

INSTRUCTIONS FOR USE

LUMAFLEX

ESSENTIAL

WWW.LUMAFLEX.COM



SOPHIA

PROFESSIONAL TENNIS PLAYER

MIAMI, USA



Congratulations on the purchase of your new Lumaflex red and infrared light therapy panel.

The Lumaflex Essential empowers your body to heal itself with the use of safe wavelengths of light. The benefits of red and infrared light therapy are scientifically proven. After years of research, the Dutch development team at Lumaflex has developed the most optimized light therapy panel on the market for athletes, bio-hackers, and anybody focused on their health and wellness.



**REPAIR BROKEN
CELLS**



RELIEVE PAIN



**BOOST
PERFORMANCE**



**INCREASE
BLOODFLOW**



IMPROVE IMMUNITY



**REDUCE
INFLAMMATION**

We advise everyone to read this manual carefully to understand how to safely and effectively use your Essential.





ERIC

MARATHON RUNNER

NEW YORK, USA



LUMAFLEX
ESSENTIAL



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MIKE

PROFESSIONAL COACH

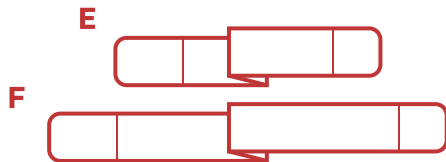
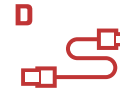
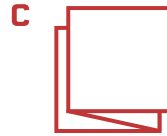
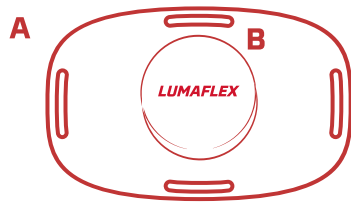
FLORIDA USA



LUMAFLEX



THE PACKAGE



A Light Panel

B Power Bank

C Instructions For Use

D Charging Cable

E Short Strap

F Long Strap

G Carry Bag

If any of the components are missing or damaged please contact Lumaflex customer support.

DEFINITIONS

Warning: A warning message contains an emphasis concerning special safety and must be observed at all times. Failure to observe a warning message could result in serious harm to the user.

Caution: Failure to observe caution during use could result in harm or damage. This may include device malfunctions and failure, damage to the Essential, or damage to other property.

CONTRAINDICATIONS

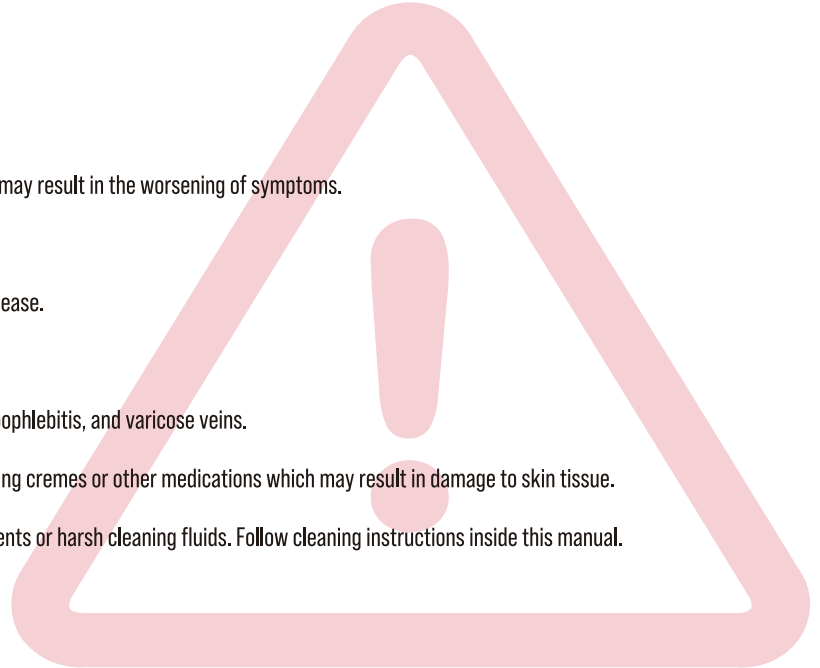
- **DO NOT** use the Essential over malignant and nonmalignant tumors.
- **DO NOT** use the Essential over open or bleeding wounds.

If you are experiencing pain or other discomforts in or on your body, we highly recommend consulting a medical professional.



