
YOUR **BODY**
DOESN'T JUST
SEE **LIGHT**
ATHLETIC PERFORMANCE
FASTER RECOVERY
LESS SORENESS
IMPROVED ENDURANCE
HEALTH & WELLBEING
SUPPORTS JOINT HEALTH
STRENGTHENS IMMUNE FUNCTION
INCREASES CELLULAR ENERGY
VITALITY AT ANY AGE
SUPPORTS SKIN HEALTH
BOOSTS MOOD & ENERGY
PROMOTES BETTER SLEEP
LUMA
lumaredlight.com

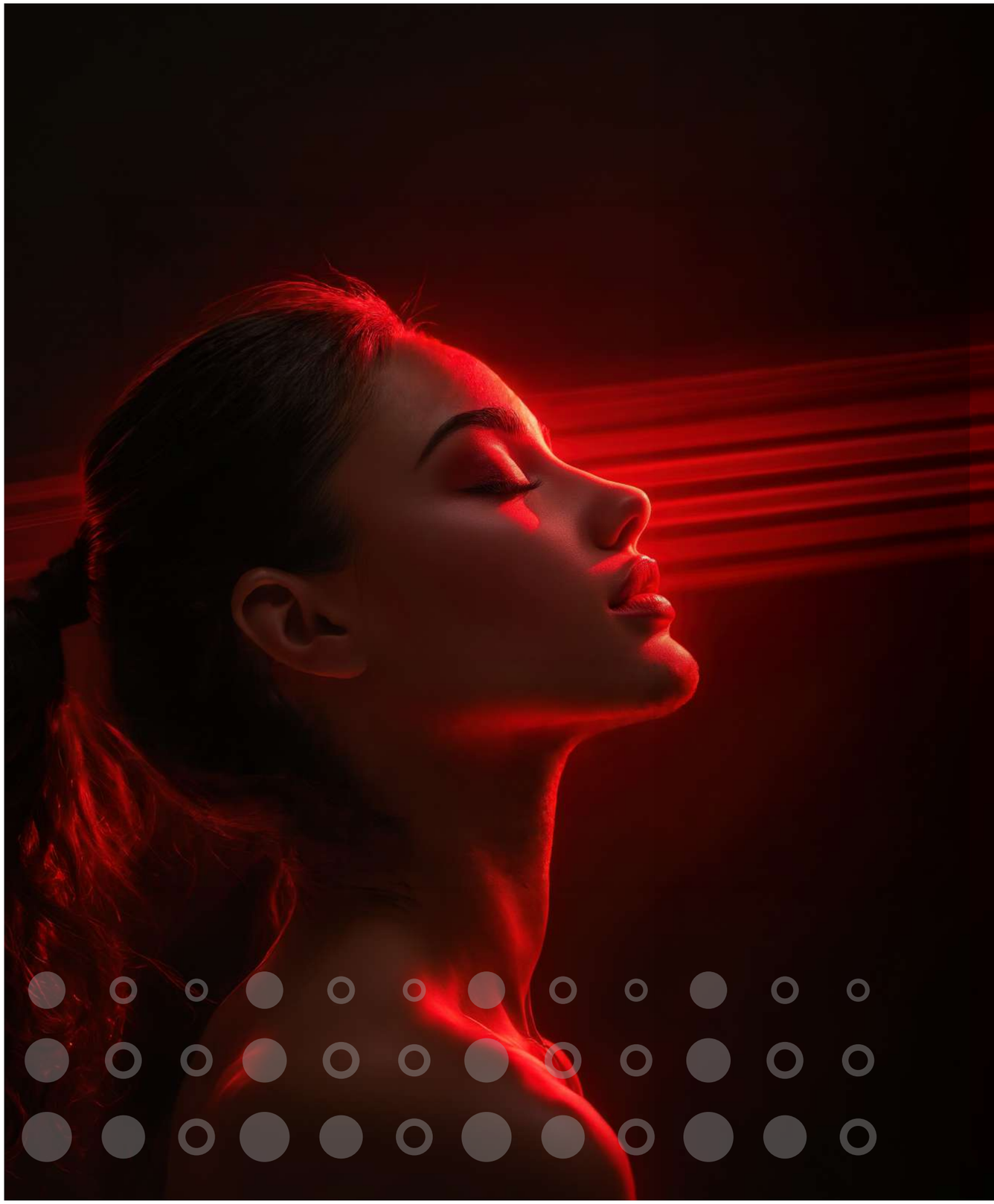


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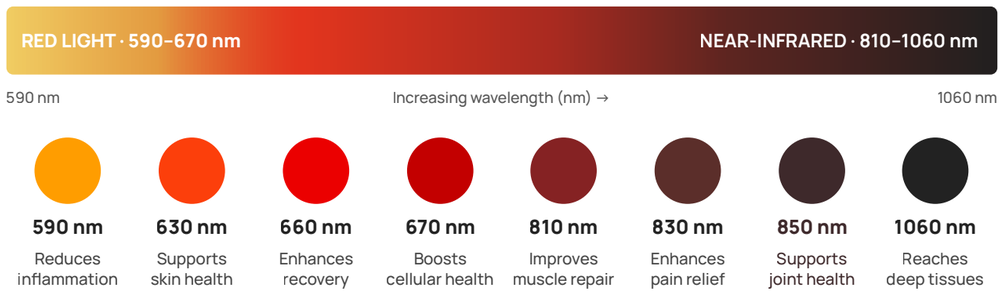
Overview of Light Therapy

What is Red and Near Infrared Light Therapy?

Red and near-infrared light therapy is one of the biggest breakthrough discoveries in health over the past century. Over the past few decades, scientists have amassed thousands of studies on the power of red and near-infrared light to enhance human health. Red and near-infrared light are those parts of the electromagnetic spectrum, and more specifically, the sunlight spectrum, that favor plant and animal growth.

The diagram below shows the wavelengths LUMA panels deliver and what each one is used for.

LUMA Wavelengths: Red Light and Near-Infrared Therapy



Eight wavelengths, individually controllable from the LUMA touch screen

History of phototherapy technology

1903

Light therapy begins. Its pioneer, Niels Finsen, wins the Nobel Prize in Medicine for his phototherapy work.

1960s

Light therapy begins to be applied to chronic pain, arthritis, joint rehabilitation and soft tissue damage.

1980s

Infrared therapy is discovered and begins to be applied to wound healing and health and beauty

1990s

Red light therapy is found to play a significant role in promoting the repair of sports-injury tissue.

21st century

Red and infrared light therapy have a large body of mature data and are widely used in skin care, pain treatment, medical beauty and other fields, with strong support from many medical experts and groups.

Scientific Research on Red Light Therapy

The principle of red light:

Red lighttherapy penetrates human tissue. Approximately 80% of the red-light energy is absorbed within the first 2 centimetres of tissue

Red light therapy affects the **mitochondria**,these are small structures inside our cells that produce energy. Red light therapy stimulates the mitochondria and helps them produce more **ATP (adenosine triphosphate).**

ATP is the main form of energy our cells use to function. It is found in every living cell in the body, which is constantly synthesized and recycled, this is what keeps us alive. The highest concentrations of mitochondria are found in all energy-hungry organs such as the brain and heart. ATP provides the energy for many important body functions, including:

- **Muscle contraction**
- **Transmission of nerve signals**
- **Chemical reactions & other cellular processes**

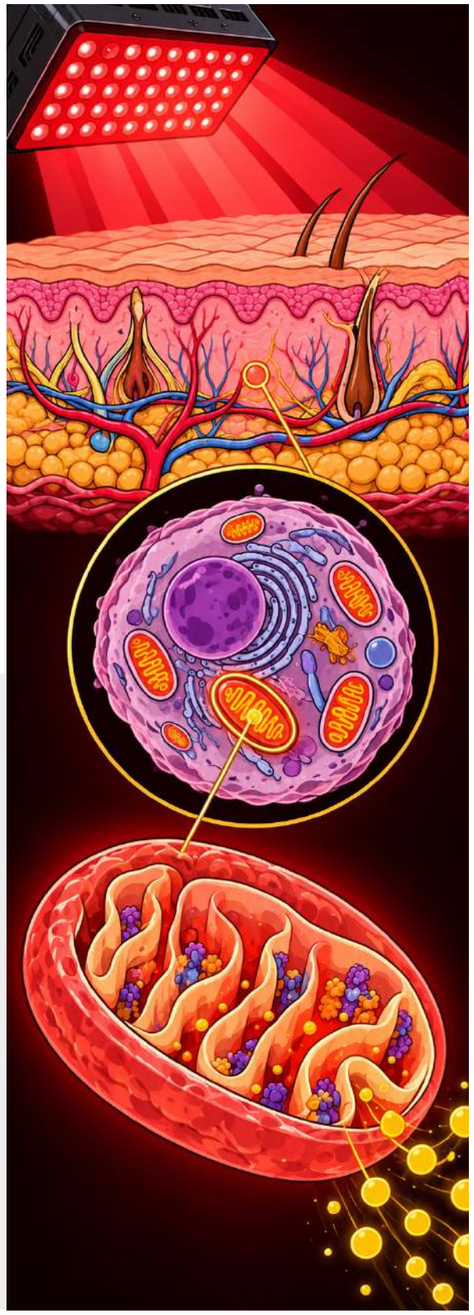
ATP is often described as the "**energy currency**" of cells because cells use it to power their activities. When cells have more available energy, they carry out their normal functions more effectively. Increased ATP production is also associated with:

Cellular regeneration
supporting the growth, repair and renewal of cells.

