

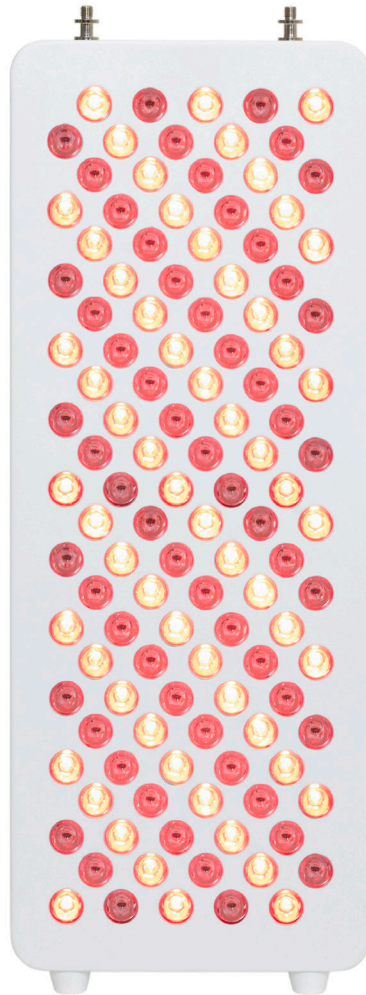


Flowlight

FLOWLIFE

Brochure

Flowlight



Premium Red Light Therapy Panels

Table of Content

4 —	Manifest
6 —	Why Flowlight
7 —	Accessories
8 —	Flowlight - A Comprehensive Guide
10 —	Starting Your Journey
12 —	Using the Control Panel
19 —	Maximizing Your Treatment
20 —	Modes

Manifest

In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

Why Flowlight?

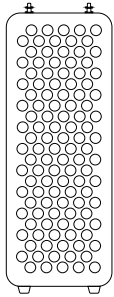
Revolutionize your wellness routine with Flowlight panels, cutting-edge devices designed to deliver therapeutic benefits through targeted light therapy. These panels offer an innovative approach to improving overall health and wellness by utilizing the power of red and near-infrared light. Experience the multifaceted benefits of these wavelengths, which work together to ensure comprehensive care and faster recovery.

- **Enhanced Muscle Recovery** - The red and near-infrared light penetrates deep into the muscle tissues, reducing inflammation and promoting faster healing. This helps alleviate muscle soreness and improve overall muscle function.
- **Improved Skin Health** - Red light therapy boosts collagen production, resulting in healthier, more youthful-looking skin. It also helps reduce wrinkles, fine lines, and scars.
- **Pain Relief** - Red light therapy effectively reduces chronic pain and inflammation by stimulating cellular repair and regeneration, relieving arthritis and joint pain.
- **Boosted Circulation** - The increased blood flow from red and near-infrared light therapy enhances the delivery of oxygen and nutrients to cells, improving overall health and aiding recovery.
- **Convenient and Easy to Use** - Flowlight panels are designed with user convenience, featuring easy-to-navigate controls and customizable settings to suit individual needs.
- **Safe and Non-Invasive** - Unlike other treatment methods, red and near-infrared light therapy is non-invasive and safe, making it suitable for regular use without the risk of side effects.

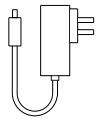
Experience the transformative effects of Flowlight panels and take a proactive approach to your health and wellness. Whether you want to enhance muscle recovery, improve skin health, relieve pain, or simply boost your overall well-being, Flowlight panels offer a versatile and effective solution.

Accessories

Elevate your Flowlight experience with essential accessories for optimal functionality.



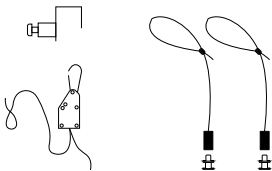
Light Unit



Power Cable



Protective Glasses



Wall Hanger Unit



Remote Control



Flowlight by Flowlife: A Com- prehensive Guide

Follow this comprehensive guide to maximize the benefits of your Flowlight panel and ensure you get the most out of your light therapy sessions. It covers everything from preparation to concluding your session.

Prepare Yourself

For Best Effect

Before you begin your session, it's best if your skin is clean and dry. This helps the light to penetrate your skin more effectively, providing maximum therapeutic benefits. If you've been sweating, simply wipe off any excess moisture. Use a mild cleanser to remove any oils or lotions that could block the light.

