

User Manual

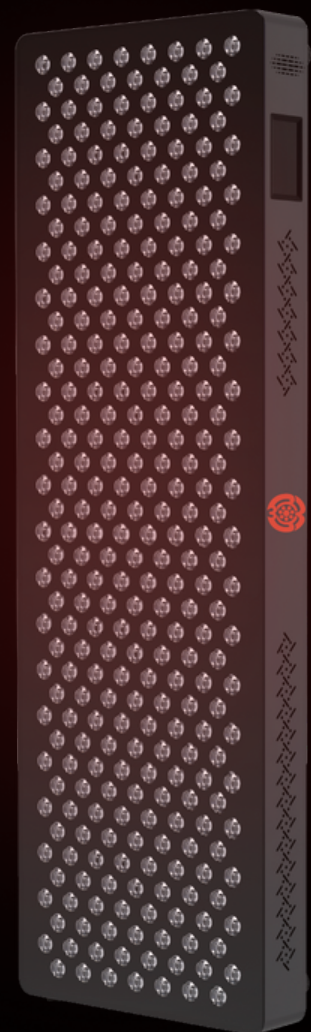
RLX 348 Pro



PARADISEEE
WELLNESS

Table of Contents

WELCOME	01
UNDERSTANDING RED LIGHT	02
IMPORTANT SAFETY	04
SPECIFICATIONS	05
ASSEMBLY	06
OPERATION	07
ADVANCED SETUP	09
FAQ	11
SAFETY & COMPLIANCE	12
SUPPORT	13

