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- › [Kaoudt](#) /
- › Kaoudt Red Light Therapy Mat 38" x 23.6" Instruction Manual

Kaoudt 23.6*38.00in

Kaoudt Red Light Therapy Mat 38" x 23.6" Instruction Manual

Model: 23.6*38.00in

1. INTRODUCTION & OVERVIEW

The Kaoudt Red Light Therapy Mat is designed to provide targeted relief and promote overall wellness through advanced red light and near-infrared light therapy. This flexible, medical-grade TPU mat features 400 dual-wavelength LEDs (660nm red light and 850nm near-infrared light) to penetrate both surface and deeper tissues. It offers smart controls with multiple therapy modes, adjustable power levels, and a customizable timer for a personalized and convenient experience.

Targeted Relief for Your Whole Body

38" x 23.6" Full Coverage for Back, Legs & Shoulders



Delivers Targeted Relief for Every Part of Your Body

Image: Woman using the Kaoudt Red Light Therapy Mat on a couch, illustrating its large size and flexible application for various body parts.

2. WHAT'S INCLUDED

Your Kaoudt Red Light Therapy Mat package includes the following components:

- Red Light Therapy Mat (38" x 23.6")

- Smart Control Panel
- Power Adapter
- Red Light Goggles
- Inflatable Head Pillow
- User Manual



Image: All components included in the Kaoudt Red Light Therapy Mat package.

3. SETUP INSTRUCTIONS

Follow these steps to set up your Red Light Therapy Mat:

1. Connect the power adapter to the smart control panel.
2. Connect the smart control panel to the Red Light Therapy Mat.
3. Plug the power adapter into a suitable electrical outlet.
4. Place the mat on a flat surface or drape it over the desired body area.
5. Inflate the head pillow if desired for added comfort.

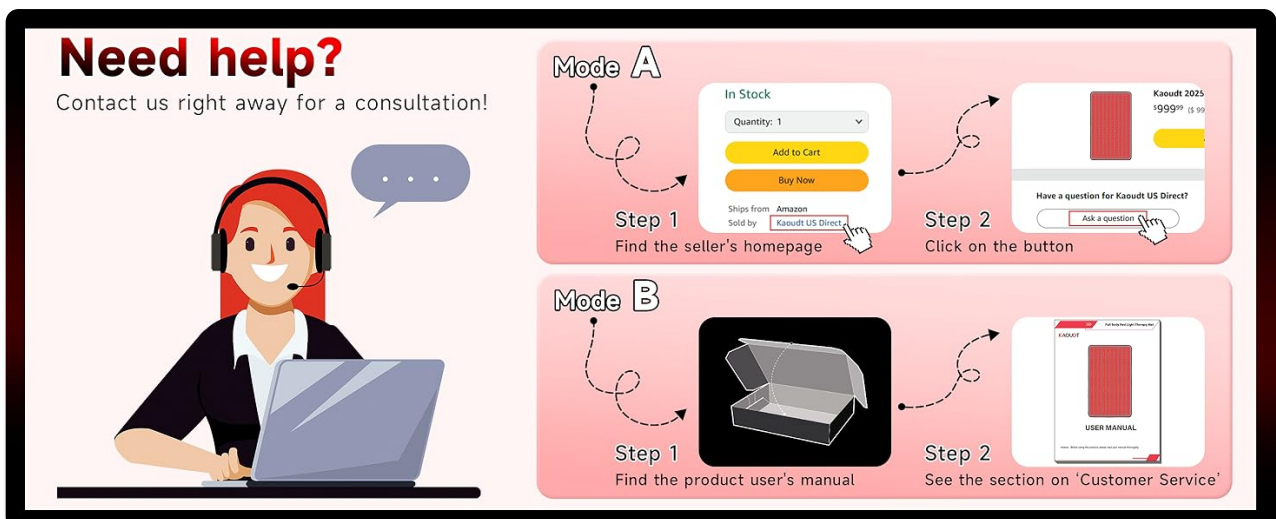


Image: Visual guide for connecting the Red Light Therapy Mat components.

4. OPERATING INSTRUCTIONS

The smart control panel allows you to customize your therapy session:

- **Power On/Off:** Press and hold the power button on the control panel to turn the device on or off.
- **Therapy Modes:** Short press the LED button to cycle through three modes: Steady, 10Hz Pulse, and 40Hz Pulse.
- **Power Levels:** Use the '+' and '-' LED buttons to adjust between five brightness/power levels (P1-P5), with P5 being the highest intensity.
- **Timer Setting:** Use the '+' and '-' TIME buttons to set the session duration from 10 to 90 minutes. The device will automatically shut off once the timer expires.

Multifunctional Controller

3 Modes • 5 Brightness Levels • 10–90 Min Timer

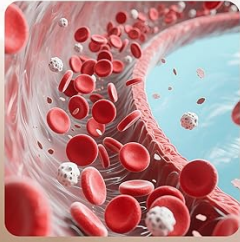


Personalized therapy with multiple therapy options

Image: Man using the mat with the smart controller, demonstrating adjustable settings.

