

MANUAL

Vivo Lux 35 S2

Red light therapy panel



Dutch Health Store

Healthy light, a better life

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What is red light therapy?

Light plays a major role in how healthy you are, how you feel and how you look. The Vivo Lux 35 S2 delivers a wide spectrum of red and near infrared light, at the wavelengths 630, 660, 670, 810, 830, 850 and 1060 nanometres. Each of these wavelengths has been researched for its therapeutic effect. You can start noticing what red light therapy can do for you from as little as ten minutes a day, safely and comfortably from home.

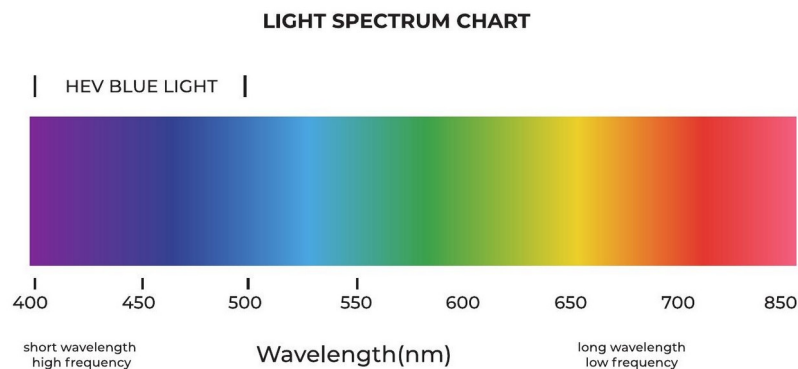
Red light therapy, also known as photobiomodulation, is a safe treatment method that uses specific wavelengths of light. These wavelengths have been scientifically studied and are widely used for skin concerns, pain relief, inflammation and supporting the body's energy production.

How does red light therapy work?

Light photons are absorbed through the skin and trigger a biochemical effect in the mitochondria, the energy factories of our cells. This stimulation causes the mitochondria to produce more ATP, allowing cells to function more efficiently, renew themselves and repair damaged tissue more effectively. Unlike laser treatments or intense pulsed light, red light therapy does not damage the skin. Instead, it stimulates the skin's recovery and renewal.

Red light therapy is not the same as a classic, warm infrared lamp. An old-fashioned infrared lamp mainly produces heat, but does not have the same cellular effect as red light therapy. The light from the Vivo Lux penetrates about five millimetres beneath the skin's surface. Because the photons are also absorbed into the bloodstream, the treatment has an effect that reaches beyond the area directly exposed to the light, including areas that are not directly illuminated.

Red light (visible, roughly 620 to 700 nm) and near infrared light (invisible, from around 700 nm) sit close together on the light spectrum, but penetrate the body to different depths. Red light works mainly on the surface of the skin, while near infrared light penetrates deeper, reaching muscles, joints and other underlying tissue.



Benefits of red light therapy

Red light therapy has a wide range of applications. Below are the key benefits, from skin to brain and from muscles to hormone balance.

Improved cellular function

Our body is made up of cells, and one of the key benefits of red light therapy is that it improves cellular health. The enzyme cytochrome C oxidase responds to red light and stimulates cellular respiration and the cell's energy process. This gives overall health a boost and provides more energy.

Improved blood circulation

Several studies show that red light therapy dilates blood vessels and stimulates blood circulation. Red light protects red blood cells against oxidative stress. Good blood circulation is essential for good health, as it supplies oxygen and nutrients and removes waste products.

Recovery, healing and performance

Light therapy is widely used by athletes to improve their fitness, enhance performance and support the recovery process. Muscle cells need energy to grow and strengthen after damage or exertion. Red light therapy helps the body produce and use that energy more efficiently.

Sleep optimisation

Our brain uses light as a signal to determine when we wake up and when we sleep. It controls the production of hormones such as cortisol and melatonin. Bright blue light in the evening can disrupt the sleep cycle, while red light at a lower intensity can help support longer, more restful sleep through an increase in melatonin production.

Skin health and anti ageing

One of the best known benefits of red light therapy is for skin health. Red light stimulates collagen production, making the skin firmer. Wounds and scars also heal faster with red light. Studies further show that red light therapy reduces fine lines and blemishes and improves skin texture.

Inflammation and pain relief

Near infrared light (NIR) reduces inflammation and pain in the body by lowering inflammatory markers in the blood. Inflammation related complaints are reduced through the use of red light therapy, including joint pain, muscle pain, arthritis and auto immune conditions.