WARNINGS

- **DO NOT** stare directly at the LEDs.
- **DO NOT** use the the Essential if it appears to be operating incorrectly and contact customer support. Safe use of the device is primarily the responsibility of the user.
- **DO NOT** use the Essential if you are under the age of 18.
- **DO NOT** use the Essential during pregnancy or childbirth.
- **DO NOT** use the Essential over a bacterial infection as this may result in the worsening of symptoms.
- **DO NOT** use the Essential directly over an open wound.
- **DO NOT** use the Essential if you have or may have heart disease.
- **DO NOT** use the Essential if you have epilepsy.
- **DO NOT** use the Essential over areas with phlebitis, thrombophlebitis, and varicose veins.
- **DO NOT** use the Essential in combination with muscle heating cremes or other medications which may result in damage to skin tissue.
- **DO NOT** expose any parts of the Essential to chemical solvents or harsh cleaning fluids. Follow cleaning instructions inside this manual.



- Lumaflex products contain silicon and plastics that come into contact with the skin during use. Do not use the Essential if you have a known allergic reaction to contact with silicone.
- Apply caution in using the Essential if you have or may have skin-related issues or light sensitivity [see page 16 for more information].
- Avoid spilling fluids on the light panel and power bank. Discontinue use if the device is immersed in liquid.
- Extreme heat or cold may affect the operation of the light panel and power bank, the Essential will automatically switch off if it overheats.
- Never place the Essential in direct sunlight.
- Skin irritation, bruising, contact burns, dizziness, nausea, and headaches are rare but possible side effects. Immediately stop the use of the Essential and contact a medical professional if you experience any of these symptoms.



CAUTIONS

- The Essential should not be used over clothing.
- The Essential should only be used with manufacturer-approved accessories.
- Opening or altering the Essential may damage the operating circuits and will result in voiding the warranty.
- If your Lumaflex product requires repair or service contact customer support.
- Consult a medical professional before use if you have a fever, acute inflammation, a severe circulatory disorder, light sensitivity, are anesthetized, or have desensitized areas on your body.
- Use caution if you are taking any medications. If in doubt, consult a medical professional.



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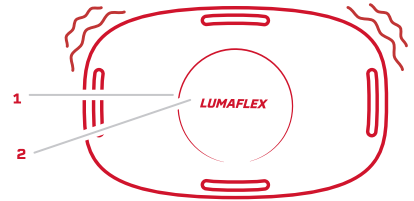
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OVERVIEW OF CONTROLS AND INDICATORS

1 Long Press for 2 seconds to turn ON or OFF

- When ON: Short press ON/OFF to start the session
- When in session: Short press ON/OFF to stop the session



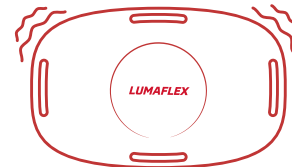
2 Timer

- Will start when power is turned on and the Essential is on standby
- Will blink twice after a session is finished



3 Vibration

- The Essential will vibrate after it is turned ON and OFF
- The Essential will vibrate if a session is activated with the button
- The Essential will vibrate after a session is finished



4 Battery level

- **Battery low:** The light on the battery will blink.
- **Charging:** The light on the battery will slowly blink.
- **Fully charged:** The light on the battery will turn on.

light

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BEFORE USING YOUR ESSENTIAL

Charging

Before using your Essential we advise you to fully charge the device. The Essential should only be charged with the accompanied USB-C to USB-A charging cable in combination with a 5V 2A USB charger.

⚠ Please check your charger specification for safety and the longevity of your Essential.

If you experience any abnormalities when charging the Essential, unplug the charging cable and contact customer support.

Preparing your skin

Before using your Essential, make sure the treatment area of your skin is free of any cremes or other topicals.

⚠ For your safety use the Essential in a dry and clean environment.

If you have any uncertainty regarding using the Essential in combination with medicine (subscription or non-subscription) you are taking, please consult with a medical professional.

