LUX
THERAPY

User Manual

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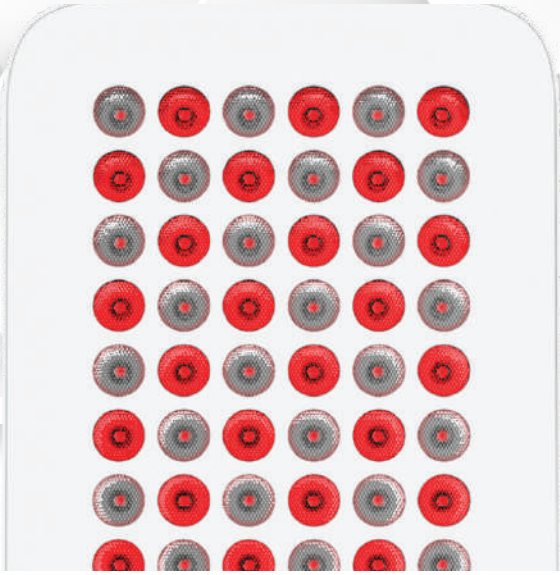
POWERFUL. PERFECTLY BLENDED. PERSONALIZED.

Lux Personal combines four powerful wave-lengths of light & fetures dual spectral output, utilizing a perfected blend of red light (consisting of both 630nm and 660nm wavelengths) alongside optimized near-infrared light (consisting of both 830nm and 850nm wavelengths).



The device also includes a fully digital LED control panel with a built-in timer, allowing users to select personalized treatment times based on their unique desires and requirements, and an integrated kick-stand to uniquely position the device.

DISCLAIMER

Lux Therapy Red Light products are not intended to diagnose, treat, cure, or prevent any disease.

Our products are low-risk, general wellness products that do not require FDA clearance, in accordance with the "General Wellness: Policy on Low-Risk Devices" draft released January 20, 2015.

We are not medical Doctors or claim to be. We take great effort to present what we consider to be accurate information and scientific studies.

The medical/health information is provided for general information and educational purposes only and is not a substitute for professional advice. Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals.

The use or reliance of any information contained on this site or our mobile application is at your own risk. Results may vary.

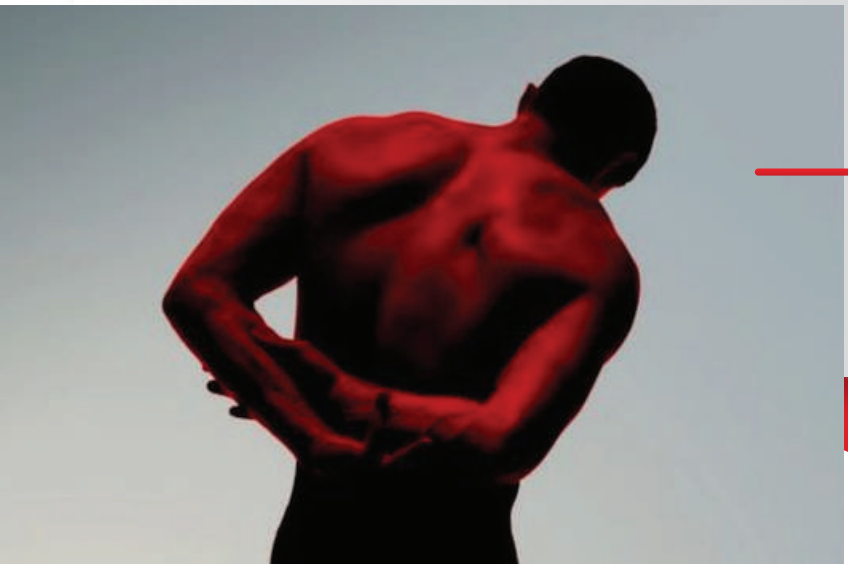
Children under the age of 16 should be supervised by a parent or guardian to ensure they understand how to properly use light therapy.

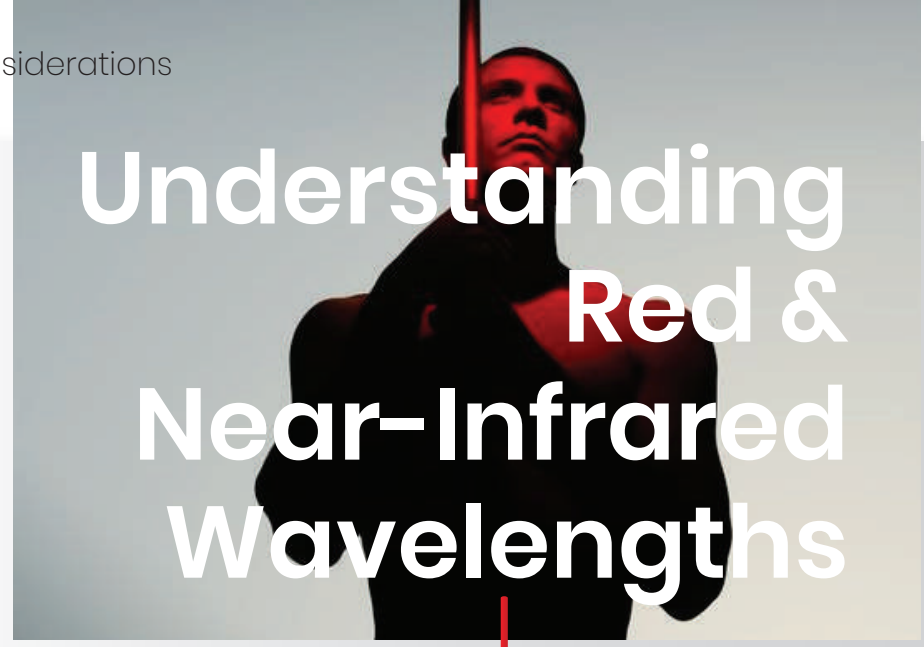
If you are pregnant, recovering from or going through Chemo Therapy, or have any other medical issues of concern, please contact your physician before starting any light therapy treatments.