Removal of toxic substances
helping cells carry out the processes involved in removing waste and unwanted substances.

Anti-inflammatory activity
supporting the body's ability to control inflammation.

Overall, red light interacts with cells, particularly the mitochondria, and may support cellular energy production and normal cell function. This may contributes to improved cellular health and recovery.



The principle of near infrared light:

Near-infrared (NIR) light penetrates deeper into body tissue than visible red light. Approximately 50% of near-infrared light can reach a depth of about 8 centimetres, and the deepest penetration can reach up to 20 centimetres (data from NASA research).

Near-infrared light also produces **heat within the tissues**. This warming effect is well documented and commonly used in pain-relief and therapy applications.

Near-infrared light also affects the **sodium-potassium (Na+/K+) pump**, an important mechanism in cell membranes. This pump maintains the balance of sodium (Na) and potassium (K) inside and outside cells. This balance is vital for keeping cells functioning, supporting nerve and muscle activity, controlling fluid levels and maintaining cardiovascular health.

Other effects of near-infrared light include:

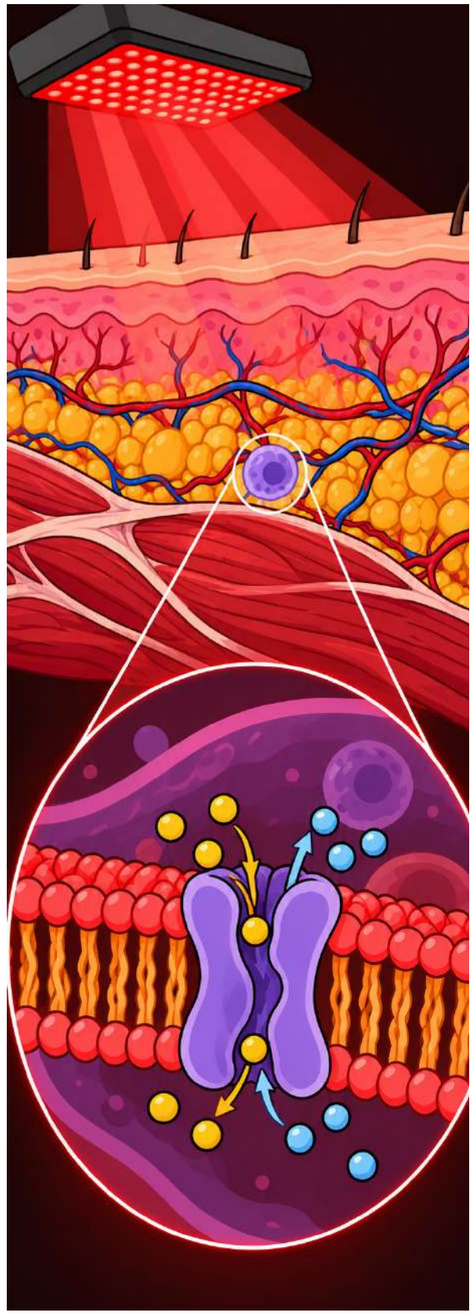
Improved cell membrane permeability:
supporting the movement of substances across the cell membrane.

Maintaining cellular pH balance:
helping cells keep the acid-base environment needed for normal function.

Improved nutrient absorption:
supporting the uptake of nutrients neede by cells.

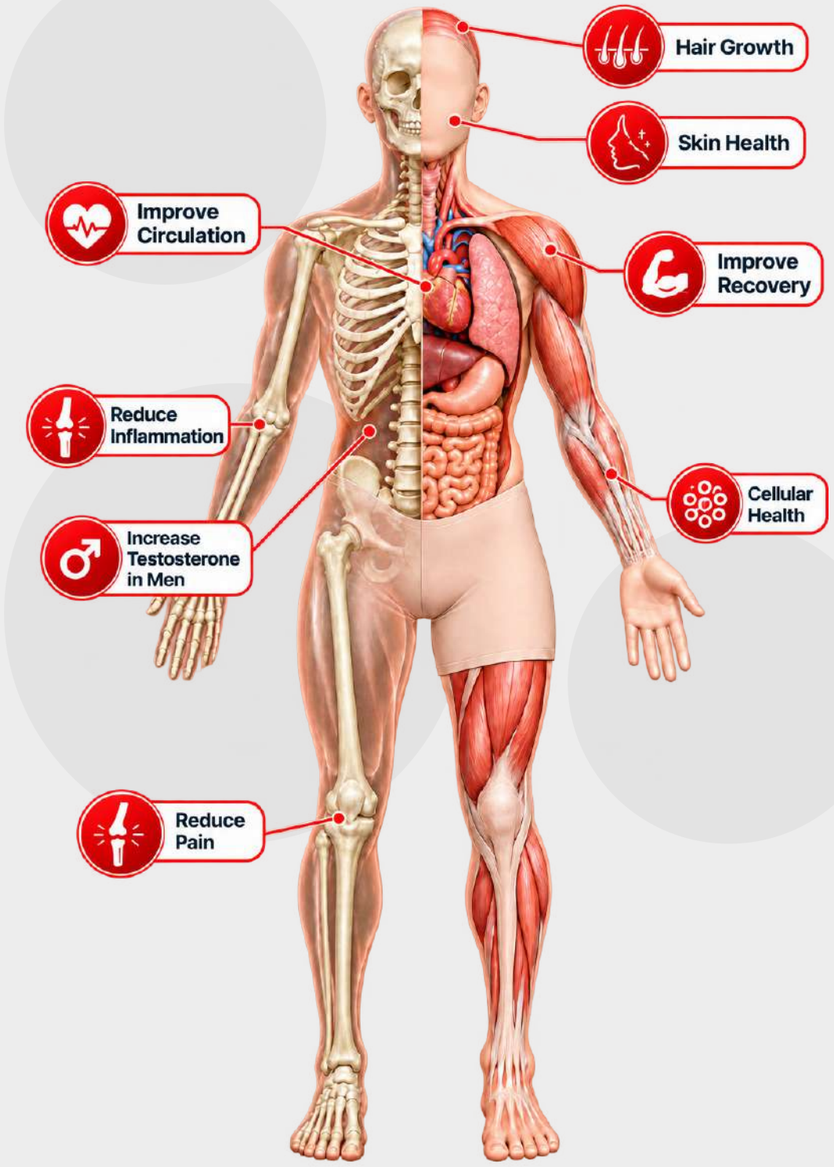
Removal of metabolic waste:
helping cells eliminate by-products produced during normal metabolism

Because of these effects, near-infrared light is widely used in health, wellness, therapy and beauty applications. Overall, its principle is based on its ability to **penetrate deeper tissue, provide therapeutic heat and support important cellular processes**.



Benefits of LED Light Therapy

Eight areas of physical improvement



Reduce Inflammation

Near-infrared (NIR) light reduces overall inflammation in the body by decreasing the presence of inflammatory markers. This reduction can help ease the symptoms associated with joint pain, sore muscles, autoimmune diseases, arthritis, traumatic brain injuries and spinal cord injuries.

Recovery & Performance

Red Light Therapy (RLT) is used by professional athletes such as Lebron James, Erling Haaland, Ilia Topuria and many more to enhance recovery and support performance. Using red and near-infrared light, stimulates natural cellular processes, helps reduce muscle soreness, supports tissue repair, and promotes recovery. RLT panels provide a convenient, non-invasive solution for incorporating light therapy into your daily routine, whether its before exercise, during recovery, or as part of a wellness programme. Combining advanced light technology with everyday convenience, RLT panels are ideal for homes, gyms, and professional performance facilities

Reduce Pain

In a clinical study, neuropathic pain caused by a spinal cord injury was dramatically reduced by red light treatment. Near-infrared wavelengths reduce overall pain by easing joint stiffness and soreness, diminishing inflammation, easing muscle spasms and enhancing blood flow.

Increase Testosterone in Men

Testosterone levels in men naturally begin to decline around the age of 30, potentially affecting energy, physical performance, sexual health, and fertility. Red and near-infrared light therapy is being explored for its potential role in supporting natural testosterone production. Emerging research suggests that light exposure may influence cellular activity and biological processes involved in hormone regulation.

Improve Circulation

In many studies, LED light therapy has been shown to increase the diameter of blood vessels and to improve circulation. LED light therapy also protects red blood cells against oxidative stress and limits platelet loss during surgical procedures.

Promote Cellular Health

LED light therapy supports cellular health by stimulating natural processes within the body's cells. Red and near-infrared light interact with cellular energy systems, helping support energy production, tissue repair, and skin renewal. It also stimulates collagen production, which strengthens connective tissue and helps maintain skin firmness, elasticity, and a youthful appearance. By supporting cellular function and recovery, LED light therapy offers a non-invasive way to promote healthier-looking skin and overall tissue health.

