



# Red Mini

INSTRUCTION MANUAL

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# Meet Your UltraLux Red Mini

Congratulations on taking this next step in your health journey! We hope you'll enjoy the expert-level restorative and healing aspects of red light therapy in your in your own home, on your own time.

Skip the trip to the dermatologist and revive your skin at home! **With 4 FDA-cleared wavelengths specialized for reversing aging effects, reducing inflammation, and relieving pain**, the UltraLux Red Mini will become your go-to for all your therapy needs.



# What Sets the UltraLux Red Mini's Apart?

## **Clinically-proven Pain Relief**

Experience all-natural, medical-grade pain relief without the unknown medication or unnecessary procedures.

## **Clinic-Quality Healing at Home**

Experience the best of healing technology without the hassle of setting up a doctor's appointment. Rejuvenate your skin and support your body's healing without leaving the comfort of your home.

## **FDA-Cleared Wavelengths for Weight Loss**

The UltraLux Red Mini includes red and infrared light wavelengths to heal the effects of aging and skin conditions.

# Health Benefits from using the Red Mini

The UltraLux Red mini combines red (630nm and 660nm) and near-infrared (830nm and 850nm) wavelengths for the best therapeutic relief.

## 630nm

Anti-aging, wound and injury healing, pain relief, heal effects of skin conditions and stem cell regeneration.

## 660nm

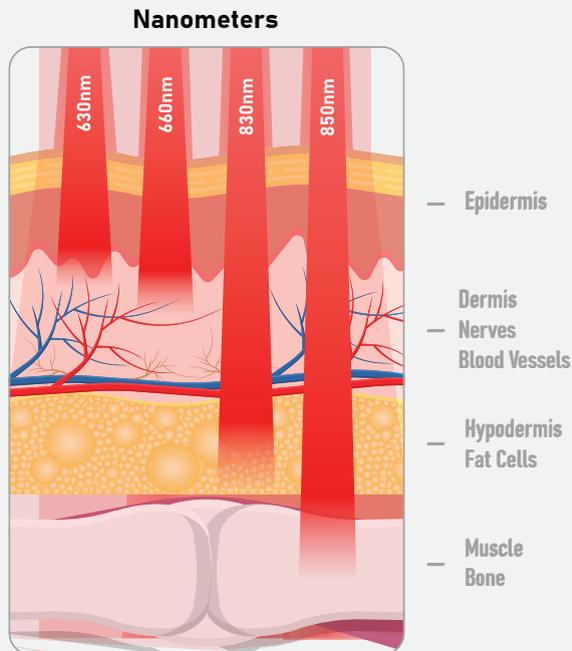
Relief from arthritis and chronic pain, reduce inflammation, reverse wrinkles and fine lines, and relieve nerve pain and neuropathy.

## 830nm

Tighten skin, muscle building, increase athletic performance, and assist in post-workout recovery.

## 850nm

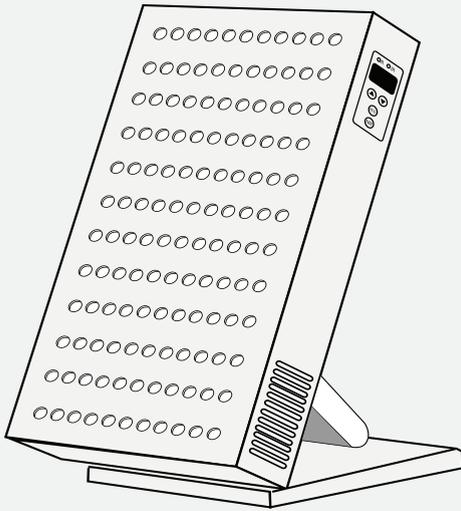
Accelerated muscle healing from workouts, increase collagen production, reduce droopy or crepey eyelids, improve joint health.



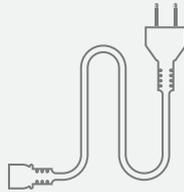
\*Disclaimer: Since red light therapy supports a variety of health conditions, we cannot list every condition, nor can we identify if red light is the solution for your specific condition. If you are curious about how red light might help with your particular health issue, we recommend researching or contacting your doctor. A great place to start is the

\*Nanometers are the unit of measure for light wavelengths.

# What's in Your Red Mini Box?



1x UltraLux Red Mini and Adjustable Stand



1x Power Cord



1x Light Protection Goggles



1x Light Protection Glasses

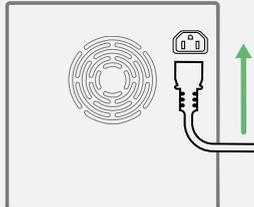


1x User Manual

# How to Use Your Red Mini



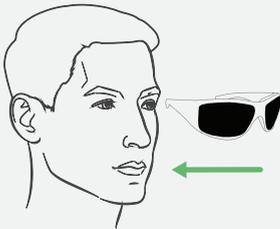
**1.** Plug power cord into a power outlet.



