

USER MANUAL

BQ & Pro Series
LED Panel Device

Table of Contents

Package Content	2
PRODUCT APPLICATION	3
MODEL SPECIFICATIONS	4
About Red & Near-Infrared Light	5
Device Getting Started	6
APP USER GUIDE	8
Usage Recommendations	10
CLEANING & MAINTENANCE	13
Warnings	13
FAQ	15
TROUBLESHOOTING	16
SPECIFICATIONS	17

Package Content

1 package only contains 1 device below

PRO300



PRO200



BQ150



PRO100



BQ60

Item	Qty
LED Panel Device	1PC
Power Cord (US or EU)	1PC
Protective Goggles	1PC
User Manual	1PC
Quality Assurance Card	1PC

Note : Power cord type (US or EU) is selected at purchase.

I PRODUCT APPLICATION

1.1 Intended Use

This product is a **wellness and beauty care device**.

It uses specific wavelengths of LED light to deliver a comfortable light therapy experience for general wellness.

1.2 Suitable Applications

Application	Description
Daily Skin Care	General facial and body skin wellness routine
Post-Exercise Comfort	Light therapy after physical activity for muscle relaxation
Relaxation & Wellness	Creating a comfortable environment for personal wellness sessions
Beauty Routine Support	Complementing existing skincare and beauty regimens
General Body Comfort	Broad-area light therapy for overall body wellness

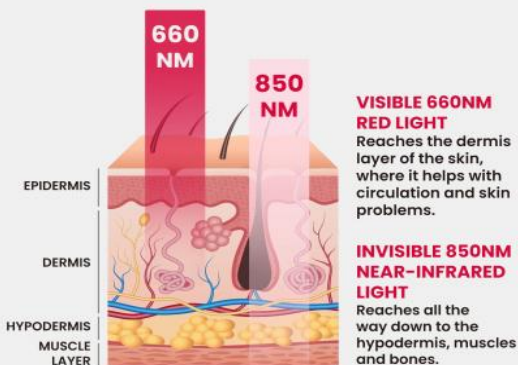
Not Intended For

Situation	Caution
Use on broken or irritated skin	May cause discomfort
Pregnancy	Consult a professional before use
Photosensitive conditions	Consult a professional before use
Discomfort during use	Stop using it and consult a professional

I MODEL SPECIFICATIONS

Parameter	PRO300	PRO200	PRO100	BQ150	BQ60
Max Power	470W	330W	160W	250W	105W
Color	White	White	White	Black	Black
Dimensions	13.5*2.6* 36.4inch	8.4*2.6* 36.8inch	8.4*2.6*19. 7inch	14.3*2.6* 21.3inch	8.4*2.1*1 3.1inch
Best For	Half body	Half body	Calves & thighs	Abdomen	Back or legs
Weight	19.1lbs	13.2lbs	6.6lbs	12.2lbs	4.8lbs
LED Count	Dual- chip 300	Dual- chip 200	Dual-chip 100	Dual-chip 150	Dual-chip 60
Input Voltage	AC 100-240V ~ 50/60Hz (Universal)				
Mounting	All are for fixed use				
Wavelength	630+940nm&660+850nm				
Line Profile Selection	Please select the correct power cord for your region at time of purchase: American-style power cord OR European standard power cable.				

Red Light Therapy at a Glance



Red light (600--700nm):

This specific wavelength is absorbed at a higher proportion, making it especially effective for boosting energy production. Red light penetrates up to **4 mm**, and can completely penetrate the dermis and part of the fat layer.

