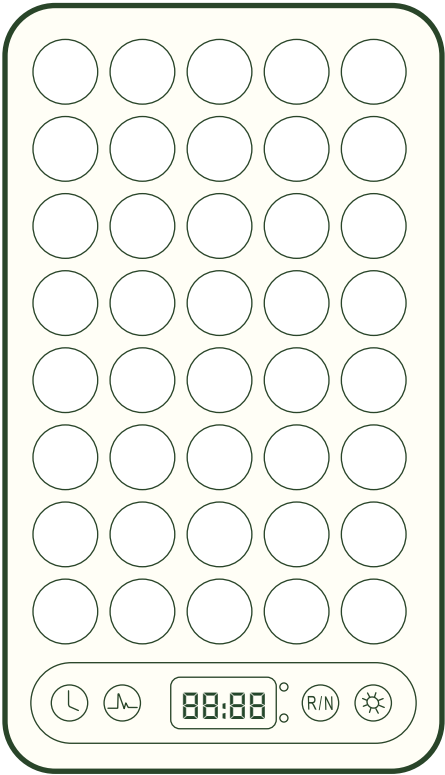




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Model Numbers:

• ST200-2

*Styles may vary.



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Introduction

Exploring red and near-infrared light therapy is a wonderful step forward for your proactive wellness routine. While it feels innovative today, this approach is actually backed by decades of solid scientific research. Researchers have amassed thousands of studies demonstrating how these specific wavelengths can meaningfully enhance human health.

The process works beautifully with your body's own systems. Just as the red light found naturally in sunlight supports essential biological processes, near-infrared light utilises specific, beneficial electromagnetic wavelengths to do the same. As seen in the diagram below, these targeted areas of the light spectrum offer a natural, scientifically grounded way to support your overall vitality.

How RLT Works

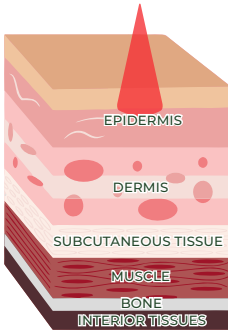
Red Light Therapy (RLT) uses low-energy Light Emitting Diodes (LEDs) or lasers as an alternative therapy for pain relief, or to promote improved cell functionality.

The process is similar to photosynthesis; just as plants absorb sunlight for energy, your body can absorb these specific wavelengths of light to support your mitochondria - the organelles that turn nutrients into energy.

By naturally boosting this cellular respiration, RLT gives your cells the supportive energy they need to function at their best.



Our proprietary R+/NIR+ spectrum technology combines 5 specific wavelengths to deliver targeted light benefits. This advanced system is engineered for optimised penetration depth while maintaining safe output levels, developed through photobiological research on light-based wellness applications. Extensive scientific studies confirm this helps create the most advanced and powerful LED therapy light ever designed.



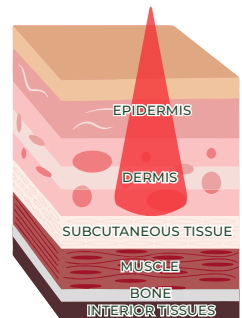
630nm Wavelength Benefits

The 630nm wavelength supports skin appearance improvement, working with skin cells and sebaceous glands to enhance skin texture through pigmentation evening.

Benefits include reducing visible lines, improving skin comfort, supporting hair vitality, aiding skin recovery, and promoting a clearer complexion.

660nm Wavelength Benefits

The 660nm wavelength reaches the dermal layers to improve your body's innate healing process. It effectively accompanies an active lifestyle - helping to effectively ease post-workout fatigue, manage minor swelling, and restore your skin's vibrancy and healthy appearance.