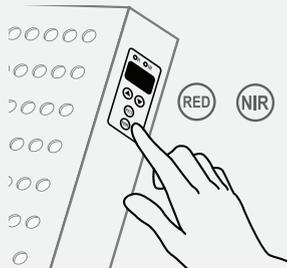
**2.** Plug the female end of the power cord into the connecting power bank.



**3.** Flip on the power switch located behind the panel on the bottom right.



**4.** Put on light protection goggles or glasses, if you would like.



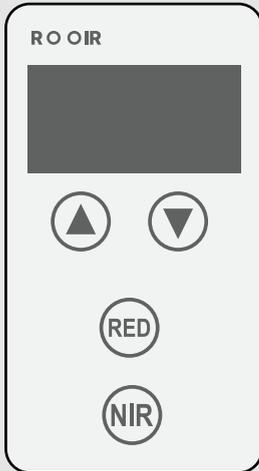
**5.** Select either the Red or Infrared light therapy option. See Red Mini Functions on how to adjust settings.



**FOR VIDEO INSTRUCTIONS  
SCAN THIS QR CODE WITH  
YOUR PHONE'S CAMERA**

# Red Mini Functions

All settings can be adjusted using the digital panel on the side of the Red Mini.



Press the “RED”  button to turn on the red light LEDs. Press it again to turn them off.

Press the “NIR”  button to turn on the near infrared LEDs. Then press it again to turn them off.

**Note:** The near infrared LEDs will look as though they are off as the light is invisible to the human eye, but the countdown timer will light up on the screen to signify the LEDs are on.

Press the “RED” and “NIR”  +  buttons to have both the red light and near infrared light LEDs on at the same time.

To adjust the timer:



Select the up arrow to increase the time in your session.



Select the down arrow to decrease the time in your session.

**Note:** The near infrared LEDs will look as though they are off as the light is invisible to the human eye, but the countdown timer will light up on the screen to signify the LEDs are on.

## Troubleshoot

If you are experiencing difficulty with your Red Mini, we recommend powering off your device and unplugging the power cord from the Red Mini. Then unplug the cord of the Red Mini from the power outlet of your wall. Reconnect the cord to the Red Mini, and the connector to the power outlet. This will support the device in resetting.

## Safety Instructions



This device is water-resistant, **NOT WATERPROOF.**

Do not submerge the Red Mini or its components in water.

- **Not intended for use by children or pregnant women.**
- **Do not exceed 30 minutes per treatment session.**
- **Do not stare directly into the red light panels/diodes.**

## Consult Your Doctor if You:

- **Have any medical questions regarding red light therapy.**
- **Experience negative reactions or effects from using this device.**
- **Are taking drugs or medication known to cause light sensitivity.**

The statements have not been evaluated by the FDA (U.S. Food & Drug Administration). Our products are not intended to diagnose, treat, cure, or prevent any disease. Our products are low-risk, general wellness / fitness products that do not require FDA clearance, in accordance with the "General Wellness: Policy on Low Risk Devices" draft released January 20, 2015

## Care Instructions

**Before storing your Red Mini, unplug it and keep it in a cool, dry area away from direct sunlight.**

### To Clean the Red Mini:

- **Make sure all cords are disconnected, and that the panel is powered off.**
- **Use a damp cloth or paper towel to clean the panel. Only clean the outside portion of the Red Mini, avoiding the LED diodes.**
- **Never submerge your panel in water or other liquids.**
- **Allow your Red Mini to air dry before using it again.**

# Frequently Asked Questions

## **How does red light therapy work?**

Red light therapy delivers natural, non-invasive wavelengths of light to the cells in our bodies. When these light wavelengths are absorbed, the mitochondrion are stimulated, creating more energy within our bodies. As a result, this cellular energy is used to increase the health and effectiveness of our bodily functions.

## **Are there side effects from using this device?**

Red light therapy is not associated with any adverse side effects if used as directed.

## **How long will it take to notice results?**

You may start noticing visible or physical results in as little as 4 weeks of consistent use. Individual results may vary.

## **Is Red Light bad for my eyes?**

Red light therapy is shown to improve eye health! Most customers find it useful to close their eyes while using the Red Mini.

## **What is irradiance?**

Irradiance measures the strength and effectiveness of a light wavelength. UltraLux Health uses high irradiances on all red light therapy products to ensure real, powerful results.