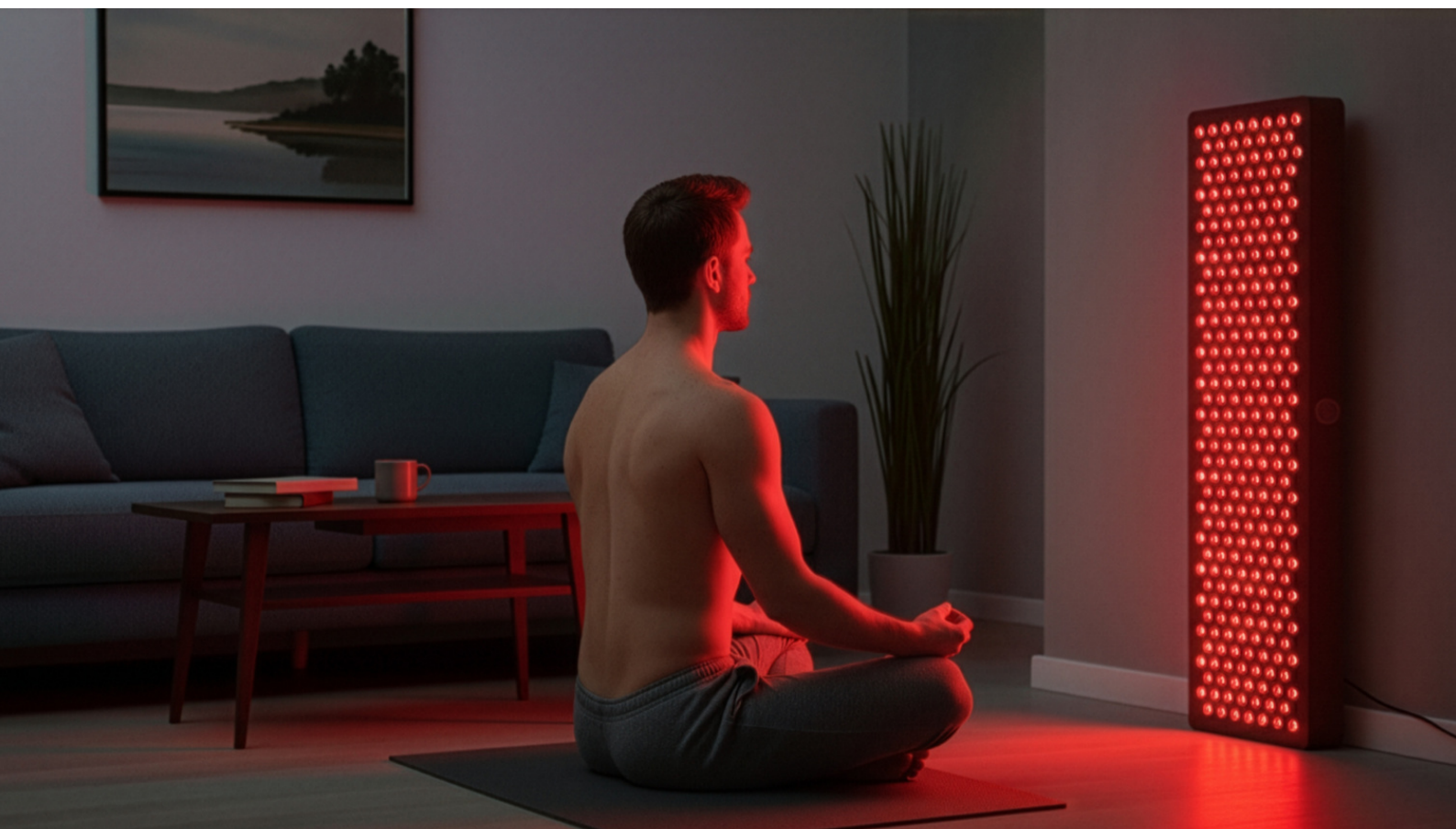


WELCOME TO PARADISEEE WELLNESS

Thank you for choosing the RLX 348 Pro!

You have invested in the most advanced red light system on the market. With 6 clinically studied wavelengths, medical-grade irradiance, and zero-detect EMF at treatment distance, this panel is engineered to help you feel better, recover faster, and sleep deeper.

Please read this manual completely before your first session to ensure the best results and safe operation.



WHAT IS RED LIGHT THERAPY?

Red light therapy is a non-invasive treatment that uses specific red and near-infrared wavelengths to work with the body's own repair and recovery processes.

These wavelengths gently penetrate the skin and deeper tissues, increasing cellular energy (ATP) and overall function—without heat or UV.

How It Works?

The light absorbed by your cells can:

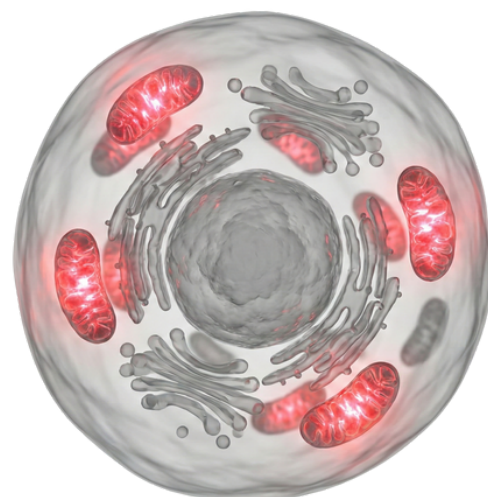
- Help manage normal inflammatory responses
- Promote healthy circulation
- Stimulate collagen production
- Ease muscle tension and encourage relaxation

Why It's Effective

Red and NIR wavelengths reach different depths of the body, allowing one session to support both surface benefits (skin, hair) and deeper benefits (muscles, sleep, mood, and overall vitality).

Safe for Daily Use

- UV-free
- Non-heating
- Gentle and suitable for all skin types



HOW TO INTERPRET THE WAVELENGTH SPECTRUM?

Why Multiple Wavelengths Matter?

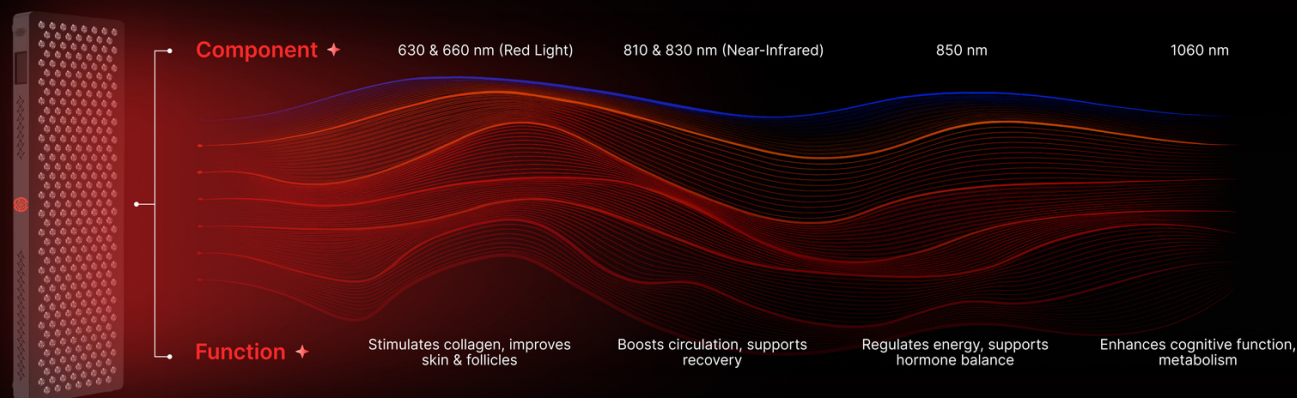
Your device combines several red and near-infrared wavelengths to reach different depths of the body, allowing each layer, from the surface of the skin to deep tissues, to receive targeted light energy.

