

VIVO LUX S.2

User Manual

Healthy light, better life

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Join the revolution of light!

Light shapes your health. How you feel and how you look. Over the coming period you will discover this for yourself, with the power of red and near infrared light therapy. The device delivers a uniquely broad spectrum of red light photons across no fewer than 7 different wavelengths: 630, 660, 670, 810, 830, 850 and 1060 nanometers (nm). Each of these wavelengths has been scientifically proven to offer therapeutic effects. Red light therapy delivers results in under 10 minutes a day. Safe and comfortable, from home. Make red light therapy part of your daily routine starting today, and take your health to a new level!

What is red light therapy?

Red light therapy (RLT) is also known as photo (light) bio (organism) modulation (influencing). A safe treatment method that uses specific wavelengths proven effective against a variety of complaints, both preventively and curatively. This treatment method is typically used for skin complaints, skin rejuvenation, pain and inflammation, and boosting energy production.

How does red light therapy work?

Red light photons are absorbed through the skin and produce a biochemical effect in the mitochondria. Mitochondria are the part of the cell where energy production takes place. Our entire body is made up of cells, and almost every cell in the body depends on the function of mitochondria. RLT stimulates the mitochondria to produce more ATP (energy). With more energy, cells can function more efficiently, renew themselves and repair damage. Unlike laser treatment, RLT causes no damage to the skin surface. RLT stimulates the regeneration of the skin.

RLT is not the same as warm infrared lamps. The old fashioned warm infrared lamp only delivers heat, but does not act on cells the way RLT does. The light emitted by RLT penetrates approximately 5 millimeters below the skin surface. Because photons are absorbed into the bloodstream, the treatment also has a systemic effect. This means effects can also be noticeable in areas you are not directly treating.

What are the benefits of red light therapy?

Below is an overview of the main benefits.

- Hair growth
- Skin health
- Faster recovery
- Cell health
- Blood circulation
- Eye health

- Less inflammation
- Testosterone production
- Less pain
- Brain function

Product description

The Vivo Lux S.2 panel consists of the following parts:

- Near infrared LEDs
- Red light LEDs
- 60 LEDs (on the Vivo Lux 60 S.2 model)
- Control screen / touchscreen
- Adjustable stand
- Anti slip pads

Please note: this is the product description for the Vivo Lux 60 S.2. Other models have a larger surface area and a higher number of LEDs.

Device specifications

Vivo Lux 60 S.2

Device dimensions	287 x 210 x 65 mm
Weight	2.4 kg
Number of LEDs	60 x 5W
LED light angle	60 degrees
Light intensity	Measured with solar power meter: >142 mW/cm ² @ 15 cm, >85 mW/cm ² @ 30 cm, >54 mW/cm ² @ 40 cm. Professionally measured: >65 mW/cm ² @ 15 cm, >37 mW/cm ² @ 30 cm, >25 mW/cm ² @ 40 cm.
Wavelengths	15 x 630 nm / 10 x 660 nm / 5 x 670 nm / 10 x 810 nm / 6 x 830 nm / 10 x 850 nm / 4 x 1060 nm
Recommended for	Targeted treatment
Timer	Adjustable up to 30 minutes
Intensity	RED and NIR adjustable separately or together, 1% to 100%
Power rating	300 watts
Power consumption	99.6 watts
Input voltage	100 to 240V, 50/60 Hz
Material	Metal
Color	Highlight white
Stand	Table stand included
Warranty	3 years
Certifications	FCC, CE, RoHS

Vivo Lux 150 S.2

Device dimensions	480 x 300 x 65 mm
Weight	5.8 kg
Number of LEDs	150 x 5W

LED light angle	60 degrees
Light intensity	Measured with solar power meter: >170 mW/cm ² @ 15 cm, >138 mW/cm ² @ 30 cm, >108 mW/cm ² @ 40 cm. Professionally measured: >80 mW/cm ² @ 15 cm, >65 mW/cm ² @ 30 cm, >52 mW/cm ² @ 40 cm.
Wavelengths	35 x 630 nm / 25 x 660 nm / 15 x 670 nm / 25 x 810 nm / 19 x 830 nm / 25 x 850 nm / 6 x 1060 nm
Recommended for	Half body / full body
Timer	Adjustable up to 30 minutes
Intensity	RED and NIR adjustable separately or together, 1% to 100%
Power rating	750 watts
Power consumption	269 watts
Input voltage	100 to 240V, 50/60 Hz
Material	Metal
Color	Highlight white
Stand	Optional, mobile stand, medium size
Warranty	3 years
Certifications	FCC, CE, RoHS