Skin Testing

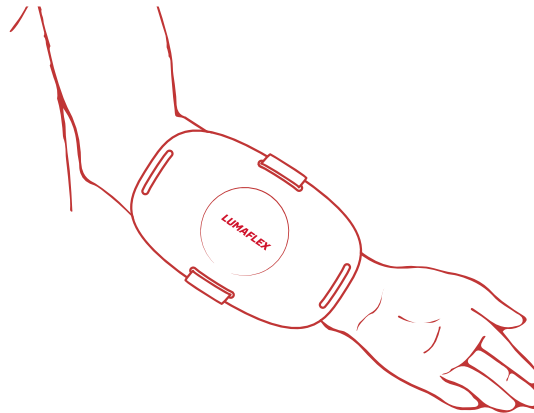
Before your first treatment, we advise you to test your skin for light sensitivity. We recommend using your forearm.

1. Place the Essential on your skin
2. Turn on the Essential
3. Set an alarm for 5 minutes

After 5 minutes turn off the device and remove it from the skin.

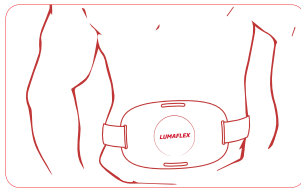
⚠ Check if the treated area has turned red. If your skin turns red within 48 hours, don't use the device your skin is sensitive to light.

In the case of light sensitivity, please contact customer support or a medical professional.

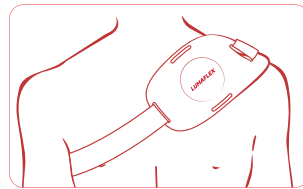


USING YOUR LUMAFLEX ESSENTIAL

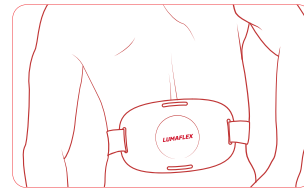
1. Place the Essential at the desired location and secure it with the straps. For best results use the Essential directly on your skin.



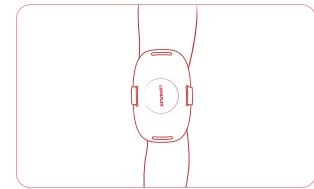
Abdomen



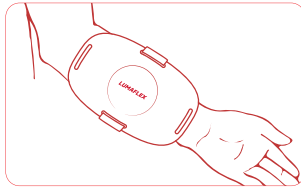
Shoulder



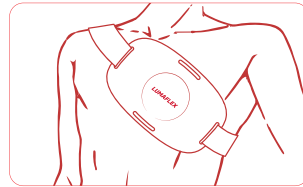
Back



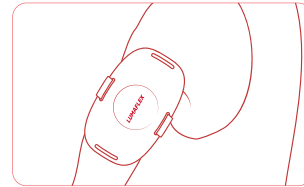
Knee



Forearm



Chest



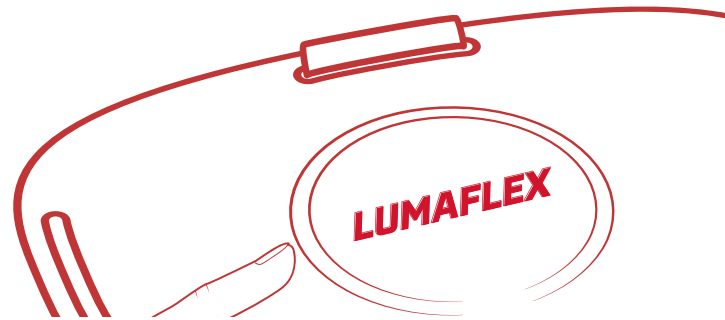
Arm



Calf

⚠ **Warning:** Never stare directly at the LEDs.

2. Turn on the Essential.



One session lasts 10 minutes, and then the device will automatically shut OFF.

Remove the device and move it to the next position on your body.

3. How often should you use your Essential?

For best results, use it every day, up to 4 times per day.

Important: The Lumaflex Essential was developed to deliver an optimal dose of light therapy to trigger your body to heal itself. **Prolonged treatment does not improve results. Do not overuse.**

Disclaimer: Suggested treatment protocol is not medical advice. If symptoms persist, contact a medical professional. The Essential should be used based on individual tolerance. If you are light-sensitive, reduce the treatment time accordingly.

GENERAL CARE OF YOUR LUMAFLEX ESSENTIAL

Battery

- The Essential can't be used while charging.
- The Essential can be taken on a plane, either in carry-on or checked luggage.
- The Essential can be charged from empty to full in about 3-4 hours.
- When fully charged the Lumaflex Essential can perform more than 8 full sessions.
- In case of a nonperforming battery contact customer support.

