Viconor B0F1YB82K6

Viconor Red Light Therapy Mat Instruction Manual

Model: B0F1YB82K6

1. Introduction

This manual provides essential information for the safe and effective operation of your Viconor Red Light Therapy Mat. Please read it thoroughly before first use and retain it for future reference.

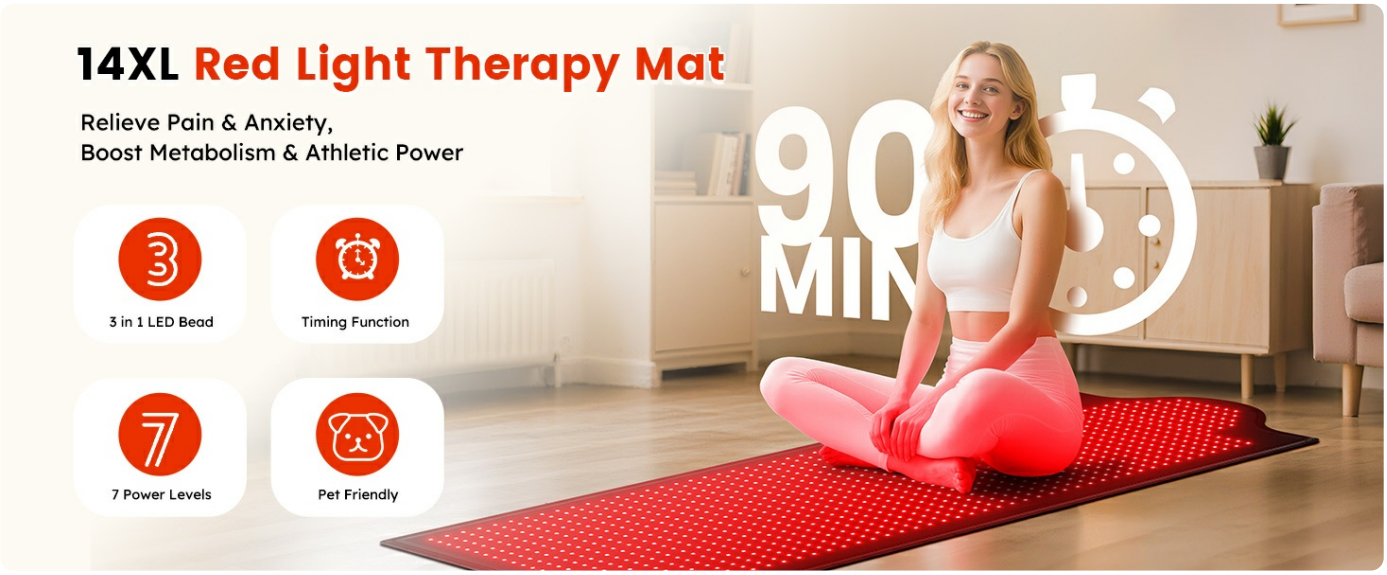


Image: The Viconor Red Light Therapy Mat in use, illustrating its full-body coverage and relaxing effect.

2. Safety Information

WARNING:

- This product generates heat. Avoid direct contact with skin to prevent burns.

- Do not leave the product unattended while in use or charging.
- Allow the product to cool down before storing.
- Keep out of reach of children and pets.
- Do not use if you have any medical conditions that may be affected by heat.
- Always follow the instructions provided with the product.

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. Product Features

- **Size for Full Body Coverage:** The mat measures 73 x 32 inches, designed to accommodate full body use for various applications, including post-workout recovery or relaxation.
- **Precision Timing Mode:** The device offers customizable settings via its controller.
- **Adjustable Brightness:** Features 7 levels of brightness for personalized light intensity.
- **Automatic Shut-off Timer:** The timer function allows setting automatic shut-off durations from 10, 20, 30, 40, 50, 60, 70, 80, and 90 minutes.
- **Dual Wavelengths:** Incorporates 660nm (red light) and 850nm (near-infrared light) LEDs.
- **Durable and Easy-to-Clean Material:** Constructed with a soft, skin-friendly TPU surface that is waterproof, odorless, and sweat-proof, allowing for easy cleaning.