This multi-layer approach produces more complete results than a single-wavelength device.

Depth Penetration & How to Use It

Each wavelength reaches different layers of the body, creating a full-spectrum treatment:

- **630 & 660 nm – Surface layer:** Skin surface, pores, hair follicles
Best for: face, neck, scalp, and overall skin rejuvenation
- **810 & 830 nm – Muscle & joint layer:** Muscles, tendons, joints
Best for: sore muscles, tension, and post-workout recovery
- **850 nm – Deep tissue:** Blood vessels, deep tissue, nervous system
Best for: Supporting healthy sleep and balanced stress responses.
- **1060 nm – Deepest wavelength:** Cognitive and brain-related
Best for: forehead/upper-chest sessions boosting focus & energy



MEDICAL DISCLAIMER

The RLX 348 Pro is a general wellness device intended to support cellular function, recovery, and sleep. It is manufactured in an FDA-registered facility under a Class II device category. It is not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before use, especially if you are pregnant, have photosensitivity, or take photosensitizing medication (e.g., Tetracycline, Retin A).

Safety Instructions

- **Protect Your Eyes:** Do not stare directly into the LEDs at close range. We strongly recommend using the included eye protection, especially for Near-Infrared (NIR) sessions which may be invisible but are powerful.
- **Heat & Water:** Do not operate near water. Keep cooling vents free of obstructions to prevent overheating.
- **Children:** Do not allow children to use the device without adult supervision. Do not use on infants.
- **Usage Limits:** Do not exceed 20 minutes per treatment area in a single session.

IN THE BOX



1x Power Cable
(Region Specific)



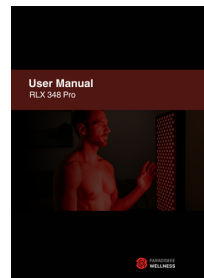
1x Signal Link Cable
(for Daisy Chaining)



1x Door Mount Kit
(Hook & Pulley)



1x Protective
Goggles



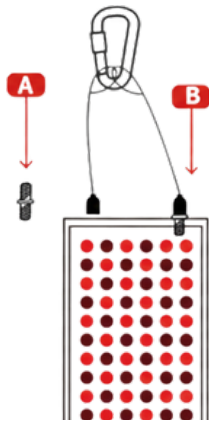
1x User Manual

1x RLX 348 Pro Panel

Technical Specifications

- **Model:** RLX 348 Pro
- **Spectrum:** 630, 660, 810, 830, 850, 1060nm
- **LED Count:** 300 x 5W Dual-Chip
- **Irradiance:** >167mW/cm² @ 6"
- **Dimensions:** 34.17" x 9.92" x 2.56"
- **Weight:** 25.3 lbs
- **Voltage:** 100-240V AC (Global)
- **Flicker:** Flicker-Free (Zero Detect)

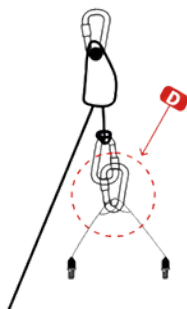
DOOR MOUNT



Step 1:

Attach Hanging Hardware:

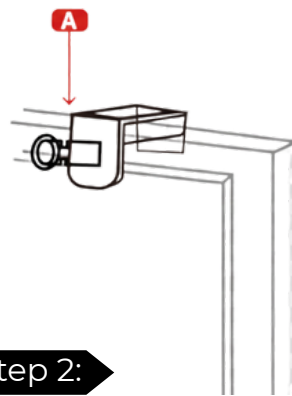
Screw the threaded posts into the top of your light. Then screw the cable supports onto the threaded posts. If you need to connect multiple light units, please refer to the following instructions.



