

1. About This Manual

This manual applies to the Portable Red Light Wrap for knee. 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. Thanks for choosing Comfytemp.

When it comes to discovering the potential benefits of red light therapy, you

2. Product Functions

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

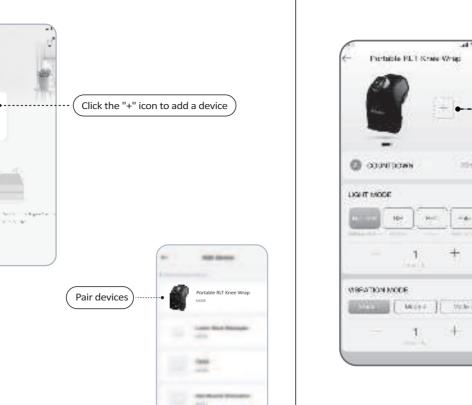
• Wound Healing: Accelerating the healing of wounds, cuts, and burns.

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

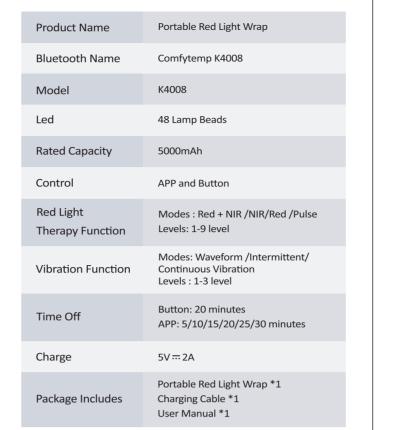
period of time is required to achieve the best results. Avoid overuse. The expected effects may vary with different durations of continuous use: Short-term Effects: After the initial use, you may feel localized warmth and

• 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.





Standard Spin Spinish The Bluetooth function will only activate once the product is powered on. Once the product is turned off, the Bluetooth function will also shut down, and you will be unable to search for "Comfytemp K4008". ___



4. Specifications

By clicking the "+", you can

of two K4008 units.



6. How To Use Your Product

6.1 Operating Instructions (1) Power On: Press the power button briefly to turn on the device.

Please charge the device before using it again. **b.** This product does not support use while charging. c. You can switch between using the APP and the buttons at any time.

Indicator Light ode Indicator Light

(2) Mode and Level Selection: Use the buttons to select your desired mode and level for both red light therapy and vibration functions. Alternatively, you can use the app for a more convenient selection of mode, level, and duration. (3) Mode and Level Control: For both Vibration and Red Light Therapy functions, long press to switch between modes, and short press to adjust the levels

a. If the Battery Indicator Light flashes red, it indicates that the battery is low.

6.2 Vibration Function

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

a. Waveform Vibration: Waveform vibration offers a gradual, wave-like intensity that increases and decreases over time. This mode is designed to gently stimulate muscles, enhance circulation, and promote relaxation, making it suitable for users seeking a soothing massage experience.

Intermittent vibration alternates between periods of vibration and rest, mimicking the effects of manual massage. This mode is effective for releasing muscle tension, improving flexibility, and providing targeted deep tissue stimulation, ideal for users needing deeper muscle relaxation. c. Continuous Vibration:

Continuous vibration delivers a steady and consistent frequency, providing

intense and sustained muscle stimulation. This mode is particularly useful

b. Intermittent Vibration:

for quickly relieving pain and offering a powerful relaxation experience, best suited for users seeking a robust massage effect. (2) Level: Featuring 1-3 level, according to your needs choose different levels.

High-frequency vibrations can cause slight friction on the skin surface and stimulate nerve endings, leading to itchiness. This is a common reaction and will disappear after a while without causing any harm to the body.

6.3 Red Light Therapy Function

(1) Mode: Different modes have different therapy effects. Choose the appropriate mode based on your needs. a. Red+NIR(660nm+850nm)

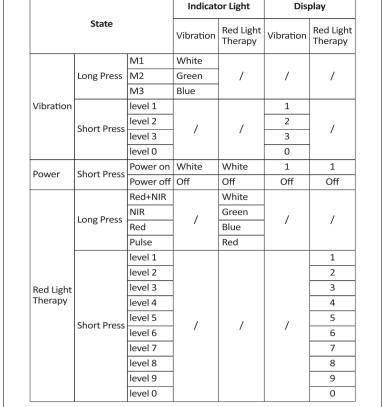
This mode focuses on pain relief by reducing inflammation, stimulating cell repair, promoting blood circulation, and inhibiting the transmission of pain signals, among other mechanisms.

