

Intended use & specifications

Dr. Franklyn's Full Body Red Light Therapy Mat (RLM-01) delivers red and near-infrared light across large body areas. It is intended for home wellness routines to support muscle comfort after everyday activity or exercise, post-workout recovery, relaxation and general well-being.

HOW IT IS USED

Sit or lie comfortably on the LED surface. Use the controller to select the available light mode, brightness and timer. Follow all operating and safety instructions. Remain awake throughout use.

PRODUCT SPECIFICATIONS

Model: RLM-01
Surface: 69 x 23.6 inches; flexible mat
Light source: 1,440 LEDs
Wavelengths: 660 nm red; 850 nm NIR
Modes: Continuous and pulsed
Adjustable brightness; 10-60 min timer
Power: Supplied adapter and controller

Included: Mat, controller, adapter, power cord, carry bag, 2 fastening straps and manual.

Not intended to diagnose, treat, cure or prevent disease, or replace medical care.

Help, care & product details

For product or warranty assistance, contact Dr. Franklyn's with SKU **RLM-01** and proof of purchase. Consult your healthcare professional for advice about your individual use.

SCAN FOR PRODUCT DETAILS



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LIGHT THERAPY / SKU RLM-01

Full Body Red Light Therapy Mat

660 nm RED + 850 nm NEAR-INFRARED



USER MANUAL

Read all instructions before use.
Keep this guide for future reference.

RELAXATION | COMFORT | WELLNESS

Prepare & connect the mat

1 INSPECT & POSITION

Check the mat, cables, controller and adapter for damage. Place the mat fully open, LED side up, on a dry, stable surface. Avoid sharp folds. Keep the controller and adapter uncovered.

2 CONNECT THE SYSTEM

With power disconnected, connect the supplied controller and power adapter to the mat. Seat plugs fully without forcing them. Connect the power cord to an outlet matching the adapter label.

3 POSITION COMFORTABLY

Sit or lie comfortably on the mat as intended. Keep cords clear of your body and walkways. Do not stand, jump or exercise vigorously on the mat. Do not cover it with bedding.

Use only the supplied or manufacturer-approved power components. Indoor, dry use only.

Choose settings. Monitor comfort.

POWER & LIGHT MODE

Switch on using the controller. Select the available light mode using the labels on your controller. Continuous mode gives steady light; pulsed mode cycles light on and off.

BRIGHTNESS & TIMER

Select a low, comfortable brightness and the shortest timer for initial use. The timer adjusts from 10 to 60 minutes. The maximum setting is not a recommended session length.

DURING & AFTER YOUR SESSION

Stay awake and monitor your skin and comfort. Stop for pain, burning, marked redness, dizziness, headache or visual discomfort. Switch off and unplug after use. Allow the mat to cool.

Important: Follow the supplied controller instructions and your clinician's guidance. Do not increase exposure to compensate for invisible NIR light.

Protect your eyes. Keep the mat dry.

BEFORE YOU USE

Ask your healthcare professional before use if you are pregnant, have a condition causing light sensitivity, take photosensitizing medication, have reduced skin sensation or have a serious medical condition.

Do not look directly into the LEDs. Use the eye protection specified by the manufacturer; closing your eyes alone is not a substitute. Do not use pulsed mode if flashing light triggers symptoms.

Keep away from water, children and pets. Do not use while asleep or leave powered on unattended. Stop and unplug for unusual heat, odor, damaged cables or malfunction. Do not open or repair the electronics.

CLEANING & STORAGE

Switch off, unplug and let cool. Wipe with a soft, lightly damp cloth. Do not immerse, machine wash or use solvents. Dry fully before reconnecting. Store flat or loosely rolled; avoid tight folds and heavy objects.