SAFETY CONSIDERATIONS

Use of a Lux Therapy device in any way other than those described in this manual voids the warranty and could result in serious injury. Lux Therapy Lights are electrical devices. To avoid electric shock , adhere to the following safety considerations:

- Keep Dry.
- Do not get the device wet or submerge in water.
- Ensure skin is clean and free of makeup, In the morning use prior to applying therapeutic creams and in the evening, before applying nightly treatments.
- Do not clean electrical parts with water or liquids.
- Do not touch the device, plugs, or switches with wet hands.
- Do not apply or touch the device to wet or damp skin.
- Do not pull, carry, or lift the device by the cord. Discontinue use if the cord is damaged.
- Do not use the device if it has been dropped, left outside, or has encountered liquid.
- Do not use on or near heated surfaces.
- Do not modify or attempt to modify or repair the device. User-ser viceable parts are not available.
- Do not use / store your device in temperatures reaching or exceeding 130°F (54°C).





Understanding Red & Near-Infrared Wavelengths

SUNLIGHT is broken down into three major components: Visible light, ultraviolet light, and infrared light.

Vitamin D producing ultraviolet light and red light wavelengths contribute to the enhanced sense of well-being we experience after a few hours outdoors.

LED light therapy devices can harness the regenerative healing of red light wavelengths, without the more problematic UVA and UVB light rays that can cause skin cancer and premature aging found in unfiltered sunshine.

LED light therapy is the therapeutic science of utilizing red and near-infrared light wavelengths to assist with the treatment of health conditions and promote general well-being.

When used properly, red light therapy has the potential to improve cellular health, increase testosterone, reduce pain, Improve circulation, and reduce inflammation, amongst other things.

Combined with a healthy lifestyle, many have incorporated red light therapy into their daily regimen, improving overall health and wellness.

DURING LED LIGHT THERAPY TREATMENT, chromophores within our cellular mitochondria absorb red and infrared light photons and convert them into energy. You could compare this process to photosynthesis, where plants absorb sunlight and convert it into complex molecules. In LED light therapy, we absorb the energy of the red light photons to enhance our cellular potential, promote oxygen utilization within the cell, and generate ATP, or cellular fuel.

Mitochondria are the powerhouse of cells, responsible for making adenosine triphosphate (ATP), the cell's form of energy, and enhancing the consumption of oxygen. Improving the performance of mitochondria in the body improves the body's overall performance and health. There's nothing mystical about it. The process by which red light transforms bodily tissue at a cellular level has been scientifically proven.

Once this red light energy has been absorbed by the body, it is then used by the cells to build new proteins such as collagen and elastin and to assist with cellular regeneration. Light Therapy gives cells a helping hand, ensuring mitochondria reach their potential by providing them with a full tank of fuel resulting in optimal performance in the organism.

