



400W Red Light Therapy Device

PRODUCT USER MANUAL 1.0

**3 Year
Warranty***

*t&cs apply



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400W PLATINUM

1. Getting Started



The red-light panel is a general wellness device and is not intended to cure or diagnose any medical conditions. Use of the device is designed to help promote overall health and wellness by supporting cellular function. This panel should only be operated based on the user guidelines, as outlined in this user manual.

1.1 First Time Users

For first time users, we recommend starting out with 2-3 minutes lighting on your forearm for a sensitive testing. If your skin becomes red, this means you are sensitive to light therapy and should stop using this device. If performance is normal, then you are safe to carry on using this device. Starting off, we recommend a 10 minute session over the course of 2-3 weeks as your body acclimates to the therapy, after that you can adjust the time to 10-20 minutes and keep at 4-10 times per week.

1.2 Safety Warnings

Please note the following statements below prior to use:

1. **DO NOT** let children use this device. Adult use only.
2. **DO NOT** exceed 20 minutes of use in one therapy session.
3. **DO NOT** use in combination with liniments, salves, ointments or balms that contain heat producing ingredients.
4. **DO NOT** wash any electrical parts with water or other liquids.
5. **DO NOT** touch the light, plug or switches with wet hands.
6. **DO NOT** store or use this device in temperatures exceeding 130 degrees.
7. **DO NOT** cover the cooling fans while the device is in operation.
8. If the power plug or product is damaged before first time use, please contact our support team immediately.

Disclaimer

The statements in this manual have not been evaluated by any regulatory authority. The information provided is **NOT** intended to diagnose, treat, cure, or prevent any disease and should not be construed as medical advice. Our products are low-risk, general wellness, and fitness products.

This red light makes no claims, representations, or warranties regarding its ability to cure any physical or mental conditions. A qualified health professional should always be consulted before using this product for any condition that may require medical attention.

1.3 Unboxing 400W Device

The red-light panel is a general wellness device and is not intended to cure or diagnose any medical conditions. Use of the device is designed to help promote overall health and wellness by supporting cellular function. This panel should only be operated based on the user guidelines, as outlined in this user manual.



x4 Connection Screws



x2 Door Hooks



x1 Pulley System



x1 Door Mount



x1 Power Cable



x1 Goggles



x1 Screwdriver



x1 Wireless Controller

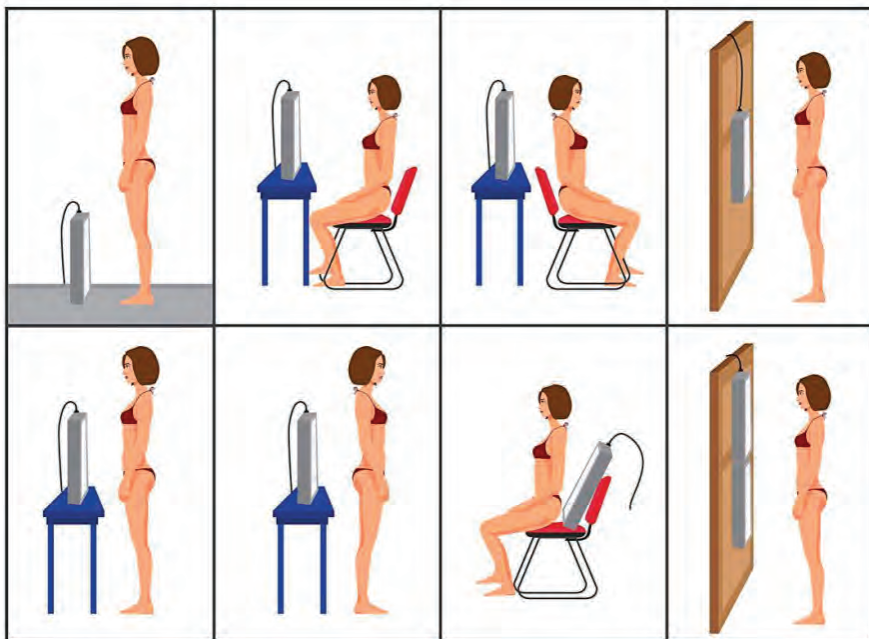


x1 Product Manual

2. Operating Instructions

Please note the following statements below prior to use:

1. Connect your device to an electrical outlet.
2. Choose your preferred treatment by turning the red and/or NIR switch to the on position.



2.1 Door Wall Mount Steps

In this section, you will learn how to securely attach the Nebula 400W red light device to a door using the provided accessories. Proper installation ensures stability and optimal performance. Follow the steps carefully, referring to the included diagrams, and take your time to ensure each component is correctly positioned. If you encounter any difficulties, double-check the instructions or seek assistance from our customer service team.



