

RED LIGHT THERAPY WRAP

User Manual

Content

| | |
|--|------|
| Introduction..... | 2 |
| Benefits of red light therapy..... | 3 |
| Product Details | 5 |
| Product Specs | 6 |
| Operating Instructions | 7-9 |
| Red light therapy Belt Application & Benefits..... | 9-10 |

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.

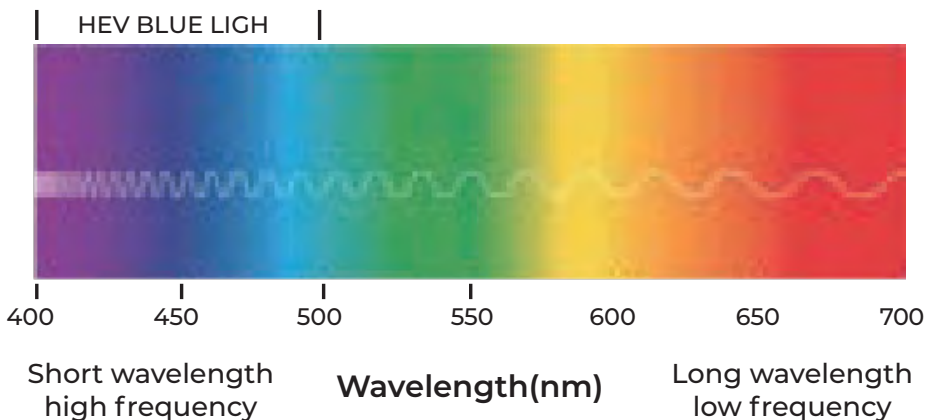
Get ready to experience the Unwind difference!

HOW DOES RED LIGHT THERAPY WORK?

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.

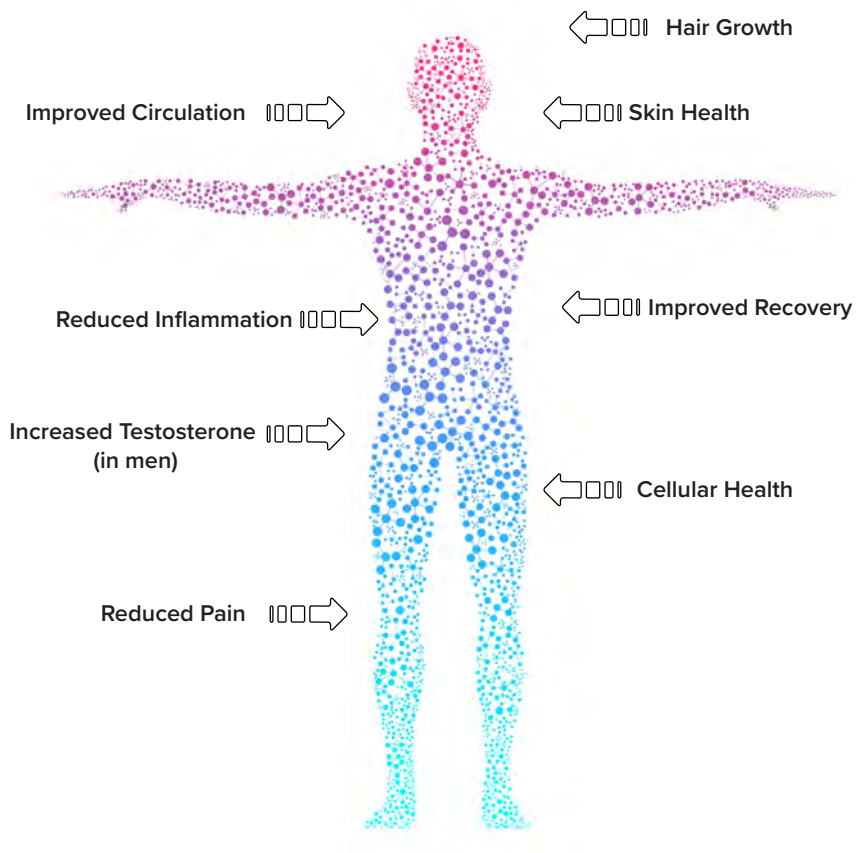
VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



BENEFITS OF RED LIGHT THERAPY

If you're curious about the health benefits of red light therapy, here are just a few examples. For more information, please visit our website at www.letsounwind.com.