Storage and cleaning

- The Essential should be stored in the provided carrying case when not in use to protect it.
- Clean the Lumaflex Panel when the power is OFF. Use a damp cloth to gently clean the surface area of the panel. You can also use a cotton swab dipped in WD-40 lubricant to clean the 4 magnetic pins on both the Light Panel and Power Bank.
- Do not use cleaning sprays on the Essential, cleaning sprays could harm or damage it.
- The straps can be hand washed.

SERVICE AND WARRANTY

Please contact us in case of device failure. All warnings, cautions, and instructions contained in this manual must be followed to ensure full warranty coverage. To receive service, contact us or an authorized dealer.

We reserve the right to change the warranty policy at any time. Please visit our website to view the latest warranty details.

The limited warranty is only valid for the original owner and is not assignable or transferable to another party. The limited warranty is only valid if the device is purchased from an authorized dealer or directly from Lumaflex. All warranty services must be authorized and performed by Lumaflex or an authorized reseller.

The limited warranty will only be effective when your product is registered. Register your product by contacting customer service. If your product is received as a gift, ask the buyer to send you a copy of the receipt or register your product on your behalf within 30 days of purchase.

The limited warranty does not cover:

- Damage
- Defects
- Failure caused by abuse or misuse
- Improper care
- Impact or insertion of foreign objects
- Use with incorrect power adapter
- Loss of the Body Pro and/or accessories

LUMAFLEX
SUPERCHARGE YOUR BODY

LEVI
KICKBOXER
AMSTERDAM NETHERLANDS



Limitations and Disclaimers

This warranty gives you specific legal rights in addition to your statutory rights. Your remedies for the breach of this limited warranty are limited solely to the repair and replacement of your Essential as outlined in this warranty statement. To the maximum extent permitted by applicable law, Lumaflex disclaims all implied warranties. If applicable law does not permit the disclaimer of implied warranties, then the duration of implied warranties is hereby expressly limited to the duration of the limited warranty set forth above.

To the maximum extent permitted by applicable law, in no event shall Lumaflex be liable for any special incidental, consequential, punitive, or indirect damages based upon breach of warranty, breach of contract, negligence, strict product liability, or any other legal theory, even if Lumaflex is advised or aware that such damages might arise.

Such damages include, but are not limited to loss of the Essential, cost of any substitute equipment, third party claims, property damage. If the applicable law does not allow limits on warranties or remedies for breach in certain transactions, the limits in this paragraph and the disclaimer or exceptions from warranty may not apply. This limitation does not apply to claims for death or personal injury caused by a defect in the Essential or any other liability that cannot be excluded or limited by law. These warranty terms, conditions, and limitations allocate the risks of product failure between Lumaflex and the purchaser of the Essential. This allocation is recognized by both parties and is reflected in the price of the Essential. By using the Essential you acknowledge that you have read and understood these terms, conditions, and limitations, and you are bound by them.

DISCLAIMER

The Essential is not intended to diagnose, cure, or prevent any disease. Results may vary.

Lumaflex makes no claims, representations, or warranties regarding the ability of the Essential to cure any physical, muscle, skin, bones, joints, or mental conditions. A qualified medical professional should be consulted concerning any condition requiring medical attention.

SPECIFICATIONS

GENERAL			
LED wavelengths	630±5nm (Red)	850±5nm (Infra-Red)	
10 mins treatment	Red	Irradiance (Power output)	45mw/cm ²
	Near Infrared		30mw/cm ²
	Total Output		75mw/cm ²
	Red	Red light dose	27J/cm ²
	Near Infrared		18J/cm ²
	Total Output		45J/cm ²

GENERAL	
LEDs	45 Dual core
Operating and storing temperature	0-50 °C 32-122 °F
Operating and storing humidity	30-95%
Charging supply	5V 2A
Charging port	USB-C
Charging cable	USB-C to USB-A
Risk group according IEC 62471: 2006	Risk Group 1
Charging cable length	1 meter /1,6 feet
Charging adapter power output	2A

GENERAL	
Battery	Non-removable controller
Battery type	Lithium-ion
Charging time	3-4 hours
Recommended use	Up to 4 times per day
Treatment time	10 minutes
Dimensions of the Lumaflex Panel	253x 158 x 35,7 mm
Weight of the Lumaflex Panel	0,38kg
Dimensions of the case	262 x 165x 45 mm
Weight of the case	0,93 kg

