

Model

D406

We sincerely thank you for selecting our red light therapy mat. Your support means a great deal to us, and we trust that you will find great satisfaction in using this device.

support@astarexin.com



Made In China

USER MANUAL RED LIGHT THERAPY MAT

TECHNICAL BACKGROUND

This Red Light Therapy Mat harnesses the power of advanced red light therapy, utilizing clinically backed 660nm and 850nm wavelengths to support whole-body health and recovery. Studies (e.g., Whelan et al., 2001; Leal Junior et al., 2009) have demonstrated that red and near-infrared light can promote cellular repair, reduce inflammation, and accelerate healing.

Unlike traditional clinical-grade red light therapy, this lightweight, portable, and user-friendly mat allows you to experience professional-level care from the comfort of your home or on the go. It's an ideal solution for athletes, individuals with chronic pain, or anyone seeking enhanced recovery, providing a convenient, science-backed therapy to improve overall wellness and mobility.

BENEFITS OF RED LIGHT TECHNOLOGY

660nm Red Light (Surface-Level Relief)

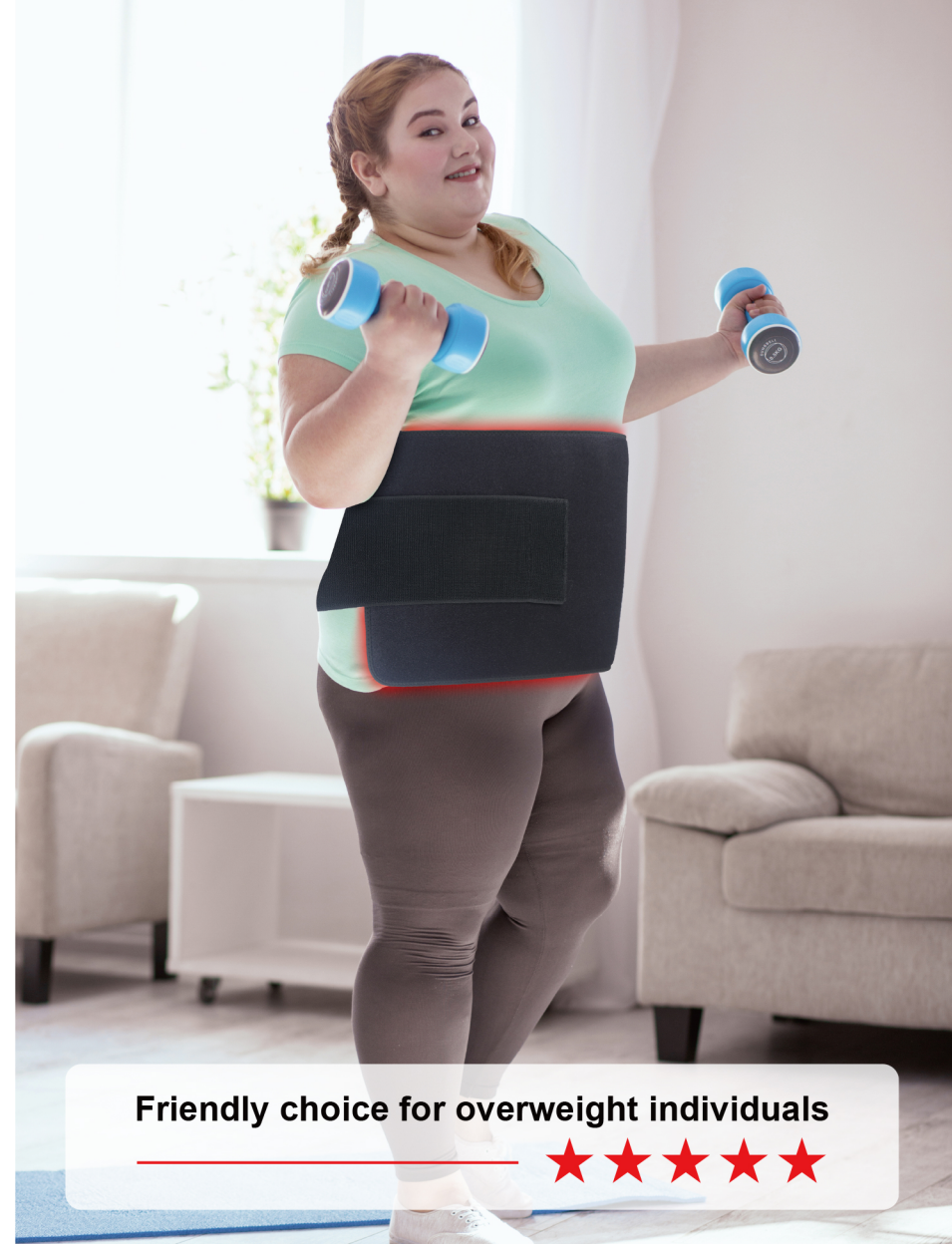
Penetrates the skin to stimulate cellular energy production (ATP), enhance tissue repair, and relieve pain. Ideal for addressing muscle stiffness and minor aches across the body.

850nm Near-Infrared Light (Deep Tissue Support)

Reaches deeper into muscles, joints, and connective tissues, effectively reducing inflammation, improving circulation, and increasing flexibility. Beneficial for full-body muscle recovery, chronic pain relief, and post-exercise healing.