Stimulate Hair Growth

Alopecia, or hair loss, is a common disorder affecting 50% of males over the age of 40 and 75% of females over 65. Studies have shown that LED light therapy can stimulate hair growth. Red light wavelengths are believed to stimulate epidermal stem cells in the hair follicle, shifting the follicle into the anagen (active growth) stage.

The benefits of red light

The wavelength of red light is between 600-700 nanometers, which can adjust the texture and tone of the skin, smooth fine lines and wrinkles, promote the production of collagen, regenerate skin tissue and hair, and restore cell vitality , enhance the ability to expel harmful toxins and anti-inflammation

The benefits of near-infrared light

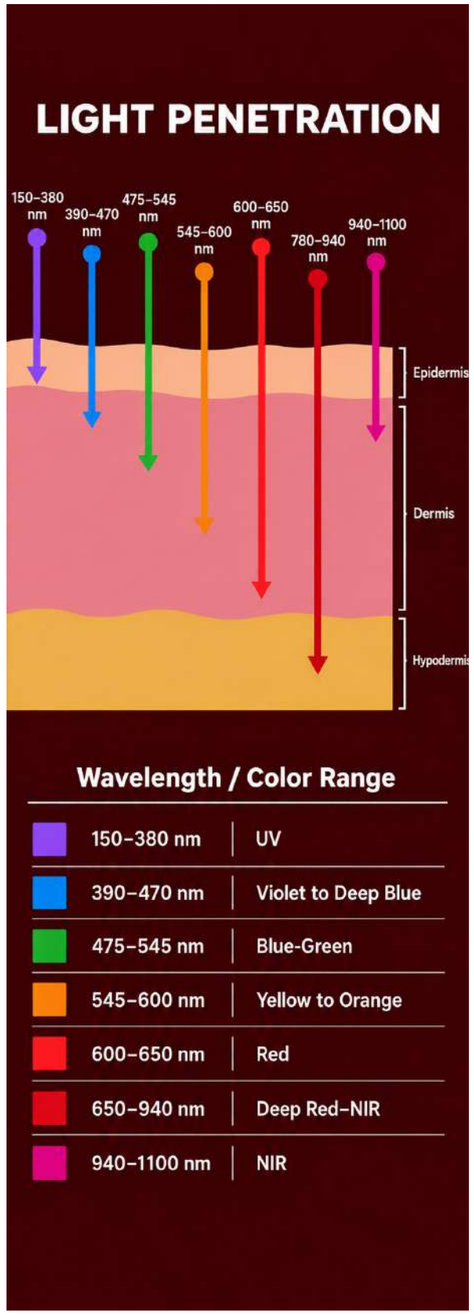
The benefits of near-infrared light: Near-infrared light has a wavelength between 700-1100 nanometers, which can penetrate skin tissue, promote wound healing, relieve muscle soreness, nerve damage and joint pain by accelerating the decomposition of lactic acid.

When used in combination, red and infrared light increase the biological effect and promote the synthesis of collagen and elastin fibers.

The role of the pulse

The pulse setting (also known as pulsed wave mode) turns the light on and off in rapid, millisecond bursts rather than shining a continuous beam.

The pulse setting (also known as pulsed wave mode)
Low Frequency 1 – 10 Hz: Reduces pain by blocking the chemical signals that tell
your brain something hurts.
Medium Frequency 11 – 100 Hz: Boosts endorphins, your body's natural "feel-good"
chemicals. This relieves pain, regulates vital functions like heart rate, and lifts your mood.
High Frequency 101 – 10,000 Hz: Triggers cell division, which speeds up DNA replication and accelerates how fast your tissue repairs itself. rather than shining a continuous beam.

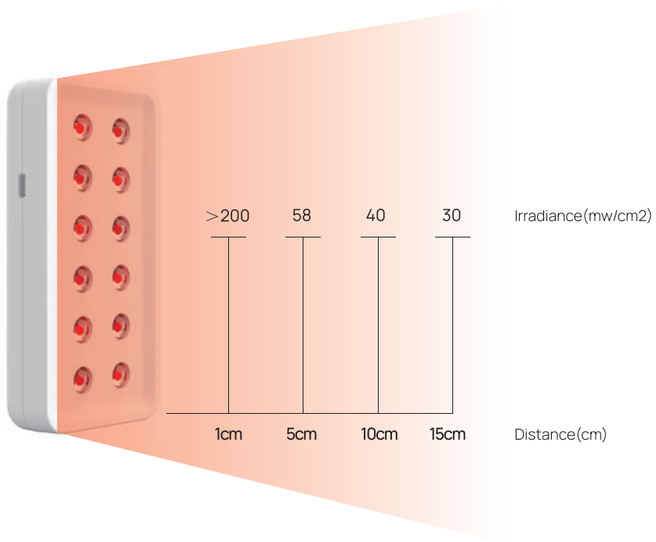


LUMA GO



Wavelengths	660nm
Battery Size	7.4V 2500mAh
Battery Performance	2 hours
Dimensions	140 x 70 x 29 mm
Power Consumption	7.2W
Beam Angle	30 Degree
Timer	30-0 miniutes adjustable
Pulse	40-0 Hertz adjustable (only for NiR LEDs)
Charging time	1.5h (type-c)
Weight	244g
LED Lifespan	50,000hrs

LUMA GO Irradiance

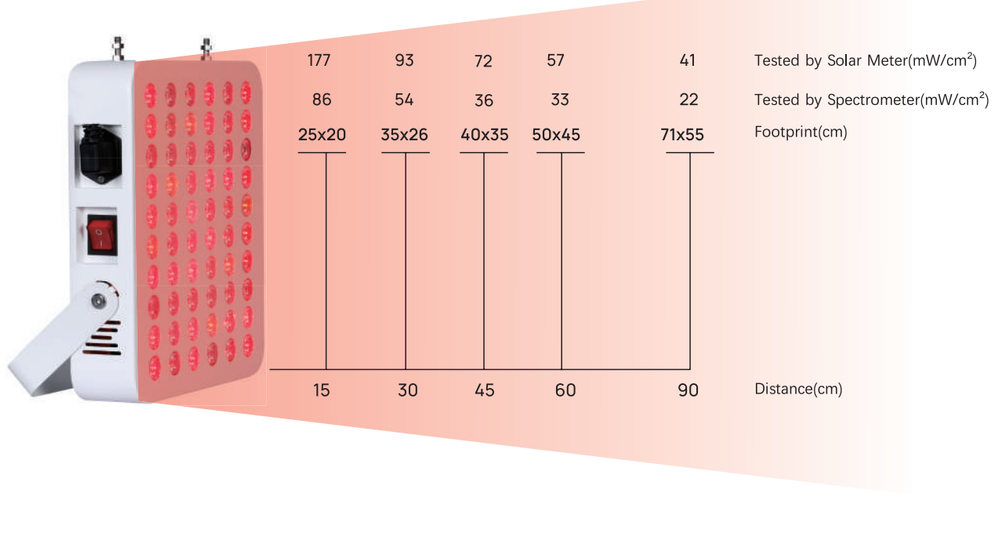


LUMA NOVA

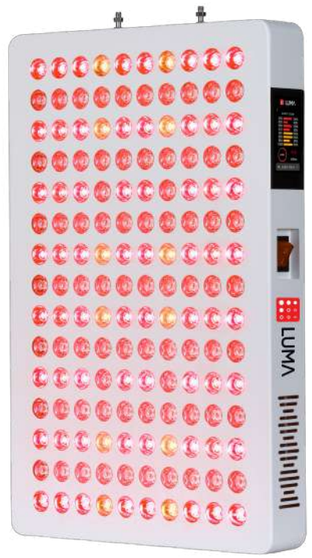


Wavelengths	590nm:630nm:660nm:670nm 810nm:830nm:850nm:1060nm
Amps @120v	0.89A
Amps @220v	0.5A
Dimensions	26.9 x 23 x 5.4 cm
Power Consumption	104W
LEDs	60 X 5 W LEDs
Beam Angle	30 degrees for NIR, 60 degrees for RED
Timer	30-1 minutes adjustable
Pulse	9,999-0 Hertz adjustable (only for NIR LEDs)
Dimmable	%100-%0
Weight	2.8 kg / 6.17 lb
LED Lifespan	50,000hrs
EMF Emission	-Negligible
Warranty	3 Years
Best For	Targeted
Max Area	71 x 55 cm

