

1. About This Manual

This Manual is applicable to Portable 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 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-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.

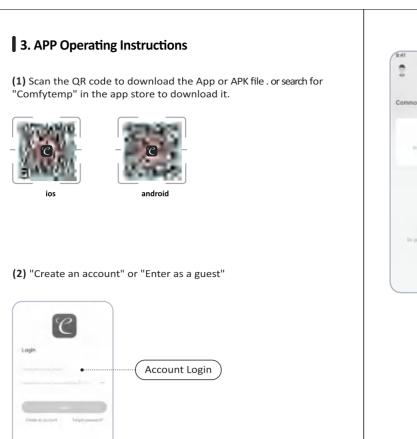
> Applicable symptoms include, but are not limited to: Pain Relief: Alleviating chronic pain, including arthritis, joint pain, and muscle

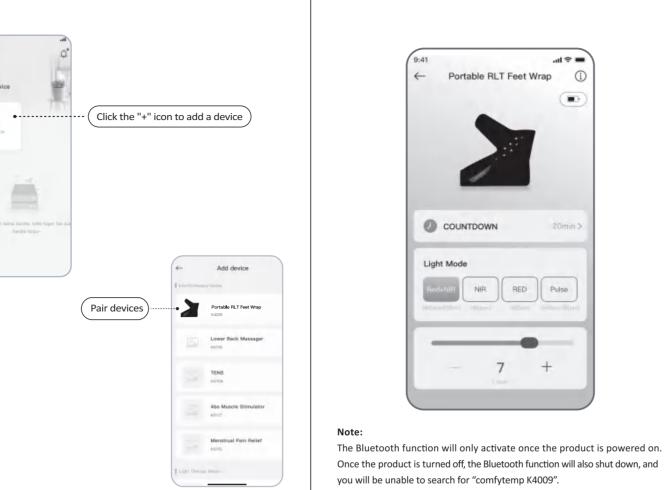
• Wound Healing: Accelerating the healing of wounds, cuts, and burns.

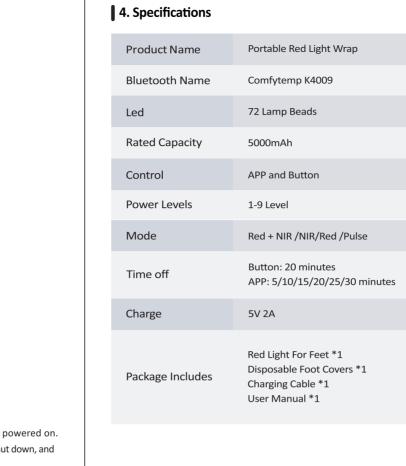
•Wearing Method: Wear the red light therapy pad on the area needing treatment, ensuring the light source is in direct contact with the skin. Note that wearing clothes of different colors or thicknesses may cause some light to be wasted, reducing the effect. Effectiveness order: no obstruction > thin,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

• 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.









6. How To Use The Product 6.1 Operation Guide (1) Press the Power button to start the product. (2) Choose the appropriate level and mode using the button, or use the APP for a more convenient selection of level, mode, and time. (1) If it is the first time you have just received the product, you can start by charging

it. Once fully charged, you can begin using it. (2) If a red flashing indicator light appears, it means the battery power is low. Please recharge it before using it again. (3) Does not support charging while in use.

(4)You can switch between using the app and standalone operation.

6.2 Power and Mode

Power: Featuring 1-9 level, according to your needs choose different levels

When you use levels 7/8/9, the product's temperature will increase. If red marks appear on your skin, don't worry, this is a normal phenomenon. The red marks will disappear on their own quickly.

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

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.

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

6.3 Indicator Light

products. This overall process aims to reduce inflammation and alleviate

This mode is designed to promote energy production in cells, thereby enhancing cell vitality, metabolism, and repair. It also supports blood circulation, accelerates

associated pain.

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.

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.

Power Long deep Power Off Off off off

Indicator Light Display

1. "/" represents "maintain the current state"

2. When the connection is successful, the Bluetooth indicator light will

3. When the battery indicator light flashes red, you will hear a sound 3 times, indicating the battery is low. Please charge it before using it again. 4. During charging, the battery indicator light will flash white. When fully charged, the battery indicator light will remain solid white.

Before using the product, please conduct a photosensitivity

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 photosen-

sitive 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.

----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,

sunlight and corrosion by corrosive gases and liquids. ----Please keep this product out of the reach of children.

(1) Surface contamination can be removed with a clean rag. (2) For deeper dirt, dampen a cloth with a mild detergent and wipe gently.

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

7. Maintenance

please do not disassemble the product at will. ----Please store the product in a well-ventilated place to avoid stron

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

1. After using for a period of time, the device shuts down. via the app, the product 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 20-30 minutes. Prolonged

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 eye. Therefore, it's not that the lights are not on; it's just that our eyes cannot perceive this wavelength.

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.

Cause: The red light therapy works in two ways, through photobiomodulation

cells, accelerating cellular metabolism, promoting cellular activity, and stimulating Here are some common questions about this product and its solutions, if you the formation of collagen in the skin. This aspect takes some time before noticecan't find the solutions to your question here, please contact the after-sales able effects occur. On the other hand, the thermal effect is immediately perceptible. service: help@comfytemp.com

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Cause: This product has a default timer setting; in the absence of selecting a timer

use increases the likelihood of cellular dehydration.

Solution: By checking the indicator light in the battery case, we can observe that

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

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

and thermal effects. Photobiomodulation mainly stimulates mitochondria within

can yield noticeable results as early as three weeks.

ration, 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 endocri-

 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

 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.

is still being debated, it should never be used on those who have an eye disease

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 prolife

•Eye Disease (Eye Only). While the effect of red light therapy on healthy eyes

The unknown effects of red light therapy on the eyes, combined with underlying eye disease, may result in damage to eyes.

unless they are explicitly given permission to do so by their ophthalmologist.

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

•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

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

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 I

 Melasma / Hyperpigmentation - Our own product study showed impro vemen 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

10. 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. Do not fold the product when using.

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 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.

24 Hrs Quick Customer Support

Warranty

30 Days Free Return

365 Days Warranty

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

Monday to Friday, 9 AM to 5 PM EST

Email: help@comfytemp.com

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
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Manufacturer: Shenzhen Yicai Health Technology Co. , Ltd Address: 11th floor, Zhenqian Building, Yousong Community, Longhua Street, Longhua District, Shenzhen, Guangdong, China,

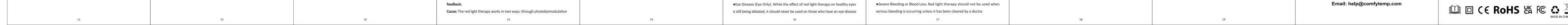
Email: help@comfytemp.com

Product Name: Portable Red Light Wrap

could void your authority to operate this equipment.

Telephone: +44 07514-677868

518110.



Reorient or relocate the receiving antenna. •Increase the separation between the equipment and receiver. •Connect the equipment into an outlet on a circuit different from that to which the receiver is

pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection

against harmful interference in a residential installation. This equipment generates, uses and can

radiate radio frequency energy and, if not installed and used in accordance with the instructions,

may cause harmful interference to radio communications. However, there is no guarantee that

interference to radio or television reception, which can be determined by turning the equipment

interference will not occur in a particular installation. If this equipment does cause harmful

off and on, the user is encouraged to try to correct the interference by one or more of the

•Consult the dealer or an experienced radio/TV technician for help. Caution: Any changes or modifications to this device not explicitly approved by manufacturer This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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