Elōs Me®

LED LIGHT THERAPY MASK

Advanced Skin Rejuvenation Through Photobiomodulation Technology

RED	BLUE	ORANGE	IR
630 nm	415 nm	605 nm	850 nm

807 LEDs · 4 Wavelengths · 6-Year Warranty

USERGUIDE

CONTENTS

I	The Science of LED Photobiomodulation
II	Product Overview & Components
III	Who Should Not Use This Device
IV	Step-by-Step Usage Instructions
V	Recommended Treatment Schedule
VI	Charging & Indicator Guide
VII	Care, Maintenance & Storage
VIII	Technical Specifications & Troubleshooting

Thank you for choosing the Elōs Me® LED Light Therapy Mask. Please read this guide in full before your first session and retain it for future reference.

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The Science of LED Photobiomodulation

Photobiomodulation (PBM) is a clinically studied process in which specific wavelengths of light interact with chromophores within skin cells, triggering a cascade of beneficial biological responses — from collagen synthesis and accelerated cellular repair to targeted antibacterial action. The Elōs Me® LED Mask delivers four precisely calibrated wavelengths simultaneously, addressing a broad spectrum of skin concerns in a single, convenient session.

Wavelengths & Benefits

Wavelength	Colour	Primary Benefits
850 nm ± 5 nm	Infrared	Stimulates deep collagen production; reduces fine lines and wrinkles; anti-inflammatory; accelerates wound healing and tissue repair.
630 nm ± 5 nm	Red	Boosts collagen and elastin; minimises wrinkles and blemishes; enhances circulation; improves overall skin tone and texture.
415 nm ± 5 nm	Blue	Targets acne-causing bacteria (P. acnes); reduces inflammation; promotes a visibly clearer complexion.
605 nm ± 5 nm	Orange	Enhances radiance and luminosity; supports collagen synthesis; increases microcirculation; reduces redness and inflammation.

The device activates a pre-set automatic sequence on start-up: Red + Infrared for 10 minutes □ Blue for 10 minutes □ Orange for 5 minutes □ automatic power-off. Short-press the touch switch at any time to select your preferred mode manually.