Image: The LED multi-function controller, showing options for auto-off timer, modes, start-up time, and light sources.



Image: Illustration of the 7 levels of brightness for the red light, from L1 (60W, 0.3%) to L5 (300W, 100%), plus Strobe and Breathing modes.

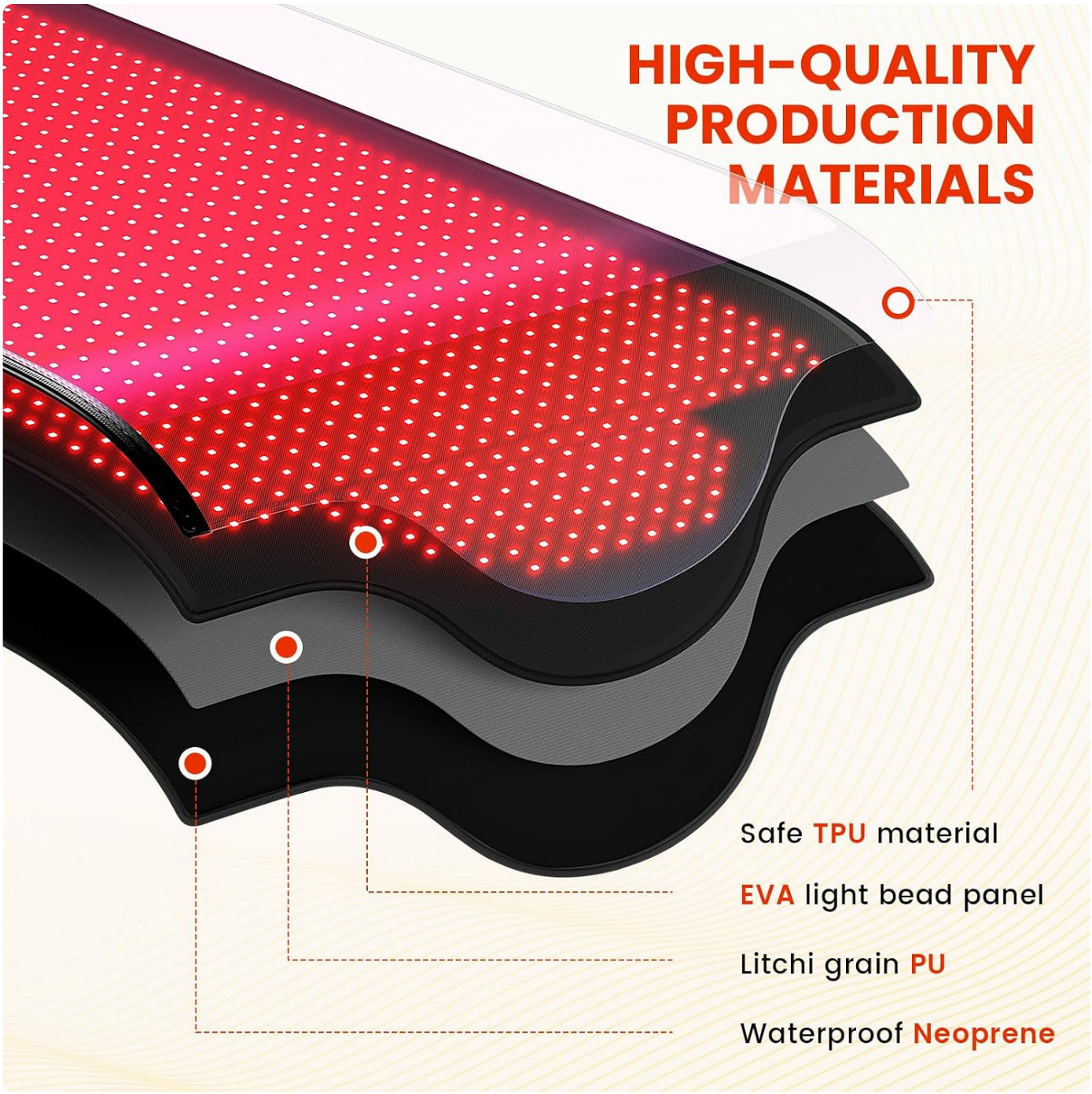


Image: Diagram showing the 3-in-1 Red Light LED Beads, featuring 660nm (visible red light) and 850nm (invisible Near-Infrared light) for deep penetration.



Image: Cross-section view of the mat's high-quality production materials, including Safe TPU material, EVA light bead panel, Litchi grain PU, and Waterproof Neoprene.

4. Setup Instructions

1. **Unpack the Mat:** Carefully remove the Viconor Red Light Therapy Mat from its packaging.
2. **Unroll the Mat:** Place the mat on a flat, comfortable surface such as a bed, couch, or floor. Ensure it is fully unrolled and smooth, without any wrinkles.
3. **Connect the Controller:** Connect the mat to the provided LED multi-function controller. Ensure the connections are secure.
4. **Connect to Power:** Plug the power adapter into the controller, then plug the adapter into a standard electrical outlet.
5. **Wear Eye Protection:** Always wear the provided protective eyewear before activating the mat to shield your eyes from the bright light.

Video: Demonstrates the connection process for the Red Light Therapy Mat controller and adapter.

5. Operating Instructions

1. **Power On:** Press the power button on the controller to turn on the mat.
