

pedete LP-099B

pedete Red Light Therapy Mat (Model LP-099B) User Manual

Brand: pedete | Model: LP-099B

1. INTRODUCTION

The pedete Red Light Therapy Mat is a professional device designed for body application, featuring 660nm red light and 850nm near-infrared light. This therapy mat is intended to support muscle relaxation, joint comfort, and skin health by delivering specific wavelengths of light to the body. Its large size (39" x 24") allows for versatile application across multiple body parts including the back, belly, waist, shoulders, legs, knees, and feet.

The device incorporates 600 lights, each with two chips for different wavelength combinations. The 660nm red light (visible) targets the skin epidermis, addressing skin concerns, while the 850nm infrared light (invisible) penetrates deeper to support joint repair, muscle relaxation, and provide a thermal effect on muscles.



Image: The pedete Red Light Therapy Mat in use, highlighting its application for body therapy.

2. SAFETY INFORMATION

- **Usage Duration:** DO NOT exceed 90 minutes of use in one therapy session.
- **Eye Protection:** Always wear the provided safety glasses when using the device, especially if the light is directed towards your face or eyes.

- **Medical Advice:** This device is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional before use if you have any medical conditions or concerns.
- **Material:** The mat is made of rubber. Ensure you do not have any allergies to this material.

Legal Disclaimer: Statements regarding dietary supplements and therapy devices have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PRODUCT COMPONENTS

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

- Red Light Therapy Mat (1)
- Power Adapter (1)
- Remote Control (1)
- Safety Glasses (1 pair)
- Elastic Band (1)
- Storage Bag (1)
- Instruction Manual (1)



Image: All components included with the pedete Red Light Therapy Mat, including the mat, remote, power adapter, safety glasses, and storage bag.

Video: A demonstration of unboxing the Pedete Red Light Therapy Pad and its included accessories, such as the mat, remote, power adapter, and safety glasses.

4. SETUP

Initial Connection

1. Unroll the Red Light Therapy Mat on a flat, comfortable surface.
2. Connect the remote control cable to the designated port on the mat.
3. Plug the power adapter into the remote control.
4. Insert the power adapter into a standard electrical outlet.
5. Ensure all connections are secure before powering on the device.

CARE IN EVERY DETAIL

Give your family a thoughtful gift to make love shine in everyday life

- 3 Adjustable**
Light Mode
- 10-90min**
Auto Shot-off Timer
- P1-P5**
Brightness Setting

Image: Close-up view of the remote control and power adapter connected to the red light therapy mat, ready for use.

5. OPERATING INSTRUCTIONS

Power On/Off

Press and hold the power button () on the remote control for 3-5 seconds to turn the device on or off.

Adjusting Light Intensity

The mat offers 5 levels of light intensity. Use the **LED +** and **LED -** buttons on the remote to increase or decrease the brightness of the red and infrared lights.

Setting the Timer

The device features a timer function from 10 to 90 minutes, in 10-minute increments. Press the **TIME +** or **TIME -** buttons to set your desired session duration. The device will automatically shut off once the timer expires.

Selecting Modes

Choose from three operating modes by pressing the **M** button:

- **Constant Light Mode:** Maintains full brightness, constantly emitting energy and heat.
- **10Hz Pulse Mode:** The light flashes 10 times a second, emitting energy and heat with each flash.
- **40Hz Pulse Mode:** The light flashes 40 times a second, emitting energy and heat with each flash.



Image: Visual representation of the three distinct working modes: Constant Light, 10Hz Pulse, and 40Hz Pulse, available on the red light therapy mat.

Video: A user demonstrates the setup and operation of the Pedete Red Light Therapy Pad, including connecting the power, using the remote control, and adjusting settings.

Video: A user demonstrates the five intensity levels and timer settings of the red light therapy mat, showing how to adjust them via the remote control.

6. APPLICATION AREAS

The flexible design of the pedete Red Light Therapy Mat allows it to be applied to various body parts for targeted therapy:

- Back
- Belly
- Waist
- Shoulders
- Legs

- Knees
- Feet

The included elastic band can be used to secure the mat around specific areas, providing hands-free operation.



Image: The red light therapy mat shown in various applications, highlighting its suitability for different body parts such as the back, belly, and shoulders.

Video: A user demonstrates how to wear and use the Red Light Therapy Pad around different body parts, showcasing its flexibility and ease of application.

7. USAGE TIPS & RECOMMENDATIONS

- **Recommended Session:** Use for 20-30 minutes daily.
- **Consistency:** Consistent use for 3 weeks is recommended to observe potential benefits.
- **Gradual Increase:** Start with lower intensity and shorter durations, gradually increasing as your body adapts.

Indications for Use: The red light therapy pad is suitable for addressing muscle aches, joint stiffness, and localized discomfort. It is also beneficial for individuals experiencing sleep deprivation, sedentary office routines, elderly people with back issues, and those with muscle soreness after exercise.

8. MAINTENANCE & CARE

- **Cleaning:** To clean the mat, gently wipe the surface with a soft, damp cloth. Do not submerge the mat or remote control in water.
- **Storage:** When not in use, store the mat in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Handling:** Avoid sharp objects that could puncture or damage the mat. Do not bend the mat excessively or apply heavy pressure to the LED lights.

9. SPECIFICATIONS

Feature	Specification
Model Number	LP-099B
Dimensions	39" x 24" (99cm x 61cm)
Wavelengths	660nm (Red Light), 850nm (Near-Infrared Light)
Number of Lights	600 (each with 2 chips)
Power Output	Up to 61W
Light Intensity Levels	5
Timer Settings	10-90 minutes (in 10-minute increments)
Operating Modes	Constant Light, 10Hz Pulse, 40Hz Pulse
Material	Rubber
Item Weight	2.18 Kilograms (4.8 Pounds)
Manufacturer	pedete

10. WARRANTY & SUPPORT

Warranty Information

For detailed warranty information and services, please refer to the warranty section provided in the packaging or contact pedete customer support directly. Keep your proof of purchase for warranty claims.

Customer Support

If you encounter any issues or have questions regarding your pedete Red Light Therapy Mat, please contact our customer support team. Contact details can be found on the product packaging or our official website.