How Red-Light Therapy Works

In The Box

1X Travel Case

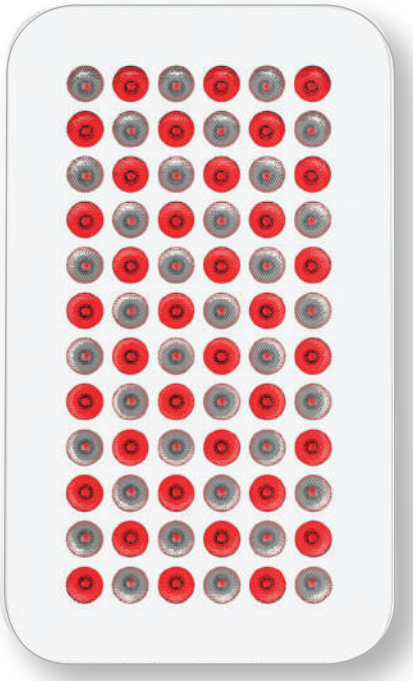
1X Stainless Steel Base

1X Door Hanger

1X Bluethooth Earphones

1X UV400 Sunglasses

1X Earplugs



1X Lux Personal Device

1X Sleeping Mask

1X Tension Clip

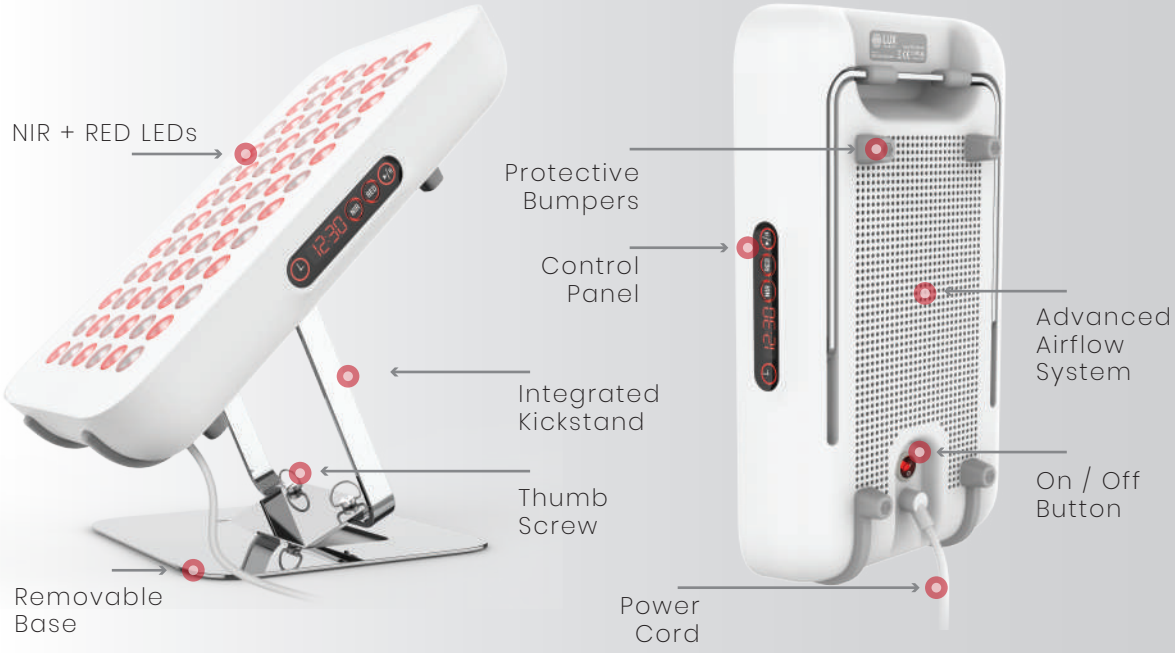
1X Door Opener

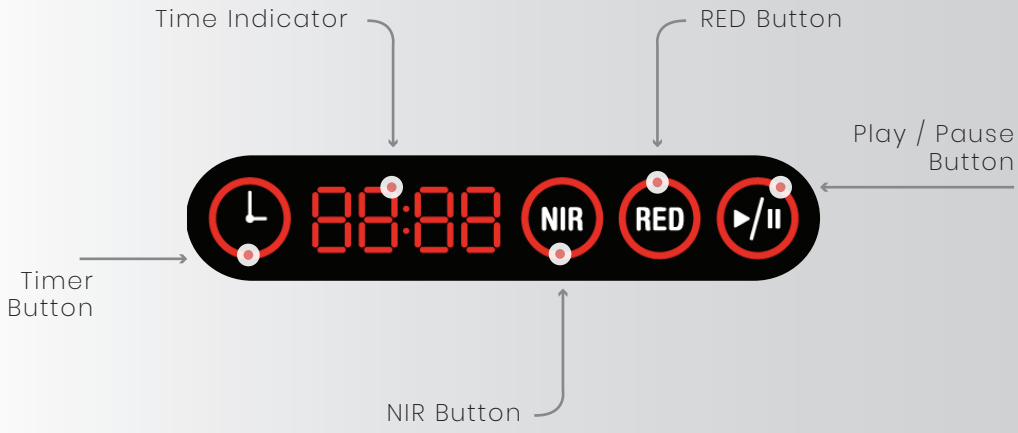
2X Extra Thumb Screws

1X Cleaning Cloth

1X Door Hook

Product Features





SPECIFICATION

Optical Irradiance	> 100 mW / cm2
Frequency	50/60 HZ
Warranty	2 Years
LED Bulbs Lifetime	50,000 hours
Weight	With the base 5.5 KG = 12.1 LBS Without the base 4.4 KG = 9.7 LBS
Dimensions	16.06 x 9.45 x 2.64 INCH (408 x 240 x 67 MM)
LED Type	3W SMD-type
LED PSU	Input 100-277 VAC, Output 20-40 VDC 1250-mA
LED Quantity	72pcs - 36 Red + 36 Infrared 18 x 630 nm | 18 x 660 nm | 18 x 830 nm | 18 x 850 nm
Auxiliary Power Supply	Input 100-277 VAC, Output 12 VDC 700-mA

CERTIFICATIONS

EMC · RoHS COMPLIANT · FC · IEC 62471

Product Tech Specs

Lux devices are including a smart heat dissipation system to cool the LEDs and ensure your device is always operating in the right temperature zone. Therefore, your Lux's cooling fans may run for several more minutes after you turn your device off.

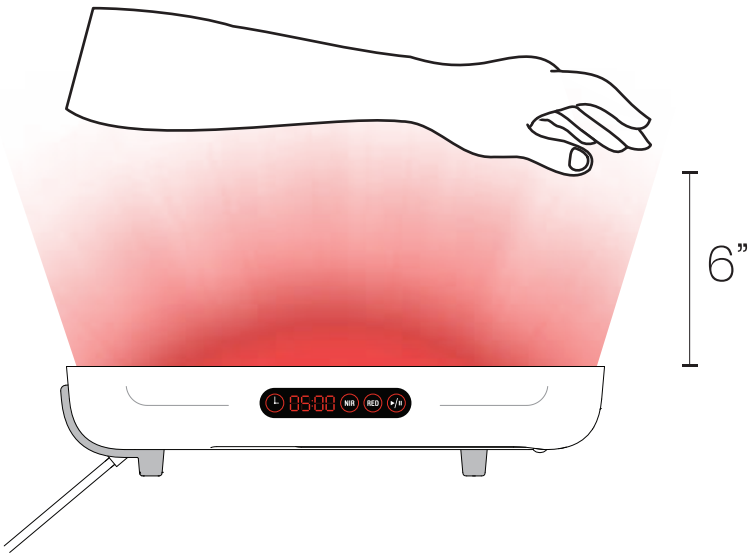
SAFETY PRE-TESTING While studies have shown red light therapy to be safe and effective for most users, those with a history of photosensitivity should consult their doctor before use. Those who may experience photosensitivity reactions must be cautious before using light therapy. A skin sensitivity test is recommended for all users before using any light therapy device because different individuals respond differently to light treatment. Most will have no negative reaction while some might develop redness or irritation.

1 We recommend that you perform a short light sensitivity test on the forearm area at a close distance of **3-6 inches.**

2 After performing the test, **if there is no discomfort** or redness within 10mins, it is unlikely that you are photosensitive.

3 Various areas of the body have different levels of sensitivity, try a **5-minute** session for each desired treatment area at a distance of approximately 6-12 inches from the device.

4 **If any excessive redness, irritation, sensitivity**, or discomfort is observed, decrease the exposure time or increase the distance to the light.