2. **Select Mode:** Use the 'M' button to cycle through the available modes (e.g., Constant Light, 10Hz Pulse, 40Hz Pulse, Strobe Mode, Breathing Mode).
3. **Adjust Brightness:** Use the '+' and '-' buttons under 'LED' to adjust the brightness level (P1-P7).
4. **Set Timer:** Use the '+' and '-' buttons under 'TIME' to set the desired session duration (10-90 minutes). The mat will automatically shut off after the set time.
5. **Position Yourself:** Lie down on the mat, ensuring the desired body areas are exposed to the red light. Minimal clothing is recommended for optimal light penetration.
6. **Power Off:** To manually turn off the mat, press and hold the power button.



Levels	Power	Energy	Irradiance
1	60W	0.3%	12 mW/cm²
2	120W	25%	56 mW/cm²
3	180W	55%	112 mW/cm²
4	240W	85%	176 mW/cm²
5	300W	100%	205 mW/cm²
6	Strobe Mode	25%	68 mW/cm²
7	Breating Mode	25%	68 mW/cm²

Image: Close-up of the controller with buttons for LED intensity, time adjustment, and mode selection, along with a table of power, energy, and irradiance levels for each setting.

6. Usage Recommendations

- It is recommended to use the mat for 30 minutes, 3-4 times a week for effective results.
- Start with shorter sessions (e.g., 10-15 minutes) and lower intensity levels to assess your tolerance, gradually increasing as comfortable.
- The mat is suitable for various body parts, including the back, hips, knees, ankles, tummy, neck, shoulders, and waist.

