

For this reason any individuals with compromised liver or kidney function should not undergo red light therapy for slimming purposes.

### Get your doctor's permission before using your product if

- You have any serious illness or injury not mentioned in this guide.
- You have recently undergone a surgical procedure.
- You want to use it on a young child.

**Note: If you are in any other doubt about using your product, please consult your doctor before use.**

### ⚠ Adverse reactions

On very rare occasions, first-time users of red light therapy have reported feeling light-headed or faint. In this case start with a shorter treatment time and work your way up gradually. Please note that some reddening of the skin is quite normal during and for a short time after a treatment session.

### CARING FOR YOUR LIGHT THERAPY

- Your mat should not be allowed to get wet or be left in excessive sunlight.
- It may be cleaned regularly using a soft cloth, lightly dampened in soapy water.
- Do not use alcohol, spray aerosols or strong solvents on your mat.
- Access to the interior of the mat is not required for maintenance purposes.
- If your mat is damaged, you should not use it but should return it to us for a replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorized by us.

## WARRANTY CLAUSES

- 1) One year warranty from the date of purchase.
- 2) Free replacements are warranted for a period of three months.
- 3) Warranty does not cover the follow damage(s): product been modified, improper use, improper clean, electrical surges, or nature caused damage.
- 4) Warranty does not cover the loss of third party with directly or indirect damage(s).

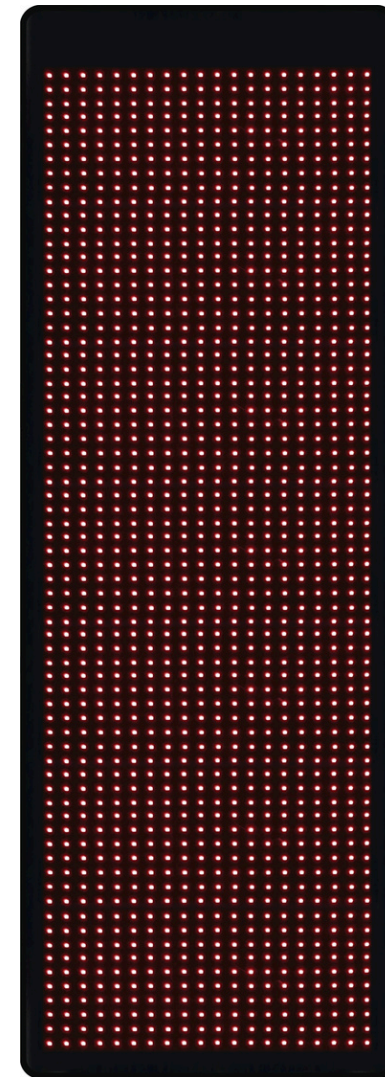
### Company: Lifelab BV

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**Lifelab.**  
Longer Better Living

# User Manual



## RED LIGHT THERPAY MAT

# Instruction

Dear respected customer,  
Thanks for choosing this product. We sincerely hope you are satisfied with our products and services. Please enjoy your lighting therapy according to the instruction below.

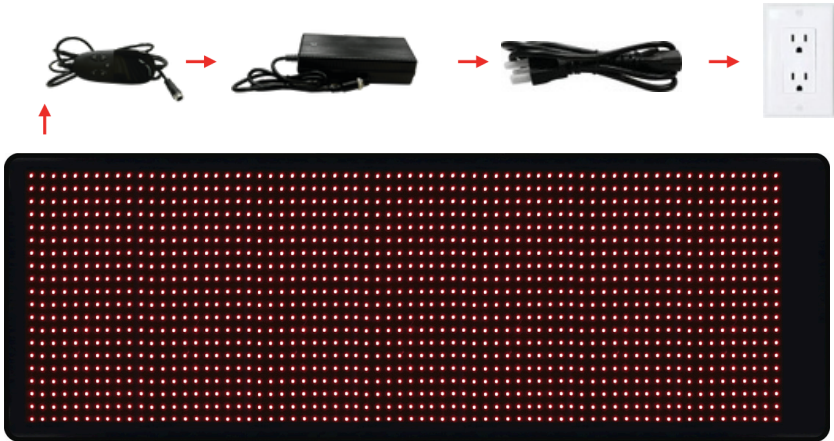
## Packages including

Red light therapy mat (180cm*63cm)	Controller	Power adapter
Power cable	User Manual	

⚠ Under no circumstances should you use anything other than accessories. Any others may not be compatible with your mat and could degrade the mini-mum safety levels.