INSTRUCTIONS

1. Tap Timer button five times to set 5min

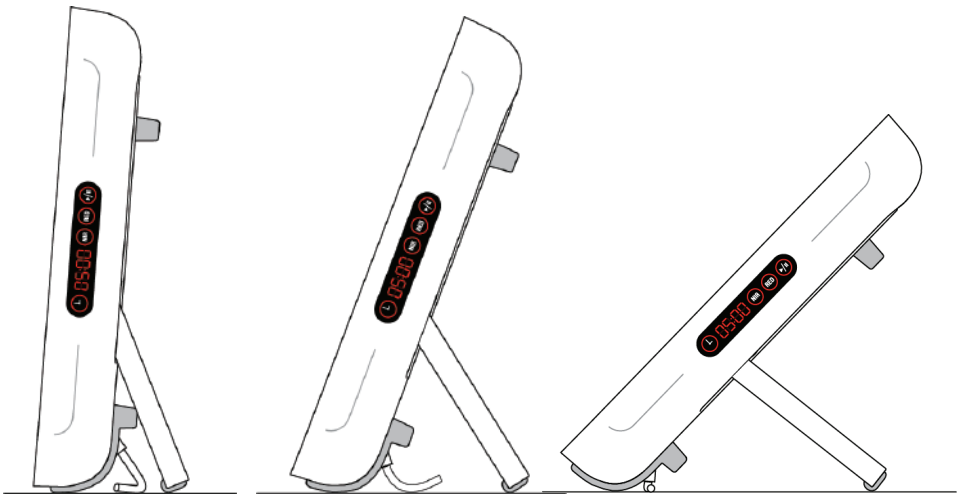
2. Tap "NIR" button once

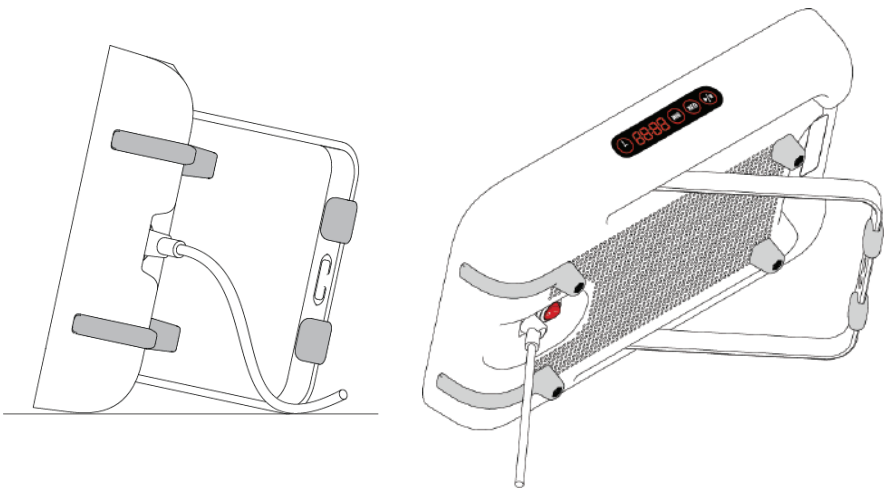
3. Tap "RED" button once

4. Tap "Play/Pause" button once

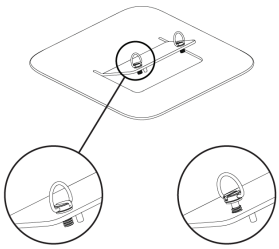
Use of a Lux Therapy device in any way other than those described in this manual voids the warranty and could result in serious injury.

KICK-STAND ROTATION Integrated Kick-Stand is here to give you as much flexibility positioning your Lux device to suit your treatment location and position, it can be Portrait mode and can be positioned landscape mode!



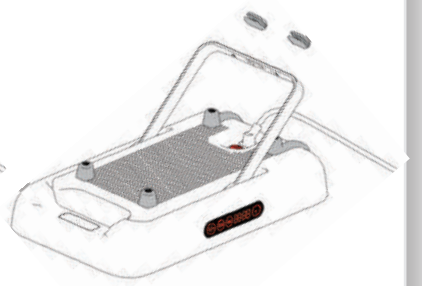


PREPARE YOUR LUX FOR BASE PLATE CONNECTION



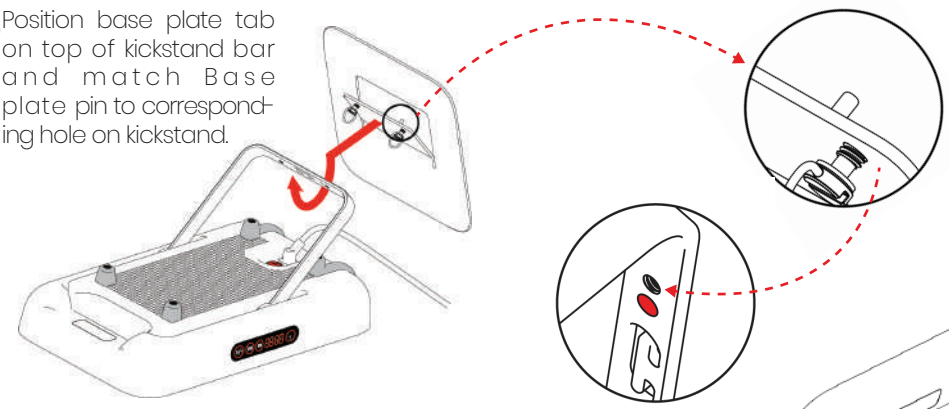
1. Make sure Thumb screws' bottom is flush with underside of Base Plate

2. Position your Lux face down on a soft surface so as to not scratch or damage the lenses and front panel.



3. Remove Kick-stand bumpers. Remember to keep them for later use, in case of loss see additional spare bumpers in package

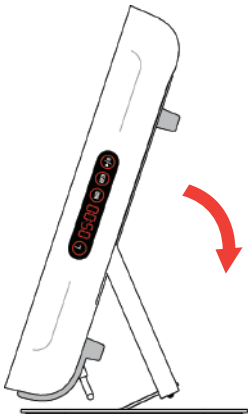
4. Position base plate tab on top of kickstand bar and match Base plate pin to corresponding hole on kickstand.