Step 3:

Connect the Hanging Cables:

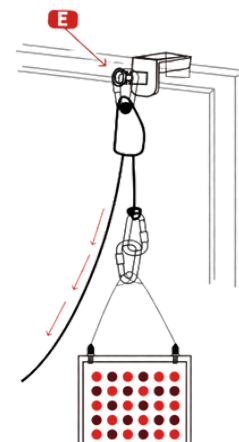
Hang the Door Hanger on the top of a standard-sized door. Attach the cable supports to the snap link. Then connect the other end of the cable assembly to the Door Hanger. The snap link and cable gripper allow you to adjust the height of your therap



Step 2:

Attach Door Hanger:

Hang the Door Hanger over any standard-sized door.



Step 4:

Adjust the Height:

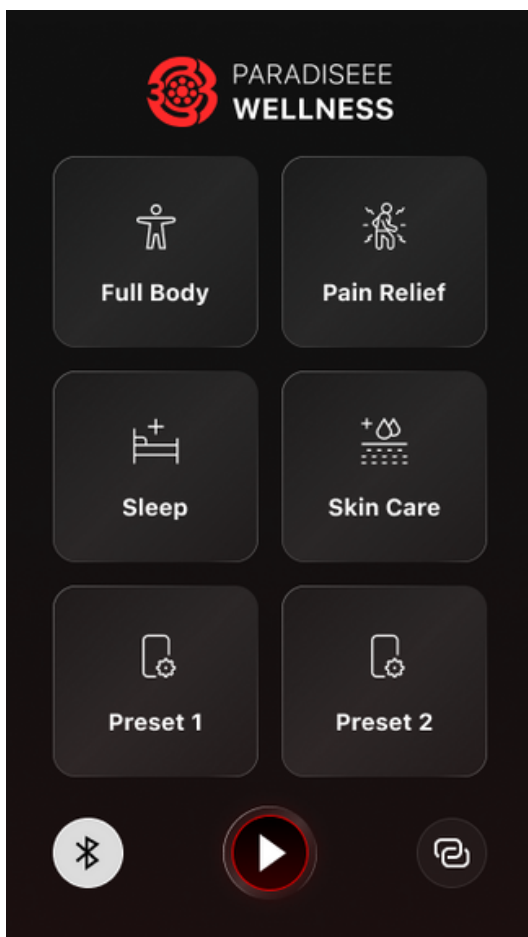
To raise the therapy light, pull down on the height-adjustment cable while supporting the bottom of the light with your other hand.

To lower the light, press the lever on the cable box. Adjust it to a height that best suits your needs for optimal results.

THE INTERFACE

The Touchscreen Interface

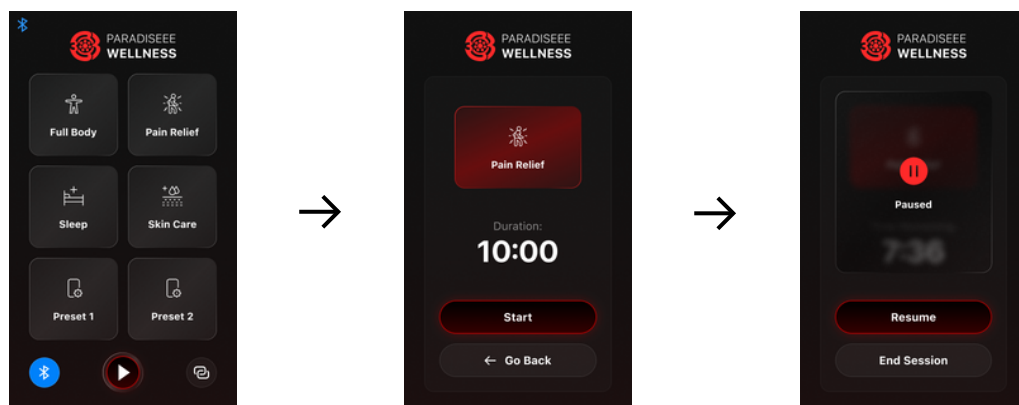
The high-definition touchscreen gives you total control over your session.



