



Handheld RLT Torch **User Manual**

1. About Us

Our journey began long ago, first at a retail store in North Carolina and then online. Over the years, we've sold some of the country's most iconic brands. Ranging in categories like fitness accessories, professional beauty, healthcare, gourmet food, personal care, and many in between. We've sold thousands of SKUs to happy customers all over North America, and we feel truly blessed for the opportunity.

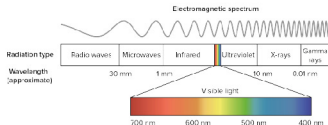
During the Pandemic, we realized how difficult it was to continue delivering our best sellers. We couldn't replenish our stock and there wasn't much we could do. We didn't have control of the production. We couldn't change any designs or product capabilities. With our options limited, we decided to double down on our knowledge and experience, and bring to you American Wellness Authority, or AWA for short.

Since then, our team of 10 spent countless months researching and debating. Searching for ways to deliver practical products, one's we'd be proud of. Our focus was on things that make people feel good and could enhance their lives in one way or another.

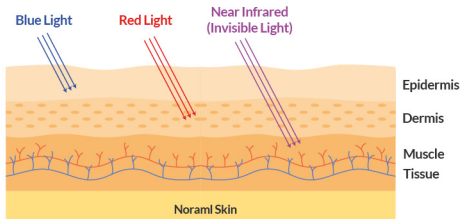
So we set out on our journey, and here we are today. We couldn't be more excited to share this with you. And we sincerely appreciate your taking an interest in our product and our company. We're a small, family-run business and there isn't enough we can do to say, thank you.

2. About Light Therapy

Light is a composition of various electromagnetic waves. The white light that we see has a spectrum of 7 different color lights with different wavelengths.



Different wavelengths of visible light penetrate the skin at different depths. Depending on how deeply they penetrate, LED lights to have different biological effects that treat various skin and muscle-related issues.



3. Application of Light Therapy

In the 1990s, NASA began studying LED's effects in promoting wound healing in astronauts by helping cells and tissues grow. Today, dermatologists and estheticians commonly use LED light therapy to manage a range of skin and muscle issues. The Different lights, i.e. wavelengths, have several applications. Blue, Red, near-Infrared, and Infrared lights are mostly used for these purposes.

Blue Light Therapy: (=430 nm)



430nm blue light
(accelerated growth)

- Affects the uppermost layer of your skin.
- Calm skin, balance secretion, control oil, sterilize, purify skin, activate cells, and promote the synthesis of protein and collagen.

Red Light Therapy: (=630/660nm)



630 + 660nm red light
(relieve wound pain and promote healing)

- Penetrates deeper than Blue Light.
- Targets skin cells (fibroblasts), which play a role in the production of collagen, a protein that makes up a large part of connective tissue and helps the skin to recover when it's harmed.
- Reduces skin cell inflammation and redness and improves blood circulation.
- Reduces wrinkles, and dull pigmentation, relieves skin fatigue, restores skin elasticity and luster, and promotes skin rejuvenation and deep repair.

Infrared or Near-Infrared Light Therapy: (=850/910 nm)



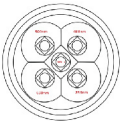
850 + 900nm near infrared light
(strong penetration, deep treatment)

(Infrared is invisible to human eye)

- Penetrates beyond the Dermis and can reach muscle tissues.
- Gets absorbed by the Mitochondria, (also called Powerhouse of the cell) that accelerates the healing process in the tissues and promote blood circulation that reduces pain effectively.
- Allows skin products to get absorbed better by enhancing skin elasticity and moisture retention. Helps to shrink pores.





4. AWA Light Therapy Torch





5 LED Inside

Controller/ON/OFF

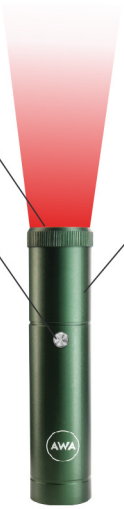
Mode 1-  Press 1: All LED
Press 2: All LED Pulse

Mode 2-  Press 3: Only Red
Press 4: Red Pulse

Mode 3-  Press 5: Only Near Infrared
Press 6: NIR Pulse

Mode 4-  Press 7: Only Blue
Press 8: Blue Pulse

Press 9: OFF




Torch

Automatic timings 5 mins

Chargeable 3-4 hour charging time for 4-5 working time

Aluminum Alloy Body
Good Cooling of the Lamps



Pointer

5. Directions for use

a) Install the batteries.

- Insert the battery provided.
- Positive pole against the TOP and Negative (-) pole against the BOTTOM.
- Please use only 18650 batteries. These can be charged for 4-5 hours.

b) Function & modes

Mode 1: All LEDs working

Mode 2: Only the Red LED working

Mode 3: Only Near Infrared working

Mode 4: Only Blue LED working

c) Use as a light torch

Press the controller button as per the required light mode.

Face the emitted light towards the affected area from anywhere between touching the skin to 1 inch away from the skin, depending on the depth of the treatment desired.

Do not keep the device on for more than 5 minutes at a time. If you want to treat several parts of the body consecutively, turn OFF the device for at least 1 minute, after every 5 minutes ON. This will keep the unit from overheating.

Use the dosage chart below to find the best dosage for treatment.