LUMA NOVA Irradiance

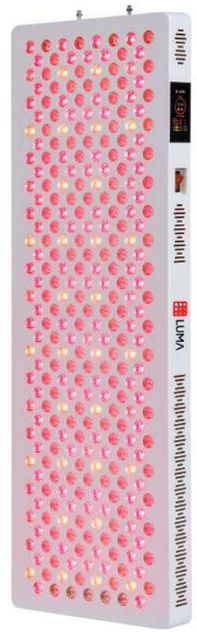


LUMA SURGE



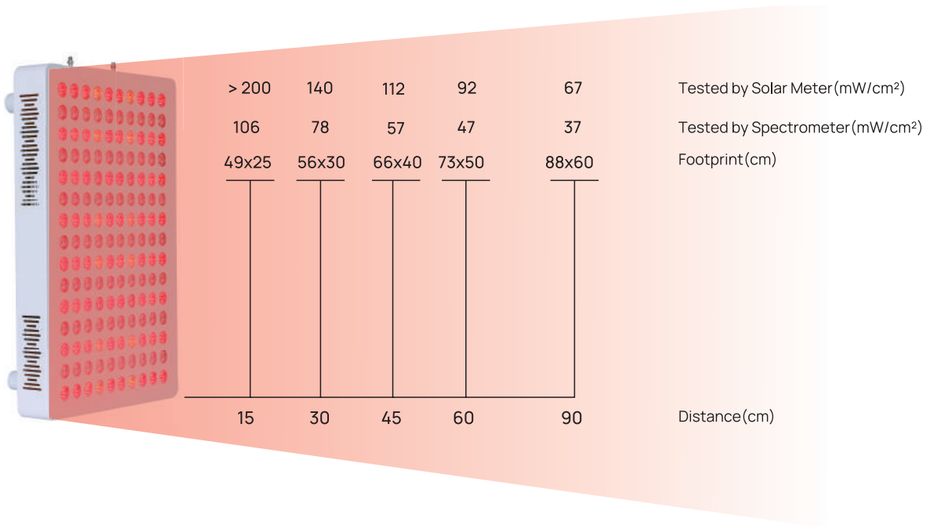
Wavelengths	590nm:630nm:660nm:670nm 810nm:830nm:850nm:1060nm
Amps @120v	2.11 A
Amps @220v	1.13 A
Dimensions	47.3 x 30 x 5.4 cm
Power Consumption	243 W
LEDs	150 X 5 W LEDs
Beam Angle	30 degrees for NIR, 60 degrees for RED
Timer	1-30 minutes adjustable
Pulse	0-9,999 Hertz adjustable (only for NIR LEDs)
Dimmable	0%-100%
Weight	5.4 kg / 11.9 lb
LED Lifespan	50,000hrs
EMF Emission	-Negligible
Warranty	3 Years
Best For	Targeted
Max Area	88 x 60 cm

LUMA APEX

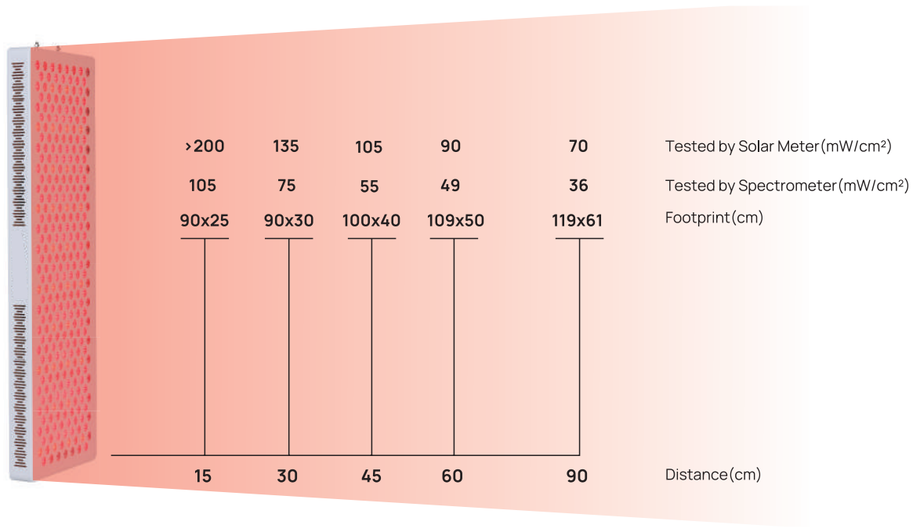


Wavelengths	590nm:630nm:660nm:670nm 810nm:830nm:850nm:1060nm
Amps @120v	4 A
Amps @220v	2.09 A
Dimensions	91 x 30 x 5.4 cm
Power Consumption	445 W
LEDs	5 ×300 W LEDs
Beam Angle	30 degrees for NIR, 60 degrees for RED
Timer	1-30 minutes adjustable
Pulse	0-9,999 Hertz adjustable (only for NIR LEDs)
Dimmable	0%-100%
Weight	9.33 kg / 20.57 lb
LED Lifespan	50,000hrs
EMF Emission	-Negligible
Warranty	3 Years
Best For	Half Body
Max Area	119 x 61cm

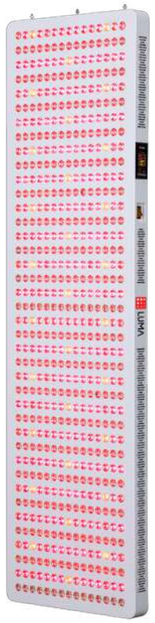
LUMA SURGE Irradiance



LUMA APEX Iradiance

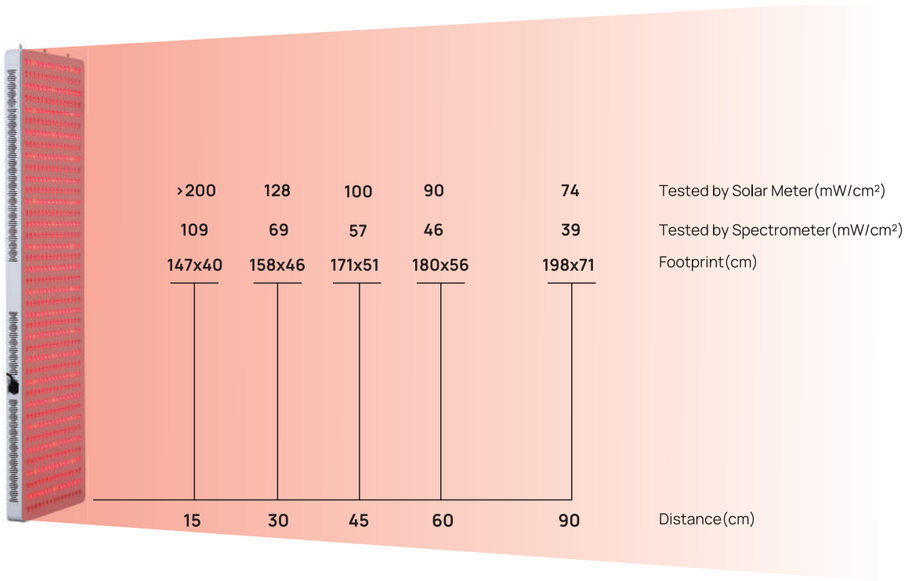


LUMA ULTRA



Wavelengths	590nm:630nm:660nm:670nm 810nm:830nm:850nm:1060nm
Amps @120v	7.86 A
Amps @220v	4.04 A
Dimensions	150 x 42 x 5.4 cm
Power Consumption	858 W
LEDs	5 ×600 W LEDs
Beam Angle	30 degrees for NIR, 60 degrees for RED
Timer	1-30 minutes adjustable
Pulse	0-9,999 Hertz adjustable (only for NIR LEDs)
Dimmable	0%-100%
Weight	22.36 kg / 49.3 lb
LED Lifespan	50,000hrs
EMF Emission	-Negligible
Warranty	3 Years
Best For	Full Body
Max Area	198 x 71 cm