Near-Infrared Light (700--1400nm):

Near-Infrared light has a particularly strong ability to penetrate deeper into the tissue, organs and joints, making it ideal for enhancing muscle performance and easing joint discomfort and swelling. Infrared penetrates up to **100 mm**, and can completely penetrate the muscle layer and certain organs.

| About Red & Near-Infrared Light

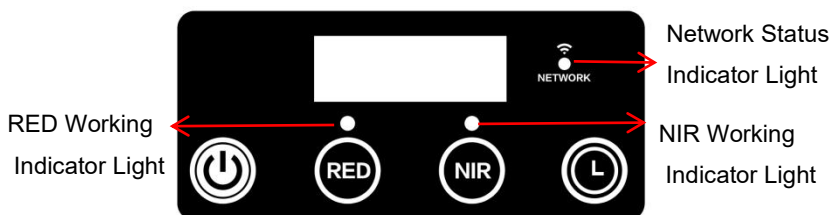
Wavelength Specifications

Wavelength	Penetration	Best For
630nm	Surface	Skin wellness, daily care
660nm	Medium	Skin vitality, circulation support
850nm	Deep	Muscle comfort, joint wellness

Wavelength	Penetration	Best For
940nm	Very Deep	Deep tissue comfort

I Device Getting Started

*BUTTON FUNCTIONS



Button	Short Press	Long Press(in standby “-:-”)
	Starts 6s countdown → auto ON both RED & NIR	Screen Off
	Toggle RED light ON/OFF	Delete WiFi → re-pairing mode
	Toggle NIR light ON/OFF	Start WiFi pairing ; Press again → disable WiFi
	Cycle timer: 5→10→15→20→25→30→35 →40→CXXX(Shows for 8S , then returns to 40:00)→5 min	/

Tip : 1) Press Power button again while lights are ON to turn all lights OFF.

2)CXXX: Represents the cumulative number of consecutive single-use sessions lasting ≥ 10 minutes

*INDICATORS

1) RED Working Indicator Light:

OFF:RED light OFF

On(Green):RED light ON

2) NIR Working Indicator Light:

OFF:NIR light OFF

On(Green):NIR light ON

3) Network Indicator

OFF:Network disabled

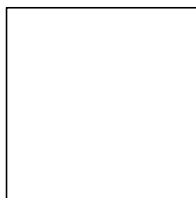
ON(blue) :

- **RAPID FLASH :**Waiting to connect to Wi-Fi (AP)
- **Constant-speed flash :**Connected to a WIFI (AP) hotspot but not to the device server
- **Continuous intermittent double flickering:**The device has saved the Wi-Fi (AP) network configuration information, but it cannot currently connect to the Wi-Fi (AP).
- **Always On :**The device, WIFI (AP), and device server are all connected successfully

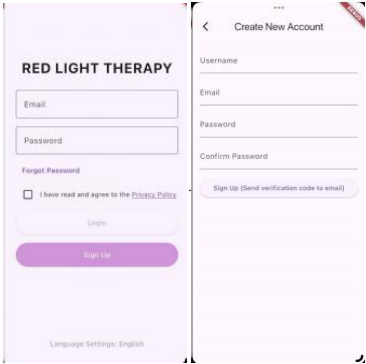
I APP USER GUIDE

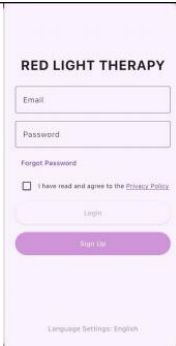
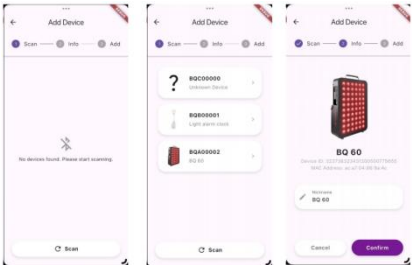
*Download the APP

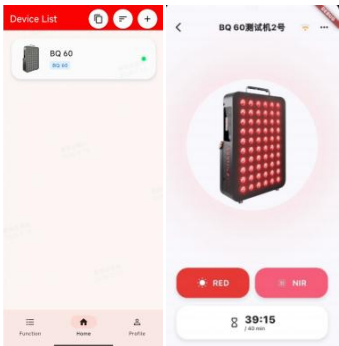
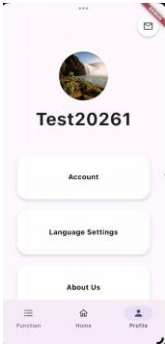
Scan the QR code below or search “**Red Light Care**” in the App Store or Google Play.



