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Hello Face L7

Hello Face Large Red Light Therapy Mat (Model L7) Instruction Manual

Model: L7 | Brand: Hello Face

Introduction

Thank you for choosing the Hello Face Large Red Light Therapy Mat. This device is designed to provide targeted red light and near-infrared light therapy, utilizing 264 triple-chip LEDs (660nm red light and 850nm near-infrared light) to support muscle recovery, reduce inflammation, and alleviate pain. Its large 30" x 12" size and flexible design allow for versatile application across various body parts. Please read this manual thoroughly before use to ensure safe and effective operation.

Important Safety Precautions

- Consult a healthcare professional before using this device if you have any medical conditions, are pregnant, or are taking medications.
- Do not use on broken or irritated skin.
- Avoid direct eye exposure to the LED lights.
- Keep out of reach of children and pets.
- Do not immerse the device in water or use it in wet environments.
- Ensure the power adapter and cable are not damaged before use.
- The device features a honeycomb heat shield design and temperature control. However, discontinue use if you experience excessive heat or discomfort.
- 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. This device is not intended to replace professional medical advice.

Package Contents

Upon unpacking, please verify that all items listed below are present and in good condition:

- Large Red Light Therapy Pad (x1)
- 47" Adjustable Strap (x1)
- Power Adapter with 78.7" Cable (x1)
- User Manual (x1)
- Exquisite Packaging Box (x1)



Image: Contents of the Hello Face Red Light Therapy Mat package, showing the mat, adjustable strap, power adapter, and user manual.

Setup Instructions

1. **Unpack the Device:** Carefully remove the Red Light Therapy Mat and all accessories from the packaging.
2. **Connect the Power Adapter:**
   - Attach the appropriate plug head to the power adapter.
   - Connect the power adapter cable to the input port on the control panel of the therapy mat.
   - Plug the power adapter into a standard electrical outlet.

   ▶ **Watch video online**
   Hello Face Large Red Light Therapy Unboxing

   Video: Unboxing and initial setup of the Hello Face Large Red Light Therapy Mat, demonstrating how to connect the power adapter.
3. **Attach the Adjustable Strap (Optional):** If you plan to use the mat hands-free or wrap it around a specific body part, attach the adjustable strap to the designated loops on the mat.

Operating Instructions

The Hello Face Red Light Therapy Mat features an intelligent control panel for customized therapy sessions.

1. **Power On/Off:** Press and hold the power button (marked with a circle and vertical line) on the control panel for 2-3 seconds to turn the device on or off. The LEDs will illuminate upon activation.

2. **Adjust Brightness/Power Levels:** Briefly press the power button to cycle through 3 power levels (L1, L2, L3). Each press will increase the intensity.
3. **Select Therapy Mode:** Press the "M" button (Mode button) briefly to switch between the 4 available light modes:
    - **Red + Infrared / 40Hz Pulse:** Combines red and infrared light with a 40Hz pulse for reducing inflammation.
    - **Red + Infrared / 10Hz Pulse:** Combines red and infrared light with a 10Hz pulse for energy recovery.
    - **Red + Infrared Continuous Light:** Continuous red and infrared light for general pain relief.
    - **Red Light Continuous Light:** Continuous red light only for wound healing.
4. **Automatic Timer:** The device is equipped with a 30-minute auto-timer. It will automatically shut off after 30 minutes of continuous use. This ensures optimal session duration and prevents overuse.
5. **Memory Function:** The device will restore your previous settings (mode and intensity) upon startup.