1
Fold back of the NB400
Portable Stand



2
Tighten the screws to
panel device securely
with a socket



3
Screw the hanging wire
into the fixed screw
area on device



4
Hang the door bracket
and hook pulley system
on the door hanger

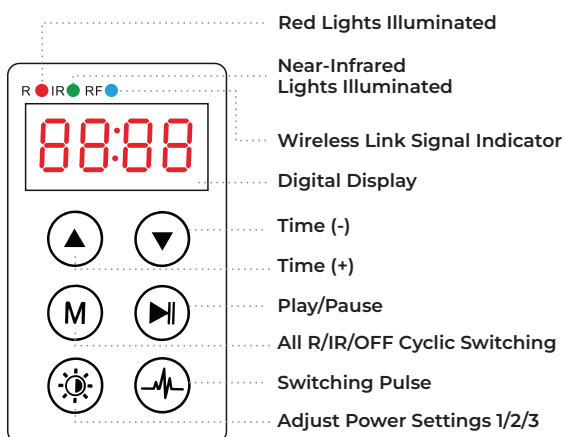


5
Connect the other end
hanging the wire to the
hook system



6
You can now adjust the
pulley system up and
down as needed

3. Product Specification



Size: 13.4" x 11" x 2.16 "

LED Qty: 80 PCS

Material: Aluminium

Warranty: 3 Year

Controller: Yes

Power: 400W

Wavelengths (nm):
630 660 810 830 850

Beam Angle: 30
Degrees (30°C)

EMF: 0.05uT @6"

Irradiance:
>180 @ 6"

Net Weight:
3.55kg

4. Wireless Controller



Short press - adjusts value by +1 or -1 per press on controller. Toggle light states: red indicator (red state) and green indicator (NIR state).



With each short press, the light state switches. The red indicator shows the red state, while the green indicator shows the NIR state.



Short press the power button to change the setting. It will auto-confirm in approximately 3 seconds, or press pause to confirm immediately.

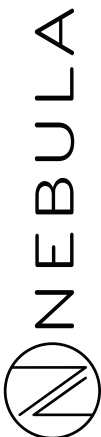


Short press the power button to change the setting. It will auto-confirm in approximately 3 seconds, or press pause to confirm immediately.



Short press to enter pulse adjustment mode. Use the +/- button to change the value. The settings will auto-confirm in approximately 3 seconds, or press pause to confirm manually. Once confirmed, the system returns to time countdown mode.

5. Red Light Radiance



3inches



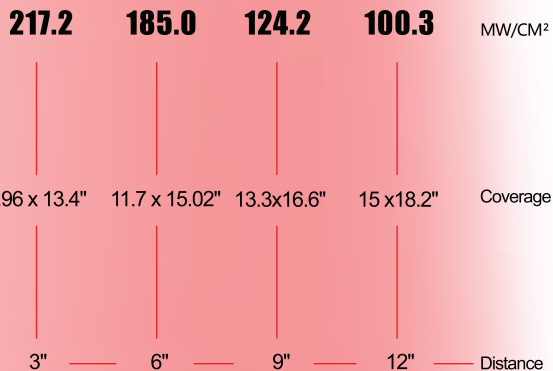
6inches



9inches



12inches



High Irradiance: 180MWcm² @ 6"

6. FAQ Section

Q: Should I use both red lights and near infrared lights at the same time?

A: Yes! We recommend turning on both during treatment for maximised benefits but you may choose to use each light independently. Red and near infrared light are both in the natural light spectrum and have been clinically proven to enhance cellular function. The main differences are that Red Light at 660nm is readily absorbed by skin tissue, leading to improved skin health and collagen production. NIR light at 850nm penetrates deeper into tissue, leading to benefits such as increased muscle recovery and reduced inflammations.

Q: How long does it take to see results?

A: It varies by person and how consistent you are with treatments. Many users report acute energy and cognitive benefits with each use. Many see benefits like reduced inflammation and muscle soreness in a matter of days or weeks. More full-body health benefits like skin health, fat loss, and other long-term improvements may take up to 2-3 months of consistent use.

Q: Is red light therapy safe? Are there side effects?

A: This 400W red light uses only the red and near infrared wavelengths that are clinically proven to be effective and safe. However, we always recommend consulting with your healthcare provider for specific questions about any concerns or health conditions.

Q: Do I need safety glasses with this light?

A: While there is a growing body of scientific research suggesting the modest amounts of red and NIR LED Light may benefit certain eye conditions, this 400W lights are very bright! As such, eye protection is provided and should be worn when facing the lights, particularly when NIR is active.

Q: Are the NIR LED's not working?

A: NIR is just beyond the visible spectrum and is invisible to the naked eye. You will only actually be able to see a pink dot, or a subtle pink glow emanating from the LEDs when they are on. Please rest assured that there is a significant amount of light energy emanating from those LEDs, and your 400W panel is in fact working exactly as designed.

If you have any further questions, please reach out to sales@nebula-appliances.com for further assistance.

7. Customer Feedback

We value your choice and will make every effort to ensure your satisfaction with product quality and customer support at all times. Our top priority is to provide premium quality products and satisfaction to our customers. So, if you have any issues with your product, do not hesitate to contact the Nebula team.



1. Go to Amazon website and sign into your account
2. Click on **"Orders"**
3. Find our product and leave us some feedback.



8. Notes Section

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