

1. ABOUT THIS MANUAL

This Manual is applicable to flexible red light wrap. The Manual includes instructions for using and managing the product. Pictures, charts, images and all other information hereinafter are for description and explanation only. The information contained in the Manual is subject to change, without notice, due to firmware updates or other reasons. Please find the latest version in the company website. Thanks 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 wav-elengths of light can penetrate the skin and be absorbed by cells, leading to: •Increasing Cellular Energy: Red and near-infrared light stimulate the mito-chondria 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

• Reducing Inflammation: Red and infrared light can reduce be wasted, reducing the effect. Effectiveness order: no obstruction > thin, transparent white clothing > thin,

inflammatoryresponses through various mechanisms. It can lower the levels of pro-infla-mmatory 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,

may find that pain and discomfort have lessened, and muscle To achieve the best results, we recommend: •Wearing Method: Wear the red light therapy pad on fatigue recovers more quickly. the area needing treatment, ensuring the light source is •Long-term Effects: After 4-6 weeks of continuous use, in direct contact with the skin. Note that wearing clothes you may notice improved skin quality, faster wound healing, of different colors or thicknesses may cause some light to and significant relief from chronic pain.

3. SPECIFICATIONS

Specification Product Name Flexible Red Light Wrap 4*37 inch 63 Lamp Beads Control Button

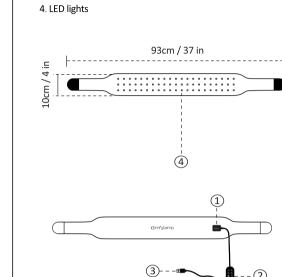
4. PRODUCT DIAGRAM



1* Control Line

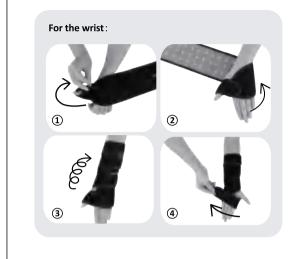
1* User Manual

1. Type-c port 2. Controller 3. USB port



5. HOW TO USE YOUR PRODUCT **5.1 OPERATION GUIDE**

1) Wrap: Choose the appropriate wrapping method according to the area that needs relief.



2) Connection: Connect the Type-C interface of the controller to the product, and connect the other end of the USB interface to a power source, which can be a power bank, charger, computer port, etc.



opposite effect. We suggest starting slowly and using red

light only if this is a concern.

5.2 POWER AND MODE

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

Mode: Different modes have different therapy effects. Choose the appropriate mode based on your needs. * M1(Red + NIR):

Under this mode, the product emits 660nm red light + 850nm near-infrared light, it has a dual effect of red light and nearinfrared light, mainly used for pain relief.

Under this mode, the product emits 850nm near-infrared light, focusing on reducing the activity of inflammatory cells and the release of inflammatory mediators to alleviate inflammation, mainly used for inflammation relief and reduction.

Under this mode, the product emits 660nm red light, aimed at promoting cellular energy production, thereby enhancing cell vitality, metabolism, and repair capabilities, primarily used to promote wound healing.

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 will 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 imm-

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 sensiti vity to the light, so please discontinue its use.

----Take measures to prevent moisture and pollution. ----Please place the product in a safe place after use. Do not place heavy objects on the product to prevent damage to the product.

---Please contact the after-sales service in time when there is a fault, please do not disassemble the product at will. -----Please store the product in a well-ventilated place to avoid strong sunlight and corrosion by corrosive gases and

-----Please keep this product out of the reach of children. (1) Surface contamination can be removed with a clean rag.

and wipe gently. (3) Do not allow water to get inside the product.

6. MAINTENANCE

(4) Dry naturally. Do not place the product in a high humidity place after use. If you do not use it for a long time, after removing the dirt, put it in a storage bag to avoid dust.

(2) For deeper dirt, dampen a cloth with a mild detergent

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@comfvtemp.com

1. Pressing the button doesn't turn on the device. Cause: The designed method to power on this product is by long-pressing the button. It won't turn on with just a

> Solution: After connecting the controller to the product and the power source, press and hold the power button until the indicator light comes on to power it up.

> 2. When using M2(NIR), I found that the lights are not on. Cause: the lamp beads 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

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

3. During the first use, apart from feeling warmth, it seems there isn't any other feedback.

Cause: The red light therapy works in two ways, through photobiomodulation and thermal effects. Photobiomodulation mainly stimulates mitochondria within cells, accelerating cellular metabolism, promoting cellular activity, and stimulating the formation of collagen in the skin. This aspect takes some time before noticeable effects occur. On the other hand, the thermal effect is immediately perceptible. The generated heat is felt within the body, unlike heating pads, which primarily affect the skin surface.

Solution: Abundant scientific data indicates that using it for 20 minutes per day can yield noticeable results as early as

can feel the heat generated by the device.

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

 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.

8. ATTENTION POINTS

transparent clothing of other colors.

and gradually increase.

the best results. Avoid overuse.

•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

Continuous use over a period of time is required to achieve

The expected effects may vary with different durations

•Short-term Effects: After the initial use, you may feel

• Mid-term Effects: After 1-2 weeks of continuous use, you

localized warmth and comfort, which is normal.

• Frequency: Use on the same area 1-2 times a day.

●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.

Package includes

•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

> •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

•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 who is helping to treat the bleeding or

•Use of Photosensitizing Medications. Many medications may increase sensitivity to light. This could cause red light therapy

to ritate the skin or lead to a rash when using red light therapy. While it is unlikely that red light therapy will meaningfully

affect those using photosensitizing medications, it is best to check if medicines you are taking can increase your sensitivity to light and to consult with a doctor before using red light therapy if you are using one of these medicines. 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 improvement from red and NIR light on hyperpigm

entation, particularly when paired with a high antioxidant 9. PAY ATTENTION serum. However, in rare instances users can experience the

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,

3) Power on: Press and hold the power button until the

The product will autmatically shut down after working

for 20 mins. However, if you wish to shut it down earlier,

you can do so by pressing and holding the power button

4) Choose suitable power level and mode

indicator light comes on.

Warranty

1. Please make sure that the product is in good condition

showers, face washes or other highhumidity utensils. **4.**Do not fold the pad 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 the heating appliances such as electric

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.

24Hrs Quick Customer Support

365 Days Warranty

If you have any questions or concerns, don't hesitate to

contact us directly at:

US Customer Services Hotline

Monday to Friday, 9 AM to 5 PM EST

Email: help@comfytemp.com

1(833)990-0618

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