Comfortable Environment

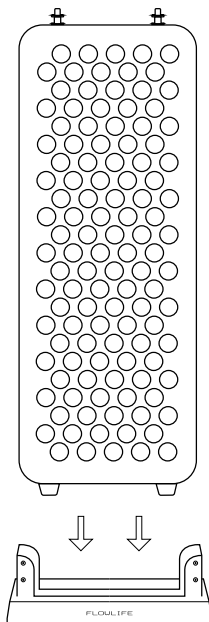
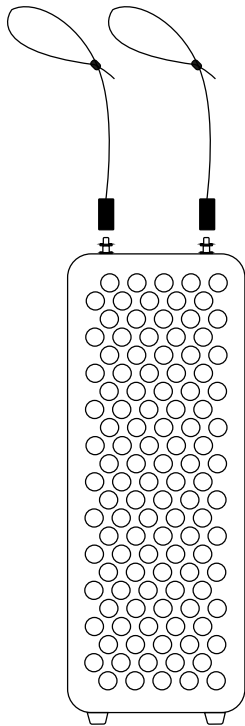
Depending on the treatment area and exposure, wearing protective glasses may be necessary to shield your eyes from the intense light.

Starting Your Session

Power On

Plug in the power adapter and switch on your Flowlight panel from the back. The touch screen will illuminate, indicating the device is ready for use.

Initial Setup



Positioning

Position the panel approximately 15-30 cm (6-12 inches) from the area of your body you want to treat. The exact distance can be adjusted based on the specific model and the area being treated. Different body areas require varying distances to ensure optimal coverage and effectiveness, as the panels have different coverage areas. For example, larger panels may be positioned further away to cover a broader area, while smaller panels might need to be closer to focus on a specific spot.

Hanging the Panel

You can use the provided door hook to hang your panel. Screw the hanging cables onto the top of your panel and attach it to the door hook.

Using the Floor Stand (Optional)

If you prefer to use the optional floor stand, follow these steps:

1. Attach the panel to the stand using the provided mounting brackets.
2. Adjust the stand to position the panel at the desired distance from your body.
3. Ensure the stand is stable and the panel is securely mounted before starting your session.

Protective Gear

Recommendation is to wear the included protective glasses to shield your eyes from the intense light during the treatment.

Using the Control Panel

Selecting Light Mode

Two Wavelengths (660nm and 850nm)

RED/NIR

This mode combines the therapeutic benefits of 660nm red light and 850nm near-infrared light. It's perfect for comprehensive treatments that address surface skin issues and deeper muscle tissues.

RED

Exclusively using the 660nm wavelength, this mode is ideal for surface treatments such as enhancing skin health, reducing inflammation, and promoting collagen production.

NIR

Utilizing the 850nm wavelength, this mode penetrates deeper into the muscles, relieving soreness and accelerating muscle recovery.



Using the Control Panel

Seven Wavelengths

RED/NIR/INFRARED

This mode combines the therapeutic benefits of red light (630nm and 660nm), near-infrared light (810nm, 830nm, 850nm), and infrared light (940nm and 1060nm) for comprehensive treatments. This setting is perfect for holistic therapies addressing surface skin issues and deeper muscle and tissue concerns.

RED

This mode exclusively uses red light wavelengths (630nm and 660nm), which are ideal for surface treatments such as enhancing skin health, reducing inflammation, and promoting collagen production.

NIR/INFRARED

(810nm, 830nm, 850nm, 940nm, and 1060nm)

This mode utilizes near-infrared light (810nm, 830nm, 850nm) and infrared light (940nm and 1060nm) to penetrate deeper into the muscles, providing relief from soreness, accelerating recovery and promoting extensive healing of deeper tissues.

By understanding the unique benefits of each wavelength, you can tailor your therapy sessions to meet your specific needs, whether you're aiming for skin rejuvenation, pain relief, or enhanced muscle recovery.

Setting the Timer

Timer Range

The timer can be adjusted from 1 to 60 minutes based on your desired session length. The digital timer makes it easy to set and monitor your session time.

Recommendation

Start with shorter sessions (10-15 minutes) to allow your body to adapt to the therapy. Gradually increase the duration as you become more accustomed to the treatment.

Adjusting Light Intensity

Dimmer

The dimmer sets the light intensity from 1% to 100%. Higher intensity provides stronger therapeutic effects but may be too intense for sensitive areas.

Recommendation

We recommend using the highest light intensity setting to achieve the best results. However, if you're new to light therapy or have sensitive skin, start with a lower intensity. Gradually increase the intensity as your body adjusts to the treatment.

Pulse Setting

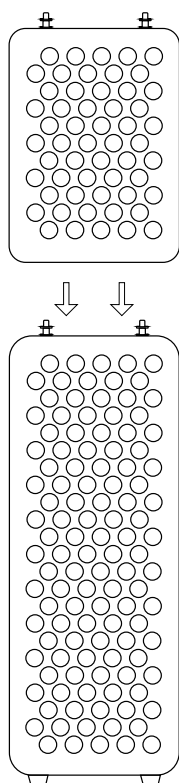
Pulse Range

Choose a pulse frequency between 1Hz to 10,000Hz for customized treatment.