PAIN LEVEL	Light Pain	Average Pain	Deep Pain
DOSAGE	1 DOSE Per treatment spot (1 minute treatment) once a day	2 DOSES Per treatment spot (2 minutes treatment) twice or 3x a day	3 DOSES Per treatment spot (5 minutes treatment) 3 times a day

d) Use the targeted pointer for spot treatments

Use the targeted pointer for treatment in the cavity or small spots. It is easy to assemble the nozzle. The targeted pointer is highly effective for cavities like nasal, oral, or ear cavities and was specially designed for cold sores.



6. Technical Specifications

Product Size	4.92 x 0.98 inch	Net Weight	0.4 lb
Material	Alumium Alloy	Wavelength	460:630:660:850:900nm
Irradiance	Surface: 220mW/cm ²	Irradiance	3 inch: 68mW/cm ²
Illuminance	180 Lux at 5.9 inches	Battery	18650

7. Precautions (DOs & DON'Ts)

- Do not operate the torch for more than 5 min continuously. Switch it OFF for 1 minute to give the machine time to reset, and then continue for an additional five minutes.
- Only use the provided charger and batteries. If batteries are to be changed, use the same specification.
- Do NOT use the light around water.
- Never stare directly at the light. Use protective glasses while using the device near your face, especially around your eyes.
- Do NOT treat near the eyes.

Cleaning:

- Use only a soft dry cloth to clean the exterior body of the device. Never use any cleanser or any other liquid. This can cause damage to the device and will not be covered under the warranty.
- Do NOT sterilize the device.

Storage:

- Store the whole unit in a cool, dry place away from sunlight or extreme heat.
- Do NOT allow moisture to come in contact with the case or light unit.
- If the device is not going to be used for an extended period, remove the batteries from the unit to avoid corrosion.
- When not in use, keep the devices and other equipment in the provided box to keep it safe from external conditions.

8. FAQs

Are the NIR LEDs not working?

When the device is on Mode 3 (Near Infrared = 800-900nm), it is just beyond the visible spectrum (400nm-700nm) - hence it is invisible to the naked eye. You may only be able to see a small pink dot or perhaps a very subtle pinkish hue emanating from the NIR LEDs when they are 'on'.

What are the EMF levels?

Anything with an electric current running through it is going to generate some electromagnetic field (EMF). Smartphones, Bluetooth, radios, etc. all devices emit those fields. Higher ranges of EMF can be harmful.

However, these AWA devices are engineered to have low EMFs. It has negligible or almost nil EMF at 0 inches.

Do I need safety glasses with this light?

High-intensity lights may be harmful to your eyes if exposed. It is recommended to wear dark protective glasses, especially when you are using them on your face.

For How long should the device be used for effective treatments?

Commit to a 3-week usage plan. While many people achieve relief from Red Light Therapy rather quickly, others see measurable relief incrementally over time.

Therapy response time varies and depends upon injury type severity and the different pain types involved.

Why does it pulsate? Is a fluctuating pulse beneficial?

AWA Torch can produce a pulse of light that helps the cell growth cycle. When a pulse of NIR is absorbed by the cells, cells go through the "Quench period". Although it lasts for only a few milliseconds, this short pause makes a big difference, allowing cells that are under oxidative stress to respond better. Pulsation makes a better condition for cells' stimulation and recovery.

Can red light therapy cause skin cancer?

One of the reasons red light is preferred is because it does not use harmful UV wavelengths which typically cause skin cancers. So you can be assured this treatment is perfectly safe.

Does red light therapy work the same for all skin types?

Red light therapy is an effective option for all skin types and skin pigmentation. It's just important to use the treatment regularly to achieve optimal results.

Does red light therapy work through clothes, bandages, or dressings?

Unfortunately, red light therapy does not work through clothes, bandages, or dressings. This is because the red light needs to be glowing on your skin for it to be absorbed correctly. If used on clothes, the light will be absorbed by the fabric.

Why do the near-infrared LEDs look like they're not working?

As explained above, the Near-infrared light (NIR) wavelengths are invisible to the naked eye and will appear to be off (or dim Pink light) when your device is switched ON. Not to worry though, they are working!

9. Warranty

The AWA Red Light Therapy Torch is entitled to 1-year manufacturer warranty for repair or replacement. Customers can request warranty claims by contacting the customer support team of AWA via Email: at cutomercare@tryawa.com.

Customers will be required to send a proof (Images and Videos) of claimed damages. The support team will do its best to troubleshoot, send replacement parts or refund the purchase in the warranty period.

Please note that the warranty applies only for manufacturing defects in the materials and workmanship of the product. This warranty applies when the product is used under normal conditions as mentioned in the manual and the purpose for which the product was designed.

AWA reserves the right to make final decisions for all warranty claims and replacement requests.

Please visit www.awastore.us to know more.

10. Disclaimer

This device and these statements have not been evaluated by the U.S. Food & Drug Administration (FDA). Our products are designed for maintaining or encouraging a healthy lifestyle and are not intended to diagnose, treat, cure, or prevent any disease. Our products are low-risk, general wellness/fitness products that do not require FDA clearance, in accordance with the "General Wellness: Policy on Low-Risk Devices" draft released on January 20, 2015. These products are not intended for clinical use.

11. Contact Us

The AWA team can be contacted via Email: contact@awastore.us
You can visit www.tryawa.com for more information.



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