READ THIS MANUAL COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT

Keep this manual in a safe location for future reference

Model: K4054

V1.0

EN

1. About This Manual

This manual applies to the XXXL Flexible Red Light Pad .

This manual includes instructions for using and managing the product. The pictures, charts, images, and all other information provided are for description and explanation purposes only. The information contained in this manual is subject to change without notice due to firmware updates or other reasons. Please refer to the company website for the latest version.

Thank you for choosing Comfytemp.

2. Product Functions

When it comes to discovering the potential benefits of red light therapy, you can actually thank space travel. In October 1995, the second U.S. Microgravity Laboratory mission (STS-73, Columbia) first used red light sources for plant growth experiments in space. During this experiment, astronauts noticed that small scratches on their hands healed faster than expected. This phenomenon caught NASA's attention, leading to extensive research on the applications of red light in treatment. These studies found that exposing the skin to low levels of red or near-infrared light could provide therapeutic benefits. These wavelengths of light can penetrate the skin and be absorbed by cells, leading to:

•**Increasing Cellular Energy:** Red and near-infrared light stimulate the mitochondria within cells to produce more ATP (adenosine triphosphate), thereby raising the energy levels of the cells and making them more active.

•**Improving Blood Circulation:** Red light therapy can enhance local blood circulation and increase blood flow in the treated area. Enhanced blood circulation can deliver more oxygen and nutrients to tissues while accelerating the removal of metabolic waste, aiding in tissue repair and regeneration.

•**Reducing Inflammation:** Red and infrared light can reduce inflammatory responses through various mechanisms. It can lower the levels of pro-inflammatory cytokines and increase the production of anti-inflammatory cytokines, helping to alleviate inflammation and swelling. This is particularly beneficial for treating inflammatory conditions such as arthritis and muscle injuries.

•**Enhancing Collagen Production:** Red and infrared light can stimulate the production of collagen, improving skin elasticity and enhancing skin texture.

Applicable symptoms include, but are not limited to:

•**Pain Relief:** Alleviating chronic pain, including arthritis, joint pain, and muscle soreness.

•**Wound Healing:** Accelerating the healing of wounds, cuts, and burns.

To achieve the best results, we recommend:

•**Wearing Method:** Wear the red light therapy pad on the area needing treatment, ensuring the light source is in direct contact with the skin. Note that wearing clothes of different colors or thicknesses may cause some light to be wasted, reducing the effect. Effectiveness order: no obstruction > thin, transparent white clothing > thin, transparent clothing of other colors.

•**Usage Duration:** Each session should last about 20 minutes. Adjust the settings according to personal needs and comfort. Beginners should start with the lowest setting and gradually increase.

•**Frequency:** Use on the same area 1-2 times a day. Continuous use over a period of time is required to achieve the best results. Avoid overuse.

The expected effects may vary with different durations of continuous use:

•**Short-term Effects:** After the initial use, you may feel localized warmth and comfort, which is normal.

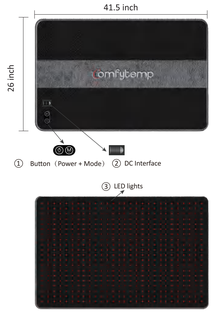
•**Mid-term Effects:** After 1-2 weeks of continuous use, you may find that pain and discomfort have lessened, and muscle fatigue recovers more quickly.

•**Long-term Effects:** After 4-6 weeks of continuous use, you may notice improved skin quality, faster wound healing, and significant relief from chronic pain.

3. Specifications

Product Name	XXXL Flexible Red Light Pad
Model	K4054
Size	26*41.5 inches
LED	560 Lamp Beads
Voltage	24V⎓4A
Mode	Red+NIR/NIR/Red/Pulse
Power	Low/Medium/High
Time Off	20 minutes
Package Includes	XXXL Flexible Red Light Pad*1 Adapter*1 User Manual*1

4. Product Diagram



5. How To Use The Product

1. Operation Guide

(1) Connect Power Supply:

Plug the device into the power source using the provided adapter.

(2) Power On:

Press the Power button to turn on the device.

(3) Select Power Level and Mode:

Choose the appropriate power setting and mode for your needs.

Tips:

(1) The product will automatically shut down after working for 20 minutes.

(2) If you want to shut down in advance, you can follow the logic of the Power button to turn off the power.

2. Power and Mode

Power: Featuring low, medium and high levels, according to your needs choose different levels.

Tips:

•If you notice red spots on the treated area after using the highest power setting, don't be alarmed, These spots are not burns but a normal reaction caused by the light's high irradiance. They usually fade within an hour.