Recommendation

We recommend using higher pulse settings, up to 10,000Hz, for the most effective and intense stimulation. Pulsing can enhance the therapeutic effects by promoting better blood flow and deeper tissue penetration. However, adjust the pulse frequency based on your comfort and specific needs. High pulse settings are particularly beneficial for severe soreness and deep muscle treatment.

Connecting Multiple Panels



Master Mode

Controls the settings for all connected panels.

Solo Mode

Operates independently without affecting other panels.

Follower Mode

Follower panels mimic the settings of the master panel, allowing synchronized treatment across multiple panels.

During Your Session

Relax and Enjoy

Sit back, relax, and let the Flowlight panel work its magic. Focus on your breathing and enjoy the light's therapeutic effects on your body.

Monitor Settings

Adjust the light intensity, mode, or timer to ensure optimal comfort and effectiveness.

Ending Your Session

1. Power Off

Turn off the device by pressing the power button. Ensure the device is entirely off before unplugging.

2. Cool Down

Allow the panel to cool down before handling or storing it. This prevents any risk of burns or damage to the device.

3. Clean and Store

Wipe the panel with a soft, dry cloth to remove dust or residue. Store it safely, away from direct sunlight and moisture, to maintain longevity.



FLOWLIFE

RED/NIR

28:53

Dimmable
100%

Pulse
Null

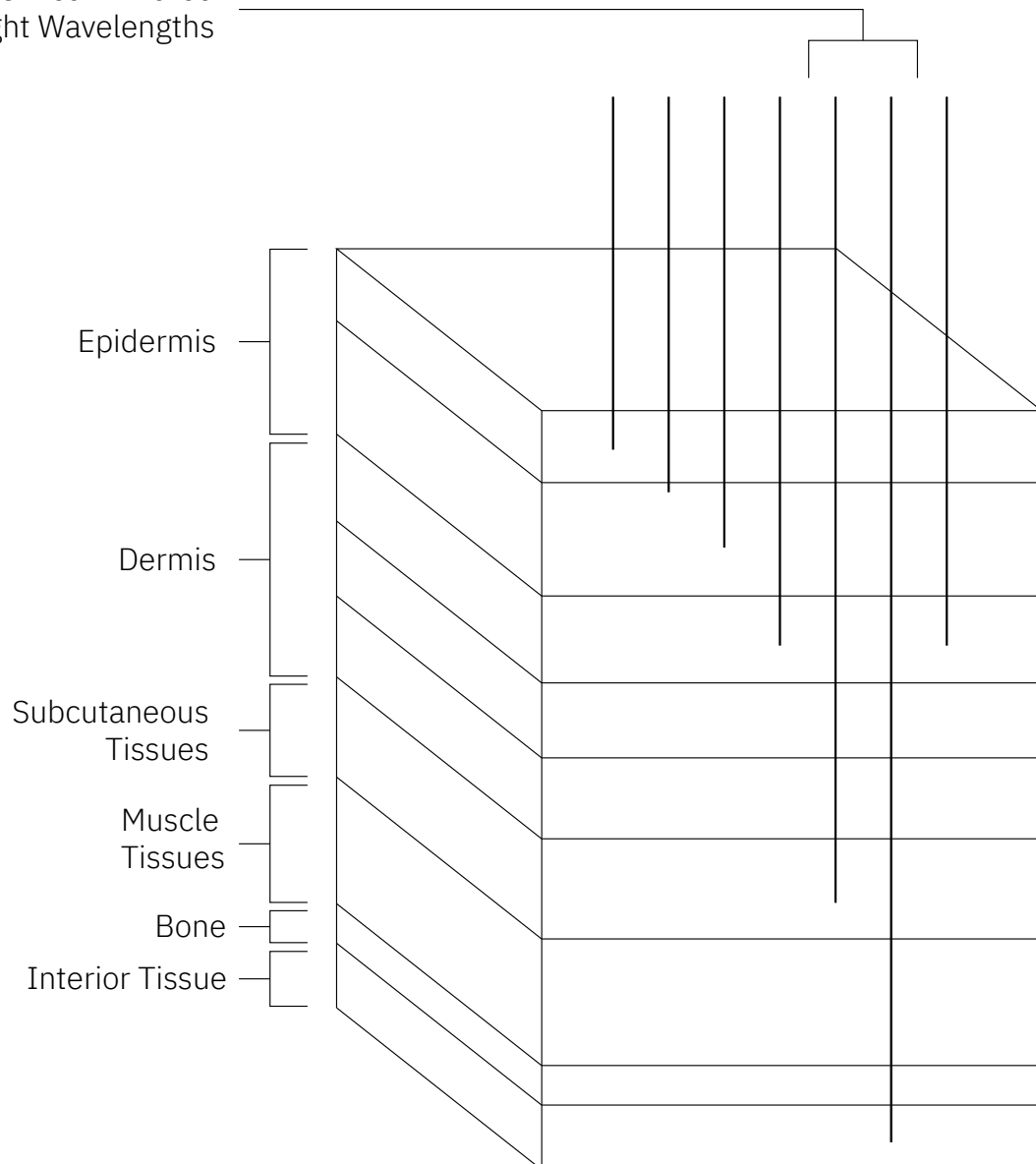


Start/Pause



Settings

Red & Near-infrared
Light Wavelengths







Maximizing Your Treatment

Flowlight panels are versatile tools designed to address various muscle health needs, including muscle soreness, general recovery, and pre- and post-workout treatments. Understanding the different modes and how to use them effectively can help you achieve the best results.

