



LightStim LED Bed provides a soothing full-body treatment that helps promote overall wellness and peak physiological function by encouraging the body's inherently restorative processes. LightStim LED Bed is the first ever LED Bed to receive FDA Clearance.

Benefits Associated with LightStim LED Bed

- + Relieves muscle, joint, and arthritic pain
- + Increases blood circulation
- + Delivers oxygen and nutrients to promote healing
- + Accelerates post-workout recovery
- + Speeds injury recovery time
- + Helps promote healthy cell function
- + Soothing and restful – promotes mindfulness

A LightStim ProPanel (used for facial treatments) is included with every purchase and is a valuable part of the overall treatment experience.

Benefits Associated with LightStim ProPanel

- + Minimizes the appearance of pores, fine lines, and wrinkles
- + Helps energize and restore balance for optimal skin function
- + Helps promote a more even skin tone
- + Calms and reduces redness
- + Produces a radiant glow
- + Works synergistically with other treatments and ingredients for better results
- + Increases blood circulation
- + Helps to accelerate recovery and relieve pain after more invasive procedures



Combination Treatments

LightStim LED Bed may be used in conjunction with many other treatments and services to promote wellness:

- + Massage
- + Aesthetic Body Treatments
- + Halotherapy
- + Cryotherapy
- + Acupuncture
- + IV Supplementation
- + Hyperbaric Oxygen
- + Fitness & Meditation Classes
- + Pain Management
- + Post-Procedure Recovery



LightStim Precautions

- + Extreme sensitivity to light – migraines brought on by bright light
- + Use of photosensitizing drugs
- + Melasma or hyperpigmentation exacerbated by mild warmth
- + Do not apply products that should not be exposed to mild warmth prior to LightStim treatment
- + Accutane should be discontinued for 6 months in advance of treatment
- + Clients who are pregnant must seek approval from a medical professional
- + Clients with suspicious lesions or skin cancers should consult a medical professional
- + Clients who are being treated for any type of serious health condition should seek approval from a medical professional before undergoing LED therapy

Treatment Overview

You will need to warm the LED Bed up before doing a treatment. A standard 40-minute treatment consists of two 20-minute treatments, one on the back of the body and one on the front.

After the first 20 minutes the LEDs on the LED Bed will go out for 30 seconds allowing the client time to turn over. The LEDs will then turn back on for the remaining 20 minutes of the treatment. LED Bed will automatically turn off when the entire treatment is complete.

Treatment Instructions

Turn the main power switch (located on the underside of the LED Bed) on at the start of the day.

Spread the LightStim towel vertically across the acrylic surface of the LED Bed to encapsulate warmth during the warm-up mode.

1. Warm the LED Bed
 - + On the control panel press Mode, then Warm Up, then Start. This will begin the warm-up mode.
 - + The LED Bed will warm in 10-15 minutes but will remain in warm up mode for 35 minutes. It is not necessary to warm the LED Bed for 35 minutes. Warm up time varies from room to room. Place your hand under the towel on the acrylic to test for warmth.
2. Prepare the client
 - + The face and body should be clean and without debris. It is best to ask the client to arrive with clean skin. The face may be cleansed by a licensed professional, or you can provide cleansing wipes for client use. (See LightStim ProPanel Protocol for guidelines on topical products that may be used during treatment.)
 - + The client should begin treatment unclothed and lying on their back with the LightStim towel over the body and the head resting on the LEDs if possible. (See notes on Comfort below.)
3. Begin treatment
 - + After the client is positioned comfortably on the LED Bed, goggles should be placed over the eyes with the elastic band around the head. Set the ProPanel timer for 20 minutes, turn the device on and move it into position over the face. (See LightStim ProPanel Protocol for instructions.)
 - + Press Start again to begin the 40-minute treatment. (Pressing Start again takes the LED Bed from warm-up mode to treatment mode.)



