

PRO RESET



RED LIGHT THERAPY CAP

USER MANUAL



Benefits

Intended use:

This device is a wellness device aimed at appearance of skin and general wellness benefits for the user.

ProReset® S.L. (hereinafter “ProReset”) congratulates you on the purchase of your very own ProReset® Red Light Hat. Before using your Red Light Hat please read this User Manual in detail.

The Red Light Hat has been designed with your safety in mind. However, it's important to follow all safety procedures when using this device.

When used consistently the Red Light Hat help scalp and brain health. By combining both Near Infrared Light at 850 nm and Red Light at 660 nm we have provided the best frequencies of light for you to achieve the most optimal results.

Depending on which settings you use you can enjoy the following benefits, when used consistently.

- Hair Growth
- Healthy Scalp
- Reduction of mental fatigue
- Reduction of chronic tension headaches or migraines
- Improved mental clarity

Key Points

ACTIVATING YOUR RED LIGHT HAT

Your Red Light Hat comes with everything you need to start your journey to an optimal life. You are about to experience the epic benefits of using Red Light.

For the best possible results, it is highly recommended you read this manual prior to using your Infrared Red Light Hat for the first time.



PHOTOSENSITIVITY TEST

It is very important to do a photosensitivity test prior to long sessions with your Red Light Hat.

- 1 Turn on your Red Light Hat and switch on the NIR and Red-Light settings.
- 2 Shine the light on an exposed part of your forearm, about 1 inch away, for 2 minutes.
- 3 If you experience any discomfort or redness on your skin, you must not use your Red Light Hat until you have sought professional advice from your doctor or healthcare provider.

Usage Instructions

When using the Red Light Hat we would recommend using on head only. If you're new to RLT, please start with a 2-minute treatment, and slowly work up to a 10-minute session for 2 weeks as your body adapts to the therapy.

Multiple Usages

Red Light Hat sessions work best when administered consistently.

For the best results, we recommend using 20-minute per time, 3-4 times per week.

Specifications

Size	30x19x16 cm
Light Wavelengths	660 nm Red – 850 nm Near Infrared
LEDs	150 pcs
Voltage	220-240 V
Wattage	25 W
Flicker	<0.1%
Warranty	1 year
Timer	5/10/15/20/25/30 minutes

What's in the Box?

1xRed Light Therapy Hat

1xStorage Bag

1xUSB Charging Cable



HOW TO OPERATE YOUR RED LIGHT THERAPY CAP

Step 1

Charge your Red Light Hat first. Take out the inner part of the hat and connect one end of the USB cable to the hat. Connect the other end of the USB end into a plug and then into a power outlet.



Step 2

When fully charged, disconnect the USB from the hat and the plug from the power outlet.

Step 3

Insert the inner part of the hat to the outer part and fasten the Velcro along the edge of the hat.

Step 4

Put the hat on your head. You can adjust the size by using the hat buckle if needed.

How to turn on the hat and switch brightness level



Press the OF/ONN button to activate the device.



When you press once, the hat is on and is set on the 1st level of brightness.

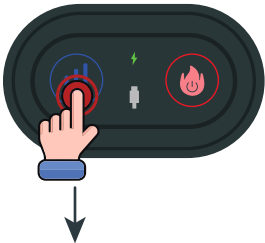


When you press the second time, the 2nd level of brightness is activated.

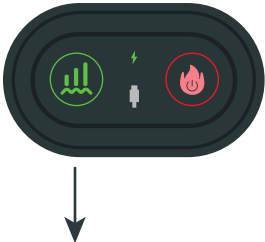


When you press the third time, the 3rd level of brightness is activated.

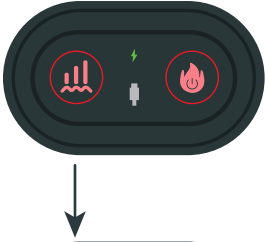
How to turn on the hat and switch brightness level



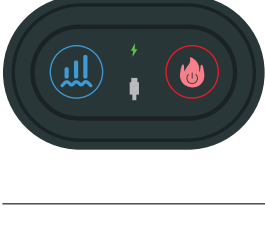
The hat is set on the 3st level of brightness, with constant lightning.



