RLT HOME

NEXT GEN RED LIGHT THERAPY

User Manual

TOTAL SPECTRUM Mini/Compact & Max

RedLightTherapyHome.com

Instructions

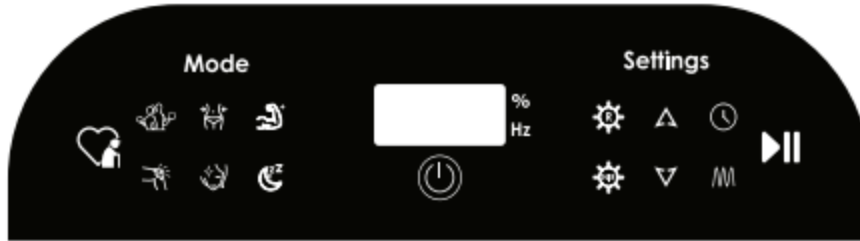**TotalSpectrum MINI, COMPACT & MAX**

Hello!

Welcome to the world of Science backed Red Light Therapy by RLT Home.

We hope these world class patented panels will help you on your recovery journey.

Please wear protective eye-wear/goggles provided or close eyes when using our panels. And remember, we are a quick live chat away at redlighttherapyhome.com . **Pop in anytime.**

Quick Setup

Touch keys Instruction

| Mode | | Settings |

⏻	Power ON/OFF
	Run **Fitness** mode	☀	Set **Red** channel intensity (Max 100%)
	Run **Fat burning** mode	☀	Set **NIR** channel intensity (Max 100%)
	Run **Muscle recovery** mode	◷	Set running **Time** (Max 60min)
	Run **Inflammation** mode	⋀⋀	Set **Pulse** value (Max 9999Hz)
	Run **Skin care** mode	△	Increase a value (press&hold to jump values)
	Run **Sleep optimization** mode	▽	Decrease a value (press&hold to jump values)
	Run **Elderly health** mode	▶‖	Pause / Play

Key Settings

After connecting the power, ⏻ will be slightly bright, touch ⏻ to unlock keys.

Set defaulted modes:

Touch each mode to begin a default mode directly after turning on the light.
(To exchange modes, please touch the key ▶‖ first).

Set customized mode:

Touch ☀ / ☀ / ◷ / ⋀⋀ , then touch △ / ▽ to set all the values (the value will be saved automatically after touching another key), if one or more values are not set, it will run the default value: R100%, NIR100%, 20min, 0Hz.

Touch ▶‖ directly after turning on the light to run the setup(last customized) mode.

*BM household series lights up gradually in 10s.

Voice settings

Wake-up: Hi/Hello BioMol *[baɪˈmɔl]*	**- Reply: Yes, I am here. (Valid for 15s)**
Command: Turn on the light	- Reply: Okay~
C: Run Fitness mode	- R: OK, Fitness mode is on
C: Run Fat burning mode	- R: OK, Fat burning mode is on
C: Run Muscle Recovery mode	- R: OK, Muscle Recovery mode is on
C Run Inflammation mode	- R: OK, Inflammation mode is on
C: Run Skin Care mode	- R: OK, Skin Care mode is on
C: Run Sleep Optimization mode	- R: OK, Sleep Optimization mode is on
C: Run Elderly Health mode	- R: OK, Elderly Health mode is on
C: Run Setup mode	- R: OK, Setup mode is on
C: Volume up/down	- R: OK (10% each order)
C: Turn off the light	- R: Goodbye, see you soon

*Press ▶‖ 3s to turn on/off the voice control function.

Cooling

Every panel has *silent* inbuilt fans to cool the unit.

TotalSpectrum MINI: **1 Fan**

TotalSpectrum COMPACT: **2 Fans**

TotalSpectrum MAX: **4 Fans**

Pre-Built Performance Modes

Our patented technology ensures that you receive the correct spectrum of wavelengths and their strengths depending on your desired result.

Default Pulsing Settings:

Fitness Mode: **Yes**

Fat Burning Mode: **Yes**

Muscle Recovery Mode: **Yes**

Inflammation Mode: **No**

Skin Care Mode: **No**

Sleep Optimization Mode: **No**

Elderly Health Mode: **No**

Setup Mode: **You can choose**

Each performance mode has custom, patented pulsing/wavelength/time settings that are known to work best, based on various studies.

The 6 wavelength bands are divided into **2 groups**: Red is 610nm 630nm 660nm, NIR is 810nm 830nm 850nm. **For each mode, different percentages of red & NIR irradiances, along with different session times have been pre-programmed.**

In the 7 presets described above, light intensities are pre-programmed based on scientific research. In all presets, **both sets of Red and NIR bands are used at different irradiances**.

