



Questions? Comments?

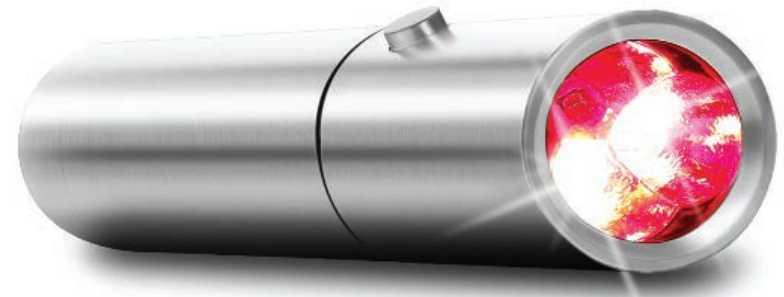
We are here to help!

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www.SQUATZ.com



SQR TM-1

SOLIS

Red Light Therapy Device

for Face and Body, Handheld LED Infrared Light
with 630nm, 660nm & 850nm Wavelengths

USER GUIDE



**DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT!
ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!**

The **SQUATZ SOLIS Red Light Therapy Device** uses LED Red Light Therapy to provide direct, non-addictive, drug free pain relief.

Enhance your life with **RED LIGHT THERAPY**.

Please read this manual to get the most out of your **SQUATZ SOLIS Red Light Therapy Device**.

The **SOLIS** uses a combination of red 630nm, 660nm, and Infrared 850nm LEDs to provide your body with an optimal recovery experience.

What's in the box:

- (1) Torch Red Light 3 LED
- (2) Rechargeable battery
- (1) USB Charger
- (1) FDA goggle
- (1) Wiping Cloth

BENEFITS

Temporary relief of minor muscle and joints pain, arthritis and muscle spasm, relieving stiffness, promoting relaxation of muscle tissue.

1. Commit to a 3-Week Treatment Plan. While many people achieve pain relief from Red Light Therapy almost immediately, others see measurable pain relief incrementally over time. Depending upon injury type, severity and different pain pathways involved, people vary in therapy response time. This is why we recommend committing to a 3-Week Treatment Plan. If you see results right away, great, continue treating as needed. However, if you do not feel relief as quickly, know that this is also normal. Simply treat your pain consistently with 3 quick treatments per day with the **SOLIS**, for up to 3 minutes each time per treatment spot. After 3 weeks of consistent red light therapy, most people experience a diminishing of their pain.

2. Do not suddenly stop your other treatments upon beginning red light therapy. Although you may not be satisfied with current treatments, they may be having a partial effect on the level of your pain. If you stop suddenly, you may experience a large increase in pain. This can be a sort of “rebound” pain effect or pain “flare up” which may be very difficult to get back under control. Some medications may also cause withdrawal like side effects if stopped too quickly, especially prescription medicines. While continuing with your current treatments, start your red light therapy, giving your **SOLIS** time to provide optimal pain relief.

After you have achieved maximum pain relief from your **SOLIS**, you may then consider slowly weaning yourself off of other medications or treatments. If you plan to reduce or stop a prescription medication, first consult with your physician.

DIRECTIONS FOR USE

Hold the unit over the painful area at a distance anywhere from touching the skin to 1 inch away from the skin, depending on the depth of treatment desired. The Red light penetrates up to 1 inch into your tissues or joints.

Hold the unit on the treating area for 5 minutes, guides as below:

Pain Level	Dosage
Light Pain	Per Treatment Spot - Once a day
Average Pain	Per Treatment Spot - Twice or 3 a day
Deep Pain	Per Treatment Spot - 3 times a day

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

- The treatment spot is an area covered by the red light beam.
A small joint ie. knuckle of a finger, should have only one treatment spot, because the light shines over the entire affected joint.



For wrist treatment



For knee treatment



For finger treatment

How to install battery?

Insert the Battery provided on the battery compartment.

- Positive Pole against the TOP .
- Negative Pole against the BOTTOM .

** Please only use 18650 batteries.*



Caution

- Don't use the light around water .
- Don't stare directly at the light. Use protective glasses while using the device.
- Don't treat near the eyes .
- The light should **NOT** be used by children under the age of 13 and pregnant women.

EQUIPMENT MAINTENANCE

CLEANING AND DISINFECTING

Use only a soft dry cloth to clean the exterior.

Never use an abrasive cleanser or submerge in water or any other liquid.

This device cannot be sterilized by any liquid or autoclave method.

STORAGE

Store the unit in a cool, dry place, away from direct light and extreme heat.

WARNING:

DO NOT allow moisture to come in contact with the case or light of the unit.

DO NOT immerse the unit in water.

WARNING:

If unit will not be used for an extended period of time (1 month +), remove the batteries from the unit to avoid their Corrosion.



Features:

- High-Efficiency Lenses
- High Performance and Non-Invasive
- Corrosion Resistant
- Safe and Effective
- Elevate Skin Care Routine
- High-Powered Red Light Pen
- Comes with Two Rechargeable Lithium-Ion Batteries and Charger
- Portable and Equipped with Bulb Holder and Power Cable
- Perfect for Travel Companion
- Easy to Use LED Light Therapy Wand
- Premium Quality with Tri-Spectrum Technology
- Include 630nm, 660nm, and 850nm Wavelengths
- Penetrate Deeper Through Skin
- Auto Shut-Off for 5 minutes with Time Controller

Technical Specs:

- Construction Material: Stainless steel
- LED PCS: 3 x 3W
- Battery Name: Cylindrical Lithium-ion Rechargeable battery
- Battery Type: 18650
- Normal Voltage: 3.6 V
- Rated Capacity : 2500 mAh
- Mass: 0.097 lbs.
- Battery Life: Up to 5+ Hours
- Charging Time: Up to 8 Hours
- Product Dimensions: 1.02" x 4.74" -inches