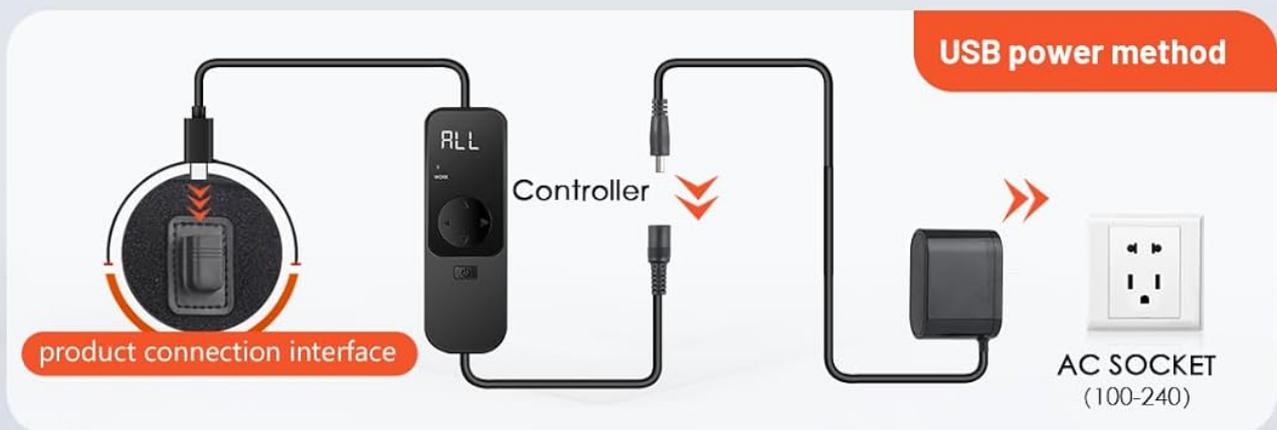


Image: A visual breakdown of the product components, including the red light therapy foot wrap, control line, power cord, user manual, and package box.

1. Red Light Therapy Foot Wrap x 1
2. Control Line x 1
3. Power Cord x 1

4. User Manual x 1
5. Package Box x 1

3. SETUP

1. Connect the control line to the red light therapy foot wrap.
2. Connect the power cord to the control line.
3. Plug the power adapter into a standard wall outlet (100-240V).
4. Ensure all connections are secure before proceeding to operation.