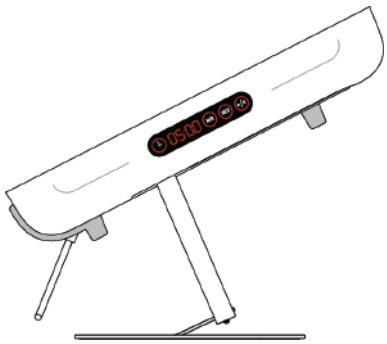


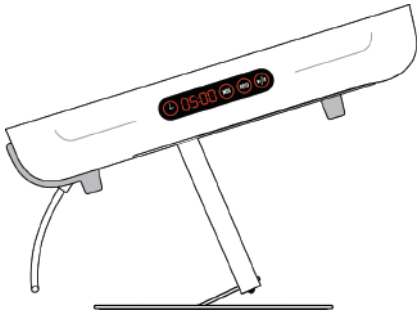
5. Rotate screw heads to secure Base plate to Kick-stand

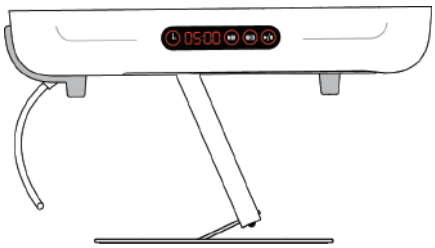
BASE PLATE ROTATION once Kick-Stand secured to accessory base, you will be able to enjoy a 160 degree of freedom to adjust the angle of light to your desired treatment area.

160°



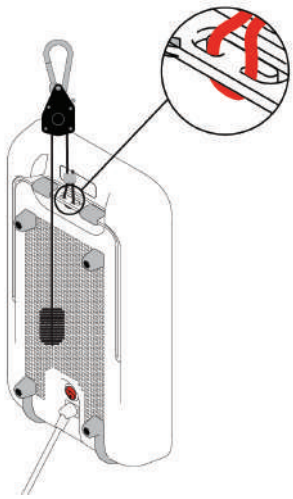






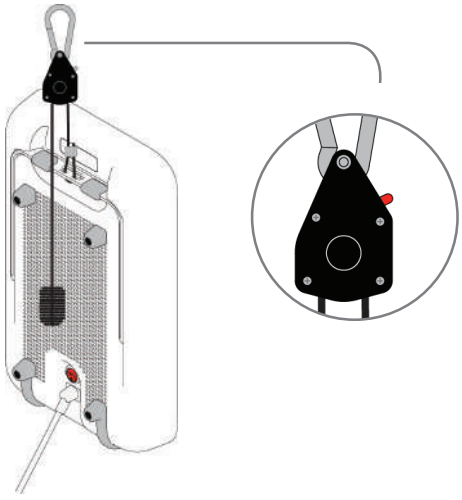
CONNECTING YOUR LUX WITH ADJUSTABLE WALL HANGER

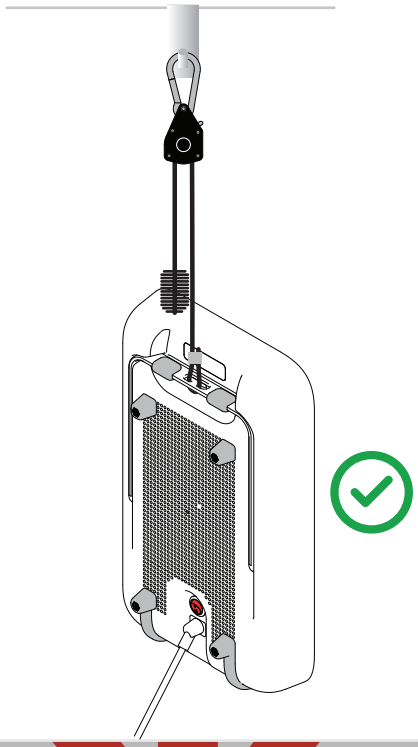
Thread Hanger cable loop into “T” hanger situated at center of Kick-stand



ADJUSTING YOUR LUX HEIGHT

Press down on wall hanger lever and pull cord to reach desired length





HOW TO BEGIN WITH RED & NIR LIGHT THERAPY?

The beauty of red light therapy is that side effects are minimal, if not non-existent. However, we still recommend that you begin slowly to make sure you respond positively to treatment. After you've performed the light sensitivity test (page 11), start with 6-10 minutes, 3-4 times a week for the first week. Gradually increase the duration of treatment and frequency of sessions to satisfy your individual treatment needs.

For optimal cellular benefit, including deep tissue treatment, we recommend building up to 10-20 minute sessions for each desired treatment area. It is typically not recommended to surpass 20-minute sessions. If the light is used for too long, there could be a cellular response called "biphasic response", which essentially inhibits results and decreases effectiveness.

Noted times are recommended based on a distance of 6-12 inches from the light. Optimal distance will vary based on the individual user and their unique responses to light. Give yourself time to determine what distance works best for you and your unique situation.

WHAT TO EXPECT DURING?

Results vary by individual. Some users may feel a gentle warming of the skin or a tightening sensation. As previously mentioned, it is important to temper your body to the device and its effects. Start slow and work up to longer sessions. If you experience any discomfort, increase the distance from the light, or reduce the duration of treatment.

WHEN WILL YOU SEE RESULTS?

Users may notice improvements to sore muscles and general aches rather quickly, however, when combined with a healthy lifestyle, chronic conditions like psoriasis oreczema typically take longer to heal and will require more sessions to achieve results. The process to regenerate new cells and capillaries is slow, but with time and patience and depending on the severity of the condition, results are typically achieved in one to two months .

SETTING TREATMENT TIME

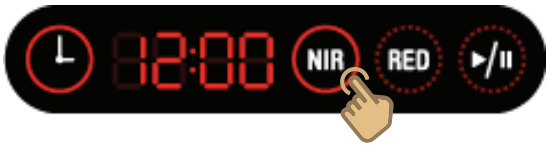
1. when device is on all rings are blinking, blink = awaiting press

2. Tapping once on "Timer button" adds 1min to treatment time

3. Holding "Timer button" adds 5 min to treatment time

4. Choose your treatment time (12 min example)

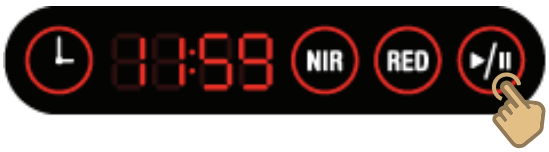
5. Tap "NIR" button to choose 830 + 860 nm treatment



6. Tap "RED" button to choose 630 + 660 nm treatment

7. Tap both "NIR" and "RED" buttons to choose 630+660+830+860 nm treatment

8. Tap Play/Pause button to start treatment. 8a. Tap again to pause 8b. Long press to resettimer



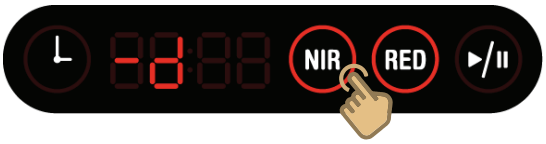
SETTING BUTTONS VOLUME

1. Long press 3 sec on NIR Button to enter button volume control. once succees, a sound of three beeps will be played for indication

2. Factory default will be set on factory default volume -dd

3. Tap on RED to increase volume to max level -ddd

4. Tap on NIR to decrease volume to min level (mute the beep sound) -d



5. **Error 1** System overheat, move light away from wall or external heat source & keep vent holes clear of any obstruction, system will cool down to a safe temperature & will resume functioning.

