



# **FX 500**

Red Light Therapy Panel

# **User Manual**

## 1. About American Wellness Authority:

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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 Red Light Therapy:

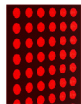
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Light is a composition of various electromagnetic waves. The white light we see has seven different colors with different wavelengths.

Different wavelengths of visible light penetrate the skin at different lengths. LED lights can have other biological effects that treat various skin and muscle-related issues depending on how they penetrate.

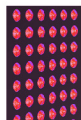
In the 1990s, NASA began studying LED's effects in promoting wound healing in astronauts by helping cells and tissues grow. Today, dermatologists and estheticians commonly use LED light therapy to manage various skin and muscle issues. The Different lights, i.e., wavelengths, have several applications.

### Red Light Therapy: (=660nm)



- It targets skin cells (fibroblasts), which play a role in collagen production. This protein makes up a large part of connective tissue and helps the skin to recover when it's harmed.
- Reduce skin cell inflammation and redness and improve blood circulation.
- Reduce wrinkles, and dull pigmentation, relieve skin fatigue, restore skin elasticity and luster, and promote skin rejuvenation and deep repair.

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



- Penetrate beyond Dermis and reach muscle tissues.
- Get absorbed by the Mitochondria (also called the Powerhouse of the cell) that accelerate the healing process in the tissues and promote blood circulation that reduces pain effectively.
- Allow skin products to absorb better by enhancing skin elasticity and moisture retention. Helps in shrinking pores.

### 3. Direction Of Use:

- Plug the device into a power source and switch the device On.
- Touch the screen to set the timer. You can set the timer to 5/10/15/20/25/30 mins.
- The device supports RED & NIR lights separately or simultaneously. Select the model, i.e., RED, NIR, or both, as per your need.
- You can pair the remote with the device and operate it remotely.

Start with a 10-minute session every other day for the first week. It's possible for your skin to feel slightly warm both during and after treatment. Sensitive people may notice short-term tightness and redness. Reduce your therapy time or get away from the device in this case. You can increase the length of your daily therapy session to 15-20 minutes if you don't feel any tightness or redness.

Like everything else, "more" doesn't always equate to "better." Because healing takes place at the cellular level and cells need time to heal and regenerate, you won't see significant improvements in your skin immediately. After 8 to 12 weeks of regular use, noticeable improvement usually occurs.

#### 3 Enhance Modes

- RED** Red Light of 660nm
- NIR** Infrared or Near Infrared of 850nm
- RED** **NIR** Combination of Both



#### Timer Function

- R** Red Lights illuminated
- IR** Near-Infrared Light illuminated

Increase time  
+5 min



Decrease time  
-5 min

Turn on/off  
Red Lights

Turn on/off  
Near Infrared  
Lights

#### Control The Device Remotely



#### How To Pair The Remote Control To The Device:

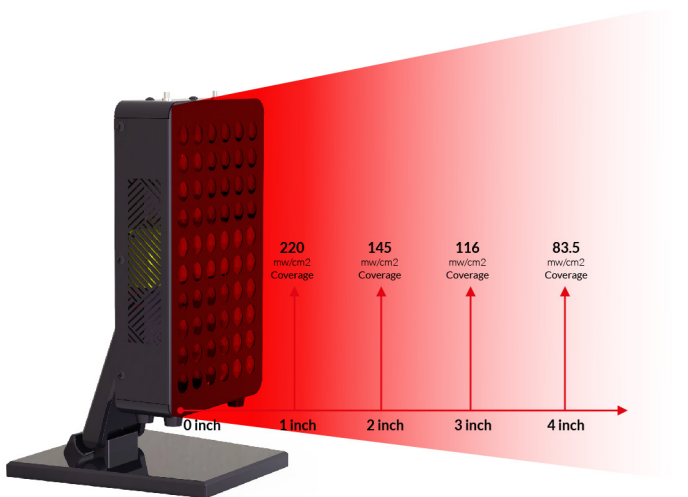
After switching the device, the screen shows OFF and enters standby mode. Press and hold the ^ key of the panel for 3 seconds until "--" appears on the screen. Then press the ^ key of the remote control again until "-OK" appears on the screen.

The device and remote control are paired successfully.

For more info, visit [www.tryawa.com](http://www.tryawa.com) or our YouTube Channel, "American Wellness Authority."

## 4. Technical Specifications:

Lamp Material	Iron	Shell Color	Black
Actual Power	85W±5% @ AC110V, 81W ±5% @ AC220V	Wavelength	660nm/ 850nm
LED Quantities	5W 660nm*30psc, 5W 850nm*30pcs	Product Size	L298*W182*H129mm
Output Current	1.3A@AC110V 0.8A @AC220V	Input Voltage	AC100-240V
Single pcs Weight	3.8 kg	Temperature	-20-40 45%-95%RH
Innerbox Dimension	1373*W257*H207mm/1PCS	G.W.	16 kg
Carton Dimensions	L:863 X W:257 X H:207mm	Product Weight	3.1 kg



## 5. Precautions (DOs and DON'Ts):

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- Only operate the panel for up to 30 min continuously. Switch it OFF for 5 minutes to give the machine time to reset, and then continue.
- If hanging or mounted on the door, ensure the device is securely placed.
- Refrain from using light around the water. Do not touch the device with wet hands.
- Never stare directly at the light. Use protective glasses while using the device for your face.

## 6. Cleaning:

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

## 7. Storage:

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- 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 device or light unit.
- Remove the batteries from the remote control to avoid corrosion if you will not use the device for an extended period.
- When not in use, keep the devices and other equipment in the provided box to keep them safe from external conditions.

## 8. FAQs:

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### What are the EMF levels?

Any electric current running through a device will 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 safety goggles, especially when you are using them on your face.

### 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 three-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 depending on injury type, severity, and pain type.

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

Red light therapy is an effective option for all skin types and 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 must glow on your skin for it to be absorbed correctly. If used on clothes, the light will be absorbed by the fabric.

## 9. Warranty:

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The AWA Red Light Therapy Panel 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: [customercare@tryawa.com](mailto:customercare@tryawa.com).

Customers must send the 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 materials and the quality 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](http://www.awastore.us) to know more.

## 10. Disclaimer:

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This device has not been evaluated by the U.S. Food & Drug Administration (FDA).

Our products are designed to maintain or encourage 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.

## 11. Contact Us:

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You can contact the AWA team via Email: [contact@awastore.us](mailto:contact@awastore.us)

You can visit [www.awastore.us](http://www.awastore.us) for more information.