LUMA ULTRA Irradiance

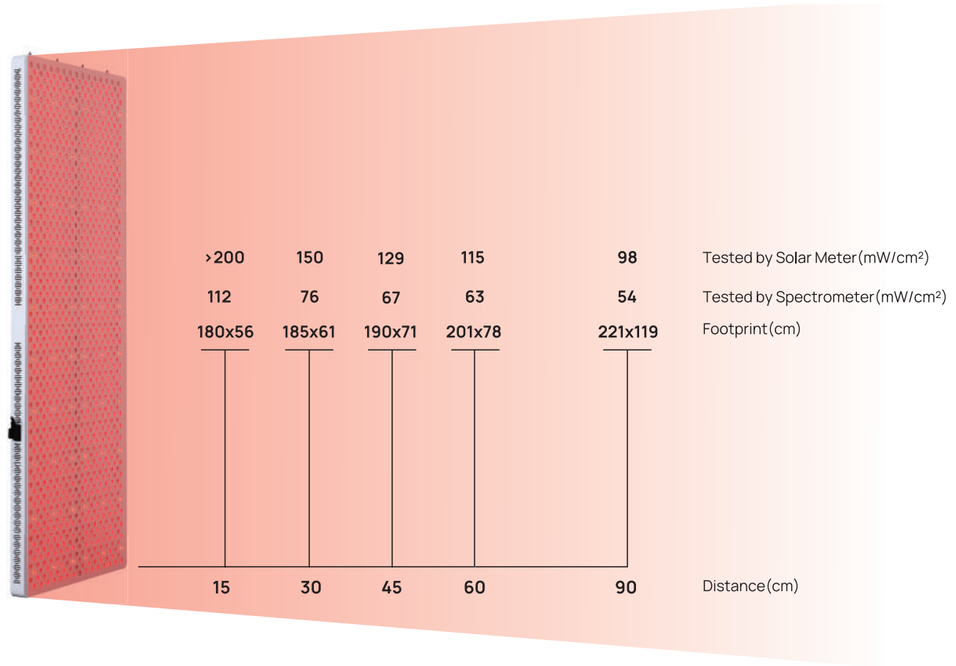


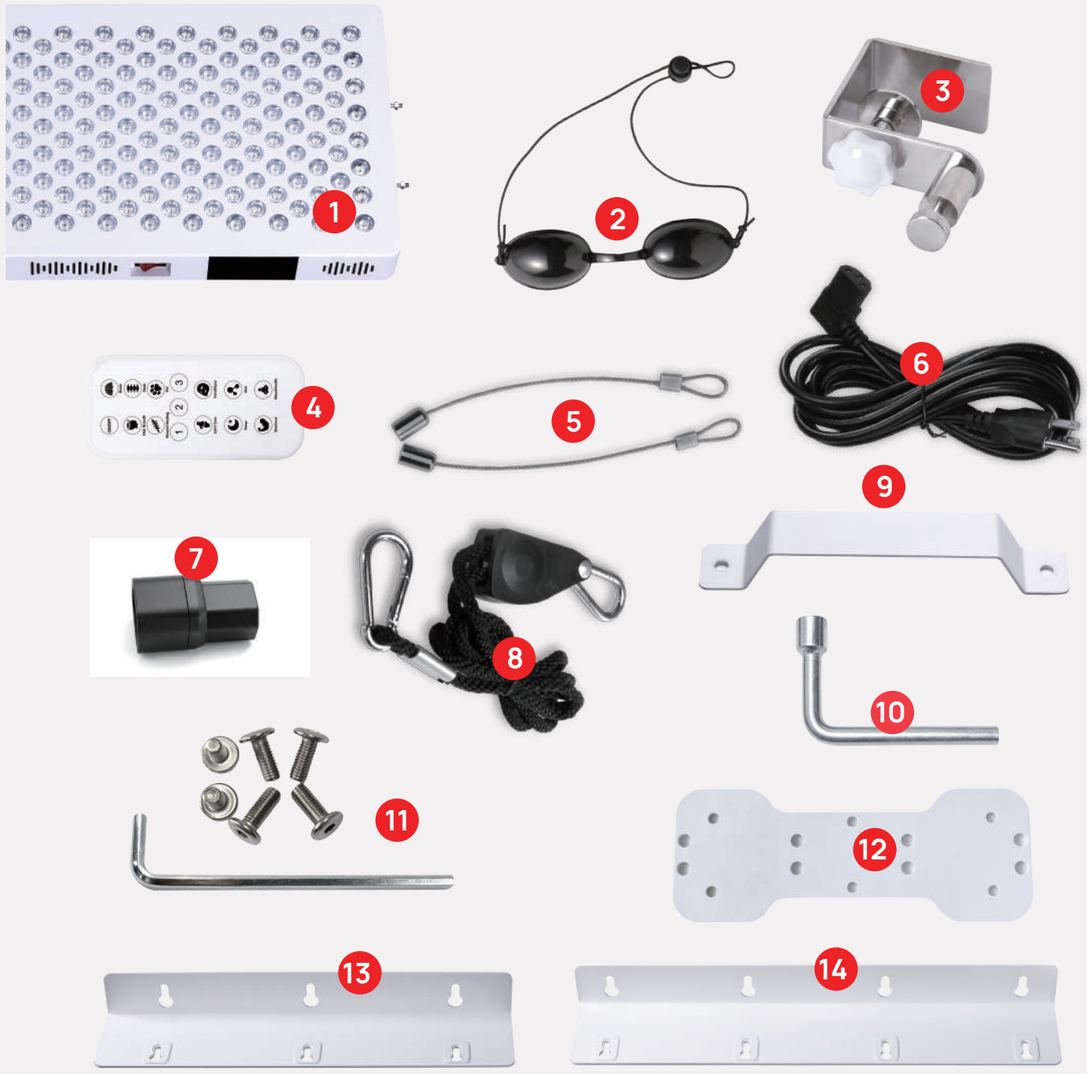
LUMA MAX



Wavelengths	590nm:630nm:660nm:670nm 810nm:830nm:850nm:1060nm
Amps @120v	15.15 A
Amps @220v	8.05 A
Dimensions	180 x 60 x 5.4 cm
Power Consumption	1684 W
LEDs	1200 x 5 W LEDs
Beam Angle	30 degrees for NIR, 60 degrees for RED
Timer	1-30 minutes adjustable
Pulse	0-9,999 Hertz adjustable (only for NIR LEDs)
Dimmable	0%-100%
Weight	39.79 kg / 87.72 lb
LED Lifespan	50,000hrs
EMF Emission	-Negligible
Warranty	3 Years
Best For	Half Body
Max Area	221 x 119 cm

LUMA MAX Irradiance





Included Accessories

1. LED Therapy Light
2. Eye Protection
3. Door Hook
4. Remote control
5. Hanging Hardware
6. Power Cable
7. Power Connector(Applicable LUMA SURGE & APEX)
8. Cable Assembly & Snap Links
9. Handle(Applicable LUMA NOVA)
10. Door Hook Removal Wrench
11. Hanging Bracket Screws & Wrench (Applicable LUMA SURGE & APEX)
12. Hanging Bracket (Applicable LUMA SURGE & APEX)
13. Wall Stand (Applicabl eLUMA ULTRA)
14. Wall Stand (Applicabl eLUMA MAX)

Low Power Mode Switch



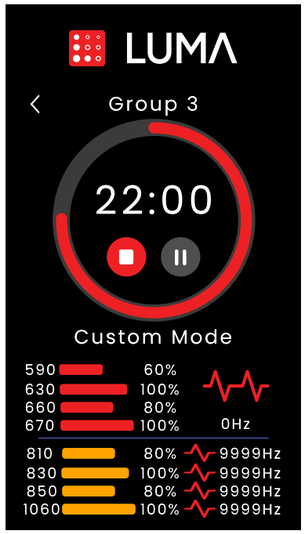
Remark: When the black button is switched to “ L” the light output will automatically reduce to 75% power.

How to Use Your LUMA TOUCH Screen

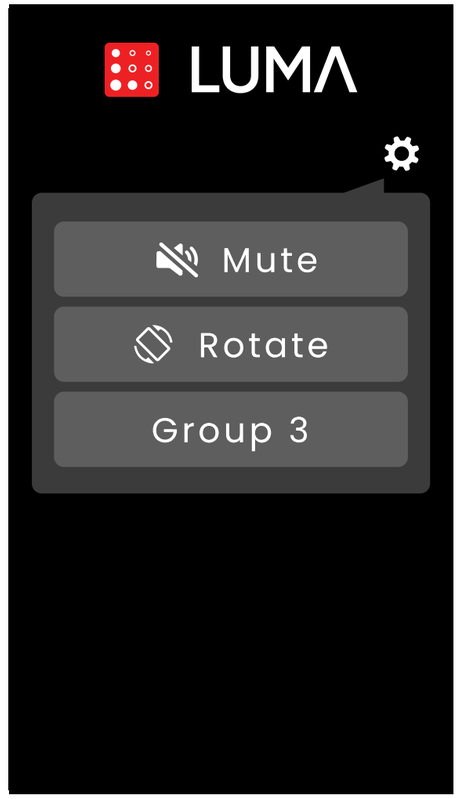


(Power-On Animation)

After powering on, it displays for 3 seconds, then enters the main menu.

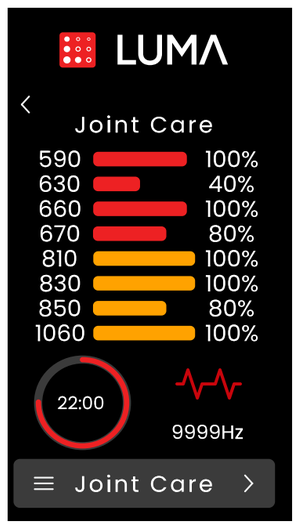


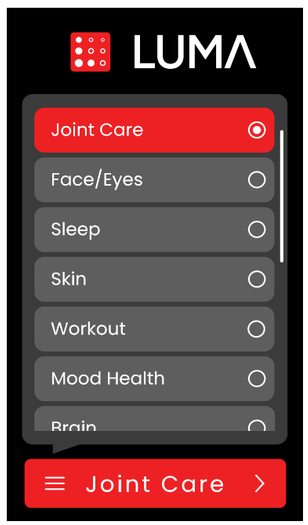
1. Press the Smart button to select Joint Care, Face & Eyes, Sleep, Skin, Workout, Mood Health, Brain, Hair Growth, Neck, Wound Healing, or Pet.
2. Press the Custom button to choose Dim-ming, Timer, or Pulse.
3. Press the Preset button. Pre-set 4 ,3 ,2 ,1, and 5 are available for saving your preferred settings for regular use or for different members of your household.
4. Press the icon to restart the program. Press the icon to continue the program;
5. Press the icon to select Mute, Rotate, or Group functions.
6. You can press the wavelength or pulse value to quickly enter the Custom Settings page. There, you can select Dimming, Timer, or Pulse, and then adjust the desired brightness, time, or pulse value



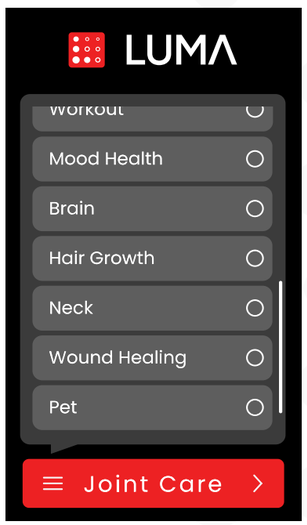
(Settings Pop-up)

1. In mute mode, the buzzer makes no sound.
2. After you press Rotate, the screen will rotate 180 degrees.
3. You can assign the light to a specific group for remote control. By default, Group 1 is selected. Change this only if you have multiple arrays in the same room that need individual control.