Understanding the Modes

RED/NIR

This combination of red and near-infrared light provides a comprehensive treatment. It targets the skin's surface and deeper muscle tissues, ideal for all-around muscle health.

RED

This method uses only red light, perfect for improving skin health, reducing surface inflammation, and promoting healing.

NIR

Utilizes near-infrared light to penetrate deep into muscles and joints, providing effective treatment without visible light.

Preparation

- Ensure your skin is clean and dry before each session.
- Create a comfortable, quiet environment for your treatment.

RED/NIR Mode

For Muscle Soreness

Apply the panel 15-30 cm from the sore area for 20-30 minutes, 3-4 times a week. This mode helps reduce soreness and improve muscle flexibility.

Blood Circulation

Use major muscle groups for 20-30 minutes 2-3 times weekly for general recovery. This will enhance blood circulation and aid in overall muscle recovery.

Pre-Workout

Use for 10-15 minutes on key muscle groups to warm up muscles and improve flexibility.

Post-Workout

Apply to worked muscle groups for 20-30 minutes to reduce fatigue and accelerate recovery.

RED Mode

For Muscle Soreness

Focus on the sore area for 10-20 minutes to reduce surface inflammation and promote healing.

For General Recovery

Apply to areas needing surface-level treatment for 15-20 minutes, 2-3 times a week.

Pre-Workout

Use on specific areas for 15-20 minutes to reduce inflammation and promote muscle repair.

Post-Workout

Apply to worked muscle groups for 20-30 minutes to reduce fatigue and accelerate recovery.

NIR Mode

For Muscle Soreness

Position the panel 15-30 cm from the sore muscle for 20-30 minutes, 3-4 times a week. This is ideal for deep tissue relief without visible light.

For General Recovery

Position the panel 15-30 cm away for 20-30 minutes to focus on deeper tissues and joints.

Pre-Workout

Use 10-15 minutes to prepare muscles for exercise without bright light exposure.

Post-Workout

Position 15-30 cm away for 20-30 minutes to alleviate deep muscle soreness and improve recovery.

Frequency

Muscle Soreness

Use 3-4 times a week for best results.

General Recovery

Use 2-3 times a week to maintain muscle health and flexibility.

Pre-Workout

Use before every workout session to prepare muscles and reduce injury risk.

Post-Workout

Use after every workout to enhance recovery and reduce muscle fatigue.

Duration

Depending on the targeted area and your comfort level, you can use the panel for 10-60 minutes per session.

For Muscle Soreness

Sessions can be 20-30 minutes long for general soreness. For severe soreness, longer durations, up to 60 minutes, can be used on different body parts.

Before and After Workout

Pre-workout sessions typically last 10-15 minutes, while post-workout sessions can range from 20 to 30 minutes. For intense recovery needs, durations up to 60 minutes on multiple areas of your body can be beneficial.

Max Pulse Setting (10,000Hz)

Always use the maximum pulse setting for the most intense stimulation and effective treatment. This setting enhances the cellular activity and improves light penetration, optimizing the therapeutic benefits for muscle health.

Expected Results

- Reduced soreness, enhanced muscle flexibility, and faster recovery times.
- Improved blood circulation, reduced muscle tension, and maintained flexibility.
- Enhanced muscle readiness, reduced injury risk, and improved workout performance.
- Faster recovery, reduced muscle soreness, and improved flexibility.

Monitoring Results

- Track your progress by noting changes in pain levels, muscle flexibility, and overall comfort. Use a journal to record your sessions and the observed effects.
- Look for indicators such as reduced muscle soreness, improved range of motion, enhanced recovery times, and better overall muscle health.

Following these comprehensive guidelines, you can effectively use your Flowlight panel to address various muscle health needs, from alleviating soreness to enhancing recovery and improving workout performance. Regular and consistent use will ensure you achieve the best possible results.



© 2024 Flowlife
hello@flowlife.com
www.flowlife.com
Luntmakargatan 90
113 51 Stockholm

A black and white photograph of a person's back and shoulder. A black strap, possibly a bra strap, is visible across the shoulder. The skin is smooth and the lighting creates soft shadows.

FLOWLIFE

Active Lifestyle. Made Possible.