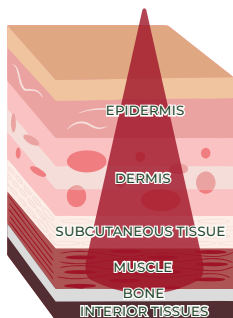
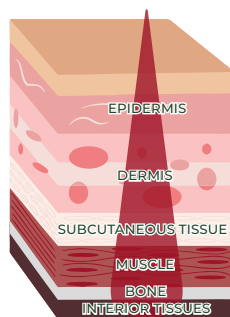




810nm (Near-Infrared) Wavelength Benefits

The 810nm wavelength offers enhanced penetration to support post-procedure or post-workout recovery.

You can use this wavelength to encourage natural skin healing, stimulate hair follicles, and even gently support your body's natural recovery processes following head trauma.



830nm (Near-Infrared) Wavelength Benefits

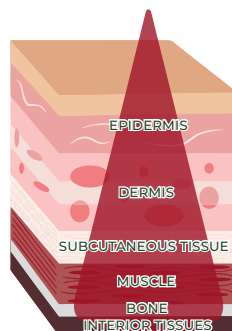
The 830nm wavelength penetrates the dermal layers, reaching the body's delicate tissues.

This makes it a supportive tool for overall recovery, offering assistance in managing your skin's microbial environment and encouraging healthy bone recovery and growth.

850nm (Near Infrared) Wavelength Benefits

The 850nm wavelength is longer than red light, reaching deep into your tissues, passing through bone to deliver supportive energy directly to your cells.

Because it is such an empowering tool for soothing deep tissue stress, enhancing musculoskeletal comfort, and helping you recover from demanding activities, it remains one of the most popular choices for light therapy.





Both red and near-infrared light therapies are renowned for their solid, research-backed efficacy. This device is designed to emit 630-660nm red light and 810-850nm near-infrared wavelengths. These are the two specific ranges that an extensive body of research - comprising over 3,000 published studies - has consistently shown to be effective. Furthermore, by delivering these targeted wavelengths at high power (also referred to as irradiance), the device allows you to achieve satisfying results in a more efficient timeframe.

Red Light Therapy (RLT) can be used for:

- › Enhancing your natural skin texture
- › Encouraging healthy circulation
- › Supporting your body during sports recovery
- › Promoting natural tissue repair
- › Reducing everyday inflammation
- › Providing soothing pain relief
- › Easing post-activity muscle soreness (DOMs)
- › Optimising sleep routine

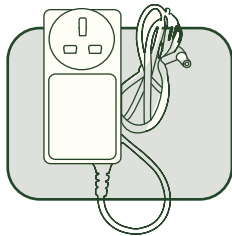
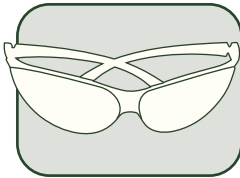
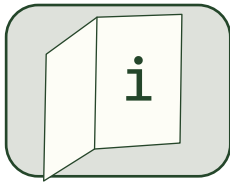
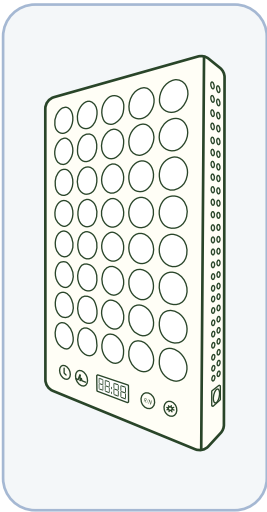


