

LIGHT THERAPY FOR LIFE INSTRUCTION MANUAL

RED, BLUE, INFRARED, AND VIOLET DEVICES

Please read the entire instruction manual before operating the Light Therapy For Life devices.

ABOUT YOUR LIGHT THERAPY FOR LIFE DEVICES

Remember! Never look directly into any of our powerful light therapy devices. With regards to the Infrared light that is not visible to the human eye, it is acceptable to look at an angle and you will see that each LED has a red center, and that is how you will know that the device is on. However, even with Infrared light never look directly into the light.

RED 624 NM: The general of all photo-therapy lights. Effective for increasing blood flow, pain management, wound and bruise healing, improvements in the texture and feel of the skin. The latest scientific news also demonstrates improved collagen production.

BLUE 470 NM: Improves the surface of the skin. Widely used in controlling acne and oil production, as well as helping to relieve surface conditions of the skin like fungus, bacteria, various insect bites or stings, and other various forms of rashes or skin irritations.

INFRARED 850 NM: The most powerful healing device of all photo therapy devices. Penetrates deeply into the skin to quickly increase cellular activity and improve blood flow around the applied area. This specific wavelength of Infrared has also been shown to increase nitric oxide, which has a major impact on wound and bruise healing.

VIOLET 405 NM: A natural antibacterial, violet light has been used for years to help sufferers of severe acne. This violet light destroys the bacteria that cause acne. It is the strongest of its kind, and is effective enough that noticeable results can be seen after just one use. Because of the strength of this light it is not recommended for people with sensitive skin.

PRECAUTIONS

- Do not use if you have epilepsy.
- If you are pregnant, consult with a doctor before using.
- Do not use the Light Therapy for Life device if you are using cancer fighting drugs or medications and topical creams that increase photo sensitivity. These may cause an adverse reaction.
- Do not shine directly on eyes or eyelids to avoid potential eye damage.
- Please supervise children when they are using the product.
- Do not use when receiving steroid shots.
- If you are experiencing prolonged redness or sensitivity to the treatment area, discontinue use and consult your healthcare professional as soon as possible.

- Do not use the device if you think the device has been immersed in water or has become wet.
- Do not use the device if the LED lights have been damaged in any way.

BATTERY

Each device uses AAA or AA batteries, depending on the light. We recommend using rechargeable batteries, if for no other reason than helping to protect the environment. Although our devices can run from any kind of AA or AAA battery, they will perform better and last longer by using a high quality rechargeable battery.

NOTE! When using rechargeable batteries, allow the batteries to cool after charge before inserting them into the device.

PREPARATION FOR USE

It is recommended that you clean the area being treated by removing all traces of makeup, dirt, or sweat. In general, simply wash the area being treated to ensure a clean surface.

INSTRUCTIONS FOR USE

Red, Blue, and Infrared lights can be applied to the skin as often as necessary; however, it is recommended to use the light as little as needed to treat the area for what it is being treated for. For example, if you use the Blue light to help decrease excessive oil and bacteria on the surface of your skin, you will soon find out that you may only need to use the light for about one minute a day or less depending on how many days a week you use the light. If you choose to use the light one day a week, you will need to use the light for a longer duration of time, but we do recommend no more than 10 minutes at one time. You will find that you really only need just a minute or two.

After usage, push the button on the device to turn it off and store it in a place free from moisture.

In general, if you are going to use your lights for any of the following conditions, follow the directions and remember that these lights are powerful. You do not need to use them for prolonged periods of time. The effects are also accumulative and will get better over time, which means that over time you may find that you can use the light for even less time to accomplish the same goal!

SKIN CONDITIONS LIKE ACNE AND EXCESSIVE OIL PRODUCTION: This is one of the more common conditions reported by our clients. We recommend using a combination of either the Red and Blue, or Red and Violet lights. In the morning, apply the Blue or Violet light, holding the device as close to the skin as possible but no more than one inch away. In the

evening, apply the Red light, holding the device as close to the skin as possible but no more than one inch away. Apply the light to the surface of the skin, slowly moving the light over the affected area, ensuring that all of the affected area receives equal treatment time. Start with a treatment time of one minute sessions and adjust as necessary. That is correct, just one minute! Your actual needs may vary but we have had many people report using the lights for merely 30 seconds twice a day. It is important to remember to never look into the light, or shine the light into the eyes. The Violet light may be used for a maximum of 5 minutes twice a week. This light is very strong, and hence the dosage time is not only less, but results are seen with such a short dosage time.