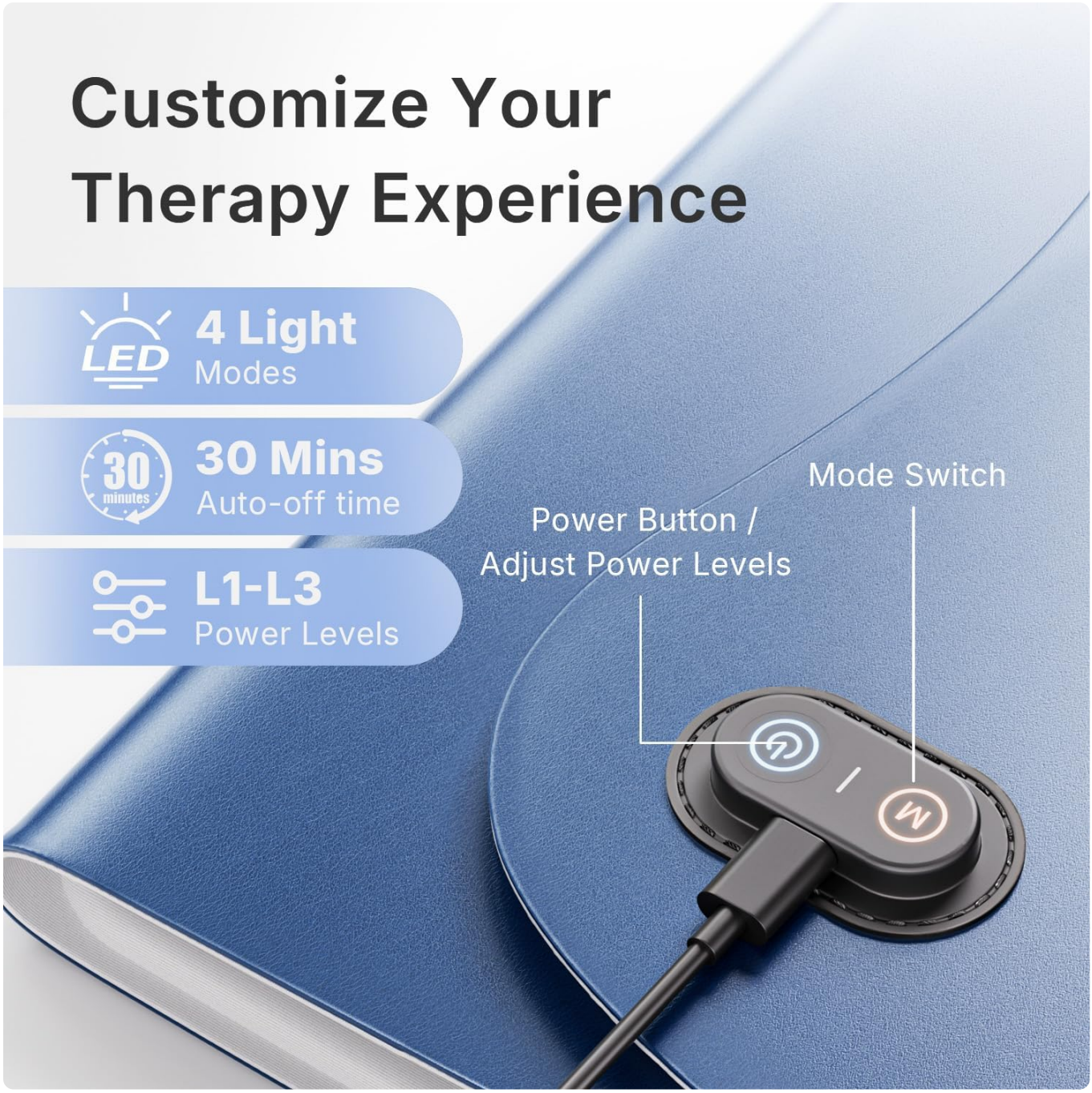

Image: The control panel of the therapy mat, showing the power and mode buttons for adjusting settings.