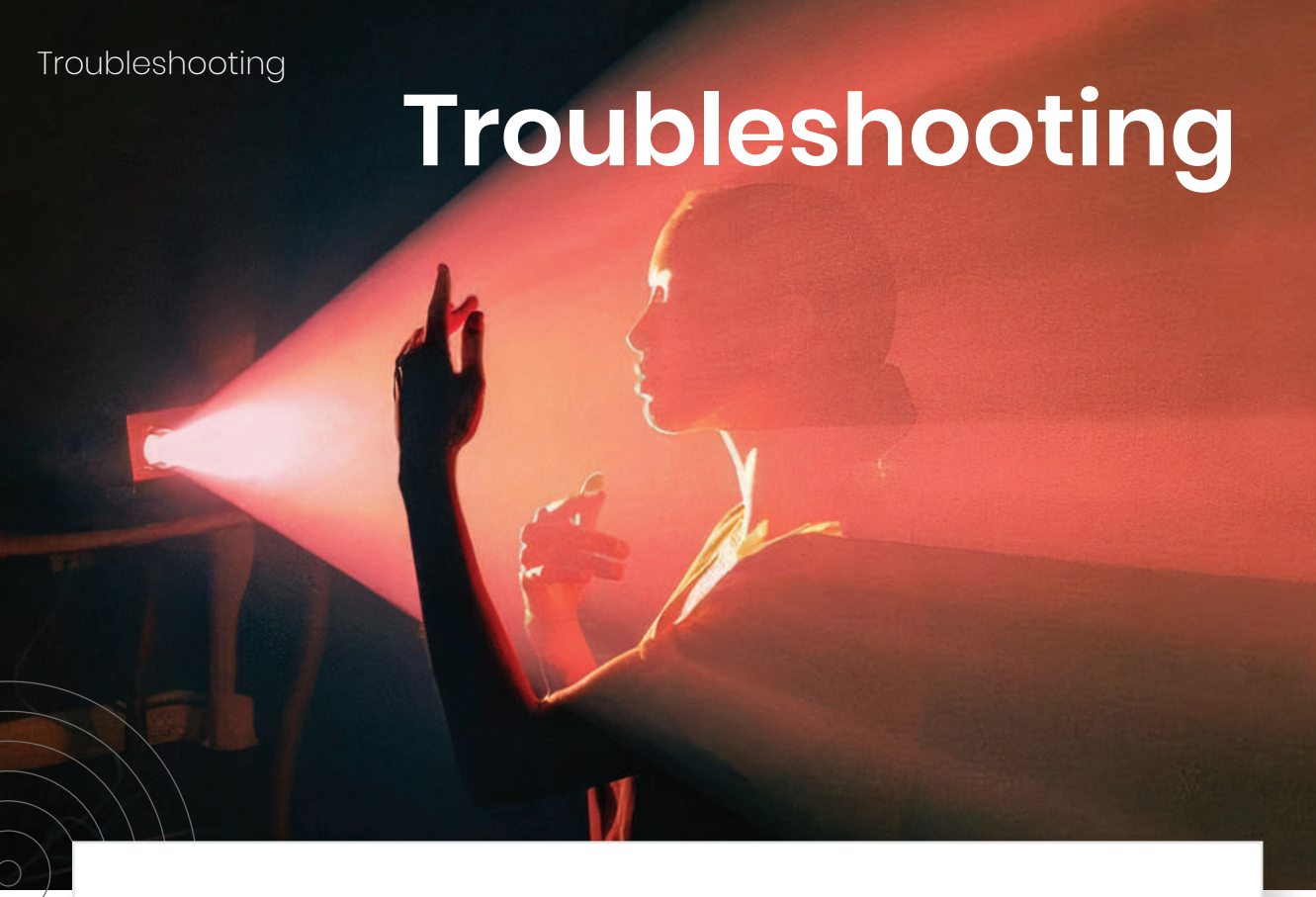
DO NOT USE WATER OR LIQUID CLEANERS. ALWAYS UNPLUG THE DEVICE BEFORE CLEANING. SPOT CLEAN WITH A DRY MICROFIBER CLOTH TO REMOVE DUST AND FINGERPRINTS.

WIPE FRONT WITH CLEAN SOFT DAMPENED CLOTH. IT IS ONLY NECESSARY TO USE WATER, OR A DILUTED WATER/ALCOHOL COMBINATION. DO NOT USE HARSH ABRASIVE CLEANERS ON YOUR

DO NOT SUBMERGE DEVICE, SATURATE OR SPRAY SOLUTION DIRECTLY ONTO YOUR DEVICE, AS THIS COULD RESULT IN INJURY AND OR DAMAGE TO YOUR PRODUCT.

Caring For Your Device

Troubleshooting



SOME OF THE LED LIGHTS LOOK LIKE THEY ARE NOT WORKING?

Remember that we use NIR infrared LED in our lights. These specific wavelengths are near the end of the visible spectrum and are virtually invisible to the human eye. It is normal for the NIR LEDs to appear like this but be assured they are working and interacting with your body at the cellular level.

WHY IS MY DEVICE NOT LIGHTNING UP?