4. Complete treatment
 - + After 20 minutes the ProPanel lights will turn off, and the facial treatment will be complete.
 - + The LEDs on the LED Bed will also turn off after 20 minutes. This signals the end of the first half of the LED Bed treatment. The LEDs will remain off for 30 seconds.
 - + During this time the ProPanel should be pushed gently aside allowing space for the client to turn over.
 - + The client can now turn over onto the stomach for the second half of the treatment. The towel should remain in position over the body, and the face should rest comfortably in the cradle.
 - + In 20 minutes, the LEDs on the LED Bed will go out again signaling the end of the full body treatment.
5. Turn the main power switch off at the end of the day.

Comfort

While it is best not to have anything between the body and the acrylic, comfort is essential to a relaxing and enjoyable treatment. Should you or the client choose to use anything as mentioned below, please ensure there are no clasps, zippers, or snaps that could scratch the acrylic.

For clients who may be uncomfortable without any clothing, undergarments may be worn.

If there are back or neck concerns, a small rolled up towel or bolster may be used under the knees or behind the neck. Alternatively, the knees may be bent with feet positioned flat on the LED Bed surface.

Control Panel

5 Min Button

Press the 5 Min button until you reach the desired time. Press the Warm Up button, then press Start. When ready to start the treatment, press Start.

Cool Button

The warmth of the LED Bed is therapeutic and recommended to increase blood circulation, however, comfort is important. If a client is uncomfortable, press the Cool button to cool the LED Bed down. Press again to resume normal treatment temperature.



Start



Warm Up



Mode



5 Min



Cool



Expectations

- + Some clients may feel energized, others relaxed, and some may not notice a difference right away. Remind them that light therapy is like diet, exercise, proper sleep, or meditation – making it a regular habit will yield the best results.
- + Encourage clients to come in 1 to 3 times per week if possible.
- + Pain relief varies from person to person, some may experience relief immediately while others may take several treatments.
- + Encouraging meditation or quieting of the mind will facilitate relaxation in the body resulting in a more beneficial treatment.

Massage Protocol

- + It is recommended that LightStim LED Bed treatment is done prior to massage to help warm tissues, relax muscles and prepare for the hands-on service
- + Doing the LED Bed treatment first will eliminate the need to remove massage medium from the skin before doing the LED Bed treatment
- + It is best to ask the client to arrive with clean skin
- + Treatment time may be adjusted as necessary – ensure the LED Bed has been warmed up prior to treatment

Care & Cleaning

LightStim LED Bed is fitted with a custom made acrylic covering the LEDs. Proper sanitizing and disinfecting is vital after each use.

Acrylic

Use only approved disinfectant, Lucasol™ One Step Disinfectant. Using non-approved cleaning products can deteriorate the acrylic and will void your warranty. For sanitization between clients, spray Lucasol and let sit for 60 seconds, then wipe surface clean. For disinfection once a day, spray Lucasol and let sit for 10 minutes to achieve 100% disinfection, then wipe surface clean.

Do not spray the LCD screen or buttons as liquid will cause damage and will void your warranty. When spraying the acrylic, spray directly down onto the center of the Bed only – do not spray at an angle or around the perimeter of the acrylic where liquid could seep inside and cause damage. When wiping the acrylic down you may wipe all areas with a soft cloth making sure that the cloth is only damp and not saturated with liquid.

Other (Non-Acrylic) Surfaces

You may use either Lucasol or the gentle all-purpose cleaner or disinfectant product of your choice. Do not spray these surfaces directly. Spray a moderate amount of cleaner onto a soft cloth and wipe non-acrylic surfaces (including buttons) down as needed. Make sure that the cloth is only damp and not saturated with liquid as the excess cleaner can seep into the electronics, damage them, and void your warranty.

LCD Screen

Do not use any cleaning product at all on the LCD screen. You may use a dry towel to remove fingerprints.

Once the LED Bed is clean, place LightStim Towel covering the full acrylic and place new paper cover on face cradle.