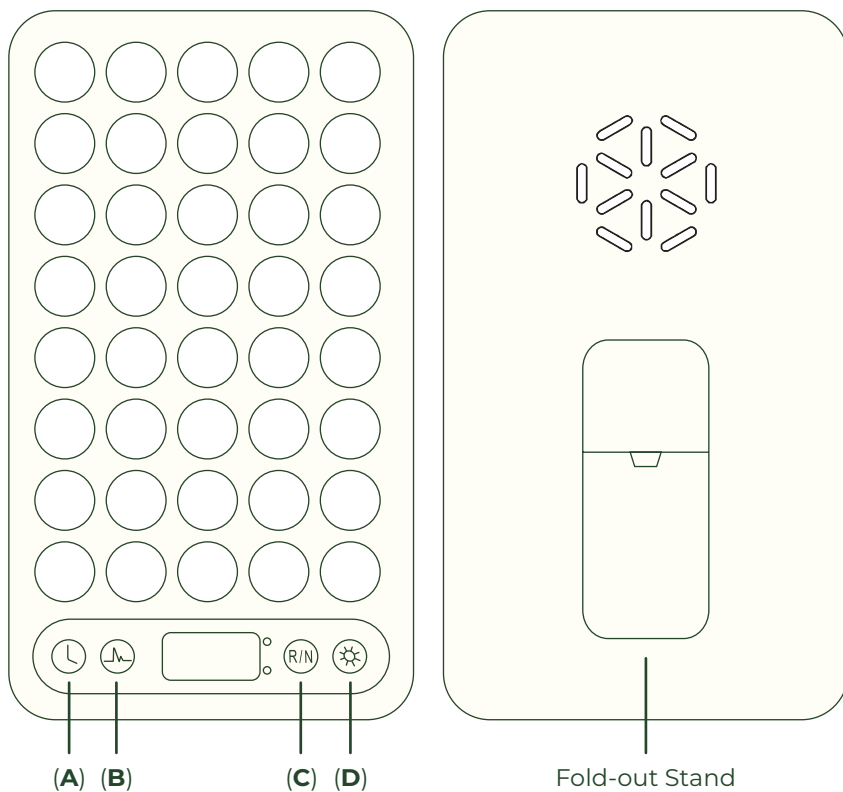
Product Information

Technical Specification

Parameter (unit)	Value
LED Power (W)	~50
Output Power (W)	40
Input Voltage (AC V)	100-250
LED Qty.	40
Wavelengths	5
Beam Angle (°)	140
Operating Temp. (°C)	-20 TO 40
Lifespan (Hours)	50000

Package Contents





- (A) Timer: 5 • 10 • 15 • 20 • 25 • 30 Minutes
(B) Pulse: 10 • 40 • 73 • 146 • 293 • 587Hz
(C) R / N: Red / Near-Infrared Light ON • OFF
(D) Brightness: 20 • 40 • 60 • 80 • 100%



Product Information Usage

1.

Where possible, remove items of clothing for the optimal treatment effect.

Position yourself within 0-30cm from the light panel, based on your desired wavelength and usecase.

(see page 10: "Distance and Focus")

2.

Choose the desired session time using the "TIME+" and "TIME-" buttons.

(see page 10: "Distance and Focus")

3.

Select the desired infrared light type - Red Light or Near-Infrared Light - using the "NIR" / "RED" buttons.

4.

Put on the provided glasses and remain in front of the light panel for the duration of your session.





For Systemic (Overall) Benefits

To support improved circulation, restful sleep, enhanced energy, healthy skin quality, and reduced inflammation, you should illuminate larger portions of your body. Stand a bit further back - ideally 30 to 60cm away. This distance offers a lower intensity that covers a wider area, making it ideal for overall health, though it does require a slightly longer exposure of 10 to 15 minutes per area.

For Localised (Targeted) Support

If you are focusing on deep muscle or joint benefits, pain reduction, athletic recovery, or increased cellular repair, closer placement is your best approach. Position yourself roughly 10 to 30cm from the device, noting that stepping in to 20 to 30cm provides the optimal higher intensity for those deeper tissues. This close proximity allows for a highly effective, shorter session of just 5 to 10 minutes per target area.

Session Length

A typical session is efficient, lasting between 5 and 15 minutes per treatment area. When aiming for full-body, systemic benefits, a total exposure time of 10 to 20 minutes is recommended.