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.

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(Continuous 660nm Red Light + Pulsed 850nm NIR Light)

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. (2) Level: 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.



6.4 Indicator Light

1. When powered on, the device will automatically enable both the Vibration and Red Light Therapy functions.

2. For both the Vibration and Red Light Therapy functions, long press to switch modes, and short press to change levels. 3. Level 0 indicates that the function is paused.

"/" represents "maintain the current state".

turn blue. **6.** 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. 7. During charging, the battery indicator light will flash white. When

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

fully charged, the battery indicator light will remain solid white.

8. Each time the mode or level is adjusted, there will be a short beep sound as feedback. There will be a long beep sound as feedback when the device is turned on or off.

stop using it immediately.

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,

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

> 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

7. Maintenance

Here are some common questions about this product and its solutions, if you

use increases the likelihood of cellular dehydration.

(4) Dry naturally.

via the app, the product will shut down after 20 minutes. 4. During the use of the Vibration mode, the skin on both sides of the knee may 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 eyes. Therefore, it's not that the lights are not on; it's just that our

eves 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

3. During the first use, apart from feeling warmth, it seems there isn't any oth Cause: The red light therapy works in two ways, through photobiomodulatio

and thermal effects. Photobiomodulation mainly stimulates mitochondria within

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

Solution: Abundant scientific data indicates that using it for 20 minutes per day

and it doesn't feel like a pulsing light.

Red+NIR mode may appear the same to the user.

3. App Operating Instructions

"Comfytemp" in the app store to download it.

(2) "Create an account" or "Enter as a guest'

• Account Login

(1) Scan the QR code to download the App or APK file or search for

Cause: High-frequency vibrations can cause slight friction on the skin surface and stimulate nerve endings, leading to itchiness. This is a common reaction and will disappear after a while without causing any harm to the body.

or lubricant to reduce friction before using the vibration mode.

Solution: You can adjust the vibration intensity or duration, or apply moisturizer

5. The Pulse mode and the Red+NIR mode seem to have no noticeable difference,

Cause: "Pulse" refers to light emitted intermittently rather than continuously. Our

Pulse mode uses a combination of continuous red light and pulsed infrared light.

However, since infrared light is invisible to the naked eyes, the Pulse mode and

Scientific Support: Research indicates that continuous red light is more effective

for treating the surface layers of the skin, while pulsed infrared light has a more

significant impact on deeper tissues. This combination optimizes the therapeutic

cells, accelerating cellular metabolism, promoting cellular activity, and stimulating

mode for a while, one can feel the heat generated by the device.

9. 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 hermaldamage. Malignant Cancers, especially carcinomas. Theoretically, red light therapy can speed the growth or spread of cancerous cells by encouraging cell proli-

feration, 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

 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

• 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.

eye disease, may result in damage to eyes. • Light Sensitivity. There are very rare conditions in which someone may have

The unknown effects of red light therapy on the eyes, combined with underlying

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 treatmentuntil 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. 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 who is helping to treat the bleeding or blood loss.

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

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 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.

effect is not likely to be large.

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

4. Do not fold the product when using. Precautions (place of use) Dark hair - Darker colors of hair may absorb more light, causing increased

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

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.

10. Pay Attention

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.

Warranty

24 Hrs Quick Customer Support

30 Days Free Return

2. Do not use in humid environment.

365 Days Warranty

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



Telephone: +49 69332967674

Product Name: Portable Red Light Wrap

Company: E-CrossStu GmbH Address: Mainzer Landstr.69, 60329 Frankfurt am Main,Hessen E-mail: e-crossstu@outlook.com , E-CrossStu@web.de

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,

Email: help@comfytemp.com

518110.

<u>□</u> □ (€ RoHS ێ Ѥ 🗘

Before using the product, please conduct a photosensitivity can't find the solutions to your question here, please contact the after-sales service: help@comfytemp.com affect the skin surface. Step 1: Place the device on your arm, switch it on, and expose it for 1. After using for a period of time, the device shuts down. please do not disassemble the product at will. 5-15 minutes. If your skin turns red or experiences severe itching, it Cause: This product has a default timer setting; in the absence of selecting a timer ----Please store the product in a well-ventilated place to avoid stron