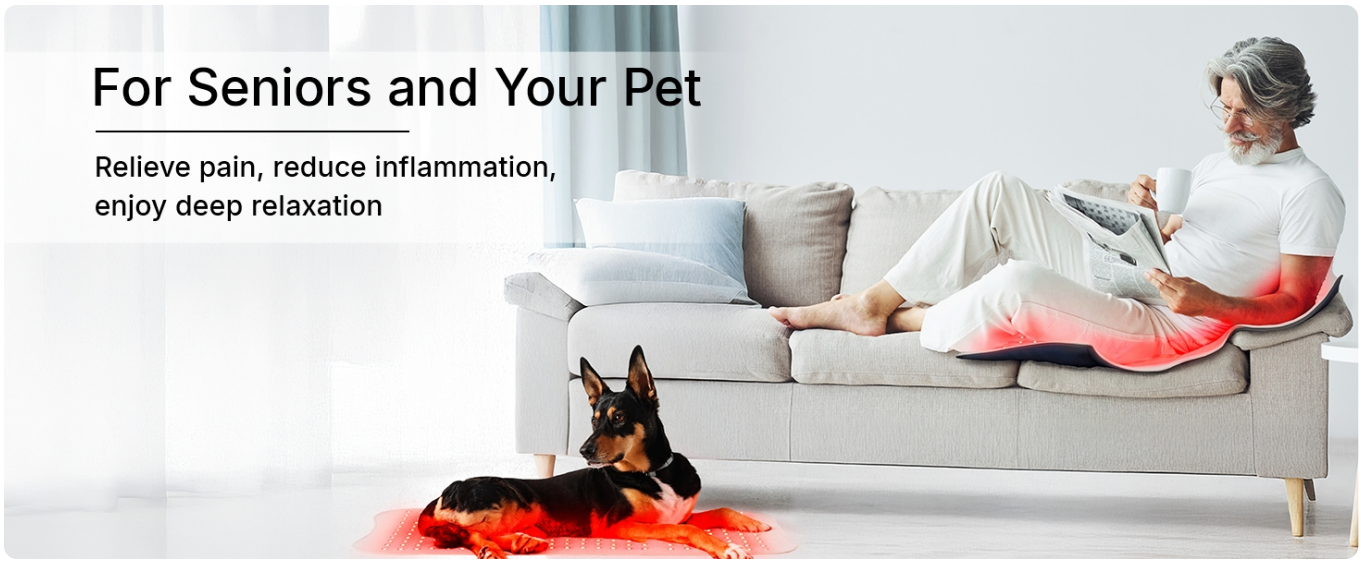

Image: Visual representation of the four distinct therapy modes available on the device, each tailored for specific benefits.

▶ **Watch video online**

My FAVORITE thing about this red light mat

Video: A user demonstrating the flexibility and ease of use of the Hello Face Red Light Therapy Mat, highlighting its soft material and portability.

Application Areas

The flexible and large design of the Hello Face Red Light Therapy Mat allows for versatile application across various body parts:

- **Full Back and Hips:** The 30" x 12" size is ideal for covering large areas like the entire back and hips for comprehensive therapy.
- **Waist and Abdomen:** Use the adjustable strap to secure the mat around your waist for targeted abdominal therapy.
- **Shoulders and Neck:** Drape the mat over your shoulders or neck to alleviate tension and promote relaxation.
- **Legs, Knees, and Feet:** Wrap the mat around limbs or place it under your feet for localized treatment.



Image: A woman relaxing on a couch with the large therapy mat positioned to cover her entire back and hips.