4. OPERATING INSTRUCTIONS

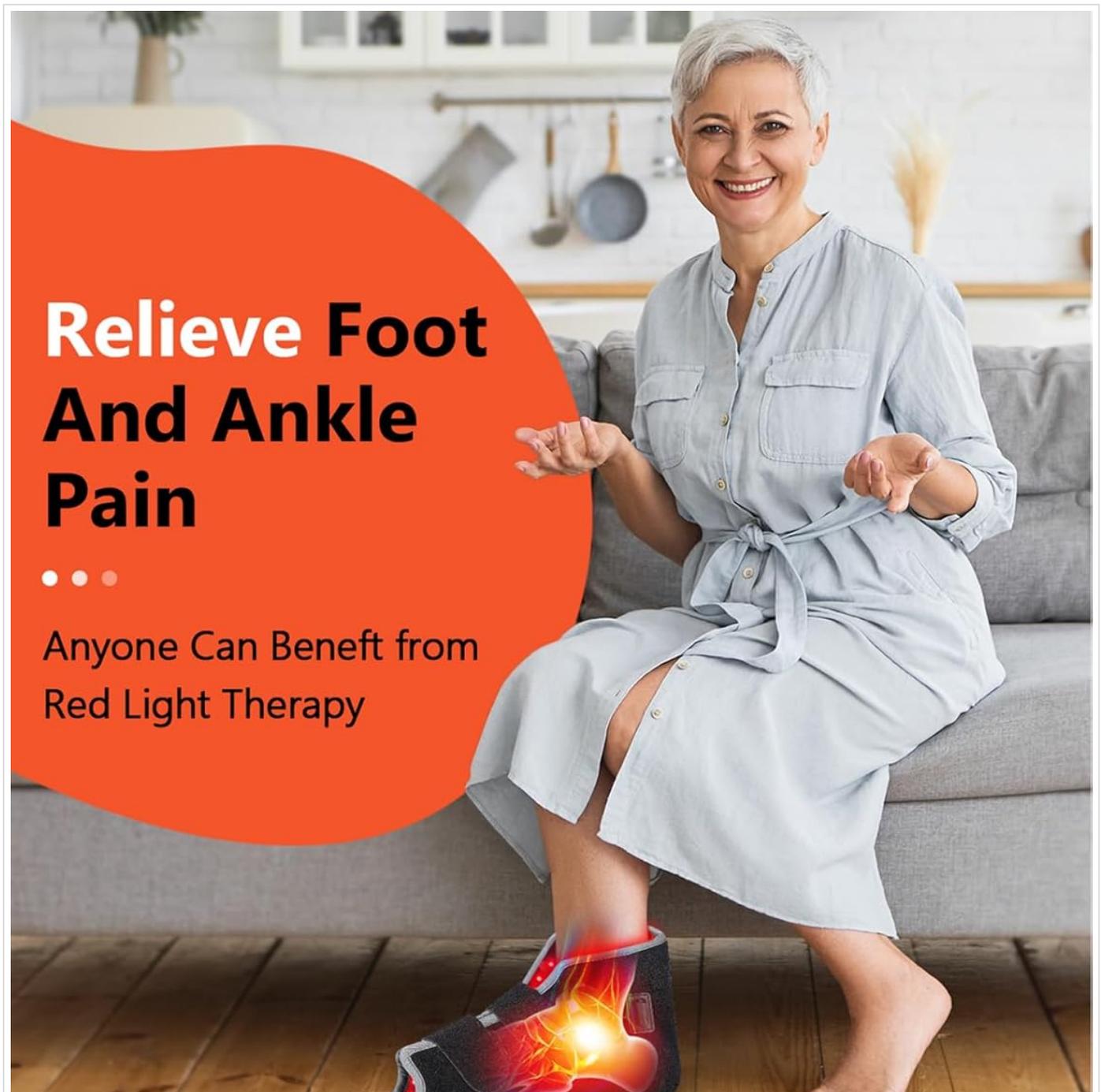
4.1 Wearing the Device

- Place your foot inside the wrap, ensuring the LED lights are positioned over the desired treatment area.
- Adjust the Velcro straps to achieve a snug yet comfortable fit around your foot and ankle. The device should not feel overly tight.

Relieve Foot And Ankle Pain

• • •

Anyone Can Benefit from Red Light Therapy



Elderly Discomfort

Sprains and strains

Fatigue Injury

Toe Pain

Image: A woman demonstrating the comfortable fit of the foot wrap while relaxing on a sofa.

4.2 Power On/Off

- To power on the device, press and hold the power button on the control line for 1.5 seconds.
- To power off the device, press and hold the power button again for 1.5 seconds.

4.3 Mode Selection

The device offers 5 different modes:

- **ALL Mode:** Activates both 660nm red light and 850nm near-infrared light simultaneously for comprehensive care.
- **660nm Mode:** Targets skin and superficial layers with visible red light.
- **10Hz Pulse Mode:** Provides rapid flickering for enhanced cellular response.
- **40Hz Pulse Mode:** Offers a deeper rhythm for tissue revitalization.
- **Breathing Mode:** Features a dynamic light rhythm for pre-bedtime relaxation.

Mode Descriptions

Stop1



Stop2



Stop3



Stop4



Stop5



Image: A visual guide to the five available modes, detailing their light patterns and intended effects.

4.4 Timer Settings

- The default treatment time is 30 minutes.
- Adjust the timer from 0 to 30 minutes using the timer buttons on the control line.