Mode: Different modes have different therapy effects. Choose the appropriate mode based on your needs.

a. Red+NIR(660nm+850nm)

This mode focuses on pain relief by reducing inflammation, stimulating cell repair, promoting blood circulation, and inhibiting the transmission of pain signals, among other mechanisms.

b. NIR(850nm)

This mode focuses on reducing inflammation by decreasing the activity of inflammatory cells and the release of inflammatory mediators. It also aids in cell repair and regeneration, enhances blood circulation, and helps remove waste products. This overall process aims to reduce inflammation and alleviate associated pain.

c. Red(660nm)

This mode is designed to promote energy production in cells, thereby enhancing cell vitality, metabolism, and repair. It also supports blood circulation, accelerates wound healing, and encourages the formation of new blood vessels. Additionally, it aids in collagen synthesis, strengthening skin elasticity, and reducing inflammation, pain, swelling, and the risk of infection, facilitating wound healing.

d. Pulse(Pulsed dual-wavelength light therapy at 660nm and 850nm)

This mode targets the mitochondria within cells, stimulating the production of adenosine triphosphate (ATP), which helps speed up the body's recovery process and enhances energy levels.

Tips:

•850nm is a near-infrared (NIR) wavelength. Since this wavelength is invisible to the human eye, you may notice that the product's lights appear to be off when in NIR mode. However, this is not the case—the product is functioning normally, but the light is simply not visible to us.

3. Indicator Light

Button	State	Indicator Light
Power	Low	Blue
	Medium	Green
	High	Red
Mode	Red+NIR	Red
	NIR	Green
	Red	Blue
	Pulse	Yellow

Tips

Before using the product, please conduct a photosensitivity skin test.

Step 1: Place the device on your arm, switch it on, and expose it for 5-15 minutes. If your skin turns red or experiences severe itching, it indicates that you may have photosensitive skin. We recommend that you discontinue use or consult a dermatologist before using it again.

Step 2: Before use, clean the relevant areas (without makeup) to prevent interference with skincare effects due to possible photosensitive ingredients in cosmetics.

Step 3: Following use, your skin may experience slight redness or itching, which is a normal reaction and should return to normal within 1-2 hours. If there is immediate vascular pain or if such symptoms occur the next day, discontinue use or avoid exposing obvious vascular areas. If you feel burning or any other discomfort during the process, stop using it immediately.

Note: Please conduct the test under light exposure or normal lighting conditions to avoid experiencing palpitations or light-headedness. If you feel nauseous or dizzy after exposure, it indicates a special sensitivity to the light, so please discontinue its use.

6. Product Maintenance & Cleaning Guide

Maintenance & Care

(1) Moisture & Contamination Prevention

•After use, place the product in a safe, dry location to avoid moisture and contamination.

•Do not place heavy objects on the product to prevent damage.

(2) Fault Handling

•If the product malfunctions, contact after-sales service immediately. Do not attempt to disassemble or repair it yourself.

(3) Storage Environment

•Store the product in a well-ventilated area, avoiding direct sunlight and exposure to corrosive gases or liquids.

•If not in use for an extended period, clean the product and store it in a dust-proof bag.

(4) Child Safety

•Keep the product out of reach of children.

Cleaning Instructions

(1) Surface contamination can be removed with a clean rag.

(2) For deeper dirt, dampen a cloth with a mild detergent and wipe gently.

Note:

•Avoid allowing water to enter the product during cleaning.

•After cleaning, let the product air dry naturally and avoid placing it in humid environments.

•Do not store the product in high-humidity areas after use.

•If not in use for an extended period, clean the product and store it in a dust-proof bag to avoid dust accumulation.

7. Troubleshooting

Here are some common questions about this product and its solutions, if you can't find the solutions to your question here, please contact the after-sales service: help@comfytemp.com

1. After using for a period of time, the device shuts down.

Cause: This product has a default timer setting and will shut down after 20 minutes.

Solution: You can restart the device for further use. However, we do not recommend using it multiple times on the same body part. According to scientific evidence, longer usage does not necessarily yield better results, scientific evidence indicates diminishing returns. It's sufficient to use it for 20minutes. Prolonged use increases the likelihood of cellular dehydration.

2. When using the NIR mode, I found that the lights are not on.

Cause: In the NIR mode, the lights emit 850nm near-infrared light, which is invisible to the naked eyes. Therefore. it's not that the lights are not on. It's just that our eyes cannot perceive this wavelength.

Solution: By checking the indicator light in the battery case, we can observe that it is still on, indicating that the device is still active. Additionally, after using this mode for a while, one can feel the heat generated by the device.

3. During the initial use, you may only feel warmth without any other immediate feedback.

Cause: Red light therapy works through two mechanisms: photobiomodulation and thermal effects.

●**Photobiomodulation:** This primarily stimulates mitochondria within cells, accelerating cellular metabolism, enhancing cellular activity, and promoting collagen production in the skin. These effects take time to become noticeable.

●**Thermal Effects:** The warmth generated by red light therapy is felt immediately. Unlike heating pads, which primarily heat the skin's surface, the heat from red light penetrates deeper into the body.

Solution: Extensive scientific research shows that using the device for 20 minutes daily can deliver visible results in as little as three weeks.