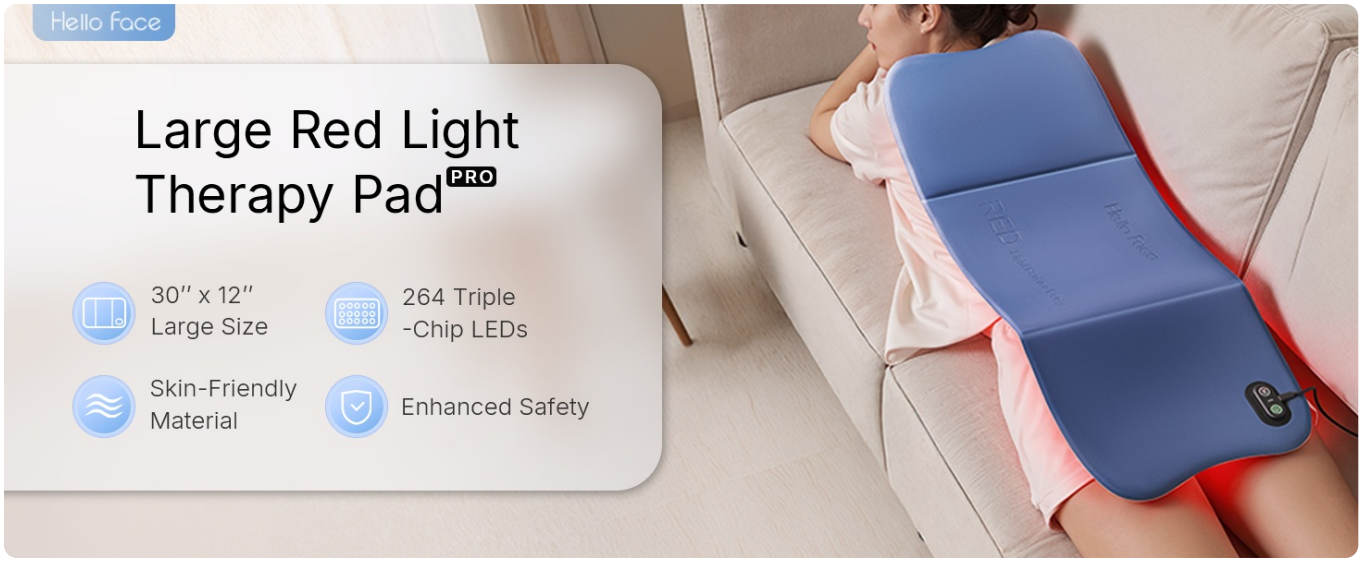

Image: A woman using the therapy mat on her back while working at a desk, illustrating its use for desk workers.

Care and Maintenance

- **Cleaning:** Disconnect the power adapter before cleaning. Wipe the surface of the mat with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the mat is completely dry before storing or next use.
- **Storage:** Fold the mat neatly and store it in a cool, dry place away from direct sunlight. Avoid placing heavy objects on top of the folded mat.
- **Handling:** Handle the mat with care. Avoid sharp objects that could puncture the material or damage the LEDs.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Not properly plugged in; power adapter issue; device malfunction.	Ensure the power adapter is securely connected to both the mat and the power outlet. Check if the outlet is functional. Try a different power outlet. If the issue persists, contact customer support.
LEDs are not illuminating.	Device not powered on; selected mode has low visibility LEDs (e.g., 850nm infrared is invisible).	Press and hold the power button to ensure the device is on. Note that 850nm near-infrared LEDs are invisible to the naked eye. You can test for their function by using a smartphone camera.
Device feels too hot.	High power setting; prolonged direct skin contact.	Reduce the power level using the power button. Ensure there is adequate airflow around the device. Discontinue use if discomfort persists. The honeycomb design helps prevent direct contact with LED beads.

Product Specifications

Feature	Detail
Model Number	L7
Dimensions	30" x 12" (Mat)
LED Count	792 professional-grade LED chips (264 visible 660nm red light + 528 invisible 850nm near-infrared light)
Max Power	Up to 36W
Power Levels	3 (L1: 12.6W, L2: 24.3W, L3: 36W)

Feature	Detail
Light Modes	4 (Red+Infrared/Red light/10Hz pulse/40Hz pulse)
Auto-Timer	30 minutes
Material	Ultra-soft, breathable spandex and smooth leather
Safety Features	Honeycomb Heat Shield Design, 8-level temperature control
Package Dimensions	12.64 x 12.32 x 2.01 inches
Item Weight	1.72 Pounds



Image: Detailed diagram showing the 792 LED chips, specifying 264 visible 660nm red light and 528 invisible 850nm near-infrared light, and their penetration depths.

Warranty and Customer Support

Hello Face is committed to providing high-quality products and excellent customer service.

- **Warranty:** This device comes with a 1-year warranty from the date of purchase. Please retain your proof of purchase for warranty claims.
- **Customer Support:** For any questions, concerns, or technical assistance, please contact our 24/7 customer support team. Refer to the contact information provided in your product packaging or visit the official Hello Face website.
- **Returns:** A 90-day return option is available. Please check the specific terms and conditions of your retailer for details.

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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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

Answered questions about this manual

What is the sequence of modes when pressing the button on the Hello Face L7 Red Light Therapy Mat, and is the pulsing red mode the strongest setting?

The Hello Face L7 features two different types of adjustments: Power Levels (intensity) and Therapy Modes (light type/pulsing). Here is how they work: Power Levels (Intensity): Briefly press the Power button to cycle through...

Read full answer

I bought the Hello Face L7 Red Light Therapy Mat; where are the L1, L2, and L3 settings and how do I start it?

To start your Hello Face L7 Red Light Therapy Mat and access the L1, L2, and L3 settings, follow these steps: Power On: Press and hold the power button (the circle with a vertical...

Read full answer

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