Improve Circulation

One of the many benefits of light therapy is a significant increase in blood circulation, which means tissues receive more oxygen and essential nutrients for healing. Additionally, light therapy helps the body and circulatory system eliminate toxic byproducts.



Improve Cellular Function

When combined with a healthy lifestyle, light therapy can provide systemic benefits by enhancing cellular health throughout the entire body. This improvement in cellular function supports overall well-being, boosts energy levels, promotes faster healing, and aids in reducing inflammation.



Improve Performance & Recovery

Light therapy is widely used by trainers and professional athletes to enhance fitness, boost physical performance, and support recovery. Muscle cells require significant energy and grow stronger through a cycle of tearing and repairing. Light therapy aids this process by helping the body produce and utilize energy more efficiently.



Improve Sleep

Red light therapy promotes healthy light intake, which is crucial for sleep and maintaining natural circadian rhythms. Our brains use light signals to determine when to be awake or asleep and when to produce essential sleep hormones like melatonin. While bright blue light at night can disrupt your sleep cycle, red light offers a lower-intensity alternative that supports longer, more restful sleep.



Improve Skin Health

Healthy light intake is crucial for skin cells, enhancing overall skin health and beauty. Red and NIR light foster balance across the body and skin by improving cellular respiration, which boosts energy production efficiency and minimizes oxidative stress. This balance results in softer, more invigorated skin with a healthier appearance and feel.



Inflammation and Pain Relief

Red light therapy aids your body's natural inflammation process during recovery from illness or injury. It also supports arthritis and joint pain relief by enhancing blood flow to damaged tissues.

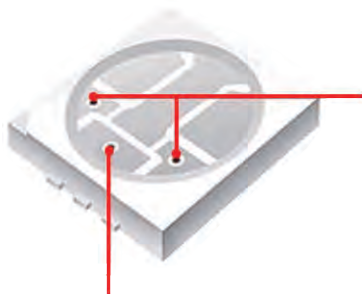


Improve Mental Acuity

Mental acuity refers to how effectively your brain processes and responds in the moment. When NIR wavelengths of light are directed at the head, they can penetrate brain cells and stimulate the mitochondria in your body's primary processing center. This can enhance cellular energy production, improve blood flow, and support better mental acuity.

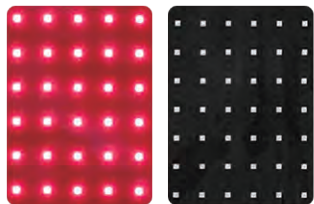
Product Details

- 5 Different Wavelengths
- 240 Total LED's
- Visible Red Light
 - 630nm
 - 660nm
- Invisible Infrared Light
 - 810nm
 - 850nm
 - 940nm



1*660nm Red Light (Eyes Visible)

2* 850nm Near
Infrared
(Invisible Light)



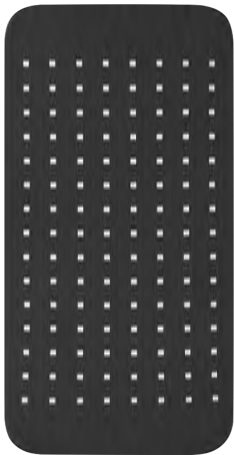
Red light

Infrared light

Product Specs

| | |
|----------------------|-------------------------------|
| Model Name: | Red Light Therapy Belt |
| Demension: | 17.7" * 8.07" |
| Actual Power: | 9w |
| Timer: | 0-30mins |
| Net Weight: | 0.3kg |
| LED Qty: | 120pcs |
| Run Time: | 90mins |
| Dimmble : | L1-L4 |
| Wavelength: | 630nm 660nm 810nm 850nm 940nm |
| Irradiance Data: | 219mw/cm²@surface |
| Power Bank Capacity: | 6000mAh |
| Frequency: | F0(Null) F1(10Hz) F2(40Hz) |
| Customized: | 5 Different Wavelengths |
| Warranty: | 90 Days |

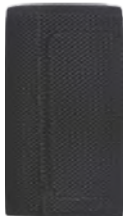
Accessories



Red Light Therapy Belt



Plug



Elastic



Data Cable



User Manual

OPERATING INSTRUCTION



- ▶ 1. Long press the power button for 2-3 seconds, pad will turn on and lighting up, display will show the default time, from 1-30mins;
- ▶ 2. Press the power button again, shows power level, also called dimming function, can adjust pad brightness from L0, L1, L2, L3, L4. L4 has the strongest power.
- ▶ 3. After you set the dimming, wait till the display back to time count down interface, then press again enter F0, F1, F2, which means pulsing function. F0 means 0hz, F1 means 10hz, F2 means 20hz.
- ▶ 4. Long press the power button again, the display will shows power remaining and then turn off.