Multiple Choices, Multiple therapy Modes

Select the Best Mode for Your Health & Comfort



Constant Light Mode:
Promotes blood circulation,
reduces inflammation and
supports muscle relaxation.



10HZ Pulse Mode:
Helps treat neuropathy
and relieve pain



40HZ Pulse Mode:
Promotes cell regeneration
and anti-aging.

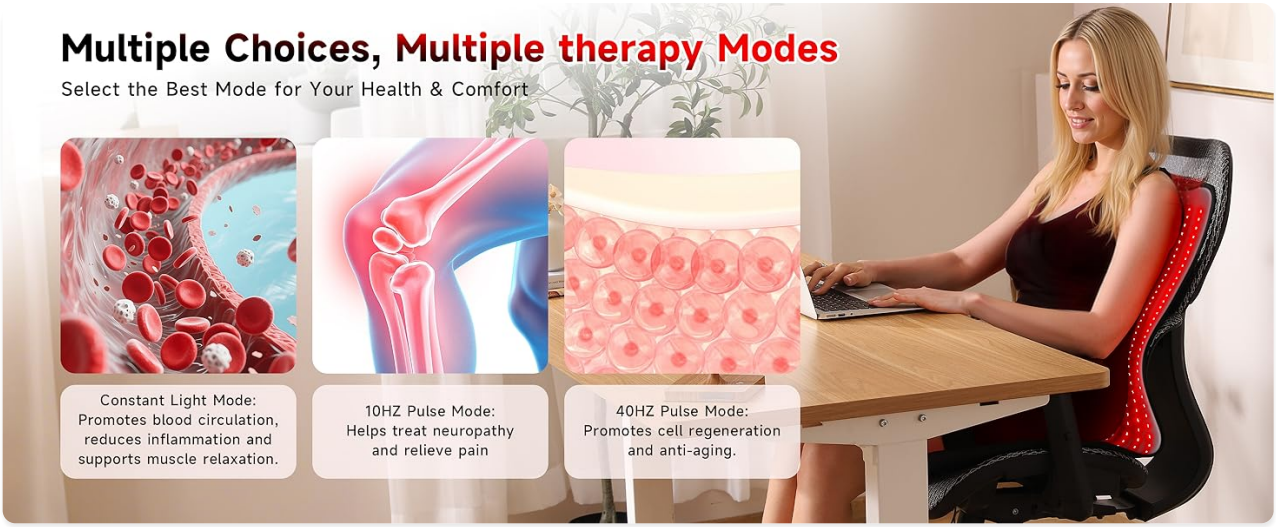


Image: Smart Controller Customized Therapy - detailed power and mode settings.

Smart Timer Function

Freely set 10-90 minutes to control the therapy pace at your convenience.



Image: Multiple Choices, Multiple Therapy Modes - explanation of each mode's benefits.



Image: Smart Timer Function - freely set therapy pace.

5. USAGE & BENEFITS

The flexible design of the Kaoudt Red Light Therapy Mat allows it to mold to various body parts, including your back, legs, abdomen, and shoulders. Use it while lying down, sitting, or reclining at home or in the office.

Benefits of regular use include:

- Enhance Cellular Energy
- Repair Skin Problems
- Relieve Joint Pain
- Improve Sleep Quality
- Promote Healthy Circulation
- Encourage Overall Recovery

Power of Red Light Therapy

Health is the greatest gift



Enhance Cellular Energy



Repair Skin Problems



Relieve Joint Pain



Improve Sleep Quality

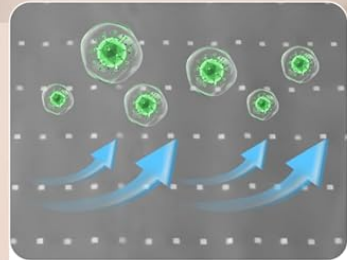


Promote Fat Cell Breakdown

Share the benefits of red light therapy with your loved ones!