TROUBLESHOOTING

Problem	Solution
The Essential is not turning on	Ensure that the Essential is fully charged. If fully charged, you will see the power indicator light is on and solid. If not, please charge the Essential.
	Make sure the power indicator light is on after charging. If it is, use with normal operation. If it is not, the Essential may be damaged and please contact us.
	The Essential is damaged please contact us.
The Essential is not charging	Make sure the USB power cord is firmly inserted into the Essential. Reconnect the charging cable and try again. If the battery indicator light is on, it indicates that charging is normal.
	Try a different wall outlet to determine if there is power to the outlet.
	Ensure that you are using a 5V adapter. If not, the Essential will not be able to charge.
The Essential shuts off abruptly before the completion of the 10-minute session	It may do this because of overheating due to repeated use. Wait for the Essential to cool down, then turn it on again. If this situation still occurs, please contact us for repair.
The Essential shuts off abruptly after contacting high voltage	This is the high voltage fail-safe protection of the Essential itself, and it can be used after restarting. If you cannot restart the Essential, please contact us for repair.

SAFETY, EMC

1. Complies with Medical Electrical Safety Standards:

IEC 60601-1: 2005+AMD1: 2012+AMD2: 2020: Medical Electrical Equipment - Part 1: General Requirements for Basic Safety and Essential Performance.

IEC 60601-1-11: Medical electrical equipment – Part 1-11: General requirements for basic safety and essential performance-collateral Standard: Requirements for medical electrical equipment and medical electrical systems used in the home Healthcare environment.

IEC 60601-2-57: 2011: Medical electrical equipment – Part 2-57: Particular requirements for the basic safety and essential performance of non-laser light source equipment intended for therapeutic, diagnostic, monitoring and cosmetic/aesthetic use.

IEC62471: 2006: Photobiological safety of lamps and lamp systems.

IEC62133-2: 2017: Secondary cells and batteries containing alkaline or other non-acid electrolytes-Safety requirements for portable sealed secondary cells, and for batteries made from them, for use in portable applications-Part 2: Lithium systems.

UN38.3: UNITED NATIONS "Recommendations in the TRANSPORT OF DANGEROUS GOODS" Manual of Tests and Criteria.

2. Complies with Usability standards:

IEC 60601-1-6: 2010+AMD1: 2013+AMD2: 2020: Medical devices -- Application of usability engineering to medical devices.

IEC 62366 -1: 2015+AMD1:2020: Medical devices -- Application of usability engineering to medical devices.

3. Complies with Biocompatibility standards:

ISO10993-1: 2018: Biological Evaluation of Medical Devices – Part 1: Evaluation and testing within a risk management process.

ISO10993-5: 2009: Biological Evaluation of Medical Devices – Part 5: Tests for In Vitro Cytotoxicity.

ISO10993-10: 2021: Biological Evaluation of Medical Devices –Part 10: Tests for skin sensitization.

ISO10993-23: 2021: Biological Evaluation of Medical Devices – Part 23: Tests for irritation.

4. Complies with certifications:

FCC: The Essential complies with Part 15 of the FCC Rules.

CE: The Essential has passed EN60335-2-27:2013+A1:2020+A2:2020; EN60335-1:2012+A11:2014+A13:2017+A1:2019+A14:2019++A2:2019+A15:2021; EN62233:2008, and EMC EN55014-1:2021, EN55014-2:2021, EN 61000-3-2:2019+A1:2021, EN61000-3-3:2013+A1:2019+A2:2021.

UKCA: The Essential has passed BS EN60335-2-27:2013+A1:2020+A2:2020; BS EN60335-1:2012+A11:2014+A13:2017+A1:2019+A14:2019++A2:2019+A15:2021; BS EN62233:2008+AC:2008, and EMC BS EN 55014-1:2021, BS EN55014-2:2021, BS EN 61000-3-2:2019+A1:2021, BS EN61000-3-3:2013+A1:2019+A2:2021.

5. RoHS: RoHS Directive(EU) 2015/863 amending Annex II to Directive 2011/65/EU.

6. The Lumaflex Panel also complies with Medical EMC Standard (IEC 60601-1-2:2014+AMD1:2020).

7. REACH: Regulation (EC) No 1907/2006, Evaluation, Authorisation and Restriction of Chemicals.

Guidance and manufacturer's declaration - electromagnetic emissions

The Essential is intended to be used in the electromagnetic environments specified below. The user of the Lumaflex Panel should ensure that it is used in such an environment.