Initially check to make sure that the power cord is fully plugged into the wall socket. Next, try to connect the light into an alternate outlet. If the panel is still not lighting up properly, check to make sure that the master power switch on the back of the device is flipped on and illuminated. Please contact us for further assistance if the problem persists.

Visit our website for answers for frequently asked questions

luxtherapy.com

If you have a question that isn't answered in our online FAQs, please reach out to our customer service department at

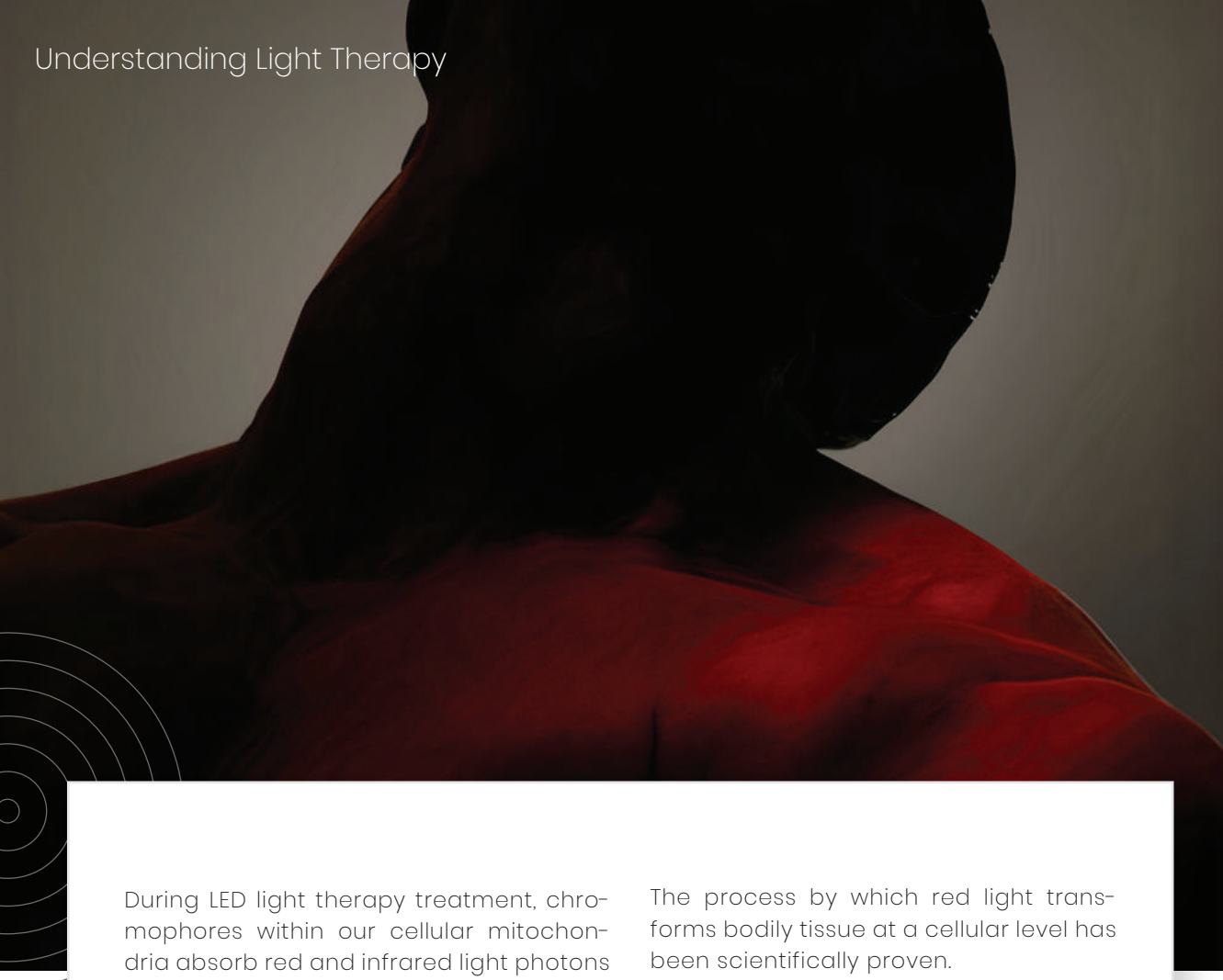
hello@luxtherapy.com

UNDERSTANDING LIGHT THERAPY

LED light therapy offers many benefits including, but not limited to, relieving minor aches and pains, improving skin quality, and easing side effects of traumatic brain injuries.

Light therapy is among the earliest recorded healing modalities. Forms of light therapy were first used by the Egyptians followed by Greeks and other ancient civilizations. Wavelengths of light that meet a specific measurement have unique effects & benefits. For example, 650-850 nanometers (nm) is extremely beneficial and often referred to as the "therapeutic window". These wavelengths of light are bioactive in humans, which means they have various biological effect on the body. Our bodies need light to be healthy and clinical studies are now revealing why and what is happening at a cellular level. These studies established how different wavelengths of light affect cells, the ailments that can be successfully treated using light therapy, and the optimal conditions needed to absorb the benefits of light-based treatments.

Many light wavelengths are effective and offer health benefits, although certain wavelengths are more powerful than others–particularly those that fall between 600-700 nanometers (nm) & 800-900 nanometers (nm). Red light in the 600-700 nm range can penetrate into the upper surfaces of the skin, offering rejuvenating and balancing outcomes for a range of topical health conditions. Whereas Near-Infrared Light in the 800-900 nm can penetrate deeper into the body, and increase cellular efficiencies with bones, ligaments and other tissues.



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Frequently Asked Questions

THE TOUCH PANEL FORMERLY MAKE A BEEPING NOISE, BUT NOW IT IS SILENT?

Your Lux Therapy device is designed with adjustable touch panel volume control. The controls could have been accidentally placed into silent mode. Please refere to page 20 in your User Manual for instructions on changing your volume controls.

I'VE MISPLACED THE SCREWS TO THE POSITIONING BASE, WHAT DO I DO NOW?

Please refer to the additional accessories that were included with your original purchase. You will find that we included extra positioning base screws in case you have miss placed either of the original screws that were included. If need for extra screws, please contact our customer service department, and we'd be happy to provide you a solution.