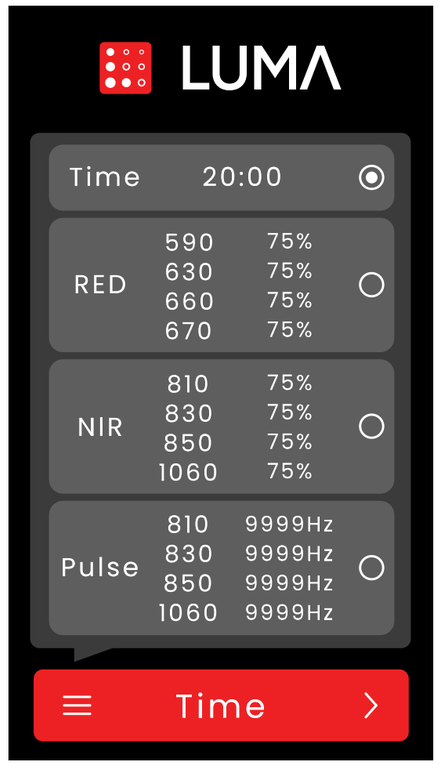


(Smart Mode)



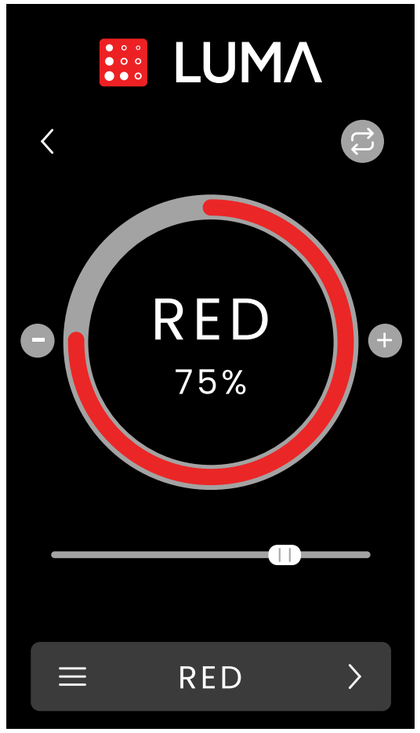
(Choose Smart Mode)

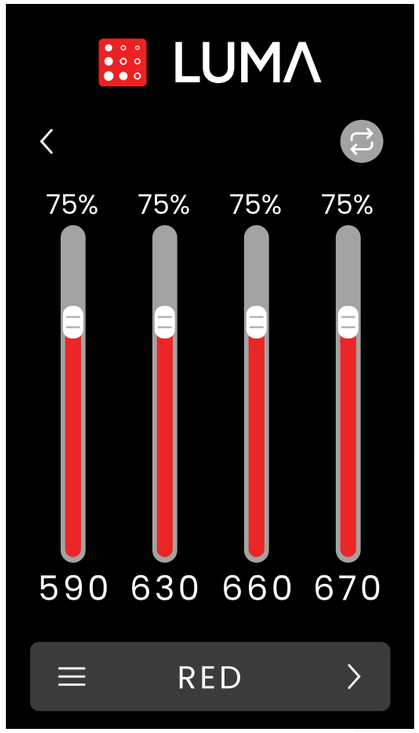
After pressing Smart Mode, please press icon ☰ to select: Joint Care, Face & Eyes, Sleep, Skin, Workout, Mood Health, Brain, Hair Growth, Neck, Wound Healing, or Pet;



(Choose Custom Mode)

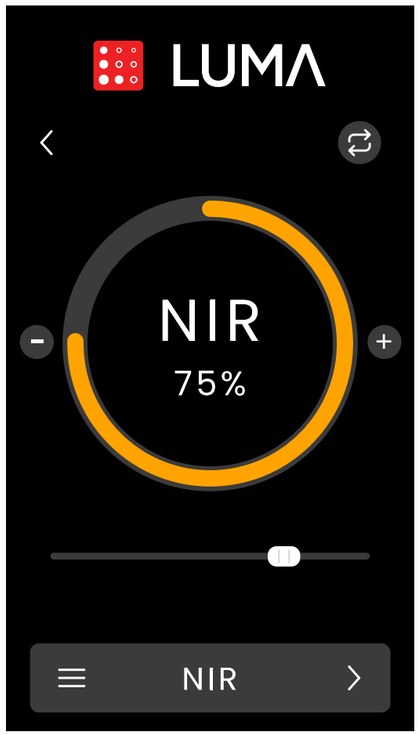
1. After pressing Custom Mode, press Time to set your desired time;
2. Press RED to adjust the brightness for 590nm, 630nm, 660nm, and 670nm;
3. Press NIR to adjust the brightness for 810nm, 830nm, 850nm, and 1060nm;
4. Press Pulse to adjust the pulse settings for the NIR wavelengths.

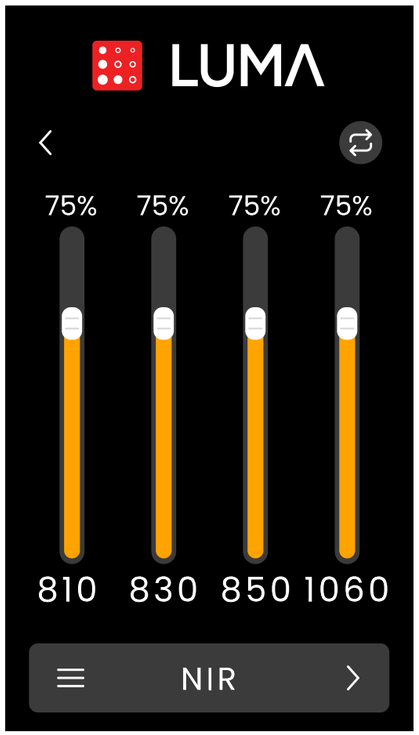




(Red Light Settings)

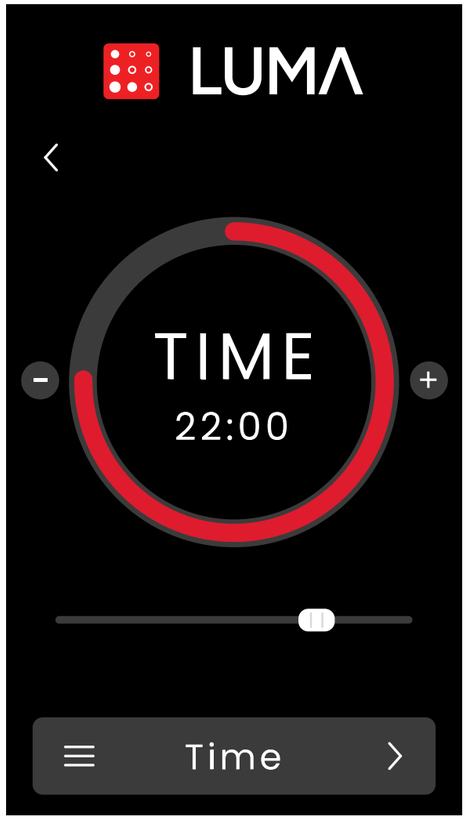
You can adjust the brightness for all RED wavelengths together, or press the icons to adjust the brightness of each wavelength separately.





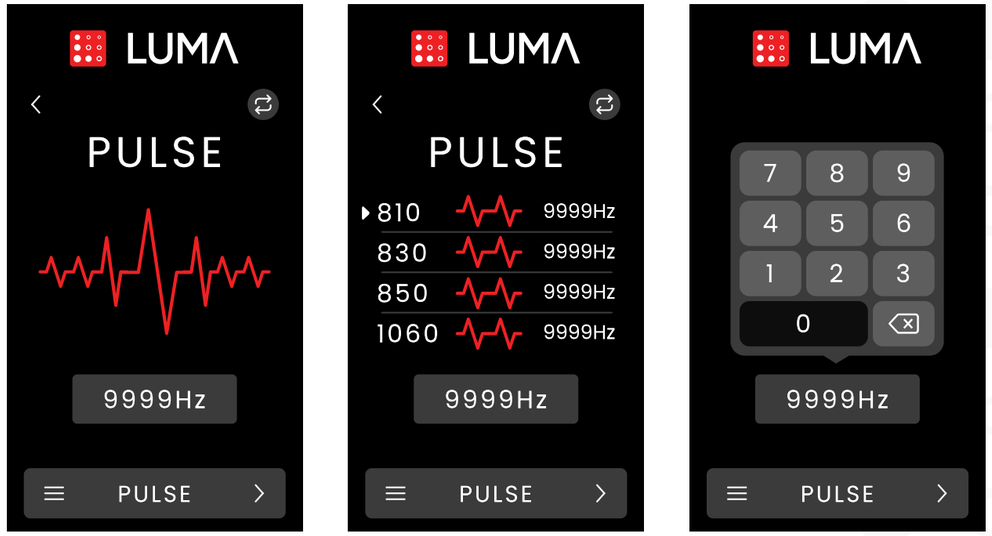
(Infrared Settings)

You can adjust the brightness for all NIR wavelengths together, or press the icons to adjust the brightness of each wavelength separately.