Distance from the Panel

The TotalSpectrum panels have very high irradiance per cm2 (detailed below) and therefore the following distances must be adhered to, depending on your personal skin sensitivity and severity of condition.

Fitness:
Typical Distance: 6-24 inches
Note: Engaging in light exercise while receiving therapy might require adjusting the distance for comfort and effectiveness and that's okay.

Fat Burning:
Typical Distance: 6-12 inches
Note: Larger treatment areas might require moving the panel or body to ensure even exposure.

Muscle Recovery:
Typical Distance: 6-12 inches
Note: For deep muscle recovery, proximity might be adjusted based on comfort and targeted muscle group.

Inflammation:
Typical Distance: 6-24 inches
Note: Chronic conditions or acute inflammation might require adjusted distances based on comfort and response to therapy. For severe cases, start further away and close up if there are no adverse effects.

Skin Care:
Typical Distance: 6-12 inches
Note: Sensitive skin or specific skin conditions might necessitate adjusting distance and duration.

Sleep Optimization:
Typical Distance: 12-18 inches
Note: Depending on the person's sensitivity to light, distance might be increased to ensure comfort while promoting melatonin production.

Elderly Health:

Typical Distance: 6-12 inches

Note: Considerations for mobility and comfort might require adaptations in how the therapy is administered.

Exceptions and Special Considerations:

Sensitivity to Light: Some individuals may be more sensitive to light and might require adjustments in distance to ensure comfort and safety during sessions.

Specific Medical Conditions: Certain medical conditions or the presence of implants/pacemakers might necessitate modifications in how the therapy is used.

Pregnancy: Pregnant individuals should consult healthcare professionals before using red light therapy to ensure safe practice.

Children: Children's use of red light therapy should always be under supervision, and special care should be taken to ensure safe distances and intensities.

Always prioritize safety and comfort during sessions and observe any reactions or responses to the therapy to adjust as needed.
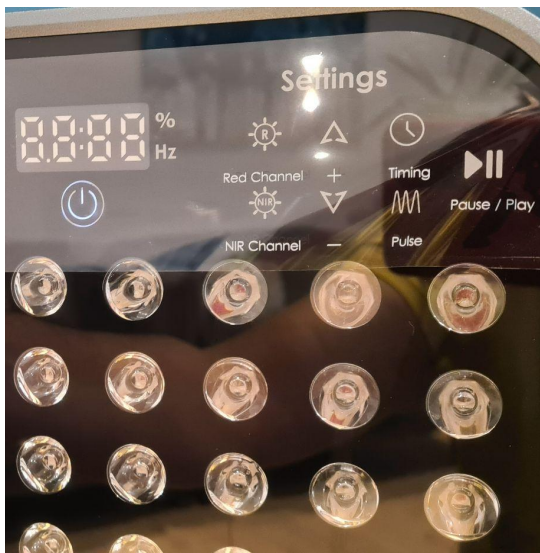
Advanced User Guide: Customizing Pulsing, Wavelengths, and Session Times

Pulsing: This refers to the modulation of light output. Pulsing controls the frequency at which the light is emitted, measured in Hertz (Hz). It alternates the light between on and off states, potentially optimizing the therapeutic effects for certain applications.

Wavelengths: Wavelengths determine the color and depth of penetration of the light. Red and Near-Infrared (NIR) light wavelengths are commonly used in light therapy, each having distinct therapeutic properties.

Session Times: This refers to the duration for which the light therapy is administered. Different session times might be recommended based on the desired therapeutic outcome.

Customizing with Setup Mode

If you're an advanced user with specific knowledge of the desired intensity, wavelength, and pulsing required for your therapy, the device allows you to manually set these parameters using the Setup Mode.

How to Manually Configure Settings:

Entering Setup Mode:

You can initiate the Setup Mode using voice commands. Speak clearly and say, "Start Setup Mode" to enable custom settings.

Customizing Pulsing:

Once in Setup Mode, pause the panel operation.

Press the pulse button (refer to the visual guide in your manual for button identification).

Adjust the pulsing between 0 and 999 Hz as per your requirement. A lower Hz means fewer pulses per second, while a higher Hz means more frequent pulsing.

Adjusting Session Times:

Session times are pre-programmed in the device based on recommended durations for various applications (preset modes like fitness, fat loss etc).

You have the flexibility to override these preset times by manually adjusting the session duration in the Setup Mode.

Post-adjustment, confirm your session time, and the device will adhere to this custom duration, automatically shutting off when the set time elapses.

Modifying Wavelengths (if applicable):

You can also adjust the intensity of the Red and NIR light, tailoring the therapy to your specific needs.

Starting your session

After configuring your settings, you can commence the light therapy session by pressing the "play" button on the panel. To go back to your setting each time, turn on the device using "Hello Red Light", "Turn on the Lights" and then by saying "Hello Red Light", "Run Setup Mode".