PAIN: Pain that is temporary or occurs only once in a while can be alleviated by using the light therapy device for virtually any time duration. We believe that not more than 10 minute sessions are ideal, but if necessary, multiple sessions can be performed throughout the day. If you experience pain, it is best to first use the Infrared light, as that is the light that is most likely to help you actually heal over time. Many users find that the Red light helps alleviate general pain; however, it is important to understand that pain can occur for many reasons, which is why we recommend that you try both lights, to find out which one works the best for your type of pain.

If you have pain that occurs on a daily basis, it is permitted to use the light as often as you need to help you with that pain. We recommend that you limit your session time to 10 minutes, and if you feel the need to use the light again you may. Just give at least an hour in between sessions. If you know that you are going to experience pain due to a particular activity, such as typing or gardening, it may be beneficial to use the light therapy device before you actually do whatever it is that causes you pain, and during if necessary. You may also use your favorite sports cream or muscle balm for added benefit, however you may find it unnecessary to use considering the ability of our lights to help alleviate pain and help the body naturally heal itself.

POOR CIRCULATION: If you experience poor circulation in your hands or feet, you may very well find that the Infrared light may help you. Simply apply the Infrared light to the area experiencing poor circulation, within one inch of the skin or closer, and slowly move the light back and forth to cover all of the area needing improved blood flow. Remember to keep sessions at no more than ten minutes.

BRUISE AND WOUND HEALING: The Infrared light is an amazing healing device because of its ability to increase nitric oxide, which actually accelerates the healing process. Simply expose the bruise or wound to the Infrared light, slowly moving the light back and forth around the bruise or wound. Remember to apply the light not just on the area in question but also around the outer edges.

SPECIAL INSTRUCTIONS: INFRARED LIGHT

Infrared light is mostly not visible to the human eye. The wavelength of infrared we use is 850 NM, meaning that some of the light is visible. When the light is on, there is a red glow that can be seen at the center of the LED. This red glow is more visible in darker conditions and will be less visible under bright light. We only believe in using one wavelength or color at a time for optimal results; hence, we did not include another LED of another color to act as an indicator light. Not only would it conflict with the infrared light but it would also draw unnecessary power. This will become apparent to you once you try it out.

SPECIAL INSTRUCTIONS: ALTAPULSE BEAUTY AND SKINCARE

There is a three way switch on these devices. The first switch is for standard mode and emits equal amounts of Red and Blue light. Press the switch again and more power is supplied to the Blue LEDs for more emphasis on acne treatment. Press again to turn off the device. Always try to use the normal mode setting first but if you feel you need more of the Blue light to help treat excessive acne, than mix the treatment time in half, using the first mode for the first half of the treatment, and the second mode for the second half of the treatment. Because more power is supplied to the Blue LEDs during the second mode, the battery consumption will be higher and therefore, battery life will be less. The first mode is usually more than sufficient for most people. The treatment time and frequency of use is the same as is in the instructions per given condition and light.

SPECIAL INSTRUCTIONS: ALTAPULSE PAIN MANAGEMENT

There is a three way switch on these devices. The first switch is for standard mode and emits equal amounts of Red and Infrared light. Press the switch again and more power is supplied to the Red LEDs for more emphasis on more immediate pain relief (whereas the infrared light is very effective at helping heal an injury). Press again to turn off the device. Always try to use the normal mode setting first but if you feel that you need more of the Red light or you seem to respond better to the Red light, then mix the treatment time in half, using the first mode for the first half of the treatment, and the second mode for the second half of the treatment. Because more power is supplied to the Red LEDs during the second mode, the battery consumption will be higher and therefore, battery life will be less. The first mode is usually more than sufficient for most people. The treatment time and frequency of use is the same as is in the instructions per given condition and light.

If you should have any questions not covered either here or in our question and answer section of our website, please contact us at customerservice@lighttherapyforlife.com and we will do whatever we can to help you.

CLEANING

Keep your device free from dirt and grime by cleaning it after each use. Use a soft non-abrasive cloth and a small amount of rubbing alcohol to clean the device. Use cotton swabs to gently clean around the LED lights. Use of other cleaning devices may damage the device electronics.

WARNING

- Do not scratch or damage the LED lights.
- Keep away from flammable aerosol products being used or where oxygen is being administered.
- Keep the device away from heated surfaces as high temperatures may cause damage to the internal parts.
- Do not put into dishwasher, submerge in water or cleaning solutions.

WARRANTY

Light Therapy for Life warrants this product to be free from defective workmanship and materials, and agrees that it will, at its option, either repair or replace the defective product or part thereof with a new or remanufactured equivalent device at no charge to the purchaser for a period of 1 year from time of purchase, not including the batteries. Please note that we will not replace products that have stopped working either from physical abuse or normal wear and tear use. For warranty or support, email customerservice@lighttherapyforlife.com, and be sure to visit the website for any updated information.