

Manuals+

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

manuals.plus /

› [Kaoudt](#) /

› [Kaoudt Medical-Grade TPU Red Light Therapy Mat User Manual](#)

Kaoudt 73x33 Red Light Therapy Mat

Kaoudt Medical-Grade TPU Red Light Therapy Mat User Manual

Model: 73x33 Red Light Therapy Mat

INTRODUCTION

This manual provides essential information for the safe and effective use of your Kaoudt Medical-Grade TPU Red Light Therapy Mat. Please read all instructions carefully before operation and retain this manual for future reference.

SAFETY INFORMATION AND CAUTIONS

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.

We recommend that you consult your healthcare provider before use if you think you are sensitive to light. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity. We also recommend consulting with your healthcare provider prior to using the full body red light therapy mat if you are pregnant, have any suspicious or cancerous lesions, or have recently had a steroid injection or use topical steroids. If you experience discomfort or have a concern about the health of the device, stop use immediately and contact your healthcare provider. Unplug from the outlet when not in use to avoid tripping hazards. Do not use without medical advice during pregnancy. If there are any concerns, discontinue use and consult your healthcare provider.

Eye Protection: Always use the provided protective eyewear during therapy sessions to shield your eyes from direct light exposure.

PRODUCT FEATURES

- **Professional 3-in-1 LED Light Therapy:** Features 2570 upgraded 3-in-1 LEDs combining 660nm red and 850nm near-infrared wavelengths. Scientifically calibrated for both surface skin and deep tissue.
- **Medical-Grade TPU Material:** Crafted from premium medical-grade TPU, this mat is odor-free, hypoallergenic, soft on sensitive skin, and easy to clean. Ideal for post-workout recovery or daily therapy routines.
- **Full Coverage & Modular Design:** Designed with a 73"x33" layout and a detachable dual-mat structure (Top + Bottom). Can be used flat or snapped together as a cocoon-style red light therapy sleep bag for full body coverage.
- **Adjustable Therapy Modes & Power Levels:** Offers 3 therapy modes (Constant, 10Hz Pulse, 40Hz Pulse) and 5 brightness levels (P1–P5), allowing users to tailor treatment intensity and duration.

PACKAGE CONTENTS

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

- Red Light Therapy Mat (A*1 & B*1)
- Red Light Goggles *1
- Function Controller *2
- Power Adapter *2
- Power Cord *2
- Instruction Manual *1
- Storage Bag *1
- Accessory Box *1