Vivo Lux 300 S.2

Device dimensions	920 x 300 x 65 mm
Weight	10.5 kg
Number of LEDs	300 x 5W
LED light angle	60 degrees
Light intensity	Measured with solar power meter: >160 mW/cm ² @ 15 cm, >134 mW/cm ² @ 30 cm, >115 mW/cm ² @ 40 cm. Professionally measured: >78 mW/cm ² @ 15 cm, >65 mW/cm ² @ 30 cm, >56 mW/cm ² @ 40 cm.
Wavelengths	70 x 630 nm / 50 x 660 nm / 30 x 670 nm / 50 x 810 nm / 40 x 830 nm / 50 x 850 nm / 10 x 1060 nm
Recommended for	Full body
Timer	Adjustable up to 30 minutes
Intensity	RED and NIR adjustable separately or together, 1% to 100%
Power rating	1500 watts
Power consumption	504.5 watts
Input voltage	100 to 240V, 50/60 Hz
Material	Metal
Color	Highlight white
Stand	Optional, mobile stand, medium size
Warranty	3 years
Certifications	FCC, CE, RoHS

Vivo Lux 450 S.2

Device dimensions	1400 x 300 x 65 mm
Weight	15.3 kg
Number of LEDs	450 x 5W
LED light angle	60 degrees
Light intensity	Measured with solar power meter: >160 mW/cm ² @ 15 cm, >138 mW/cm ² @ 30 cm, >116 mW/cm ² @ 40 cm. Professionally measured: >76 mW/cm ² @ 15 cm, >65 mW/cm ² @ 30 cm, >55 mW/cm ² @ 40 cm.
Wavelengths	105 x 630 nm / 75 x 660 nm / 45 x 670 nm / 75 x 810 nm / 60 x 830 nm / 75 x 850 nm / 15 x 1060 nm
Recommended for	Full body
Timer	Adjustable up to 30 minutes
Intensity	RED and NIR adjustable separately or together, 1% to 100%
Power rating	2250 watts
Power consumption	784.4 watts
Input voltage	100 to 240V, 50/60 Hz
Material	Metal
Color	Highlight white
Stand	Optional, mobile stand, large size
Warranty	3 years
Certifications	FCC, CE, RoHS

What is in the box?

- 1 x Protective glasses
- 1 x Earthed power cable, 2 meters
- 2 x Hanging screws
- 2 x Hanging cables
- 1 x Adjustable pulley system
- 1 x Door hook
- 1 x Manual
- 1 x Remote control

Control panel instructions

1. Home screen

- From here you can set the timer, adjust the spectrum intensity, and start the session directly
- Start / pause: press this to start the session using the settings shown at the bottom
- Press the speaker button to mute or unmute the sound

2. Timer

- After pressing the timer button, a new screen opens
- Use the plus and minus buttons to set the desired time
- Press the red checkmark to confirm the setting
- You return to the home screen, from where you can start the session

3. Spectrum

- When you press spectrum from the home screen, you enter the next screen
- Use the touchscreen bar, moving it up or down, to set the intensity of RED and NIR light from 1 to 100 percent
- Press the red checkmark to confirm the setting

4. Active session screen

- After correctly setting the timer, wavelength selection and intensity, press the start button once to switch on the LEDs. You will then enter the active session screen
- Press the start / pause button to pause the session
- Press the home button to return to the home screen

Benefits of different wavelengths

Red light: 630, 660 and 670 nm wavelength

Typically a surface level effect

1. Improves skin health

- Reduces redness, irritation and inflammation in the skin
- Helps treat acne and scarring

2. Stimulates blood circulation

- Promotes better blood flow for healthy skin and cell renewal

3. Stimulates collagen and elastin production

- Supports skin rejuvenation, firms the skin and reduces wrinkles

4. Speeds up wound healing

- Helps the recovery of small wounds and superficial skin damage

5. Soothes eczema and psoriasis

- Helps reduce symptoms of skin conditions such as itching, dryness and redness

6. Supports hair growth

- Promotes regeneration of hair follicles, which may help against hair loss

Near infrared light: 810, 830, 850 and 1060 nm wavelength

Typically a deeper effect

1. Reduces inflammation

- Helps relieve inflammation in deeper tissues, such as muscles and joints

2. Relieves muscle and joint pain

- Relieves chronic pain complaints, such as arthritis and joint pain

3. Repairs deeper lying tissues such as muscles, joints and organs

- Promotes cell repair and reduces tissue damage

4. Supports brain function and mental clarity

- Studies show it can contribute to improved cognitive function and memory

5. Increases ATP production (cellular energy)

- Increases the production of ATP (adenosine triphosphate), which helps with energy deficits and muscle recovery

6. Reduces symptoms of autoimmune conditions

- May relieve symptoms of conditions such as rheumatism and MS through cell repair and reduced inflammation

7. Supports recovery from sports injuries

- Promotes faster muscle recovery after intense exertion and reduces muscle stiffness

8. Helps with nerve repair

- Promotes healing and repair of damaged nerves, useful for neuropathy and nerve pain

Red light plus near infrared light

Combines the benefits of red light and near infrared light, with a synergistic effect.

Please note: near infrared wavelengths are not visible to the naked eye.

Dosage guide

Below are treatment guidelines for common health and wellness concerns. Please contact us for personal advice.

