

LED LIGHT THERAPY MASK

Item No. 210338

User Guide

Thank you for purchasing the LED Light Therapy Mask. Please read this manual thoroughly before operating this device.

HOW TO USE

1. Take a picture before using the mask to compare the results before and after.
2. Wash your face before the treatment.
3. Press and hold the **“Power Switch”** button to switch the LED mask on.
4. Set the time by pressing the **“Time”** button.
5. To set the mode, press the **“Color”** button.
6. To adjust the intensity, press the **“Energy”** button.
7. Press **“ON/OFF”** to start the treatment.

RECOMMENDED USAGE TIME

Beginner or Sensitive Skin: Start with 10 minutes per session. As your skin adjusts, gradually increase to 15–20 minutes. Do not exceed 20 minutes per session.

After Adjustment: 15–20 minutes per session is sufficient. Avoid longer sessions, as this may cause dryness or redness.

RECOMMENDED WEEKLY USE

Adjustment Period [First 2–4 Weeks]: Use 3–4 times per week, allowing a day of rest between sessions so your skin can recover.

Maintenance: Use 4–5 times per week once your skin has adjusted.

By following these steps, you can effectively use the LED mask for your skincare treatment.

LED LIGHT COLORS AND THEIR EFFECTS

There are 7 LED light colors/wavelengths [in nanometers]:

- **Red (~630 nm)**
 - **Benefits:** Increases blood circulation, stimulates skin cells to secrete collagen for a firm and smooth texture.
 - **Penetration:** 8-10 mm.
 - **Suitable For:** All skin types; effective in reducing wrinkles and making the skin more elastic and smoother.
 - **Uses:** Good for surrounding eyes and forehead.
- **Blue (~415 nm)**
 - **Benefits:** Calms skin, reduces inflammation, kills bacteria, and improves sensitive skin.
 - **Penetration:** About 0.5 mm.
 - **Suitable For:** Sensitive, oily skin, and skin with rashes.

- **Green (~525 nm)**
 - **Benefits:** Anti-aging, smooths wrinkles and fine lines, improves wounds.
 - **Effects:** Alternates use of cells and oxygen, activates microcirculation, relaxes skin, reduces pain.
- **Purple (~390 nm)**
 - **Benefits:** Relaxing improves lymph metabolism.
 - **Effects:** Strengthens protein fiber tissue, shrinks pores, eliminates yellow face tones, reduces wrinkles, accelerates blood circulation, and promotes skin tissue activation.
- **Cyan (~490 nm)**
 - **Benefits:** Gentle inflammation treatment reduces inflammation.
 - **Effects:** Adjusts gland function, promotes protein and collagen synthesis, activates skin, relaxes skin contraction.
- **Yellow (~450 nm)**
 - **Benefits:** Improves microcirculation, adjusts factors, inhibits melanin production.
 - **Effects:** Fades dark spots, freckles, and blemishes.
- **White [mix]**
 - **Benefits:** Relaxing, activates skin's natural renewal system.
 - **Effects:** Reverses the effects of aging, restores a younger and healthier skin appearance.

By understanding these benefits, you can effectively use the light therapy device for various skin conditions and improvements.

IMPORTANT

- Do not stare at the LED light source directly for long periods of time.
- If you use a disposable mask or cosmetics together with the mask, please choose high-quality natural ingredients products.
- The mask material is medical silicon, which will have an odor right after opening the package. This will disappear very soon.
- Do not bend, squeeze, or sit on the mask. There are LED light sources and a PCB board located inside the silicon mask.
- It is recommended to use the mask while lying comfortably in bed or in a recliner. After you finish the treatment, put the LED mask back in the box for storage.
- Do not pour water directly on the mask or use any chemicals to clean it. Please use a damp cloth to clean it.
- Do not expose the mask to direct sunlight for long periods of time.

WARRANTY AND CUSTOMER SERVICE

This item from SharperImage.com includes a 1-year limited replacement warranty. If you have any questions not covered in this guide, please call our Customer Service department at 1 (877) 210-3449. Customer Service agents are available Monday through Friday, 9:00 a.m. to 6:00 p.m. ET.

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