Brain and cognitive health

It is well known that red light therapy supports mental wellbeing by stimulating serotonin and dopamine in the brain. Red light also helps with the production of melatonin, the hormone that regulates our sleep and circadian rhythms. The result is improved sleep, which in turn supports cognition and mental health.

Thyroid function

Red light therapy may help increase T4 production, reduce TPO antibodies and reduce inflammation, thereby supporting thyroid function. Sufficient thyroid hormone supports energy and metabolism in every cell of the body.

Product description



The panel is built with a metal housing containing 35 high quality LEDs, spread across seven different wavelengths:

- 3 x 1060 nm LED (not visible)
- 5 x 850 nm LED (not visible)
- 5 x 830 nm LED (not visible)
- 5 x 810 nm LED (not visible)
- 7 x 630 nm LED (visible light)
- 5 x 660 nm LED (visible light)
- 5 x 670 nm LED (visible light)

The control panel with display is located at the bottom of the panel, allowing you to easily adjust the settings.

Measured light intensity: more than 56.2 mW/cm² at 15 cm distance (professionally measured).

What's in the box

- 1 x Vivo Lux 35 S2 panel
- 1 x earthed power cord
- 1 x protective goggles
- 1 x 12V5A power adapter
- 1 x manual



1 x earthed power cord



1 x protective goggles



1 x 12V5A power adapter



VIVO Red Light Therapy

1 x manual

Specifications

Product name	Vivo Lux 35 S2
Device dimensions	20 x 12.5 x 3 cm
Device weight	1.2 kg
Power	175 watt
Consumption	49 watt
Wavelengths	3 x 1060 nm, 5 x 850 nm, 5 x 830 nm, 5 x 810 nm, 7 x 630 nm, 5 x 660 nm, 5 x 670 nm
Dimming function	b25 (25%), b50 (50%), b75 (75%), b100 (100%)
Number of LEDs	35 x 5 watt LED chips
Timer	default 10 minutes, maximum setting 20 minutes
Light intensity	more than 56.2 mW/cm ² at 15 cm distance (professionally measured)
Material	Metal housing
Warranty	3 years

Mode options

Red light (R): 630, 660 and 670 nm

- Improves skin health
- Increases blood circulation
- Stimulates the production of collagen and elastin

Near infrared light (NIR): 810, 830, 850 and 1060 nm

- Reduces inflammation
- Relieves muscle and joint pain
- Repairs deeper tissue such as muscles, joints and organs

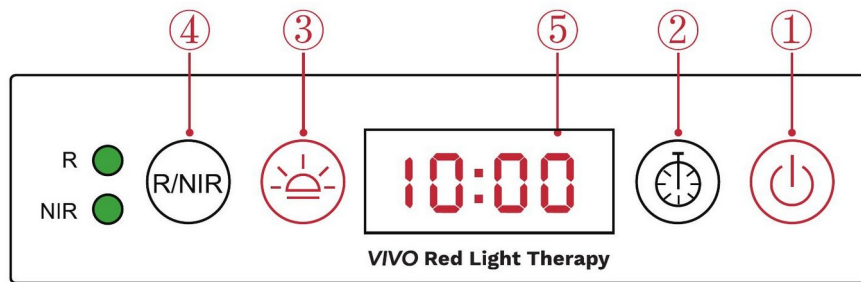
Red light and near infrared combined (R + NIR)

- Combines the benefits of both for an enhanced effect

Note: near infrared (NIR) is not visible to the naked eye. The LEDs appearing not to light up does not mean the device is not working.

Operating the device

The control panel consists of a power button, a timer, a brightness setting, a switch for red and infrared light, and a display. Below you can read what each function does.



1. Power button

Start or pause the LED light with a press of the button.

2. Timer

The default time is set to 10 minutes. Hold the power button for three seconds to change the time.

3. Brightness

Five brightness levels are available: b10 (10%), b25 (25%), b50 (50%), b75 (75%) and b100 (100%). Choose the level that suits your treatment and skin sensitivity.

4. RED / NIR

Use this button to switch between red light (R), near infrared light (NIR), or a combination of both.

5. Display

The display shows the current settings and the remaining session time.

Dosage guide

Below are general treatment guidelines for the most common applications. Everyone responds differently to light, so your personal needs may differ from the advice below. If in doubt, build up the treatment gradually.