## **Will I get a tan from the red light?**

No, you will not get a tan. The wavelengths used in all of the Ultralux red light products do not contain UVA or UVB rays, meaning there is no risk of tanning or sun damage.

# Frequently Asked Questions

## **Do I need to clean the device? How do I clean it?**

We recommend cleaning the Red Mini regularly. To clean, use a water-based wipe or wet paper towel to gently clean the LEDs and the metal portion of the panel. Allow to air dry completely before use.

## **What is the EMF output of this device?**

The Red Mini has a very Low-EMF output of less than 1 milligauss at its highest treatment setting at a distance of 18 inches.

## **Does red light therapy hurt?**

No, it should not hurt. Red light therapy should feel like a comfortable, slight warmth. If you experience skin irritation or pain, stop using and consult a medical professional right away.

## **Do I need a prescription from my doctor to use the Red Mini?**

Not at all! Our light therapy device uses FDA-cleared wavelengths that can be bought over the counter for anyone experiencing pain issues. If you have any health concerns, or light sensitivity issues, please consult a medical professional before use.

## **Is the Red Mini battery operated?**

No, the Red Mini is operated through a power cord connected to an electrical outlet during your treatment session.

# Warranty

The UltraLux Red Mini comes with a **2-year manufacturer warranty, and only valid for the original buyer.** In order for the warranty to apply, the item must be in like new condition, excluding the defect.

Contact **support@ultraluxhealth.com** with photo or video evidence of the defective item. Whether or not the item is covered under warranty is under full discretion of UltraLux Health. If the item is covered, a replacement item will be shipped to the customer at no cost to the customer. Warranties cover labor, defective parts, and the return shipping of the new/repaired product to the customer.

# Contact For Assistance

Now that you know exactly how to operate and use your UltraLux Red Mini, it's time to take full advantage of the amazing benefits!

Feel free to reach out to our customer service team with any questions or concerns



✉ Support@ultraluxhealth.com    💬 Live Chat : [ultraluxhealth.com](https://ultraluxhealth.com)

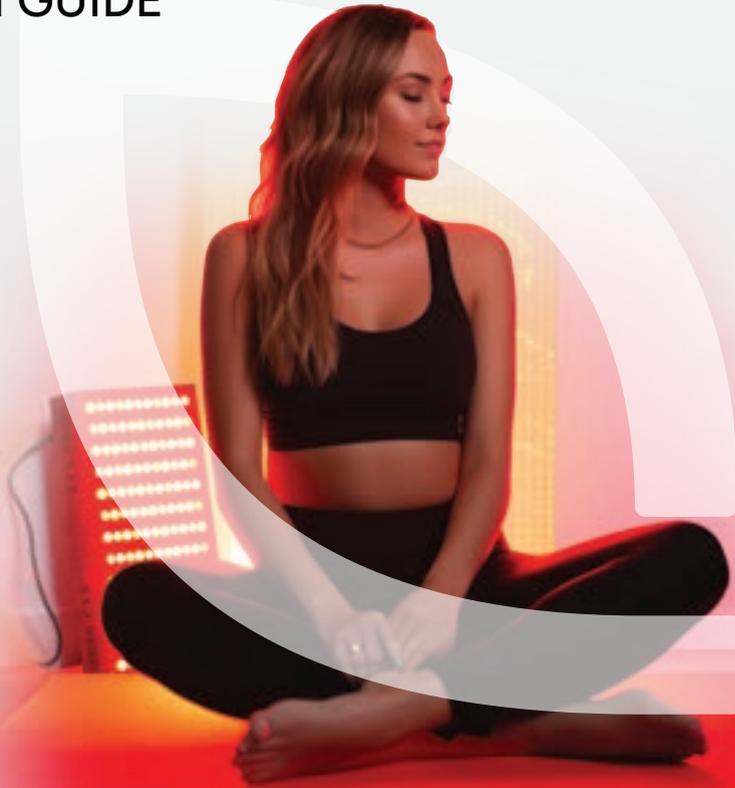
☎ 385-360-9755 or Internationally Toll Free at: 855-479-4149

M-F 8:00am - 4:00pm MST



# RED MINI

HEALTH GUIDE



# UltraLux Red Mini Health Guide

The UltraLux Health Red Mini has benefits for all types of skin, muscle, and hair conditions. Whether desiring to achieve healthier skin or simply want to improve muscle recovery, the Red Mini can be your solution. This Red Mini Health Guide will provide you with information to facilitate quality results.

## Supported Principles of the Red Mini

Red light therapy (RLT) supports various principles related to internal biological processes that promote body, skin, and mental health. The UltraLux Red Mini supports these same processes while targeting the skin and muscles. Additionally, we advise consulting a doctor if you have questions about a specific condition related to these targeted areas. However, if your specific condition would improve by experiencing a principle listed below, then the Red Mini is right for you!



