



**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

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- + 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

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Recommended treatment time is 20 minutes on each side of the body for maximum benefits.

It is optimal to warm up the LED Bed prior to use. This will help increase blood circulation more rapidly during treatment.

## Treatment Instructions

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Turn the main power switch (located on the underside of the LED Bed) on at the start of the day. If the LED Bed is asleep press the Power Button  to wake the device up.

Place the LightStim towel vertically across the acrylic surface prior to warming up the LED Bed to help encapsulate warmth.

### 1. Set Treatment Time & Initiate Warm Up

- + Two-Sided Treatment: Press the Flip Mode Button  once for a 40 minute treatment, twice for a 30 minute, or three times for a 20 minute.
- + Single-Sided Treatment: Press the  or  Buttons for desired time.
- + Press the Power Button  to initiate warm up.
- + The display will show a bar graph as it warms. Once warmed, the device will beep every 30 seconds indicating that it is ready for treatment. (It is not necessary to wait until the LED Bed is fully warm- once the acrylic surface feels comfortable to the touch, you can begin treatment.)

### 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, the LightStim provided goggles should be placed over the eyes with the elastic band around the head.
- + Set the ProPanel timer for the amount of time the client will be lying face up. Turn the ProPanel on and move it into position over the face. (See LightStim ProPanel Protocol for instructions.)
- + Press the Power Button  to begin the LED Bed treatment.



#### 4. Two-Sided Treatments

- + Halfway through a Two-Sided Treatment the LED Bed will turn off for 30 seconds, indicating that it is time to turn over.
- + When the ProPanel Treatment is complete it can be pushed aside allowing space for the client to turn over.
- + The client can now turn onto the stomach for the second half of the treatment. The face should rest comfortably in the headrest cradle and the towel should remain in position over the body.

At the end of each day, turn off the main power switch.

### Comfort

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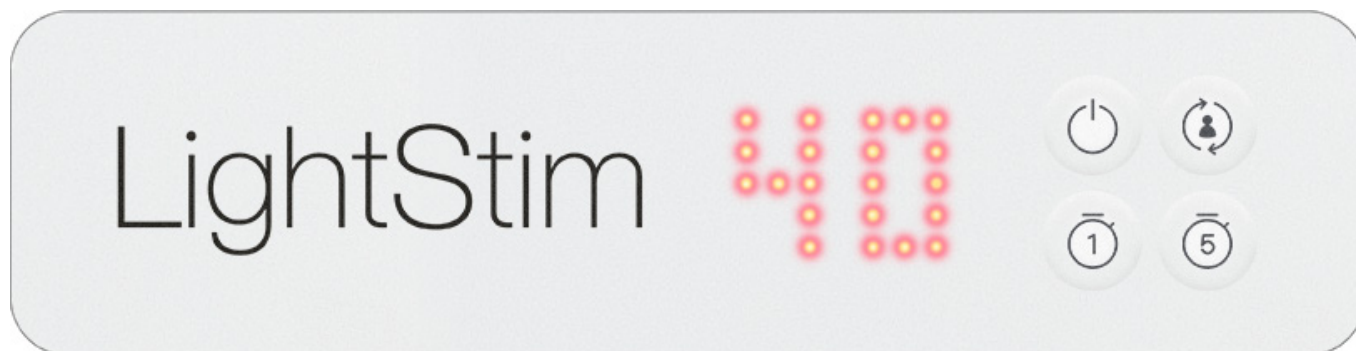
While it is best not to have anything between the body and the acrylic, comfort is essential to a relaxing and enjoyable treatment. Should you or the client choose to use anything as mentioned below, please ensure there are no clasps, zippers, or snaps that could scratch the acrylic.

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.

### Display

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### Expectations

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- + 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

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- + It is recommended that an LED Bed treatment is done prior to massage to help warm tissue, 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

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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 display or buttons as liquid will cause the LED Bed 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 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.

### Display

Do not spray the display or buttons. Wipe gently with a clean, soft cloth.