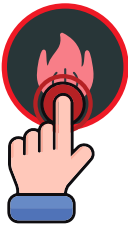
When you press once, the breathe mode turns with LED's brightness gradient.



When you press the second time, 10 Hz Pulse Mode is set.



When you press the third time, 40 Hz Pulse Mode is set.



Long press on this button to turn off the device.

NOTE:

Not all lights will illuminate. Some LEDs contain Near Infrared Light which is invisible to the naked eye. Your device is functioning correctly, even with some lights appearing to not be illuminated.

Frequently Asked Questions

What are the wavelengths and benefits of red lights?

660 nm red lights target surface-level tissues, such as skin and the upper layer of the scalp. Highly effective for stimulating hair follicles, reducing inflammation, which calms irritated or inflamed scalp conditions like seborrheic dermatitis and helps maintain skin elasticity and firmness in the scalp area.

What are the wavelengths and benefits of near infrared lights?

850 nm NIR light penetrates deeper into tissues—up to several centimeters below the skin. More effective at enhancing blood flow, promoting deep cellular repair, and supporting mitochondria in cells

WARNINGS. IMPORTANT READ BEFORE USE.

Safety

- Do not stare directly into the LEDs or its reflection in the mirror. This can cause temporary irritation to the eyes.
- Do not allow children to use the device unsupervised or without clearance from your medical practitioner.
- Do not walk while using the product. The product should only be used while sitting.
- Do not use this device on infants.
- The device is not waterproof, please keep it away from liquid or essential oils.
- Only use the provided power cable.
- Do not use liniments, salves or ointments that contain heat producing ingredients as skin burns or irritation may occur.
- Do not use this device if you are sensitive to light or you are currently taking medications that increase light sensitivity. Doing so may result in a photosensitive reaction. Discontinue use immediately if you experience any discomfort or sensitivity.
- Do not use on open wounds, heat may increase circulation and cause bleeding, and warmth may increase infection in some climates.
- Do not use if you are allergic to neoprene.

Before using the Red Light Hat, please consult your medical practitioner if you have any of the medical conditions listed below.

Do not use the Red Light Hat without your doctor's approval if you have any of the below.

- You are pregnant.
- You are photosensitive
- You are allergic to neoprene
- Are taking drugs known to cause sensitivity of skin to light.
- Have any suspicious or cancerous lesions.
- Recently had a steroid injection or use topical steroids.
- Have a serious medically diagnosed condition.
- Have a heart condition or Pacemaker.
- Broken bones
- Malignancy
- Hemophilia
- Fever
- Heat sensitivity
- Alcohol or alcohol abuse
- Post-surgery
- Mental illness
- Skin disease, reddening or burns
- Osteoporosis
- Have a headache or feel nauseous



WARNING:

do not use the RLT appliance when you have implanted electrical devices including pacemakers, cochlear implants, intrathecal pumps etc.

People with overactive adrenal or thyroid glands should use this product with caution and seek medical advice before use as glands can become over-stimulated.

Conditions with active bleeding should be controlled before using the RLT settings.

People who are known to be vulnerable to cardiac rhythm disturbances should use this product with caution and seek medical advice prior to use. If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor.

For indoor use only.

Use only equipment provided with your device.

**If you have any questions, please contact us at
support@proreset.com**

Electrical Safety

1. Do not place or operate the device near to water or liquids.
2. Do not place near or pour running water over device.
3. This device is not to be used in the vicinity of water.
4. Do not store device in temperatures exceeding 140F/60C.
5. Do not use your device if damaged, this may result in electric shock or injury.
6. Do not wear the Hat whilst charging.

Disclaimer

ProReset® Red Light Therapy Hat is not intended to diagnose, cure, or prevent specific diseases or medical conditions. These products are only intended to be used for relaxation and wellness purposes.

Any information contained in this manual is not intended as medical advice or a substitute for medical advice.

ProReset® does not intend these products to cure any physical or skin conditions solely from their use. A qualified health professional or doctor should always be consulted prior to using the products, and professional medical attention should be sought regarding any serious or life-threatening conditions.

These statements have not been evaluated by any Food and Drug Administration or health authorities. This product is not intended to diagnose, treat, cure, or prevent any disease whatsoever.