Emissions	Compliance	Electromagnetic environment-- guidance
RF emissions CISPR 11	Group 1	The device's RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. The Body Pro is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Not Applicable	
Voltage fluctuations/flicker emissions IEC 61000-3-3	Pass	

Guidance and manufacturer's declaration - electromagnetic immunity


The Essential is intended to be used in the electromagnetic environments specified below. The user of the Essential should ensure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment--guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2KV, ±4KV, ±8KV, ±15KV air	±8 kV contact ±2KV, ±4KV, ±8KV, ±15KV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	±2 kV 100 kHz repetition frequency	±2 kV 100 kHz repetition frequency	Mains power quality should be that of a HOME HEALTHCARE ENVIRONMENT
Surge IEC 61000-4-5	±0,5 kV, ±1 kV Line-to-line	±0,5 kV, ±1 kV Line-to-line	Mains power quality should be that of a HOME HEALTHCARE ENVIRONMENT
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0%UT; 0,5 cycle (At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°) 0%UT; 1 cycle and 70%UT;25/30 cycles (Single phase: at 0°) 0%UT; 250/ 300 cycle	0%UT; 0,5 cycle (At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°) 0%UT; 1 cycle and 70%UT;25/30 cycles (Single phase: at 0°) 0%UT; 250/ 300 cycle	Mains power quality should be a HOME HEALTHCARE ENVIRONMENT. If the user of the Body Pro requires continued operation during power mains interruptions, it is recommended that the Body Pro be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a HOME HEALTHCARE ENVIRONMENT

NOTE UT is the a.c. mains voltage prior to application of the test level

Guidance and manufacturer's declaration – electromagnetic immunity

The Essential is intended to be used in the electromagnetic environments specified below. The user of the Essential should ensure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
<p>Conducted RF IEC 61000-4-6</p>	<p>3 Vrms 0,15 MHz and 80 MHz</p> <p>6 Vrms in ISM and amateur radio bands between 0,15 MHz and 80 MHz</p>	<p>3 Vrms 0,15 MHz and 80 MHz</p> <p>6 Vrms in ISM and amateur radio bands between 0.15 MHz and 80 MHz</p>	<p>Portable and mobile RF communications equipment should not be used next to the Body Pro (including cables) within the distances calculated from the equations below, applicable to the frequency of the transmitter. Recommended proximity:</p> $d = 1,2\sqrt{P}$ <p style="margin-left: 20px;">80 MHz to 800 MHz</p> $d = 1,2\sqrt{P}$ <p style="margin-left: 20px;">800 MHz to 2.7 GHz</p> <p>Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation Distance in meters (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey:</p> <p>A. Should be less than the compliance level in each frequency range.</p> <p>B. Interference may occur in the vicinity of equipment marked with the following symbol:</p> 
<p>Radiated RF IEC 61000-4-3</p>	<p>10V/m 80 MHz to 2.7GHz 80% AM at 1 kHz</p>	<p>10V/m 80 MHz to 2.7GHz 80% AM at 1 kHz</p>	

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

A. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Essential is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating it.

B. Exceeding the frequency range of 150 kHz to 80 MHz field strengths should be less than 10 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the Lumaflex Panel

The Essential is intended for use in an electromagnetic environment in which radiated RF disturbances control RGB. The user of the Essential can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.








Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = 1,2\sqrt{P}$	80 MHz to 800 MHz $d = 1,2\sqrt{P}$	800 MHz to 2.7 GHz $d = 1,2\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23








For transmitters rated at a maximum output power not listed above, the recommended separation distance (d) in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where (P) is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

SYMBOL KEY

Symbol	Description
	Manufacturer
	Date of manufacture
	This symbol indicates that the product should not be discarded as unsorted waste but must be sent to separate collection facilities for recovery and recycling.
	CONSULT INSTRUCTIONS FOR USE.
	Type BF Applied Part
	Completely prevents foreign objects and dust intrusion; The equipment can be submerged under 1 meter of water for no less than 30 minutes.
	Batch code

Symbol	Description
	Serial number
	Keep dry
	Recyclable
	Warning
	Optical radiation warning
	Indicates the product is CE certified
	Indicates that electromagnetic radiation from the Essential is below the limits specified by the Federal Communications Commission and the manufacturer has followed the requirements of the Supplier's Declaration of Conformity authorization procedures.