### Increased Collagen

Collagen is a structural protein that provides support to the skin and hair. Red light therapy's ability to boost collagen production may contribute to accelerated healing of wounds, scars, wrinkles, and skin injuries.



### **Stimulation of Cellular Activity**

Red light therapy enhances cellular function by promoting increased energy production (ATP) within the cells. This may lead to improved cell metabolism and overall cellular health in the body.



### **Reduction of Inflammation**

Red light therapy enhances cellular function by promoting increased energy production (ATP) within the cells. This may lead to improved cell metabolism and overall cellular health in the body.



### **Increased Blood Circulation**

Red light therapy stimulates blood flow which aids in the removal of waste products and toxins from tissues. Improved blood circulation ensures a more efficient delivery of oxygen, nutrients, and other essential substances to the cells.



### **Mental Health**

Exposure to red light is believed to stimulate cellular activity, particularly in the mitochondria, leading to enhanced energy production and improved neurotransmitter function. The release of certain neurotransmitters, such as serotonin and endorphins, which play key roles in mood regulation and emotional well-being.

# How to Optimize Red Mini Benefits

Tailoring your red light therapy sessions is great for achieving goals and maximizing the potential benefits of this treatment faster. For the best results, we recommend the following:

## Reverse Wrinkles and Sun Damage

If you would like to target wrinkled or sun damaged skin, select the Red Light Setting. Use for 1-2, 15 minute sessions every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL  
DISTANCE

**1-2**  
SESSIONS  
EVERY DAY



15 MIN



RED  
LIGHT

**4**  
WEEKS

## Improve Cellular Health and Regeneration

For cellular health and regeneration improvement, select the Red Light Setting. Use for 1-2, 15 minute sessions every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL  
DISTANCE

**1-2**  
SESSIONS  
EVERY DAY



15 MIN



RED  
LIGHT

**4**  
WEEKS

## Treat Skin Conditions

Whether you have psoriasis, acne, or eczema, the Red Mini can assist in improving all kinds of skin conditions. Select Infrared Light Setting. Use for one, 15 minute session every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL  
DISTANCE

**1-2**  
SESSIONS  
EVERY DAY



15 MIN



NIR  
LIGHT

**4**  
WEEKS

## Pain Relief

For alleviating muscle or skin pain, select Infrared Light Setting. Use for 1-2, 15 minute sessions every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL  
DISTANCE

**1-2**  
SESSIONS  
EVERY DAY



15 MIN



NIR  
LIGHT

**4**  
WEEKS

# How to Optimize Red Mini Benefits

Tailoring your red light therapy sessions is great for achieving goals and maximizing the potential benefits of this treatment faster. For the best results, we recommend the following:



**Ensure skin is free from makeup, lotions, sunscreens, or other barriers.**

Clean the target body area with a gentle cleanser before your red light therapy session.



**Remove Clothing or other barriers from the target body area.**

Bare skin absorbs the red light better than covered skin.



# What to Avoid

**When using the UltraLux Red Mini, it is important to maintain your health and safety. We recommend avoiding the following in order to receive the results you want, while protecting yourself.**

## **Overexposure**

We recommend not exceeding 30 minutes per session. Do not use your Red Mini overnight.

## **Not Consulting a Doctor About Conditions and Medications**

If you suffer from a specific scalp condition or are taking photosensitizing medications, and do not consult with a healthcare professional or dermatologist, there may be adverse effects. Talk to your doctor, and they can provide personalized advice based on your health status.

## **Inconsistency in Use**

Consistency is key with red light therapy. Avoid sporadic or irregular usage, as regular and consistent sessions are more effective for achieving quality results. But do not exceed recommended session time.

**DISCLAIMER** : The information provided in this health guide is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or medical treatment. Use the information in this guide responsibly, and seek professional medical guidance from your doctor if you have questions concerning your specific health concerns.

# Product Specifications

Product Name	UltraLux Red Mini Red Light Therapy Panel
Rating Power	660 watts
Size	15*8.2*2.5 inches
Spectrum	630nm, 660nm, 830nm, 850nm
LED Count	132 dual chip, flicker-free, 5W LEDs
Net Weight	8.8 pounds
Beam angle	Adjustable
Timer Control	5/10/15/20/25/30 mins
Voltage	AC100-240V
Irradiance	Up to 160 mW/cm <sup>2</sup> at 6 inches



Questions? We are happy to help.

✉ [Support@ultraluxhealth.com](mailto:Support@ultraluxhealth.com)  Live Chat : [ultraluxhealth.com](https://ultraluxhealth.com)

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