ProReset® is not responsible for any damage or loss that may arise from the use of our products, services, or information, and we disclaim all liability to the fullest extent permitted by law.

Maintenance and Storage

Maintenance

- Store the device only when it has cooled down to room temperature.
- Fold the device correctly and store it in the bag provided.
- Ensure the controller is unplugged from the device before storing.
- Do not store in hot and humid conditions.
- Do not put heavy objects on the device.

Cleaning

- Ensure your Red Light Hat is switched off
- Clean the surface with a damp cloth.
- Avoid using any polishes or bleaches as they may damage your device.

Disposal

- This device must not be disposed of with your normal household rubbish.
- This device requires disposal via your designated waste collection point.



ProReset® Warranty Policy

ProReset® warrants that this product is free from defects in materials and manufacturing workmanship under normal and intended use. This 1-year limited warranty begins from the date of production and covers the original purchaser only. This warranty is non-transferable and requires proof of purchase for any claims whatsoever.

Warranty Coverage

ProReset® will, at its sole discretion, repair or replace defective products or components found to be faulty within the warranty period.

EXCLUSIONS

This limited warranty does not cover:

1. Normal wear and tear.
2. Shipping costs to and from ProReset's warehouse for repairs or replacements.
3. Damage incurred during transit (claims should be filed with the shipping carrier).
4. Accessories or components added after shipment that are not approved by ProReset.
5. Products purchased through unauthorized dealers or third-party resellers.
6. External accessories not listed in ProReset's standard product catalog.
7. Maintenance or service costs beyond warranty repairs.
8. Any modifications to the product.

WARRANTY VOIDING CONDITIONS

This warranty will be void if:

1. Cosmetic damage occurs not related to material or workmanship defects (e.g., scratches, dents, or tears).
2. Damage results from accidents, misuse, abuse, improper use or storage, or unauthorized modifications.

3. Repairs or alterations are performed without ProReset's prior written approval.
4. The product is used in conditions exceeding the guidelines outlined in this Instructional Manual.
5. The serial number is removed, defaced, or untraceable.
6. Any parts are tampered with or modified.
7. Cleaning agents containing harsh chemicals (e.g., acetone, paint thinner) are used.
8. The product is placed too close to heat sources, exposed to direct sunlight, or subjected to extreme environments.
9. The product is used outside the specified operational conditions, stored improperly, or used incorrectly.
10. Any spikes in electricity, lightning or any other natural disasters.

Claim Process

- Claims must be submitted within 30 days of defect discovery and no later than the warranty expiration date.
- Provide proof of purchase and a detailed description of the defect with videos and photos.
- Unauthorized repairs may render the product irreparable and void the warranty.
- Purchasers are responsible for shipping costs, import costs to and from ProReset's warehouse for all warranty related service.
- Claims should be submitted via certified mail or through the ProReset website.

Limitations of Liability

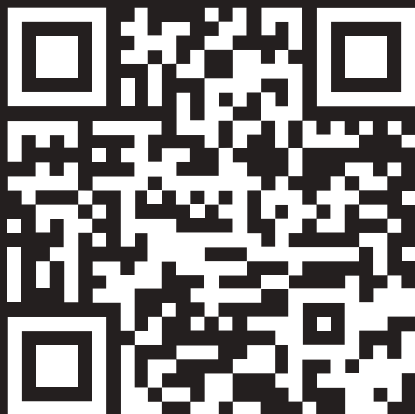
- ProReset's liability is limited to repair or replacement at its discretion under this warranty.
- No compensation is provided for incidental damages, loss of use, downtime, or any consequential losses.
- Purchasers assume full responsibility for compliance with local safety codes and operational regulations.

General Conditions

- This warranty applies only to products used and maintained per ProReset's instructions and specifications.
- Resale, rental, lease, or any transfer of ownership voids this warranty. No implied warranties of merchantability or fitness for a particular purpose extend beyond this document.

This content in this manual is subject to change.

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**If you have any questions about your product or this user manual,
please contact ProReset® by sending an email to
support@proreset.com.**



ProReset® S.L.
C/Londres 18 - P.I. Mas de Taus
La Pobla de Vallbona Valencia 46185 Spain
WhatsApp: +34 624 198 129
Phone: +34 865 699 306
support@proreset.com
www.proreset.com