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Cholas B0FH6ZVZ48

Cholas Red Light Therapy Belt Instruction Manual

Model: B0FH6ZVZ48
Brand: Cholas

1. Introduction

The Cholas Red Light Therapy Belt is designed to provide convenient LED light therapy for various body areas, including the neck, shoulders, waist, and back. This device utilizes a combination of 660nm (visible red light) and 850nm (invisible near-infrared light) LED beads to deliver targeted therapy. It features multiple light modes, adjustable brightness levels, and a smart timer for a customizable and relaxing experience.

2. Safety Information

WARNING:

- This is an electric heating pad. Do not leave unattended while in use.
- Keep away from flammable materials.
- Do not use if damaged.
- Discontinue use if skin becomes red, swollen, or blistered.
- Keep out of reach of children.
- Consult a doctor before use if pregnant or have a medical condition.

3. Product Features

- **Convenient Home Therapy:** Enjoy LED light therapy from the comfort of your home, targeting areas like the neck, shoulders, and back.
- **Multiple Light Modes & Customization:** Features 3 light modes (Constant Bright, 10 Hz Pulse, 40 Hz Pulse) and 5 adjustable brightness levels to tailor treatment to specific needs.
- **Smart Timer for Easy Use:** Customizable timer with automatic shut-off after 10, 20, 30, or up to 90 minutes.
- **Comfortable and Secure Fit:** Designed with soft fabric and adjustable buckles for a comfortable and secure fit on various body areas.

4. Package Contents

The package includes the following items:

- Cholas Red Light Therapy Belt
- LED Controller with Remote Control
- Power Adapter
- User Manual



Figure 1: Included components of the Cholas Red Light Therapy Belt package.

5. Setup

1. **Unpack:** Carefully remove all components from the packaging.
2. **Connect Controller:** Plug the LED controller cable into the designated port on the therapy belt.
3. **Connect Power:** Connect the power adapter to the LED controller, then plug the adapter into a standard electrical outlet.
4. **Position the Belt:** Place the therapy belt directly on the desired body area (neck, shoulders, waist, or back) ensuring the LED beads are in contact with your skin. Use the adjustable buckles for a secure and comfortable fit.

6. Operating Instructions

Operate your Cholas Red Light Therapy Belt using the multi-functional remote control.



Figure 2: Remote Control Overview

1. **Power On/Off:** Press the power button ( ) on the remote control to turn the device on or off. The LED display will illuminate.
2. **Select Light Mode:** Press the 'M' (Mode) button to cycle through the 3 available light modes:
    - **Constant Light:** 660nm & 850nm light maintains full brightness.
    - **10 Hz Pulse:** Light flashes 10 times per second.
    - **40 Hz Pulse:** Light flashes 40 times per second.
3. **Adjust Brightness:** Use the 'LED +' and 'LED -' buttons to select from 5 adjustable brightness levels.
4. **Set Timer:** Use the 'TIME +' and 'TIME -' buttons to set the desired treatment duration. Options include 10, 20, 30, 40, 50, 60, 70, 80, or 90 minutes. The device will automatically shut off once the timer expires.

Recommended Usage Areas

The flexible design allows for application on various body parts:

