

UNWIND

WELLNESS REDEFINED

USER MANUAL



RED LIGHT SPOT

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WELCOME TO UNWIND WELLNESS

Welcome to the Unwind Wellness family! We're so excited you've chosen us for your red light therapy journey. At Unwind, we believe everyone deserves access to premium wellness solutions, which is why we offer top-quality red light devices without the hefty price tag. You don't have to be wealthy to be healthy! Your new Unwind device harnesses the power of five distinct wavelengths:

Visible Red Light: 630nm and 660nm

Near Infrared Light: 810nm, 850nm, and 940nm

These wavelengths work together to deliver therapeutic benefits, and you can even customize your sessions by choosing a combination of red and near infrared light.

Get ready to experience the Unwind difference!

HOW YOUR RED LIGHT PANEL WORKS

Your red light panel works by emitting red and near-infrared light within specific wavelengths and intensities. These treatments penetrate your body, generating numerous health benefits. This occurs because red and near-infrared light activate various metabolic pathways, leading to increased Adenosine Triphosphate (ATP) production, enhanced cellular signaling, and elevated protein synthesis. For best results, we recommend removing your clothes and exposing your skin during treatment.

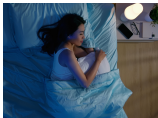
RED LIGHT BENEFITS

Healthy Skin



Red light therapy benefits skin care by stimulating collagen production, which helps to reduce wrinkles and improve skin elasticity. It enhances blood circulation, delivering more oxygen and nutrients to the skin, which promotes healing and rejuvenation.

Improved Sleep



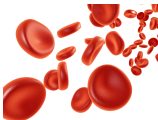
Red light therapy can improve sleep by regulating your body's production of melatonin, the hormone responsible for sleep. Exposure to red light helps synchronize your circadian rhythm, making it easier to fall asleep and wake up at the right times.

Performance & Recovery



Red light therapy enhances performance and recovery by increasing ATP production, which boosts cellular energy. It also reduces inflammation and promotes faster healing of muscles and tissues, leading to improved overall athletic performance and quicker recovery times.

Improved Blood Flow



Red light therapy improves circulation by stimulating the production of nitric oxide, which helps dilate blood vessels. This enhances blood flow, delivering more oxygen and nutrients to tissues and promoting overall vascular health.

User Guide

Before starting your Red Light panel device treatment, read this: For optimal results and safe use, please follow these two steps.

STEP 1



To charge your red light panel, plug the Type-C end of the USB cable into the Type-C connector on the device. Connect the other end of the cable to the USB power adapter. Allow up to three hours for a full charge. When the device is fully charged, the battery indicator lights on the back of the panel will illuminate.

STEP 2

To check for photosensitivity, as recent research suggests approximately 1% of the population may be affected, conduct a self-test before using the device. Turn on your Red Light panel and hold your forearm approximately 3 inches from the device for three minutes. After exposure, inspect for any signs of redness or discomfort. If you notice these symptoms, you may be photosensitive and should consult a doctor or healthcare provider before proceeding with the device.

USER GUIDE FOR THE PANEL



Press the power button on the front to turn on the device

Press “R/NIR” button on the front to choose between the different modes of red, near infrared and both lights.



OFF

NIR

RED

NIR/RED



Press the power button on the front twice to turn the device off.

For best results, please follow these basic guidelines:

Optimal Distance: For the best results, position yourself about 3 inches away from the device while exposing your skin to the light.

Session Length: Each session should last approximately 10 minutes for optimal dosing.

Treatment Frequency: Aim for 3-7 sessions per week, adjusting based on your individual tolerance. To end a session early, simply press the power button twice.

PRODUCT SPECS AND SERVICES

Led Qty.	12 x 5W Anti-Flicker Leds
Product Size	5.9" x 3" x 1.18"
Irradiance	> 204.8mw/cm ² at the surface of the Leds > 92mw/cm ² @3inch distance
Modes	RED/NIR/Both 10-minute auto-shut off timer
Frequency	50/60Hz
Power	Chargeable
Shell Color	Black, Silver, Red
EMF Emissions	-0.0 UT
Certifications	CE, FDA, RoHS

Customer Service

At Unwind Wellness, we are dedicated to delivering the best customer service and ensuring an optimal light therapy experience for all users. If you have any questions or encounter issues not covered in the user manual, please don't hesitate to reach out to us via email support@unwindwellnesspartners.com. All other contact information can be found on www.letgounwind.com.

Cautions and Concerns

We recommend consulting your doctor or healthcare provider before starting red light therapy, especially if you have concerns about sensitivity or its effects. It's also advisable to speak with your healthcare provider if you are pregnant, have any suspicious or cancerous lesions, or have recently received a steroid injection or used topical steroids.

Caution

Don't use the light around water

Don't stare directly at the light Use protective glasses while using the device

Red light should not be used by children under the age of 8 and pregnant women

Equipment Maintenance

Cleaning And Disinfecting:

Clean the exterior using only a soft, dry cloth. Avoid abrasive cleansers and do not submerge the device in water or any other liquid. This device cannot be sterilized with liquids or through autoclave methods.

Storage:

Store the unit in a cool, dry place, away from direct light and extreme heat.

Warning: Do not allow moisture to come in contact with the case or light of the unit. Do not immerse the unit in water.

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