Utilizing Preset Modes:

For users who prefer not to manually adjust settings, the device comes with preset modes, each tailored to different therapeutic applications. These modes are designed based on extensive research to offer optimal benefits for varied use-cases. Simply select your desired mode, and the device will operate using the pre-programmed pulsing, wavelengths, and session times.

The Six Wavelengths and their densities on your panel:

Wavelengths: 6-bands: 610nm 630nm 660nm 810nm 830nm & 850nm

Wavelength LED density:

≈2% LEDs are 610nm

≈4% LEDs are 630nm

≈2% LEDs are 810nm

≈4% LEDs are 830nm

≈44% LEDs are 660nm

≈44% LEDs are 850nm

FDA Registered & CE, RoHS Certified

CE Certificates:
   - The CE marking is a certification that indicates a product meets the health, safety, and environmental protection standards for products sold within the European Economic Area (EEA).
   - We have two CE certificates for our LED lights. These certificates confirm:
     - Compliance with the European Low Voltage Directive, ensuring the product's electrical safety.
     - Compliance with the Electromagnetic Compatibility Directive, ensuring the product won't interfere with other electronic devices or cause electromagnetic disturbances.

2. **RoHS Certificate**:
   - RoHS stands for Restriction of Hazardous Substances. This certification ensures that our products have limited or no hazardous materials that are harmful to the environment and users.
   - Our LED lights under the trade name BIOMOL comply with the RoHS Directive, ensuring

they're environmentally friendly and safe for use.

In simpler terms, these certificates ensure that our products are safe, environmentally friendly, and compliant with both European and U.S. standards.

We take pride in offering high-quality products, and these certifications are a testament to our commitment to excellence.

Comparison Table (weight, LEDs, size, irradiance):

Type	MINI	COMPACT	MAX
Irradiance at 12 inches	156 mw/cm2	158 mw/cm2	158 mw/cm2
Number of LEDs	64	152	304
Weight	3.5KG / 7.7LB	7.5KG / 16.5LB	11KG / 24.2LB
Size	300 x 260 x 60mm OR 12.2" x 10.5" x 2.4"	600 x 260 x 60mm OR 23.6" x 10.5" x 2.4"	1090 x 260 x 60mm 42.9" x 10.5" x 2.4"

Warranty Terms and Conditions*

TotalSpectrum series are warranted against defects in materials and workmanship for a period of TWO (2) Years from the date of purchase.

Free replacements are available for a period of THREE (3) months. After this period, we may choose to either replace or repair the product.

The warranty does not cover the following damages: 1. Product been modified, 2. Improper installation or use, 3. Improper cleaning (**Please note**: the product is not waterproof), electrical surges or nature caused damage.

The warranty does not cover any loss of any third party involved with regards to direct or indirect damages.

TotalSpectrum Panels Voice Control and Privacy:

Our panels do not connect to the Internet. The voice commands given are **stored for 15 seconds** and your data is **not shared with third parties**.

Since the devices do not connect to external networks, including the Internet, your data cannot leave the device.

Safety and Maintenance

Safety Guidelines

User Safety:

- Always wear the provided protective eyewear when operating the device to shield your eyes from the intense light.
- Do not use the panel in wet or damp conditions to avoid the risk of electric shock.
- Ensure the device is securely mounted or placed on a stable surface to prevent accidental falls or damage.

Device Operation:

- Avoid using the device for prolonged periods. Refer to the preset recommendations and consult healthcare professionals for advice on session duration and frequency.
- Ensure that the device is utilized in a well-ventilated area to allow proper heat dissipation.

Children and Pets:

- Ensure that children and pets are kept at a safe distance from the device during operation.
- Do not allow unsupervised use of the device by children.

Maintenance Instructions

Cleaning:

- Ensure the device is switched off and unplugged before cleaning.
- Gently wipe the surface of the LEDs with a soft, dry cloth. Avoid using any abrasive materials or chemicals.
- For the outer casing, you may use a slightly damp cloth, ensuring no moisture enters the device.

Storage:

- Store the device in a cool, dry place away from direct sunlight.
- Ensure the storage area is free from dust and debris that could enter the device when not in use.

Handling:

- Handle the device with care, ensuring not to drop or apply excessive pressure to avoid damaging the LEDs.
- When moving the device, ensure it is securely held and avoid swinging or abrupt movements.

Inspection:

- Regularly inspect the device for any visible damage or loose components. In the event of any issues, discontinue use and contact customer support.
- Ensure the cooling fans are unobstructed and functioning correctly to prevent overheating.

Enjoy Your Panel

We can be contacted using the following information or by logging on to our [website](#) and getting in touch with an agent using our live chat.

RLT HOME
NEXT GEN RED LIGHT THERAPY

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