- Neck & Shoulders
- Waist

- Back
- Abdomen
- Thighs

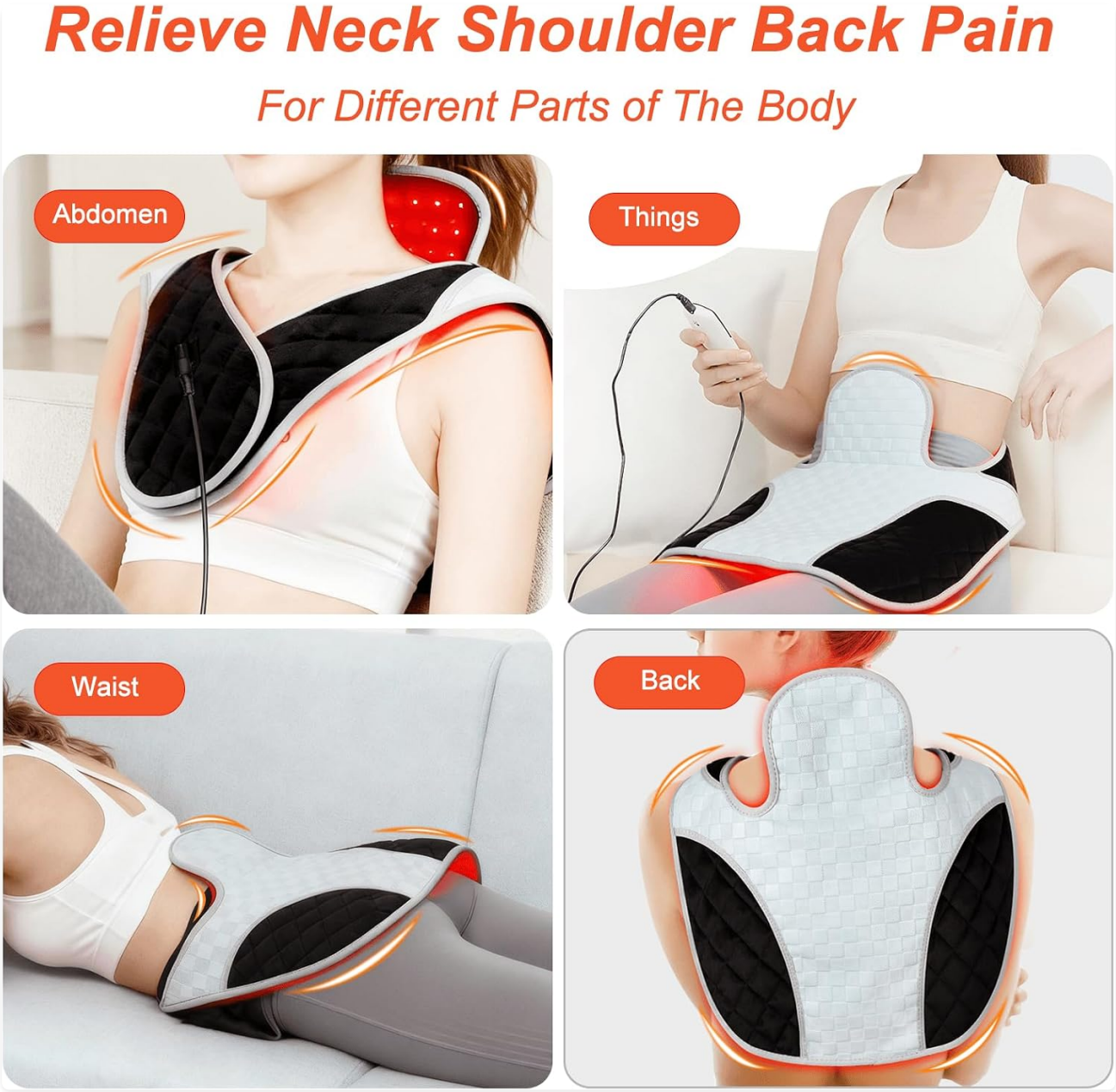


Figure 3: Versatile Application on Different Body Parts

Understanding Light Wavelengths

The device features dual-chip LED beads:

- **660nm (Visible Red Light):** Primarily targets the skin's surface.
- **850nm (Invisible Near-Infrared Light):** Penetrates deeper into tissues.