How to recharge for the pad

1 Power plug charging

Connect the USB cable out from plug to battery pack, 100% fully charged after 2 hours and 30 mins.



2 Power station charging

You can also connect a power bank or power station (if equipped) from the other side to charge the battery pack. The charging time will depend on the output of the power bank.



The battery pad offers benefits in various situations, such as sports recovery, wound therapy, and joint pain relief for the elderly. A built-in battery, instead of plugs and cables, makes the therapy much more convenient, as people don't always have access to a wall power source. This is especially true when therapy is needed outdoors, during travel, or even during sports activities, where both plugs and power banks are not suitable.

RED THERAPY PAD APPLICATION & BENEFITS:

Arthritis Pain, Wound Healing, Healing Burns



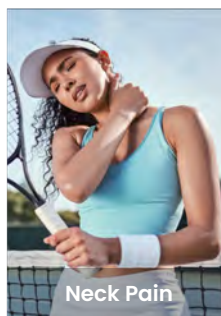
Lower Back Pain



Upper Back Pain



Shoulder Pain

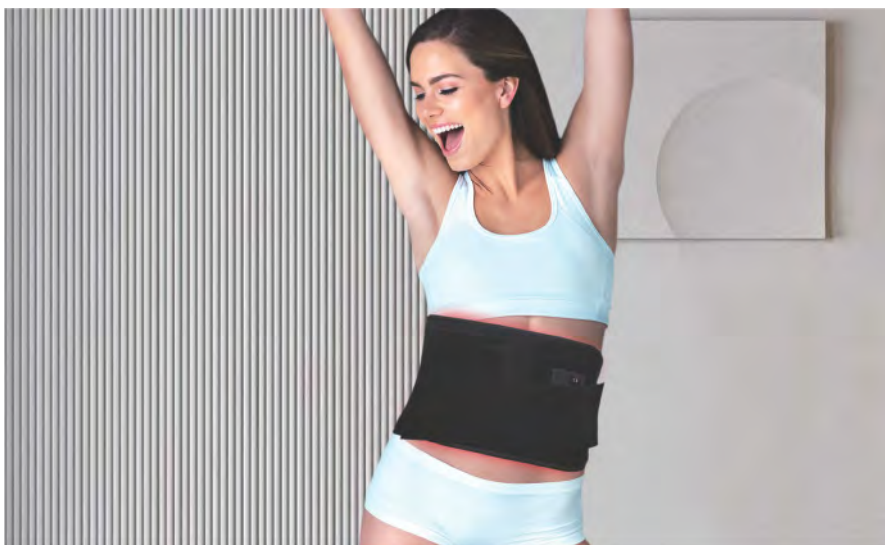


Neck Pain

HERE ARE SOME OF THE BENEFITS OF RED LIGHT THERAPY:

- **Promotes Healing:** Accelerates wound healing and tissue repair.
- **Reduces Inflammation:** Decreases inflammation in muscles and joints.
- **Improves Skin Health:** Reduces wrinkles, fine lines, and acne.
- **Enhances Muscle Recovery:** Speeds up muscle recovery after exercise.
- **Boosts Circulation:** Increases blood flow and oxygenation in tissues.
- **Enhances Collagen Production:** Stimulates collagen for firmer, youthful skin.
- **Supports Hair Growth:** Promotes hair growth and reduces hair loss.
- **Improves Sleep:** Helps regulate sleep patterns and improve sleep quality.

EXAMPLES OF USE



CAUTION

- *Don't use the light around water
- *Don't stare directly at the light use protective glasses while using the device
- *Don't treat near the eyes

EQUIPMENT MAINTENANCE

- *Don't use the light around water
- *Don't stare directly at the light, use protective glasses while using the device.
- *Don't treat near the eyes

CLEANING AND DISINFECTING:

Use only a soft dry cloth to clean the exterior. Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by any liquid or autoclave method.

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.

*Warning: If unit will not be used for an extended period of time(1 month +) remove the batteries from the unit to avoid their Corrosion.

UNWIND

WELLNESS REDEFINED