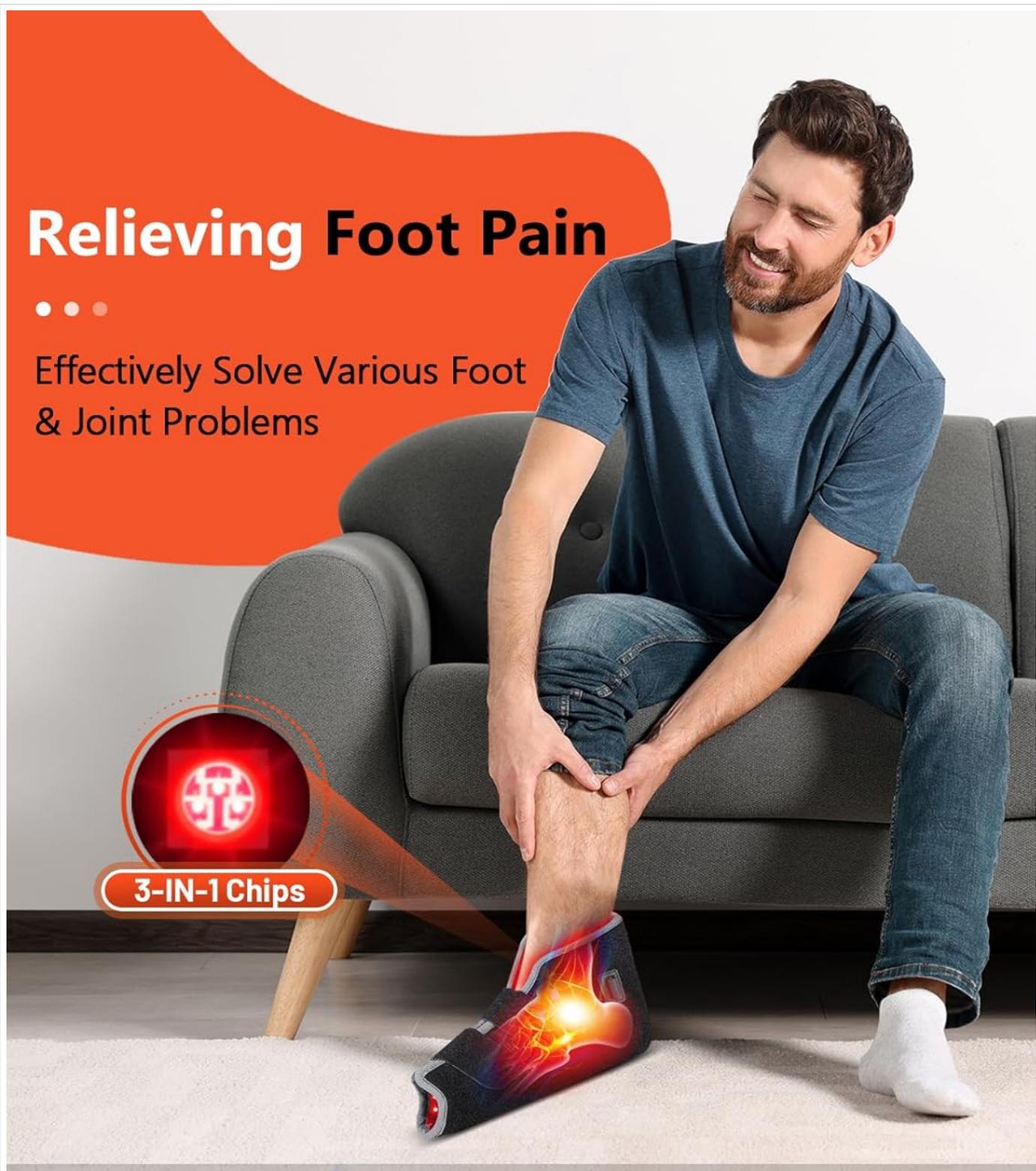
5. USAGE GUIDELINES

- It is recommended to use the device for 20 minutes per session.
- For optimal results, use the device 3-5 times per week.
- You may feel a local warm and comfortable sensation during initial use; this is normal.
- Consistency is crucial for achieving the full benefits of red light therapy.
- Do not fold the product during use, as this may damage the light-emitting diodes (LEDs) and shorten the lifespan of the device.
- The device generates heat during operation; this is not a heating pad.

Relieving Foot Pain



Effectively Solve Various Foot & Joint Problems



Reducing Swelling



Improving Joint Health



Promoting Circulation



Alleviating Pain

Image: A man using the foot wrap, illustrating its application for various foot and joint issues.

6. MAINTENANCE

- Ensure the device is unplugged before cleaning.

- Wipe the surface of the device with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- Store the device in a cool, dry place away from direct sunlight when not in use.
- Avoid bending or creasing the LED panel to prevent damage.

7. TROUBLESHOOTING GUIDE

Issue	Possible Reason	How to Resolve
All LEDs off	Not connected to power.	Ensure that the power plug is securely inserted and that the socket is powered on.
Suddenly turns off during use	Automatic shutdown occurs when the set time has been reached.	Restart the device.
The skin has an uncomfortable burning and tingling sensation	Device wrapped too tightly or intensity used is too high.	Loosen properly and adjust the circumference of the device. Use the controller to reduce the intensity.
The use time is too long	It is recommended to use no more than 30 minutes each time.	Reduce usage time.
Only some LEDs are on	Product is defective or power bank is low battery.	Please contact customer support. Use a fully charged power bank or wall adapter to directly supply power.

8. SPECIFICATIONS (MODEL: SC-HA-F102)

- **Wavelengths:** 660nm (Red Light) & 850nm (Near-Infrared Light)
- **Number of Lamp Beads:** 99 (each with 3 chips)
- **Modes:** 5 (ALL, 660nm, 10Hz Pulse, 40Hz Pulse, Breathing)
- **Timer:** Adjustable from 0-30 minutes
- **Power Input:** 100-240V
- **Package Dimensions:** 13.54 x 7.68 x 3.35 inches
- **Item Weight:** 1.12 Pounds
- **Manufacturer:** HALIDODO