Quick Start Modes

- **Full Body:** 100% intensity across all Red and NIR wavelengths. Best for general wellness and energy.
- **Pain Relief:** Focused Near-Infrared (NIR) spectrum for deep tissue, joints, and muscle recovery.
- **Skin Care:** Optimized Red light mix (630/660nm) for surface health, collagen, and anti-aging.
- **Sleep:** Low-intensity Red light to support circadian rhythm without disrupting melatonin.

STARTING A SESSION



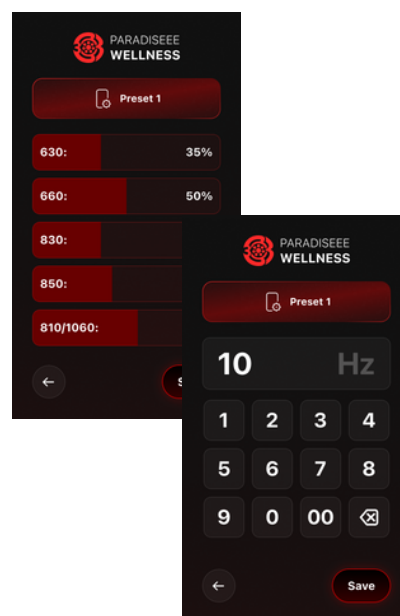
How to Start:

1. **Select Mode:** Tap a mode tile (e.g., "Pain Relief").
2. **Set Time:** The default timer will appear (e.g., 10:00). Use the + / - buttons to adjust if needed.
3. **Start:** Press the Play button.
4. **Pause/End:** Tap the screen to pause or stop the session early.

Custom Presets:

For advanced users, you can fine-tune the spectrum.

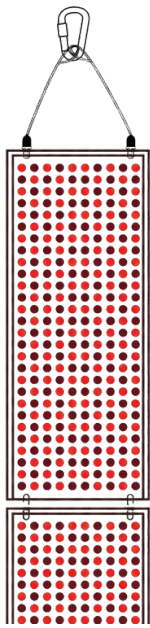
1. Select "**Preset 1**" or "**Preset 2**".
2. **Wavelength Mix:** Adjust the intensity (0-100%) for each wavelength group.
3. **Pulse (Hz):** Select a pulsing frequency (1-9999Hz) or choose 0Hz for continuous light.
4. Tap "**Save**" to store these settings for your next session.



CONNECTING MULTIPLE PANELS (DAISY CHAINING)

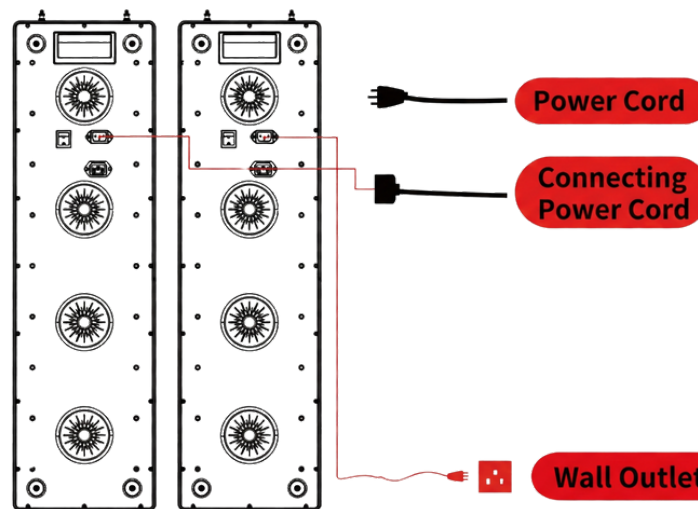
The RLX 348 Pro supports Wired Daisy Chaining, involving one "Primary" panel to control multiple "Follower" panels.

Hardware Setup:



Step 1:

Hang the **Lead Unit** on the door hook. Lift the **Second Unit** and align its threaded posts with the holes at the bottom of the upper unit. Slide the threaded posts into the holes and push back until locked in place.