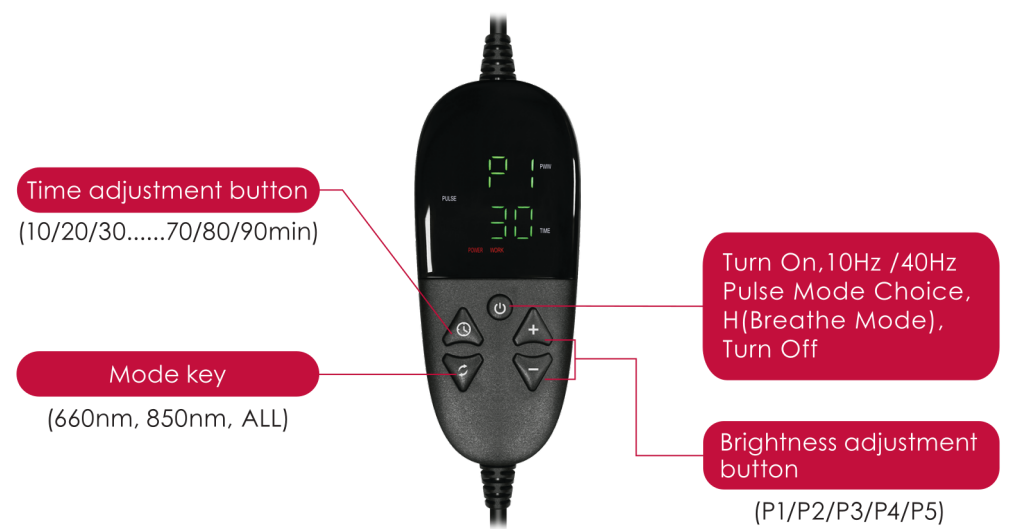
## Setting up your red light therapy mat

1. Connect the remote control cable to the DC power port attached to the light therapy mat.
2. Connect the other end of the remote control cable to the power adapter.
3. Plug the power adapter into a regular wall outlet.
4. Use the remote control to power the mat on and off by holding the button down for 3 seconds.
5. Once the session is finished, unplug the power adapter from the wall outlet.



**IMPORTANT:** Please ensure you only use the adapter supplied by us.

# Controller instructions



At the end of the session your red light therapy mat will stop automatically. However, to switch off your mat at any time during a session, press and hold the on/off button for 3 seconds. You should see the display turn off.

## Suggested usage and frequency

To get the most of your mat please follow this treatment chart.

Treatment	Time	Weekly
Fat loss	20 mins	3-5X
Cellulite	20 mins	3-5X
Wound healing	10 mins	3X
Plantar warts	20 mins	1X
Muscle gain	20 mins	3-7X
Recovery	20 mins	3-7X
Herpes simplex	30 mins	3-7X

Treatment	Time	Weekly
Chronic fatigue	30 mins	3-7X
Oral health	10 mins	2X
Fertility	10 mins	3-7X
Pain	20 mins	4-7X
Arthritis	20 mins	3-7X
Carpal tunnel	20 mins	5-7X
Inflammation	20 mins	2-5X

## Contraindications & adverse reactions

### Contraindications

Alternatives should not be used by pregnant women or individuals with active cancer. When the light empties the cell, the liver causes fatty acids and triglycerides to be voided from the body, a process in which the liver plays a critical role.