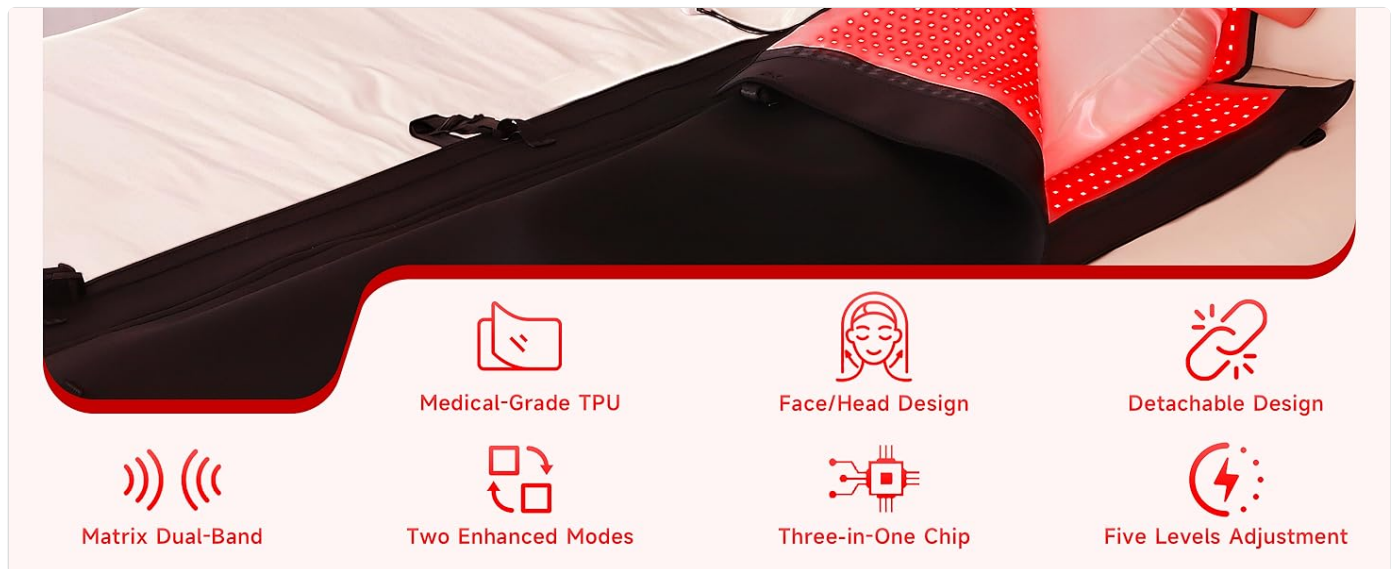


Figure 1: Package Contents

SETUP INSTRUCTIONS

1. Unroll the red light therapy mat sections onto a flat, clean surface.
2. Connect the Power Cord to the Adapter.
3. Connect the Adapter (2-pin) to the Controller.
4. Connect the Controller to the interface of the red light mat (3-pin).
5. If using both mat sections together, connect them using the integrated buckles.
6. Plug the power adapter into a suitable electrical outlet.

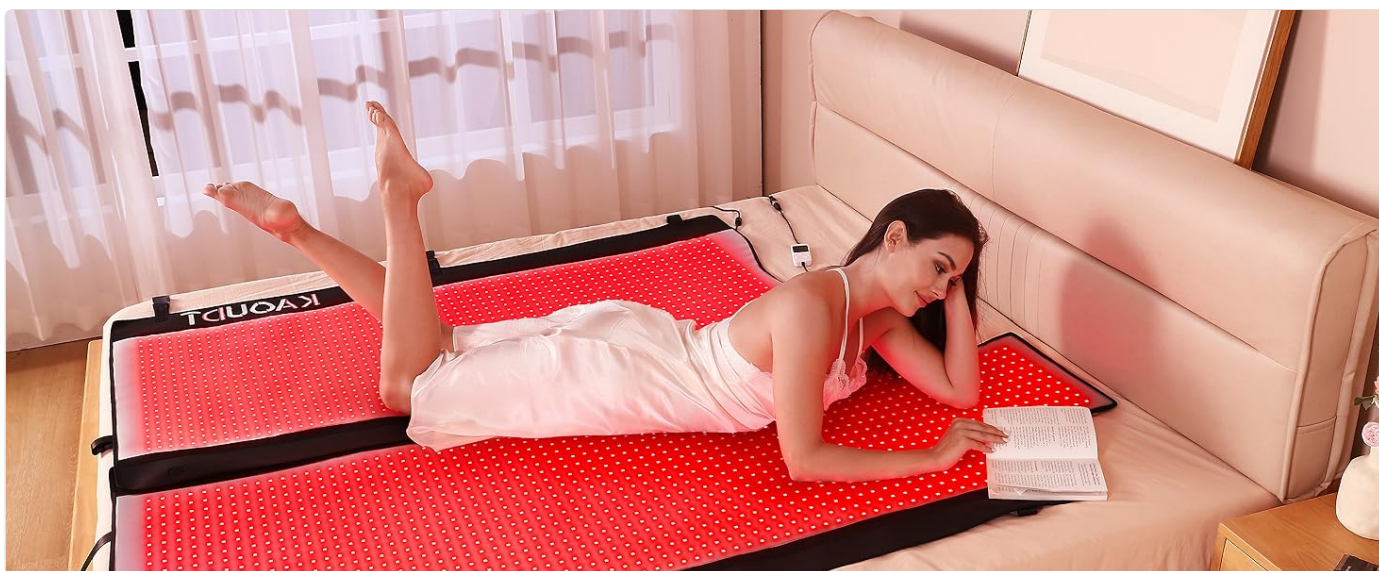


Figure 2: Usage Steps

Your browser does not support the video tag.

Video 1: Official setup guide for the Kaoudt Red Light Therapy Mat, demonstrating how to connect components and prepare for use.