Red Light Therapy Foot

3-in-1 High-efficiency Lamp Beads

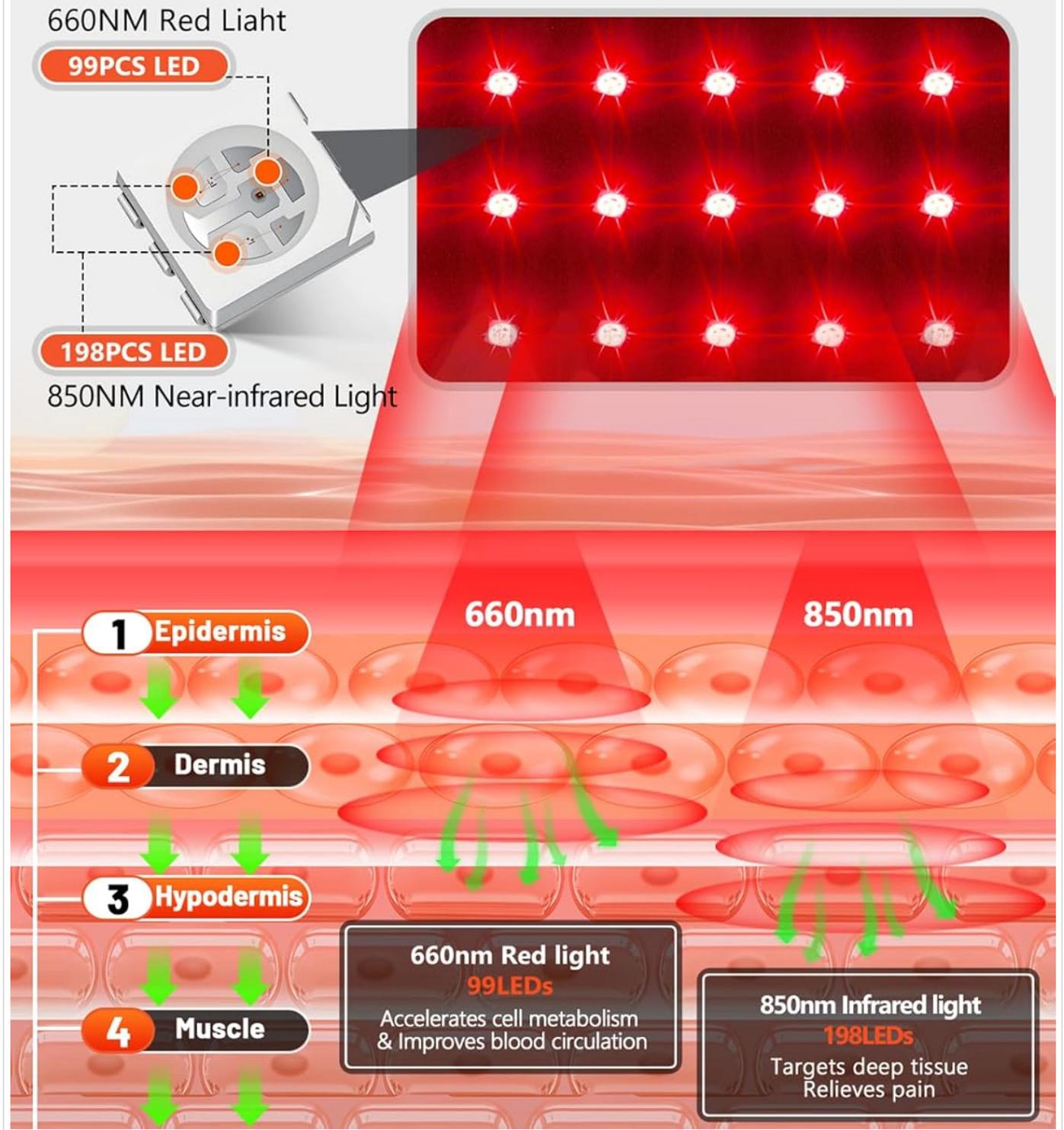


Image: An illustration demonstrating how 660nm red light and 850nm near-infrared light penetrate different layers of tissue.

9. WARRANTY & SUPPORT

HALIDODO offers a **1-year warranty** on this product. Additionally, a **30-day free returns** policy is in place for your

satisfaction.

For any questions, troubleshooting assistance, or warranty claims, please contact HALIDODO customer support through the official website or your purchase platform.

10. SAFETY INFORMATION

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.

Consult with a healthcare professional before using this device if you have any pre-existing medical conditions, are pregnant, or are taking medications that may be affected by light therapy.

11. PRODUCT VIDEO

Watch this official product video for a visual guide on how to use the Red Light Therapy Boots.

Your browser does not support the video tag.

Video Description: An official seller video demonstrating the features and usage of the Red Light Therapy Boots, including how to wear them and operate the controls.