COMPANY AND MANUFACTURER DETAILS

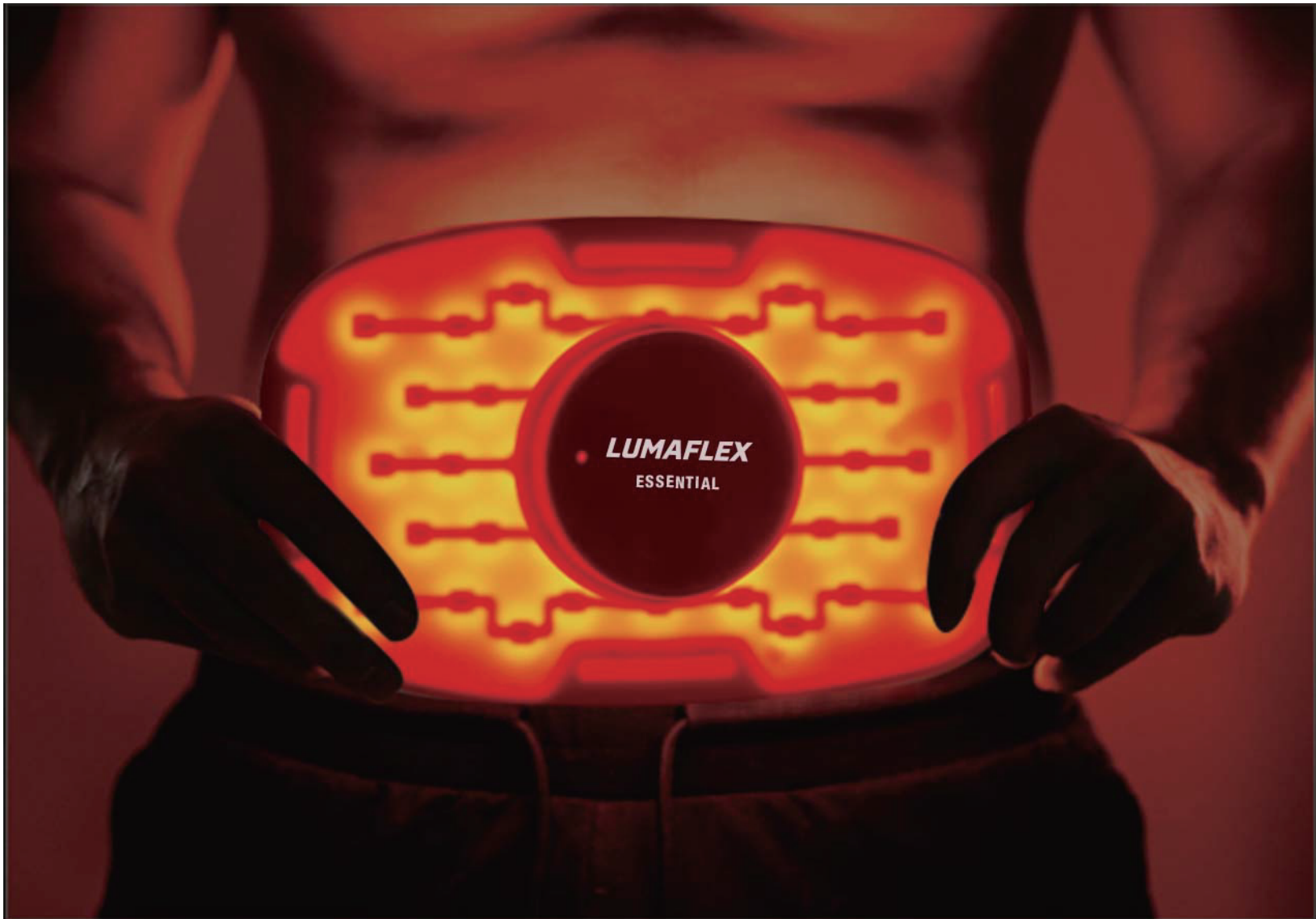
All Lumaflex Devices are designed and developed in The Netherlands and produced in China.

Distributor: **Lumaflex LLC**

Web: **www.Lumaflex.com**

For customer support please write to: **info@Lumaflex.com**





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INSTRUCTIONS FOR USE

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