IS IT IMPORTANT TO USE THE INCLUDED ITEMS IN THE TRAVEL KIT WHILE I'M DOING MY TREATMENT?

The travel kit is included as a way to improve your habits. We believe that routines will become habits when they are comfortable and enjoyable, and that is why at Lux Therapy our devices provide the most convenient and comfortable light therapy treatment solutions on the market. All of the the items in the kit have been carefully selected to create a wellness routine that will become a habit that you love.

60 DAY SATISFACTION GUARANTEE. If within 60 days of your order date, you are unsatisfied for any reason, you may return your purchase to us for a refund. Contact hello@luxtherapy.com to request return instructions.

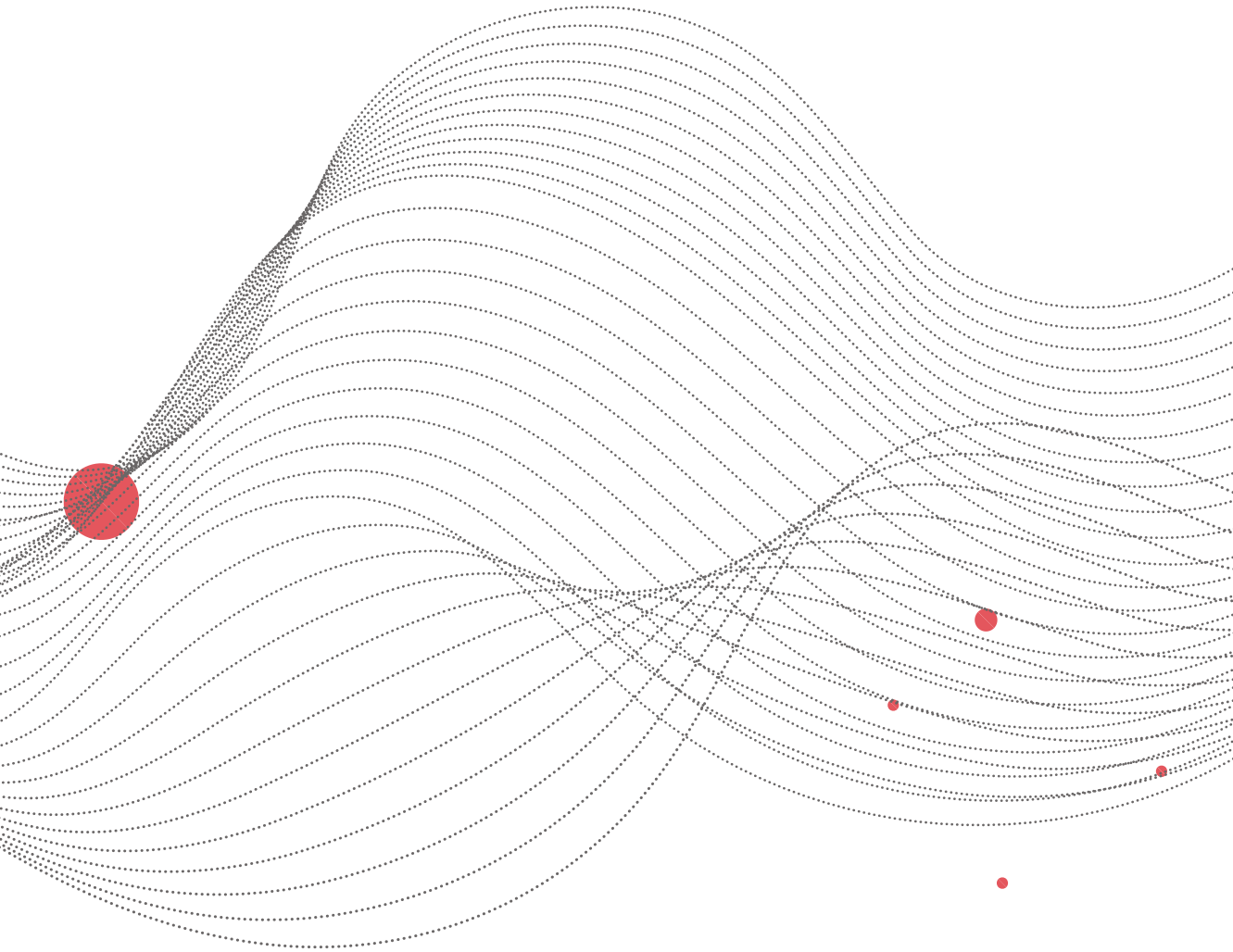
2 YEAR WARRANTY. Within three years of your purchase, if the device is not working properly due to a manufacturer's defect, we will repair or replace it. Determination of the solution will be assessed on a case by case basis, and we will work to ensure you are up and running as quickly as possible. Contact hello@luxtherapy.com with all warranty inquiries.

RETURN POLICY. When returning a non-defective product, the customer is responsible for all shipping expenses. Shipping charges are non-refundable. Products must be returned in their original packaging with all original parts and accessories or the shipment will be refused by the warehouse. A refund will be issued after the product is received and inspected by Lux Therapy for damage or missing accessories. If the returned device is damaged or returned in an un-sellable condition, the shipment will be refused/returned to the sender. Applicable refunds will be applied to the payment method used in the original order. A 20% restocking fee will be charged for any elective returned purchases after the 60-day return window.

Lux Therapy will assess each warranty claim on a case by case basis. Resolution of warranty claims may include but is not limited to the following: Shipment of a replacement part or parts, phone, chat, or email support to troubleshoot a solution, product replacement. Warranty is valid for three years from the date of purchase. Any and all customer damage to light is not covered under warranty. This includes breakage/damage from dropping, misuse, or tampering with the light and/or attempting to make repairs without prior authorization.

Any shipment that was shipped correctly but is subsequently refused by the recipient, unable to be delivered, or is returned to our warehouse will incur a flat $50 fee to compensate return shipping, warehousing, and receiving expenses.

The 2-year warranty is valid only to the original purchaser if purchased directly from www.luxtherapy.com or an authorized re-seller and is non-transferable.



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