QR Code

Interface Schematic	Step Instructions
Step 1: Create Account 	1. Open the APP 2. Agree to terms 3. Click 'Sign Up' to register an account 4. Enter the username, email address, password, and other required information 5. Account registration succeeded after verification
Step 2: Create Account	1. Enter the registered email address and password 2. Agree to terms 3. Click 'Login' to sign in

	4. You can use the app only after successful login
Step 3: Add Your Device 	1. Click the '+' on the Home page to add a device 2. Enable Bluetooth & Location 3. Ensure the device is in distribution network mode (network indicator light flashes) and that the Wi-Fi AP is functioning normally 4. Tap "Scan" to find device 5. Click the image of the pre-connected device to confirm its detail
Step 4: Connect to WiFi 	1. Select your 2.4GHz WiFi network 2. Enter WiFi password 3. Tap "Confirm" 4. Wait for "Binding Successful"

Step 5: Control the Device 	1. In the device list, click the device image 2. Turn on/off red light and near-infrared light, and set the physiotherapy duration (5–40 minutes).
Step6: Profile & Settings 	1. Click 'Profile' to enter the personal settings page ① Account Details ② Language Settings: English, Chinese (Simplified), Chinese (Traditional), Spanish, German , French , Portuguese, Italian , Japanese, Korean ③ About Us

Usage Recommendations

Each use of the product provides internal nourishment to the body. Most users observe noticeable improvements after approximately 3 weeks of consistent use. With continued application, you will experience significant changes.

Frequency: Use it 5 times per week

Distance: Keep the device about 6 inches (15 cm) from the target area.

Before Use Turn on both red and near-infrared lights and undress the therapy area.

Always wear protective goggles during use.

Total Therapy Time in 1 Day (better split into 2 sessions)

Note: Time is based on usage at 6 inches distance.

BQ60 (Black)	Care Goal	Wavelength	Time
	Facial skin	RED (630+660nm)	10-15 min
	Back or legs	NIR (850+940nm)	15-20 min
	Daily wellness	RED + NIR	10-15 min

BQ150 (Black)	Care Goal	Wavelength	Time
	Abdomen	RED (630+660nm)	15-20 min
	Core comfort	NIR (850+940nm)	20-25 min
	Mid-body wellness	RED + NIR	20-25 min

PRO100 (White)	Care Goal	Wavelength	Time
	Calves & thighs	RED (630+660nm)	15-20 min
	Lower body comfort	NIR (850+940nm)	20-30 min
	Leg wellness	RED + NIR	15-20 min

PRO200 (White)	Care Goal	Wavelength	Time
	Half body skin	RED (630+660nm)	20-25 min
	Deep muscle comfort	NIR (850+940nm)	25-30 min
	Full body wellness	RED + NIR	20-25 min

PRO300 (White)	Care Goal	Wavelength	Time
	Professional skin care	RED (630+660nm)	20-30 min
	Athletic recovery	NIR (850+940nm)	25-35 min
	Maximum coverage for professional use	RED + NIR	20-30 min

CLEANING & MAINTENANCE

Task	Method	Frequency
Exterior cleaning	Wipe with soft dry cloth	After each use
LED panel cleaning	Wipe gently with microfiber cloth	Weekly
Ventilation check	Ensure no dust blockage	Monthly
Power cord check	Inspect for damage	Monthly
Installation Stability Check	Ensure secure mounting	Monthly
Storage	Cool, dry place away from sunlight	/

Note: The product surface may be disinfected using 75% alcohol solution. During disinfection, wiping should be employed instead of immersion disinfection. Additionally, high-temperature, high-pressure, or high-humidity disinfection methods are not recommended..

Warnings

The warnings stated in the user manual are intended to ensure that you use the product safely and correctly, preventing harm to yourself and others.