(Custom Mode Timer Settings)

From the TIME interface, set your desired time using the “+” and “−” buttons, or by sliding the bar left or right.



(Pulse Settings)

1. You can adjust the pulse value for all NIR wavelengths together, or press the individual icon to adjust the pulse value for each wave-length separately;
2. You can simply enter the value you want. If there is already a value displayed, just delete it first, then enter your desired value.



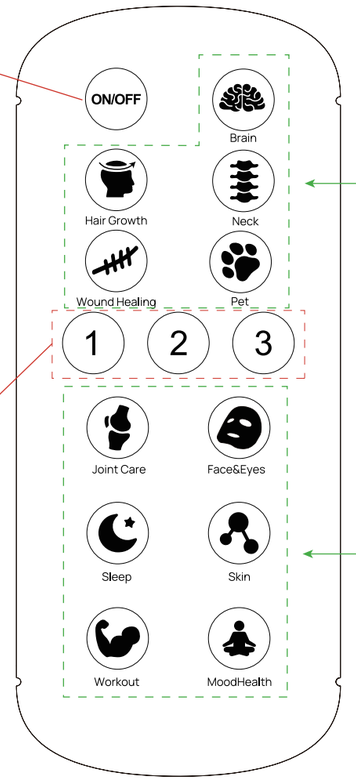
(Pre-set)

Pre-set 4 ,3 ,2 ,1, and 5 are available for saving your preferred set-tings for regular use or for different members of your household.

Remote Control User's Guide

Press once to activate all wavelengths — Red and NIR will run at 100% for 20 minutes. Press again to turn it off.

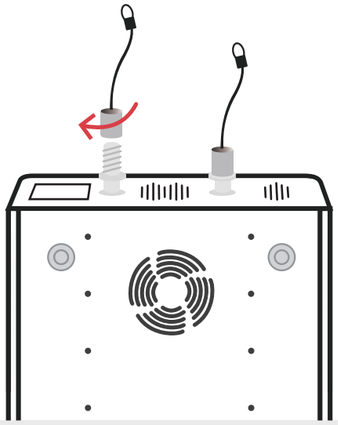
Remote Pairing: To control one or more panels with the remote, first set all panels to the same group (if using multiple units). Then, press the same group number on the remote. A beep will sound to confirm successful pairing. The remote is now ready to control the panel.



Smart Mode Button: Press to choose a Smart Mode. Press again to start. Press one more time to pause.

Note: Make sure the remote is paired with the light before you use it.

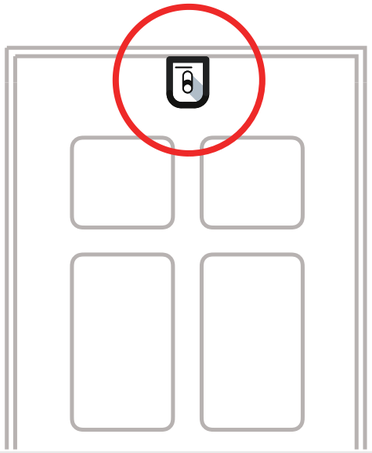
Install Your Therapy Light



PIC .1

STEP 1

Lay all of the included hardware, including your Panel, on a padded surface. Next, screw in the threaded posts to the top of the device and hand-tighten with the included Allen wrench. Then, screw the cable supports to the threaded posts, as shown in PIC.1.

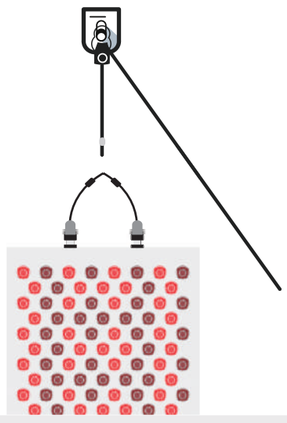


PIC .2

STEP 2

Hang the included custom hook on any standard-sized door, as shown in PIC.2.

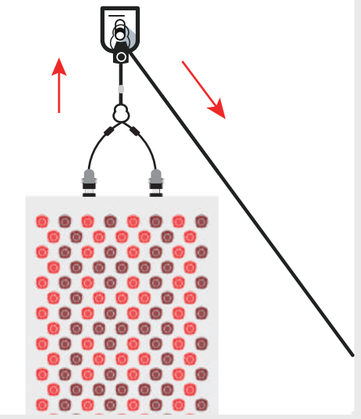
Install Your Therapy Light



PIC .3

STEP 3

Connect the cable supports to the snap link attached to the height-adjusting system. Then, connect the snap link on the opposite end directly to the door hook, as shown in PIC.3.



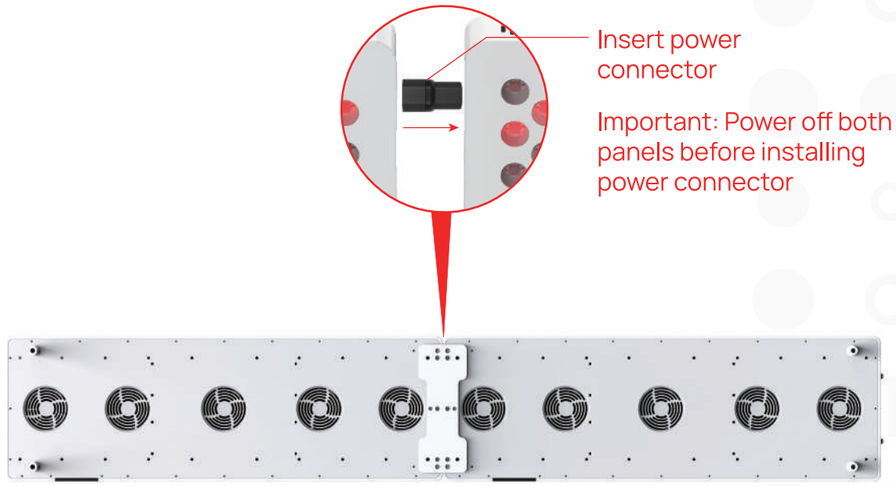
PIC .4

STEP 4

To raise your Panel to your desired height, pull down on the loose cable while supporting the device with your opposite hand, as shown in PIC.4.

Be sure to adequately support the device while raising and lowering it with the height-adjusting system .

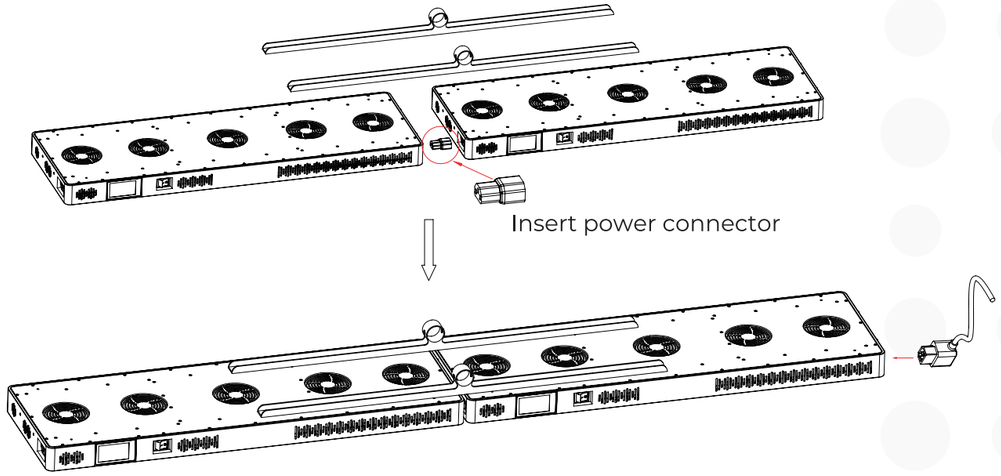
Install Multiple LUMA Series Lamp Units



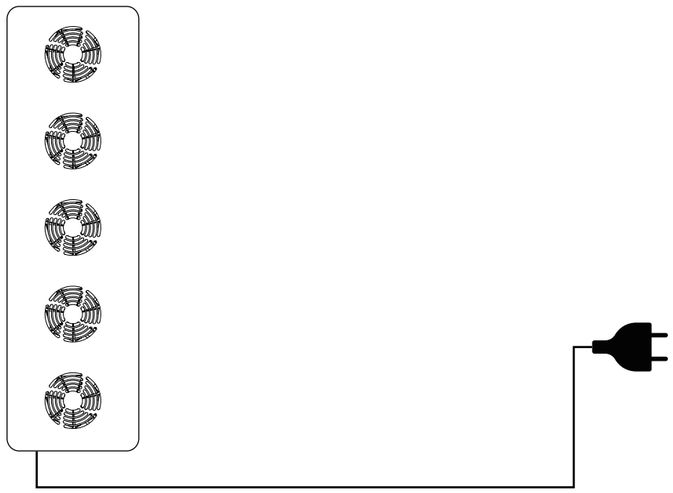
STEP 1

Turn off both panels and place them face down on a clean, flat surface.
1. Remove the door hook from the lower panel, and then install the power connector.
2. Position the hanging bracket over the joint between the upper and lower panels. Securely tighten all screws.
3. Attach the support cables to the snap hook on the height-adjustment system.
4. Attach the snap hook at the opposite end of each cable to the door hook, as shown in Figure 3. Refer to page 30 for additional details.