8. Attention Points

Absolute Contraindications for Red Light Therapy

● Red light therapy should not be used on burns that occurred within the last 24-48 hours unless it has been cleared by the doctor providing treatment for the burn, as red light therapy may add heat to the overheated tissues, causing further hermal damage.

● Malignant Cancers, especially carcinomas. Theoretically, red light therapy can speed the growth or spread of cancerous cells by encouraging cell proliferation, it should not be used.

● Hyperthyroidism (Neck and Upper Chest Only). When red light therapy is used over the neck and upper chest, it is likely that light will reach the thyroid. Increased stimulation of the thyroid may cause a worsening of symptoms caused by an already overactive thyroid. Those with hyperthyroidism should not use red light that may reach the thyroid without the permission of their endocrinologist.

● Epilepsy. People with epilepsy may be susceptible to flicker in red light panels and could experience a seizure if the flicker is severe or if they are particularly sensitive.

●Pregnancy (Abdomen Only). Development during pregnancy involves a delicate balance of many complicated biological processes. Anything that could potentially affect this process should be approached with great care. For this reason, red light therapy during pregnancy should generally be avoided if it could reach the developing fetus.

●Eye Disease (Eye Only). While the effect of red light therapy on healthy eyes is still being debated, it should never be used on those who have an eye disease

unless they are explicitly given permission to do so by their ophthalmologist. The unknown effects of red light therapy on the eyes, combined with underlying eye disease, may result in damage to eyes.

●Light Sensitivity. There are very rare conditions in which someone may have a sensitivity to light. Conditions like solar urticaria can cause allergic reactions when the skin is exposed to sunlight or intense light within a particular wavelength, regardless of the source. Those who have previously experienced sensitivity to light or have any kind of reaction when using red light therapy should not use this form of treatment until they have been cleared to do so by their doctor.

Relative Contraindications for Red Light Therapy

●Fever or Infection. During fever and infection the body temperature is elevated. There is a risk that the increased heat created by red light therapy may contribute to temperature elevation throughout the body. However, this risk is relatively benign, as it is unlikely that the heat created by red light therapy will significantly raise body temperature during a fever.

Someone who has a severely elevated body temperature should discuss the risks and benefits of red light therapy before using it.

●Systemic Lupus Erythematosus (SLE). Systemic lupus Erythematosus (SLE) is an autoimmune condition in which the body's immune system attacks connective tissue through the body. People with SLE may be more susceptible to damage from light, with a skin rash caused by sunlight being common with this condition.

●Severe Bleeding or Blood Loss. Red light therapy should not be used when serious bleeding is occurring unless it has been cleared by a doctor.

Additional Considerations for Red Light Therapy

●Tattoos - Tattoos, especially ones that use red ink, may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform.

●Dark skin pigmentation - The effect of skin pigmentation on red light therapy is still being studied. Those with darker skin tones may find that their skin absorbs more light, making it warmer than those with lighter skin tones would experience. A smaller amount of red light may actually reach deeper tissues, however his effect is not likely to be large.

●Dark hair - Darker colors of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.

●Melasma / Hyperpigmentation - Our own product study showed impro vement from red and NIR light on hyperpigmentation, particularly when paired with a high antioxidant serum. However, in rare instances users can experience the opposite effect. We suggest starting slowly and using red light only if this is a concern.

9. Pay Attention

1. Please make sure that the product is in good condition before use. If any damage is found, no matter how big or small, please stop using it immediately.

2. Never disassemble, modify or repair the product yourself.

3. Do not use this product near water-filled bathtubs, showers, face washes or other highhumidity utensils.

4. Do not fold the product when using.

Precautions (place of use)

1. Do not use it near the stove, or on the inside of the electric heating quilt or on theheating appliances such as electric blankets.

2. Do not use in humid environment.

3. Do not use this product near water-filled bathtubs, showers, face washes or other high humidity utensils.

Warranty

24 Hrs Quick Customer Support

30 Days Free Return

365 Days Warranty

If you have questions or concerns, don't hesitate to contact us directly at:

US Customer Services Hotline

1(833)990-0618

Monday to Friday, 9 AM to 5 PM EST

Email: help@comfytemp.com

www.comfytemp.com

Product Name: XXXL Flexible Red Light Pad

Model: K4054

EU REP

Company: E-CrossStu GmbH

Address: Mainzer Landstr.69, 60329 Frankfurt am Main,Hessen

E-mail: e-crossstu@outlook.com , E-CrossStu@web.de

Telephone: +49 69332967674

UK REP

Company: YH Consulting Limited

Address: C/O YH Consulting Limited Office 147,Centurion House, London Road,Staines-upon-Thames, Surrey,TW18 4AX,London

E-mail: H2YHUK@gmail.com

Telephone: +44 07514-677868

Manufacturer: Shenzhen Yicai Health Technology Co ., Ltd

Address: 11th floor, Zhenqian Building, Yousong Community, Longhua Street, Longhua District, Shenzhen,Guangdong, China, 518110.

Email: help@comfytemp.com

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