Medical-Grade TPU Film

Waterproof, Odor-Free & Skin-Safe
Medical-Grade Protection



No Odorless



Precision
Craftsmanship

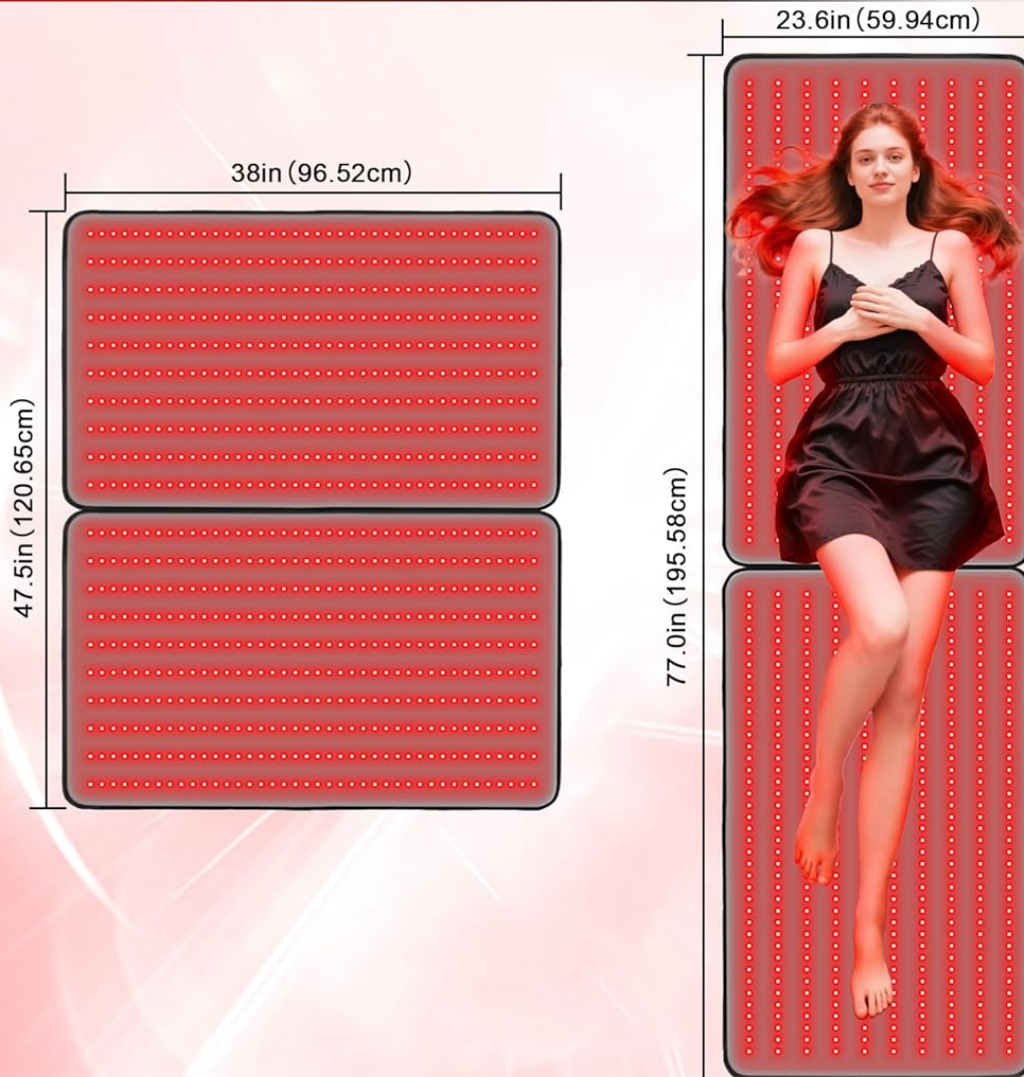


Keep it Clean

Safe • Hygienic • Long-Lasting Comfort

Buy 2 Mats for Full-Body Therapy

Combine 2 Red Light Mats for Bigger Coverage & Faster Recovery



Upgrade to Two Mats for Full-Body Care & Savings

Image: Combining two mats for full-body therapy and increased coverage.

6. MAINTENANCE

The Kaoudt Red Light Therapy Mat is designed for easy maintenance thanks to its medical-grade TPU film coating.

- **Cleaning:** The waterproof and odor-resistant TPU film allows for effortless wiping clean with a damp cloth.

This helps maintain hygiene and extends the product's lifespan.

- **Storage:** The flexible mat can be rolled up for convenient storage when not in use.

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Video: Demonstrates the easy-to-clean medical-grade TPU film of the Red Light Therapy Mat, showing how spills can be wiped away effortlessly.

7. TROUBLESHOOTING

If you encounter any issues with your Kaoudt Red Light Therapy Mat, please consider the following:

- Ensure all connections (power adapter to controller, controller to mat) are secure.
- Verify the power adapter is correctly plugged into a working electrical outlet.
- Refer to the included user manual for specific troubleshooting steps.
- If problems persist, contact Kaoudt customer support for assistance.

8. SPECIFICATIONS

- **Dimensions:** 38" x 23.6" (96.52cm x 59.94cm)
- **LEDs:** 400 high-intensity beads (2:1 ratio of 660nm Red Light & 850nm Near-Infrared Light)
- **Material:** Medical-Grade TPU Film
- **Power Levels:** 5 adjustable levels (up to 61.5W)
- **Therapy Modes:** 3 modes (Steady, 10Hz Pulse, 40Hz Pulse)
- **Timer:** Adjustable from 10 to 90 minutes with auto-off function
- **Weight:** Approximately 4.5 Pounds

400 High-Power LEDs

Dual Wavelengths 660nm + 850nm
Surface to Deep Tissue Care

660nm*800pcs
Visible Light Beads

850nm*400pcs
No-Visible Light Beads

High-Power 3-in-1 LEDs for Professional-Grade Therapy at Home

Image: 400 High-Power LEDs - illustrating dual wavelength technology.

9. WARRANTY & SUPPORT

Kaoudt is committed to your satisfaction and health. We offer:

- **Product Warranty:** A 365-Day product warranty.
- **Parts Replacement:** 3 years of free parts replacement.

- **Customer Service:** Dedicated customer service and 1-to-1 professional guidance to help you maximize your treatment benefits.

For any inquiries or support, please refer to your user manual for contact details or visit the Kaoudt US Store on Amazon.



Image: Need Help? Contact us right away for a consultation!