



# NEUROPATHY LED PAIN RELIEF WRAP™



**Instruction Manual**

## ITEMS INCLUDED IN THE PACKET

- 1x LED therapy wrap (with built-in lights)
- 1x Power cable (USB or wall adapter)
- 1x Controller (optional – for intensity/timer settings)
- 1x Power bank (for wireless versions)
- 1x Instruction manual

## ASSEMBLING & WRAPPING

Lay the wrap flat to identify the LED side (usually textured or dotted). Wrap it around the target area (foot, leg, knee, etc.), ensuring the LEDs face the skin. Use the Velcro straps or buckles to secure it snugly—but not tightly.

Locate the USB charging cable included with the unit. Plug the USB into the power bank and the other end into a USB wall charger or computer. Let it charge fully (usually takes 2–4 hours; some models have indicator lights). When charged, unplug and connect the power bank directly to the LED wrap. Press the power button on the wrap or controller. You'll see red (660nm) and near-infrared (850nm) LEDs light up. Some models allow you to set:  
Treatment Frequency: Use 2–3 times daily, or typically 3 or more times per week for best result  
Treatment time (usually auto shuts off after 20 mins)  
Intensity level (start low if adjustable)

Standard sessions last 15–20 minutes.  
Most users do 2–3 sessions per day on affected areas.

## SAFETY & BEST PRACTICES

**Start Slow:** Begin with lower light or heat settings and gradually increase only if comfortable.  
**Skin Preparation:** Clean and dry the treatment area beforehand to enhance effectiveness and comfort.  
**Clothing:** Some wraps can penetrate through thin clothing; others may require direct skin contact.  
**Avoid Heating Too Much:** If the wrap feels too hot, pause and allow it to cool. Overheating risks skin irritation.  
**Monitor Sensation:** Stop immediately if discomfort, irritation, or excessive heat occurs.  
**Consult Your Doctor:** Especially if you have medical conditions like diabetes or are pregnant.

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choosing us !

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for beauty!



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