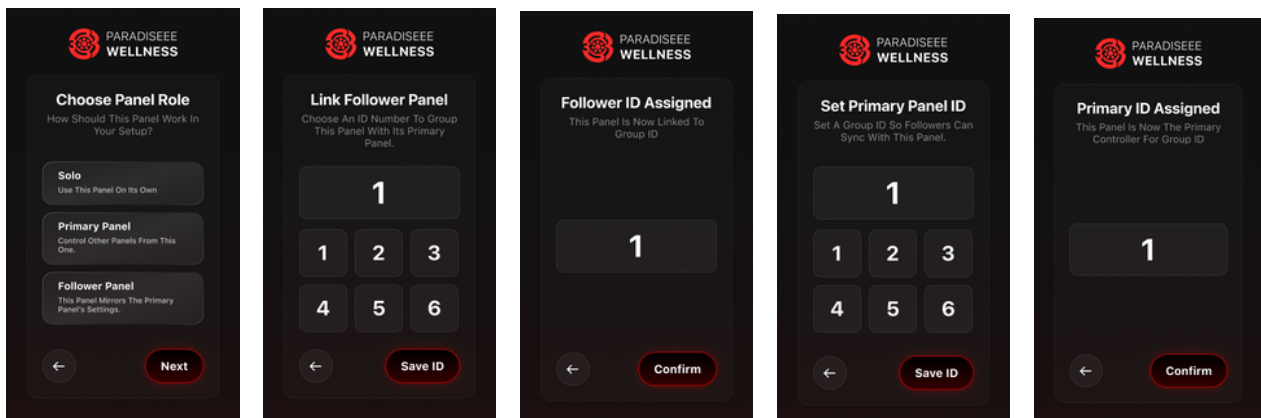


Step 2:

Connect the **Power Cable** and the **Connecting Power Cable**. After both cables are plugged in, ensure the units are powered on. Select one unit to function as the **Primary Unit** for multi-unit operation. Set the **time**, **brightness**, and **pulse** parameters as needed, then begin your red light therapy session.

CONNECTING MULTIPLE PANELS (DAISY CHAINING)

Software Pairing:



1. **Primary Panel:** Go to *Settings > Choose Panel Role* and select **Primary Panel**. Assign it **Group ID: 1** and press **Save ID**.
2. **Follower Panel:** Go to *Settings > Choose Panel Role* and select **Follower Panel**. Assign it **Group ID: 1** and press **Save ID**.
3. **Match IDs:** Ensure both the Primary and Follower panels show **ID: 1** in their respective ID screens. Press **Confirm**.
4. **Sync:** When you press *Play* on the **Primary Panel**, all **Follower Panels** will automatically match the selected mode and timer.

TROUBLESHOOTING & HARDWARE

Q: Why do half the LEDs look like they aren't working?

A: This is normal! Your panel includes Near-Infrared (NIR) wavelengths (810nm-1060nm). These are **invisible** to the human eye. If the Red LEDs are on, the NIR LEDs are working too

Q: Does this device emit UV light? Will it tan my skin?

A: The RLX 348 Pro uses only Red and Near-Infrared light. It contains **zero UV (Ultraviolet) rays**, so it will never tan your skin or cause sun damage.

Q: Is there dangerous EMF radiation?

A: We designed the RLX 348 Pro to be a "Zero Detect" EMF device at the recommended treatment distance (6 inches).

TIMING & ROUTINE

Q: How long should a session be?

A: We recommend **10-20 minutes** per treatment area. Do not expect 20 minutes in one session.

Q: When is the best time of day to use it?

A: Morning is best for energy and circadian rhythm. Evening is great for recovery and sleep (use "Sleep" mode to avoid disrupting melatonin).

USAGE & PROTOCOLS

Q: How close should I stand?

A: We recommend a distance of **6 to 12 inches**.

- **Skin Health:** 6 inches (Higher intensity).
- **Deep Recovery:** 12 inches (Wider coverage).

Q: Do I need to wear eye protection?

A: Yes. The LEDs are extremely bright. We strongly recommend wearing the included blackout goggles.

Q: Can I wear clothes during my session?

A: For the therapy to be effective, the light needs to reach your skin directly. Fabric can block the light waves.

Q: Can I wear makeup or lotion?

A: Ideally, no. Clean skin allows for the best absorption. Creams containing SPF will specifically block the light.

Q: How often should I use it?

A: Consistency is key. We recommend daily use, or at least 3-5 times per week.

IMPORTANT SAFEGUARDS

Contraindications (Do Not Use)

- Children & Infants: Do not let children use the device without adult supervision. Do not use this device on infants.
- Consciousness: Do not let sleeping, disabled, or unconscious persons use the device.
- Open Wounds: Do not use the device on open, fresh wounds.
- Heat Sensitivity: Do not use in combination with liniments, salves, ointments, or balms that contain heat-producing ingredients. A skin burn could result.
- Existing Conditions: Consult your healthcare provider before use if you:
 - Are pregnant.
 - Have suspicious lesions or cancer.
 - Have recently received a steroid injection or use topical steroids.
 - Are taking medication that causes light sensitivity (e.g., Tetracycline, Digoxin, Retin A).