OPERATING INSTRUCTIONS

1. **Power On:** Long press the ON/OFF button on the controller for 2 seconds to turn on the device.
2. **Adjust Intensity:** Short press the "LED +" or "LED -" buttons to increase or decrease the light intensity (P1-P5).
3. **Change Mode:** Short press the switch button to cycle through the following modes: Constant, 10Hz Pulse, 40Hz Pulse.
4. **Set Timer:** Use the "TIME +" or "TIME -" buttons to adjust the session duration in 10-minute increments.
5. **Power Off:** Long press the ON/OFF button for 2 seconds to turn off the device after your session.



Figure 3: Controller Functions and Power Levels

RECOMMENDED SETTINGS GUIDE

Refer to the table below for recommended settings based on target area and desired benefits. Always use protective goggles during sessions.

Target Area	Mode	Power Level (P1-P5)	Session Duration (Minutes)	Frequency (x/week)	Notes & Working Mechanism
Face (Acne, Skin Tone, Fine Lines)	Constant Light	P1-P2	15-20	3-5	660nm red light stimulates collagen production and skin rejuvenation. As the face is sensitive, lower power levels are safer. Wear protective goggles and avoid direct eye exposure.
Neck (Stiffness, Tension)	10Hz Pulse	P3	20	3-5	Red & near-infrared light improves circulation and relaxes muscles. Pulsed light (10Hz) mimics natural nerve rhythms, relieving stiffness.
Shoulders (Frozen Shoulder, Soreness)	10Hz Pulse, 40Hz Pulse	P3-P4	20-30	3-8	850nm penetrates joints and soft tissue to reduce inflammation. Pulsed settings offer enhanced relief for chronic pain. Best used post-activity or at night.
Back (Muscle Tension, Fatigue)	Constant, 10Hz Pulse	P4-P5	30	4-7	Red light increases blood flow, while 850nm reaches deeper muscle layers. Constant light provides steady energy release for large muscle areas. Use while lying flat or wrapped.
Lower Back (Chronic Pain, Sciatica)	10Hz Pulse	P4	25-30	4-8	850nm deeply targets inflammation and nerve pain. Use in a relaxed lying position for optimal coverage.
Hips (Nerve Compression)	40Hz Pulse	P3-P4	20-30	3-5	40Hz mimics nerve firing frequency, aiding sciatica and hip tension. Red & NIR light improve muscle oxygenation.



Figure 4: Benefits of Red Light Therapy

MAINTENANCE

The medical-grade TPU material is designed for easy cleaning. Simply wipe the surface gently with a damp cloth to

remove any liquids or sweat. For stubborn stains, first wet the stain with an alcohol or cleaning liquid-soaked wet wipe, then rub vigorously to easily remove it. Avoid excessive moisture or harsh chemicals to prevent damage to the device.

Your browser does not support the video tag.

Video 2: Demonstrates the easy cleaning process of the Medical-Grade TPU surface, showing how to wipe away liquids and stains.

TROUBLESHOOTING

- **Device not turning on:** Ensure it is plugged in properly and the outlet is working.
- **Power issues:** Check the Power Cord and Power Adapter connections.
- **For further assistance:** Contact our customer service.

SPECIFICATIONS

- **Lamp Power:** Min 72.5W, Max 192W
- **Irradiance:** 86.0 mW/cm² - 116.0 mW/cm² (depending on power level)
- **Wavelengths:** 660nm & 850nm
- **Input Voltage:** 100V - 240V ~ 1.5A, 50/60Hz
- **Dimensions:** 73 in x 33 in
- **Material:** Medical Grade TPU Film + Neoprene
- **Operation Modes:** 40Hz Pulse Mode, 10Hz Pulse Mode, and Regular Mode (Constant Light)
- **Sweat Resistance:** Highly water resistant, supports light water wiping

WARRANTY AND SUPPORT

We offer a 365-Day product warranty and dedicated customer service, as well as 3 years free parts replacement.

Maintaining your health is our top priority, and we will guarantee the quality of our products and provide 1-to-1 professional guidance to help you get the most out of every treatment.

For any questions or support, please contact us directly. You can find our contact information on our official store page or within the product's user manual.



Figure 5: Customer Support Information