Skin health (wrinkles, acne, wounds)

- Time per session: 2 to 6 minutes
- Sessions per week: 3 to 7 times a week
- Mode: RED and NIR 100%
- Target area: wherever the skin shows symptoms
- Distance from panel: 30 cm

Joint and arthritis pain

- Time per session: 2 to 15 minutes
- Sessions per week: 7 to 14 times a week (twice a day if very painful)
- Mode: RED and NIR 100%
- Target area: symptomatic joint
- Distance from panel: 15 to 30 cm

Muscle recovery

- Time per session: 5 to 15 minutes
- Sessions per week: 7 to 14 times a week
- Mode: RED and NIR 100%
- Target area: muscles (after a workout)
- Distance from panel: 30 cm

Brain health and cognitive function

- Time per session: 5 to 10 minutes
- Sessions per week: 5 to 7 times a week
- Mode: RED and NIR 100%
- Target area: forehead / head area
- Distance from panel: 15 to 30 cm

Thyroid function

- Time per session: 10 to 20 minutes
- Sessions per week: 3 to 7 times a week
- Mode: RED and NIR
- Target area: thyroid area (neck area)
- Distance from panel: 20 to 30 cm

Hanging system instructions

Step 1

Screw the hanging screws into the top of the device.

Fasten the hanging cables to the thread of the hanging screws.

Step 2

Position the door hook over the top of a (standard size) door.

Hang the pulley system on the door hook.

Step 3

Attach the device to the pulley by connecting both carabiner hooks to each other.

Step 4

To adjust the height of your device, hold the device with one hand and pull the pulley cable down with the other hand.

Please note: for the Vivo Lux 300 and the Vivo Lux 450, it is advisable to have a second person hold the device.

Step 5

Press the lever on the pulley to lower the device, while holding the device with your other hand.

Please note: for the Vivo Lux 300 and the Vivo Lux 450, it is advisable to have a second person hold the device.

Step 6

Connect the power cable to the device and, on the other end, to an (earthed) power outlet.

Switch the device on using the red switch on the back.

You can then use the control panel as described earlier to start the treatment.

Frequently asked questions

How often should I use red light therapy?

To maximize skin and cellular health, including deeper treatment, it is recommended to use red light therapy every day or at least 3 times a week. For pain relief, up to 2 treatments a day may be recommended.

Do I need to wear eye protection?

Glasses are not required, they are optional. The light can be quite bright. We therefore recommend closing your eyes or wearing protective glasses. At low doses, red light therapy is highly beneficial for the eyes. Even with closed eyes, you still receive a therapeutic dose of light to support eye health.

Why do the near infrared LEDs on my device look like they are not working?

The human eye can generally only see wavelengths of light up to about 760 nm. Near infrared wavelengths are 800 nm and above, and are therefore not visible to the human eye.

What is the difference between red and near infrared wavelengths?

Both near infrared light and red light are designed to improve cellular function. The main difference is that skin tissue absorbs red light, leading to improved collagen production and healthier skin. Near infrared light is not visible to the human eye. It penetrates deeper into the tissue, leading to benefits such as reduced joint pain and muscle recovery.

Can I wear clothing while using the red light?

Yes, you can wear clothing, or you can be undressed during the treatment. The only thing that matters is that the specific part 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 am taking?

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

Is it safe for children to use the red light?

Clinical studies have shown that light therapy is safe and has no side effects. However, please contact your doctor before using red light on children.

Our products are not intended to diagnose, treat, cure or prevent any disease. Our products are low risk, general wellness and fitness products, in accordance with the General Wellness: Policy on Low Risk Devices guidance released on January 20, 2015.

Cleaning and maintenance

Before cleaning your device, make sure it is switched off and the power cables are disconnected from any power source. Remove devices from their mounting accessories before cleaning. To clean your panel, apart from the lens components, you can use a damp microfiber cloth to clean the housing of the device. Do not spray or apply moisture directly onto the device. Be careful when wiping around ventilated slot openings, LED openings and power cable inlet or outlet openings to prevent moisture from getting inside.

Please 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 percent

Warranty: if the device needs maintenance or repair, or in case of a defect, please contact us at info@vivoredlighttherapy.com. Devices and parts are covered by a limited 2 year warranty.

Warning

1. **This device should not be used by people (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless under supervision or instruction.**
2. **Children should not play with the device.**
3. **Do not stare directly into the LED. Read the instructions carefully.**
4. **Please strictly protect the eyes from exposure to visible and infrared radiation. Follow the usage instructions.**
5. **If unexpected side effects, such as itching, occur within 48 hours of the first treatment session, medical advice should be sought before further exposure.**
6. **The device should not be used if the timer is faulty or if the fan is broken or removed.**
7. **Users are not permitted to replace parts themselves. Tools are required to replace the LEDs.**

Disclaimer

Vivo Red Light Therapy makes no claims, statements or other guarantees regarding this product's ability to cure any physical or mental condition. A qualified health professional should always be consulted before using this product for any condition that requires medical attention.

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