Consistency is Key

Daily or near-daily sessions will yield the most rewarding results. However, we recommend taking one rest day each week to allow your tissues time for optimal recovery and adaptation. Regular use over weeks and months naturally builds cumulative, lasting results. While you might notice subtle shifts, like improved sleep quality, quite early on, the more visible benefits typically appear beautifully after 2 to 4 weeks of dedicated use.



Time of Day

Morning sessions are a great way to gently energise your body and help set a healthy circadian rhythm. Conversely, evening sessions can wonderfully promote relaxation and help improve your sleep quality.

Spot Test

Before usage of the red light panel, perform a photosensitivity test, to ensure infrared light therapy does not cause irritation or discomfort; Turn on the light panel and shine the light on an exposed part of your forearm, up to 30cm away, for 4 minutes. If you experience any discomfort or redness, you must seek professional advice from a professional before considering use.

Maximise Exposure

Because clothing significantly reduces the therapy's effectiveness, exposure to bare skin is ideal.

Protect Your Eyes

RLT is considered safe; however, it is best practice to avoid staring directly into the LEDs. When treating your face or upper body, simply keep your eyes gently closed or wear the supplied protective goggles for peace of mind.

Nourish from Within

Support your body's newly boosted cellular repair processes by staying properly hydrated and maintaining a balanced, supportive diet rich in antioxidants.



Time Limits

Stick to 5–15 minutes per target area, capping your total daily exposure at 20–25 minutes. Sessions exceeding 20–30 minutes per area offer no extra benefit.

Distance

Keep a comfortable distance of 15–30cm. Staying closer than 10cm for prolonged periods can cause overheating and skin discomfort.

Rest Days

Schedule 1 to 2 rest days per week. This prevents irritation and allows for optimal cellular recovery and responsiveness.

Monitor

Always pay attention to your body. If you notice irritation or fatigue, simply reduce your session time or step further back from the panel.

The Risks of Too Much RLT

Skin Irritation

Using the panel too close or for too long can result in redness, itching, dryness, or mild burns.

Eye Strain

Prolonged direct exposure can strain or harm your vision. Always protect your eyes and avoid staring directly into the LEDs.

Theoretical Stress

While RLT normally reduces oxidative stress, extreme overuse at high intensities could theoretically reverse this effect.



Safety Information CAUTIONS

DO'S

- › Ensure your mains supply rating corresponds with that stated on the rating label fixed to the appliance before making any connections.
- › Always install and position the panel in accordance with this guide. If in doubt obtain expert advice.
- › Only use this appliance for its intended use as described in this manual.
- › Always make sure the electrical socket is accessible after installation to allow for safe disconnection.
- › Always disconnect the panel from the electrical supply before carrying out cleaning or maintenance.
- › Always keep the specified amount of clearance around the appliance, free from obstructions. Never obstruct the air vents or cooling fans.

DON'TS

- › Never use aerosols, steam cleaners, or liquid solvents on or around the panel.
- › Never route the mains supply cord under carpets, rugs, or similar coverings.
- › Never allow the supply cord to touch hot surfaces.
- › Never sit, stand, or put weight on the product or its stand.
- › Do not use outdoors.
- › Keep the appliance away from areas of high humidity, water ingress, and areas of extreme high temperature.



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GUARANTEE

Your product carries a minimum 12 month guarantee from the date that the original purchaser receives it. If your product fails to operate to its specification due to faulty workmanship or materials during the guarantee period, we will either repair or replace the product. We will use our discretion to determine whether to offer a repair or provide a replacement. The product will not be covered by the guarantee if it has been misused, transformed, modified or altered in any way.

If your product fails within the guarantee period please ensure that you have all necessary documentation available including proof of purchase (receipt or invoice with serial number, location and date of purchase) in addition to all original undamaged packaging and leaflets etc. It is strongly recommended that you inspect your product carefully before it is used or installed. For full details of your product you should refer to the instruction manual which accompanies the product. You are strongly advised to read this manual carefully in its entirety and to retain it for future reference.

This product guarantee does not affect your statutory rights.



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