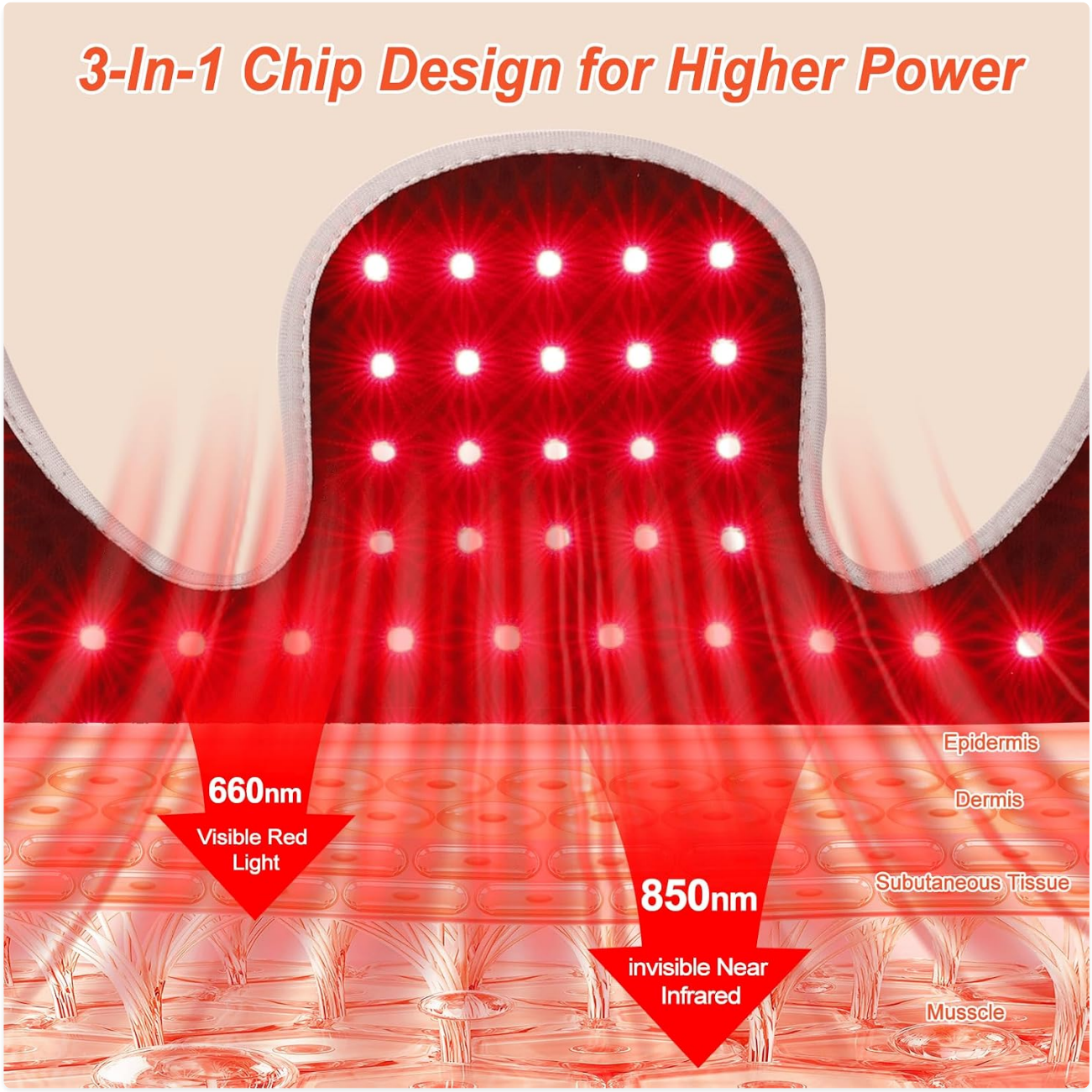


Figure 4: 3-in-1 Chip Design for Deeper Penetration

7. Maintenance

- **Cleaning:** The soft fabric is sweat-proof and easy to clean. Wipe the surface with a damp cloth as needed. Ensure the device is unplugged before cleaning.
- **Storage:** Store the device in a cool, dry place away from direct sunlight when not in use.

8. Troubleshooting

If you encounter any issues with your Cholas Red Light Therapy Belt, please refer to the following common troubleshooting steps:

- **Device not turning on:** Ensure the power adapter is securely plugged into both the device and a working electrical outlet. Check if the power button on the remote control has been pressed.
- **Lights not illuminating:** Verify that the device is powered on and the LED intensity is not set to the lowest level. Some wavelengths (e.g., 850nm near-infrared) are invisible to the naked eye, but the device is still functioning.
- **Remote control unresponsive:** Check all cable connections. If using a power bank, ensure it is adequately

charged.

If problems persist, please contact customer support.

9. Specifications

Feature	Specification
Model	B0FH6ZVZ48
Light Wavelengths	660nm (Red Light) & 850nm (Near-Infrared Light)
Light Modes	Constant Bright, 10 Hz Pulse, 40 Hz Pulse
Brightness Levels	5 adjustable levels
Timer Settings	10, 20, 30, 40, 50, 60, 70, 80, 90 minutes (auto shut-off)
Material	Fabric, Cotton, Fleece
Color	Gray
Package Dimensions	14.17 x 9.21 x 2.8 inches
Weight	1.61 Pounds

10. Warranty and Support

Cholas is committed to providing high-quality products and customer satisfaction.

- **Product Repair Support:** Enjoy 24 months of product repair support.
- **Free Return Policy:** A 30-day free return policy is available.
- **Customer Service:** For any needs or inquiries, please contact Cholas customer support.

11. Official Product Videos

Watch these official videos from the seller for more information on the Cholas Red Light Therapy Belt:

Good Quality Products

Your browser does not support the video tag.

This video provides an overview of the product's quality and features.

Red Light Relief: Soothe Neck & Shoulder Pain at Your Desk!

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This video demonstrates how the therapy belt can be used to alleviate neck and shoulder discomfort, particularly in an office setting.

Red Light Therapy for Neck and Shoulders

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This video highlights the application of the red light therapy belt specifically for the neck and shoulder areas.

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