Synergistic Dual-Wavelength Therapy

By combining these two wavelengths, the Red Light Therapy Mat utilizes photobiomodulation (PBM) therapy to activate mitochondrial function, boost cell regeneration, and support long-term whole-body wellness. Whether you're recovering from an injury, managing chronic discomfort, or simply looking to enhance overall vitality, this non-invasive therapy provides a safe and effective solution.



Friendly choice for overweight individuals



ALL INCLUDED



Red Light Therapy Mat



Transparent PVC films



Stretchy straps



Controller



Adaptor



User Manual

Remove and dispose of all packaging from the device and accessories. Inspect the device and accessories for shipping damage.

SPECIFICATION

Model :	D406
Material :	Fabric+FPC
Input :	100-240VAC 1.5A
Output :	15V 4A
Rated Power :	60W
Size :	34.3*15.9in
LED Quantity :	406Pcs
Wavelength :	1*660nm+2*850nm
Irradiance :	0-1in*:≥18mW/cm2

HOW TO USE



EXPLANATION OF GEAR SETTINGS

1. When you first turn on the device, a default mode setting is configured for you (that is, P1 brightness, both red light and near-infrared light are turned on simultaneously, in the constant light mode, and with a timer set to 30 minutes). A single red light therapy session under this basic mode can supply approximately 13.5J/cm² of energy to the irradiated area.
2. Additionally, you can set the mode of the red light therapy mat according to your actual needs and your tolerance for temperature. The calculation method for the supplementary dose: mW/cm² × time (in seconds) × 0.001 = J/cm

Refer to the irradiance data of each gear of ours:

P1≈7.5mw/cm² ; P2≈9mw/cm² ; P3≈12mw/cm² ; P4≈15mw/cm² ; P5≈18mw/cm²

The data is obtained through manual testing, and there may be errors caused by factors such as the testing environment

Citation from Whitten, A. *The Ultimate Guide To Red Light Therapy*:

“FOR DEEP TISSUES: For deeper issues in muscles, tendons, ligaments, bones, glands, the brain, organs, etc., you want much higher doses more in the neighborhood of 10 - 60J” (Whitten, 2018, p. 112).

APPLIED TO THE HUMAN BODY

Here show you some examples of how to use the red light device. You and your pets can enjoy the red light in different ways like shoulder, back, feet knee, etc.



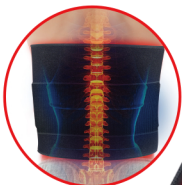
Shoulder



Neck



Abdomen



Waist



APPLIED TO PETS



Large pets



Small pets

CONTRAINDICATIONS

Do not use this product over open or bleeding wounds.

Do not use this product if you have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.

Do not use this product if you are, suspect you may be, or are planning to become pregnant, or if you are, or plan to begin, breastfeeding.

If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this device.

Consult your physician before using this product if you:

Are under the care of a physician for a pre-existing health condition.

Take steroid medication, use a topical steroid, or receive steroid injections,

Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.

Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.

Take a medication that may make you sensitive to light or sunlight, including some antibiotics, chemotherapy drugs, cold and allergy medications, pain medications, and diuretics.

Use products that may cause photosensitivity, such as citrus essential oils, St. John's Wart, antibacterial soap, and coal tar and petroleum products.

Are or may be sensitive to red light or near-infrared light.

CLEANING, STORAGE & MAINTENANCE

Turn off, unplug, and allow to completely cool before cleaning or storing.

Wipe the device with a soft, dry cloth after use. **WARNING!** Do not allow water or other liquids to come into contact with the device.

Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents to clean the device.

Store the device in a cool, dry, indoor location. Disconnect the remote control and power cable before storing.

Do not store other objects on top of the device. Store in the original box to prevent damage.

Do not attempt to disassemble or repair the device. This device contains no user-serviceable parts.

NOTICE

Unplug the device immediately in the event of a power failure.

This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.

Dispose of device and all accessories according to state and federal regulations.

The device will automatically power off after the set working time. Do not use continuously for more than 30 minutes. Wait at least 2–3 hours between 30-minute treatment sessions.

FREQUENTLY ASKED QUESTIONS

Q: Do I need to wear goggles during the whole process when using red light products?

A: You can wear them to enjoy facial red light therapy. When used on other parts of the body, it does not need to be worn.

Q: Does the transparent PVC film need to be carried and used together?

A: It doesn't matter if you use clear PVC film or not in the lighting area. If not used, the light transmission is better and the effect is better. If you may have applied ointment or hair oil so that the lamp pad itself doesn't get anything on it, you can choose to use it.

Q: Do I need to take off my clothes to use the product?

A: Yes, let the light shine directly on the skin.

Q: What are the suggestions for using light intensity? What is the recommended use time for this product?

A: Five gears work best. It is recommended that the optimal duration of each use is 30 minutes and no more than 60 minutes.

Q: What is the function of pulse mode? What is the difference between 10Hz and 40Hz?

A: Intermittent red light therapy, the highest gear has the best penetration effect, but the constant light will generate heat, if you feel that the constant light is overheated, you can choose 10Hz or 40Hz; 40Hz is more penetrating than 10Hz.

Q: How does red light therapy help lose fat and inches?

A: Near-infrared (NIR) light can reach fat cells up to 1.5 inches below the surface of the skin. NIR wavelengths help breakdown stubborn fat cells, allowing them to enter the bloodstream and from there be eliminated via the body's normal waste-removal processes.