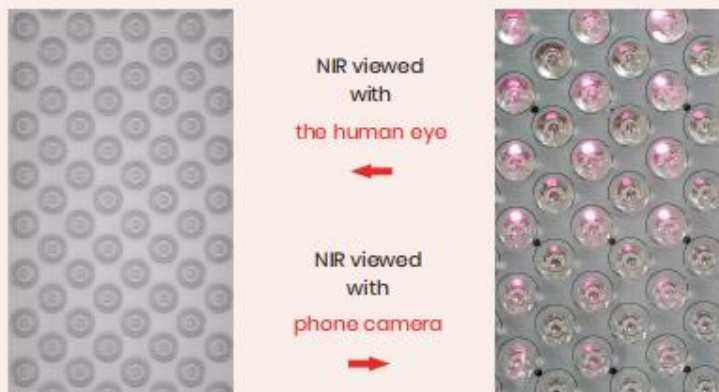
- ① Do not drop your light in water or wherever they may get wet. Water and electricity can be dangerous mixtures.
- ② For safety reasons, disconnect the power supply to the equipment in case of a lightning strike.
- ③ Do not touch powered device plugs or switches with wet hands.

- ④ When using the device, avoid direct exposure to the LED light source. Always wear the provided protective goggles.
- ⑤ Keep away from children
- ⑥ Do not disassemble, repair, or modify this product without authorization, as it may cause accidents or malfunctions.
- ⑦ Protect the product from drops
- ⑧ Do not use on broken or irritated skin.
- ⑨ Consult a professional if you are pregnant or have light-sensitive conditions.
- ⑩ Unplug when not in use for extended periods.
- ⑪ Use only the provided power cord.
- ⑫ This product should not be used in high temperature or high humidity environments.

FAQ

How to tell if NIR is functioning?

As NIR is invisible to the human eye, it seems as if no light is emitted when NIR is started. But if you focus your cell phone camera on the light, you will see some faint purple light glowing. So you can tell whether NIR is functioning by this method. **There may be differences in what is seen on different phones.**



Visible light

Visible Spectrum



The visible light spectrum is the segment of the electromagnetic spectrum that the human eye can view, which ranges from 380 to 700 nanometers.

TROUBLESHOOTING

Problem	Cause	Solution
Screen off, no power	No power	Check whether the socket power supply is normal.
Screen on,Lights not working	The countdown has ended or the lights are not turned on	Press the ' RED 'or' NIR ' light button again ;
No abnormalities detected when powered on, but the device display window shows no content.	The device is in screen-off mode	Normal — screen-off sleep mode, press any key to activate
Display shows "CXXX"	Session counter display	Normal — Wait 10 seconds or press any key to exit
The app cannot control the device	WiFi not configured	Long press NIR 3s to enter pairing
APP shows device offline	Network changed	Reconfigure WiFi in APP

WARRANTY

Item	Detail
Warranty Period	Within XX month from the date of purchase
Coverage	Manufacturing defects under normal use
Exclusions	Damage from misuse, unauthorized modification, or non-original power cord

|SPECIFICATIONS

General Specifications

Parameter	Specification
Product Name	LED Panel Device
Models	BQ60 / BQ150 / PRO100 / PRO200 / PRO300
Timer Range	5 / 10 / 15 / 20 / 25 / 30 / 35 / 40 minutes
Control	Physical buttons & APP remote
Input	AC 100-240V ~ 50/60Hz (Universal)
Power Supply	AC mains direct (wall outlet)
Power cable size selection	US Standard (Type A/B) or EU Standard (Type C/F) — selectable
Operating Environment	a) ambient temperature : 10°C~40°C; b) Relative Humidity: 30%~75%RH; c) Ambient pressure: 80kPa~110kPa
Transportation & Storage Conditions	a) ambient temperature: -10°C~60°C; b) Relative Humidity: 10%~90%RH; c) Ambient pressure: 70kPa~110kPa; d) Store in a well-ventilated and dry place.

|REGULATORY COMPLIANCE

***FCC STATEMENT**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection

against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

RF Exposure Information

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

***CE-RED Declaration** : This device complies with the following EU directives: Directive 2014/53/EU (RED),

Thank you for choosing our LED Panel Device!

For firmware updates and latest features, please keep your APP up to date.

Document Version : V1.0

Date : 2026-07-14

© 2026 [Company Name]. All rights reserved.