Electrical & Fire Safety

- Water Safety: Do not wash electrical parts with water. Do not submerge the device. If the device falls into water, unplug it immediately.
- Wet Hands: Do not touch the device, plugs, or switches with wet hands or damp skin.
- GFCI: If using the device near water sources, we recommend using an electrical outlet protected by a Ground Fault Circuit Interrupter (GFCI).
- Cord Care: Do not pull, carry, or lift the device by its cord. Do not unplug by pulling on the cord; grasp the plug itself. Do not use if the cord is damaged.
- Extension Cords: Do not use extension cords unless they are rated to carry the total wattage of the device.
- Heat & Vapors: Do not operate where the device could be exposed to flammable products or vapors. Explosion or fire may occur.
- Overheating: Do not cover the cooling fans while operating. Do not store in temperatures exceeding 140°F (60°C).

Medical Disclaimer This product is not intended to diagnose, treat, cure, or prevent any disease. FDA registration relates to device listing and manufacturing controls only and does not mean this product is cleared or approved to treat any medical condition. We make no claims or guarantees regarding the ability of this product to cure physical, skin, or mental conditions. A qualified healthcare professional should always be consulted before using this product with respect to any conditions that require medical attention.

Proper Disposal (WEEE) The symbol on the product indicates that this unit must not be disposed of with household waste. This device requires disposal via a designated collection point for the recycling of electrical waste to conserve natural resources.



WARRANTY & CONTACT



Order With Complete Confidence. Our 60-Day Home Trial

4-Year Limited Warranty

The RLX 348 Pro is covered by an industry-leading 4-Year Limited Warranty against defects in materials and workmanship. This covers LED failure, power supply issues, and touchscreen malfunctions under normal use.

60-Day Home Trial

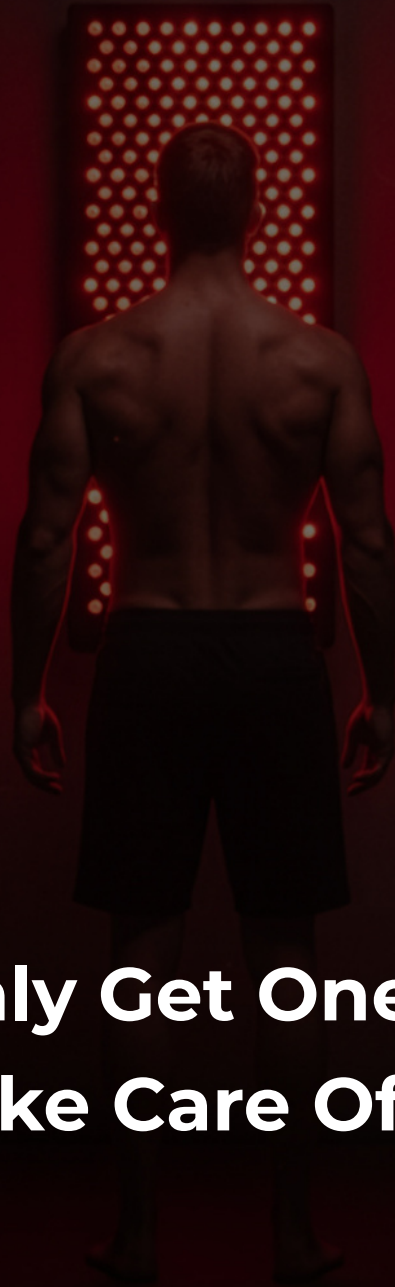
If you are not satisfied, you may request a return within 60 days of delivery. Returns must be in like-new condition with all original packaging. An RMA is required.

Need Support?

For full terms, troubleshooting, or to initiate a warranty claim, please contact our team.

- Email: support@paradiseeewellness.com
- Website: www.paradiseeewellness.com

© 2025 **Paradisee Wellness**. All Rights Reserved.



**You Only Get One Body.
Take Care Of It.**



FDA Registered
Class II Device



Medical Standard
Manufacturing



FCC
Compliant



Safety Tested:
IEC 60335



RoHS Certified
(Non-Toxic)



European Safety
Standard