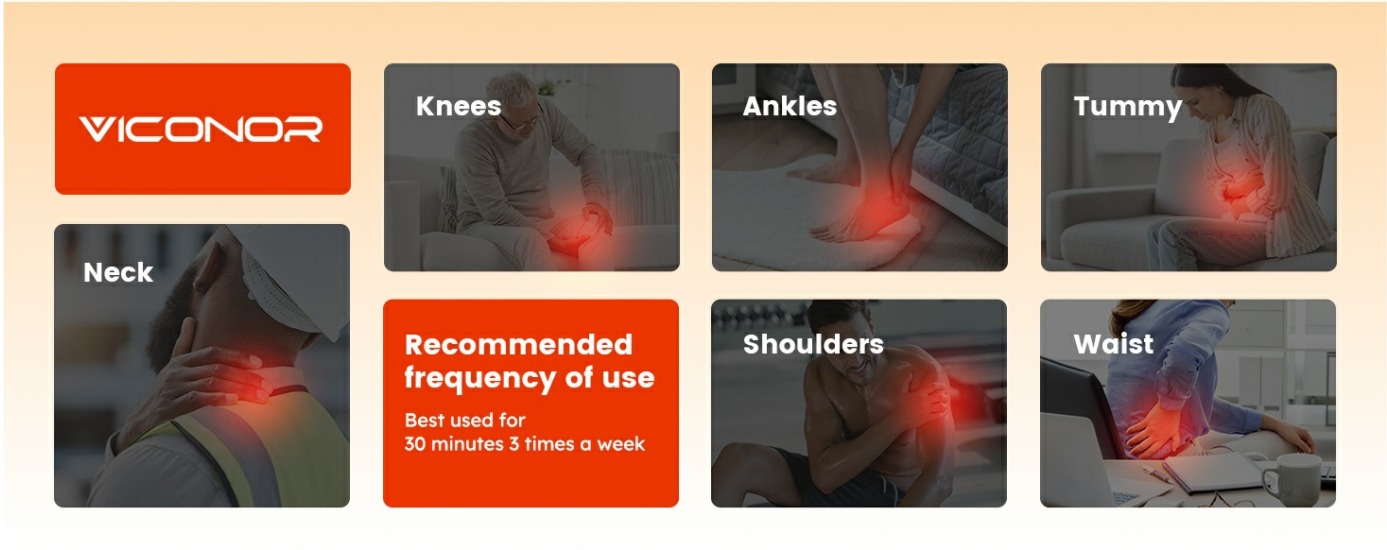


Image: Visual guide indicating various body areas where the red light therapy mat can be applied, such as knees, ankles, tummy, neck, shoulders, and waist, with a recommendation of 30 minutes, 3 times a week.

7. Maintenance

- **Cleaning:** The mat features a soft and skin-friendly TPU surface that is waterproof, odorless, and sweat-proof. After each use, wipe the surface clean with a soft cloth to maintain hygiene.
- **Storage:** The mat is designed to be foldable for easy storage. Ensure the mat is cool and dry before folding and storing it in a safe place.

8. Troubleshooting

- **Mat Not Turning On:** Ensure all connections (power adapter to controller, controller to mat, power adapter to wall outlet) are secure. Check if the power outlet is functional.
- **Lights Not Illuminating:** Verify the mat is powered on and the correct mode is selected. Adjust brightness settings to ensure they are not at the lowest level.
- **Uneven Heat/Light:** Inspect the mat for any visible damage or kinks. Ensure it is laid flat during use.
- **Controller Malfunction:** If the controller is unresponsive, try disconnecting and reconnecting all power components. If issues persist, contact customer support.

9. Specifications

Feature	Specification
Model	B0F1YB82K6

Dimensions	73 x 32 inches (186cm x 82cm)
LED Count	1090 LEDs (3 chips in 1 bead)
Wavelengths	660nm (Red Light) & 850nm (Near-Infrared Light)
Brightness Settings	7 levels (P1-P7)
Timer Settings	10, 20, 30, 40, 50, 60, 70, 80, 90 minutes (Auto-off)
Material	Safe TPU, EVA, Litchi grain PU, Waterproof Neoprene
Item Weight	5.49 Kilograms (12.1 Pounds)
Special Feature	Automatic Shut Off

10. Warranty and Support

For warranty information, product support, or any inquiries, please refer to the contact details provided with your purchase documentation or visit the official Viconor website. Keep your purchase receipt for warranty claims.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question