LUMA APEX Two-Panel Connection Wiring Guide



Important: Power off both panels before installing power connector.



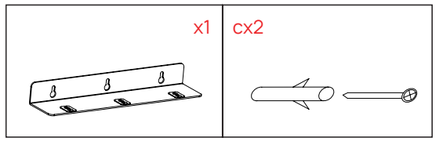
Wall Mounting Bracket Instruction

⚠ WARNING

Please read the following warning carefully before assemble it.

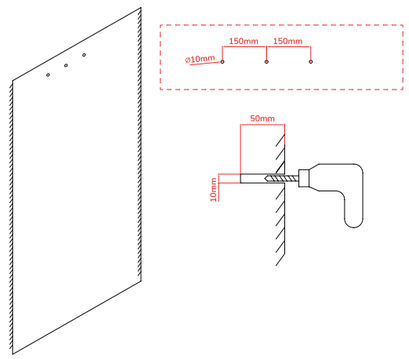
- Do not install or assemble if the product or hardware is damaged or missing, if you require replacement parts, please contact us for assistance.
- Maximum load capacity: 32KG/70.5LBS.
- Do not use this product for any other things than the original design.
- We do not cover the following damages: product been modified, improper installation or use over the specified weight range, nature caused damage.

PARTS LIST



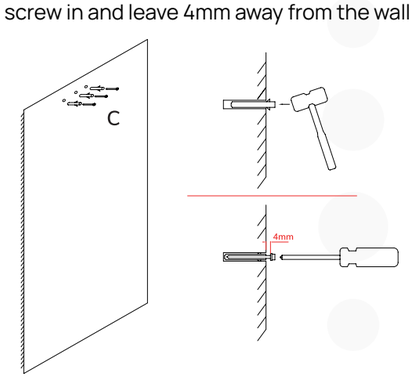
STEP 1

Drill holes in the wall as the size



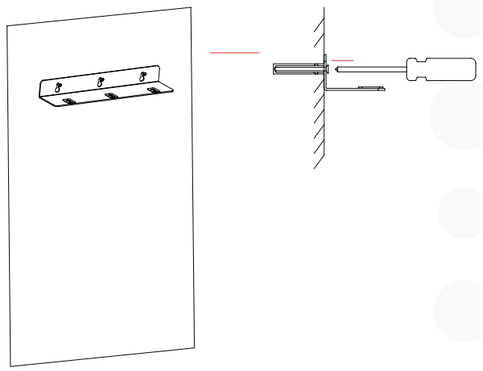
STEP 2

Drive the gray plastic case into the hole, twist the screw in and leave 4mm away from the wall



STEP 3

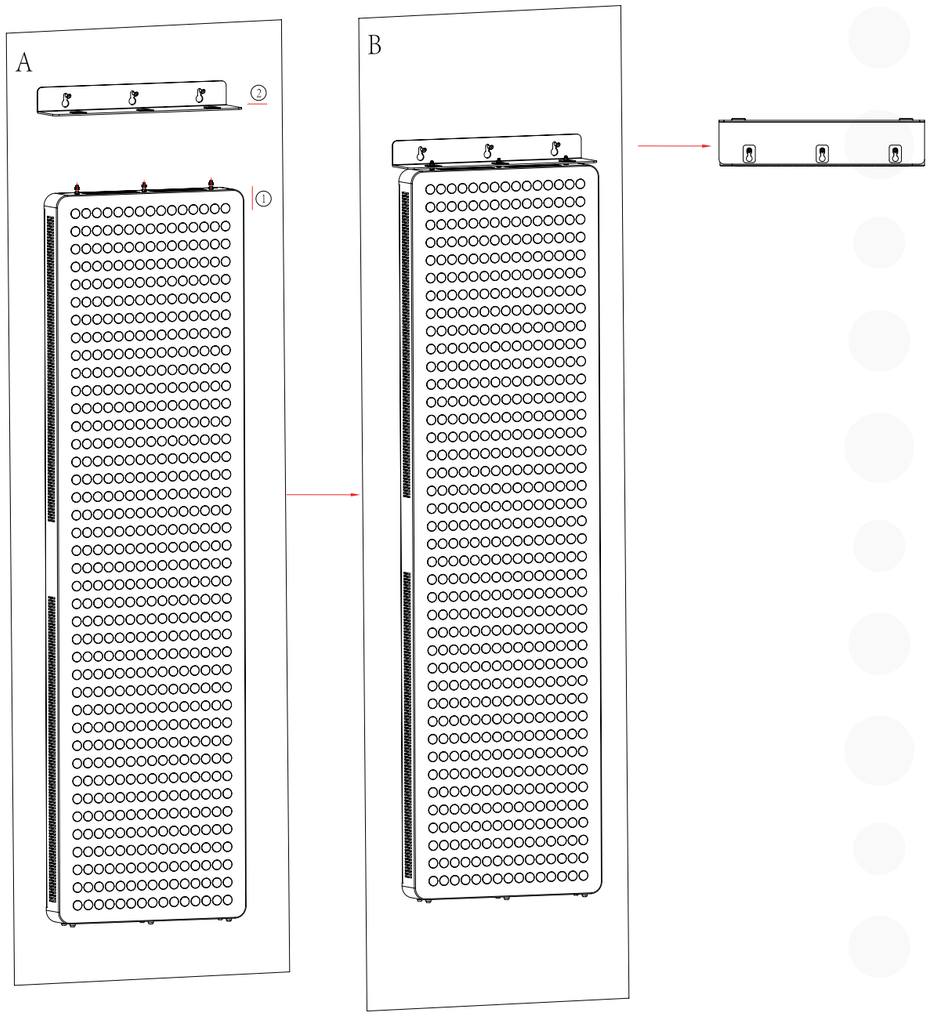
Hang up the wall bracket and tighten the screws.



STEP 2 LUMA ULTRA

Hang the light on the bracket

- Line up the top connectors of the light with the holes in bracket.
- Slide the top connectors of the light up into the holes and then push back to lock into place.
- Screw in the plastic screws in the holes.



Caution:
Don't push the lights after installed

Precautions

Please pay attention to the following NOTES when use the device:

- Please read all NOTES in the user manual before using the device.
- Use with caution in patients with allergic skin diseases
- Children and people with disabilities should use this device under the supervision of guardians or medical staff
- If the patient has a tendency to bleed or has acute inflammation, high fever, active tuberculosis, etc.,the LED therapy light should be prohibited.
- When using LED therapy light should pay attention to the safe irradiation distance and suitable treatment time.
- When irradiating the head should pay attention to protect the eyes to avoid eye burns.
- The device is not waterproof, do not clean it with an unwrung wet towel or immerse the device in water, do not wash electrical components with water or liquid.
- Stop using the device if it gets water or liquid.
- Do not pull the power cord forcefully during the device operation.
- Do not use with other heating equipment at the same time. Do not modify or repair this device by yourself.
- Do not use or store the device in environments where the temperature exceeds °45C.
- Avoid direct sunlight when storing lamps and store in a cool, dry place.
- Please keep a distance of at least 11 cm between the skin and the light-emitting surface of the lamp to avoid high-temperature burns.
- If there is any abnormality or discomfort during use, please stop using it immediately and contact us.

Operating Environment

Operating your LUMA outside these ranges may affect performance:

- Temperature: 14°F to 113°F (−10°C to 45°C)
- Atmospheric Pressure: 101.325 kPa
- Storage Temperature: 8.6°F to 104°F (−13°C to 40°C)
- Relative humidity: 30% - 65%.

Warranty Card

Contact Information

Product

Comments

Warranty Clauses

1. Our products are warranted against defects in materials and workmanship for a period of THREE (3) YEARS from the purchase date.
2. Free replacements are warranted fo r a period of SIX (6) MONTHS.
3. Warranty does not cover the following damage(s): product has been modified, improper installation or use, improper clean, electrical surges, or nature caused damage.
4. Warranty does not cover the loss of third party with direct or indirect damage(s)

Warning & Clean

1. Unplug fixture before cleaning.
2. Do not use cleaning sprays. Wipe with a dry or lightly damp cloth to clean.

LUMA

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the user manual

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