Skin health (wrinkles, acne, wounds)

Time per session	2 to 7 minutes
Sessions per week	3 to 7 times per week
Mode	RED & NIR
Target area	Focused on the skin
Distance from panel	30 cm

Joint and arthritis pain

Time per session	6 to 15 minutes
Sessions per week	7 to 14 times per week (twice daily for severe pain)
Mode	RED & NIR
Target area	Focused on the joint(s)
Distance from panel	15 cm

Muscle recovery

Time per session	3 to 15 minutes
Sessions per week	7 to 14 times per week (twice daily on training days)
Mode	RED & NIR
Target area	Muscles
Distance from panel	15 cm

Brain health and cognitive function

Time per session	10 to 20 minutes
Sessions per week	5 to 7 times per week
Mode	RED & NIR
Target area	Forehead / head
Distance from panel	15 cm

Eye function

Time per session	1 to 4 minutes
Sessions per week	3 to 7 times per week
Mode	RED
Target area	Face, eyes closed, preferably in the morning
Distance from panel	30 cm

Thyroid function

Time per session	12 to 30 minutes
Sessions per week	2 to 7 times per week
Mode	RED & NIR
Target area	Thyroid, neck area
Distance from panel	20 cm

Frequently asked questions

How often should I use red light therapy?

To maximise skin and cellular health, including deeper tissue treatment, it is recommended to use red light therapy at least five times a week. For pain relief, up to three sessions a day are recommended.

Do I need to wear eye protection?

Protective goggles are not mandatory but are recommended. The light can feel quite bright, so we recommend closing your eyes or wearing protective goggles. At lower doses, red light therapy is actually beneficial for the eyes: even with your eyes closed you still receive a therapeutic dose of light that supports eye health.

Why does it seem like the near infrared LEDs are not working?

The human eye can generally only see wavelengths up to about 760 nm. Near infrared light is above 800 nm and is therefore invisible to the human eye, even though the device is fully active.

What is the difference between red and near infrared wavelengths?

Both types of light are designed to improve cellular function. The key difference is that skin tissue absorbs red light, leading to better collagen production and healthier skin. Near infrared light is invisible to the human eye and penetrates deeper into tissue, which can contribute to reduced joint pain and better muscle recovery.

Can I wear clothing during use?

Yes, you can wear clothing, or you can be undressed during the treatment. What matters is that the specific area of the body you want to treat is fully exposed to the light. That area should not be covered by clothing.

Does red light therapy interact with medication I'm taking?

Many clinical studies and trials have shown that light therapy is effective and safe. However, if you use medication such as Retin A, Digoxin, Tetracycline or other substances that can cause photosensitivity, we recommend consulting your healthcare provider or practitioner beforehand.

Is it safe for children to use the red light?

Clinical studies show that light therapy is safe and has no side effects. Nevertheless, always consult a doctor before using red light on children.

Maintenance and safety

Cleaning and maintenance

Before cleaning the device, always make sure it is switched off and the power cords are disconnected from any power source. Remove the device from any mounting accessories before cleaning. To clean the panel, other than the lens, use a dry or slightly damp microfibre cloth to wipe down the housing of the device. Do not spray or apply moisture directly to the device. Be careful when wiping around ventilated slots, LED openings and the power cable inlet or outlet openings to prevent moisture from getting inside.

Note: do not use chemical cleaning agents such as alcohol to clean the surface of the lens.

The device and accessories should be stored in a clean and dry place.

Storage conditions

- Temperature: 0°C to 40°C
- Humidity: less than 50%
- Warranty: if the device needs maintenance or repair, or you suspect a defect, please contact us at info@dutchhealthstore.com

Devices and parts are covered by a limited warranty of 3 years.

Warning

- The device must not be used by persons, including children, with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless under supervision or instruction.
- Children must not play with the device.
- Do not stare directly into the LEDs. Read the instructions carefully.
- Strictly protect the eyes from exposure to visible and infrared radiation. Follow the usage instructions.
- If unexpected side effects occur, such as itching, within 48 hours of the first use session, seek medical advice before further exposure.
- The device must not be used if the timer is defective or if the fan is broken or removed.
- Parts must not be replaced by the user. Tools are required to replace the LEDs.
- Do not pull the cable to disconnect the device.
- Do not store the device near heat sources.
- Do not use the device near open flames.
- Do not use the device in damp environments.
- Do not use air fresheners or perfume sprays near the fan or the device.
- Wear the supplied protective goggles during every session, especially if your eyes are open and facing the panel.

Disclaimer and liability

Red light therapy is generally considered a safe, natural treatment method that is widely used. Nevertheless, always start with care and caution. If you are currently taking medication, such as antibiotics, painkillers or allergy medication, your skin may temporarily react more sensitively to light. In cases of pregnancy, uncertain skin conditions, epilepsy, cancer or recent use of steroids, whether by injection or topically, we recommend consulting a doctor or practitioner first.

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Contact

Do you have questions about your Vivo Lux 35 S2 or about red light therapy in general? Feel free to contact us, we are happy to help.

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