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II

Product Overview & Components

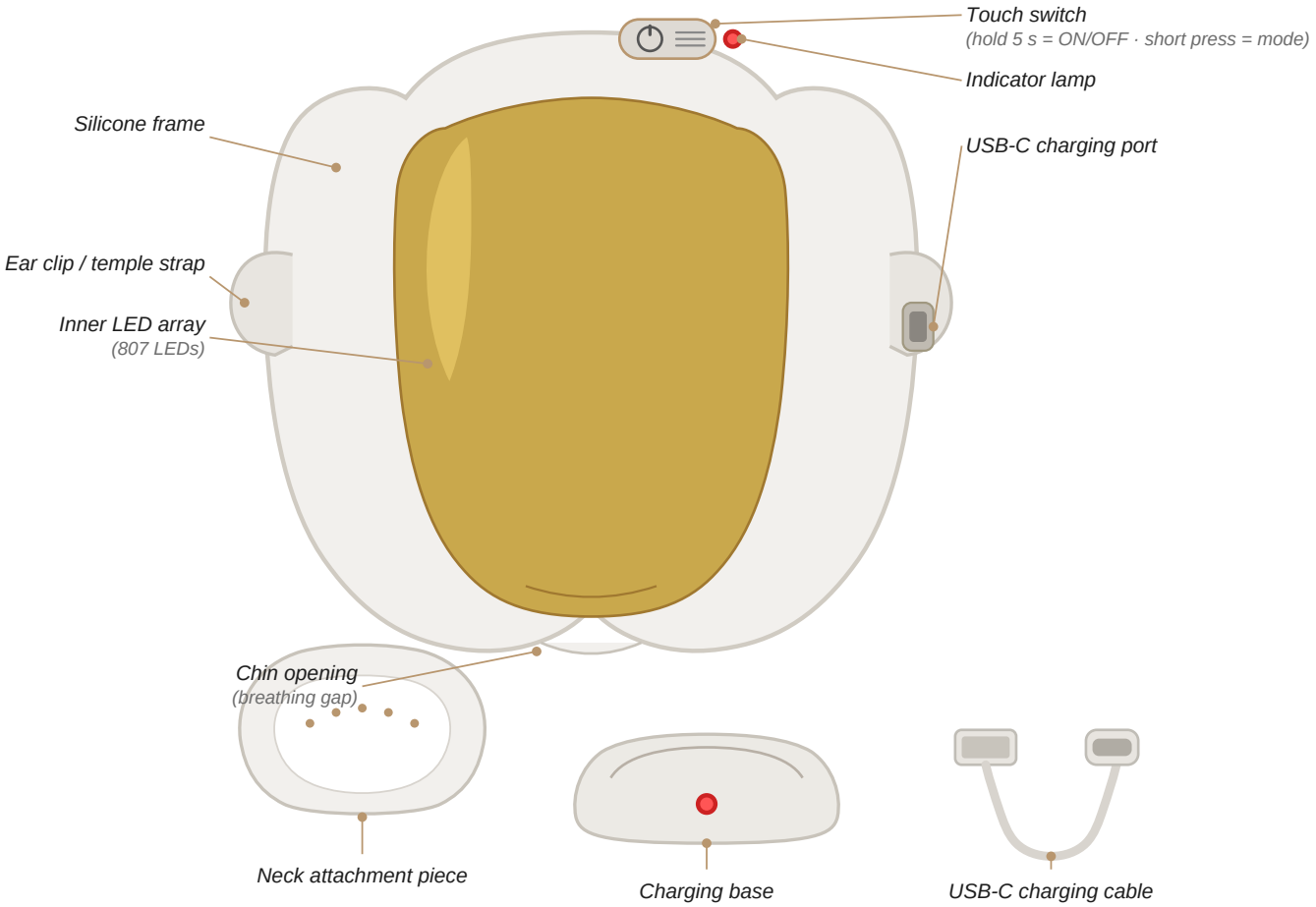

Fig. 1 — Elōs Me® LED Light Therapy Mask: device overview and key components

What's in the Box

- LED face mask (silicone frame with 807-LED inner array)
- Neck attachment piece
- Charging base
- Breathing spacer block
- USB-C charging cable
- This user guide

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Breathing spacer block: The included spacer fits between the mask and the lower face, ensuring a natural, unobstructed breathing path during your session. Breathe normally and remain relaxed throughout treatment.

III

Who Should Not Use This Device

This device is intended for cosmetic home use on healthy skin. Please review the following contraindications carefully before beginning treatment.

Do Not Use If:

· You are under 18 years of age.

· You have a history of epilepsy or light-triggered seizures.

· You have active, broken, inflamed, or severely irritated skin in the treatment area.

· You have a known sensitivity or allergy to light.

· You are using photosensitising medications (certain antibiotics, retinoids, or topical treatments).

· You have an implanted electronic medical device (e.g. a pacemaker).

· You have been diagnosed with thyroid disease or are currently using thyroid medication.

· You are pregnant or breastfeeding — consult your healthcare professional before use.

Additional Precautions

— Do not use over open wounds, sunburned skin, or recently treated skin.

— Avoid direct eye contact with active LEDs — keep eyes closed throughout each session.

— Do not submerge the device in water or expose it to excessive moisture.

— Do not attempt to open, disassemble, or repair the device.

— If skin redness or irritation persists beyond 24 hours after a session, discontinue use until the skin has fully recovered.

— Keep out of reach of children.

— Do not apply heavy creams or oils immediately before a session.

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IV

Step-by-Step Usage Instructions

IMPORTANT TIPS

1. When the mask is placed in the charging station, the indicator light on the charging station must turn red. If it does not, please adjust the position of the mask.

2. Press and hold the power button for more than 5 seconds to turn the device ON.

3. Once the device is ON, the indicator color changes automatically. It will remain unchanged only if the color has been adjusted manually.

4. You may also charge the mask directly through the USB-C port on the mask itself, in addition to using the charging base.

01	**Cleanse** Thoroughly cleanse and dry your face. Remove all make-up, sunscreen, and skincare residue before beginning.
02	**Charge** Ensure the mask is fully charged. Place it on the charging base — confirm the indicator lamp turns red — or connect the USB-C cable directly to the mask until charging is confirmed.
03	**Attach the Neck Piece** Connect the neck attachment piece to the lower section of the mask for combined face and neck treatment.
04	**Fit the Mask** Place the silicone frame gently over your face. Adjust the forehead buckle and nose rest for a comfortable, even fit.
05	**Power On** Press and hold the touch switch for more than 5 seconds. The indicator lamp will illuminate to confirm activation.
06	**Select Your Mode** The automatic treatment sequence starts immediately. Short-press the touch switch at any time to switch to your preferred light mode manually.
07	**Relax** Remain comfortably seated and still during the 25-minute session. Close your eyes and breathe naturally through the breathing spacer block.

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08

After Use

Power off, then wipe the inner surface with a soft, dry cloth. Store in a cool, dry location away from direct sunlight.

Recommended frequency: 2–3 sessions per week. Consistent use over 4–8 weeks yields the most visible improvement. Do not extend individual sessions beyond 25 minutes.

V

Recommended Treatment Schedule

For best results, follow the progressive schedule below. Applying a hydrating serum or moisturiser immediately after each session maximises absorption while pores are open.

Period	Frequency	Focus
Weeks 1–2	Daily, 10–15 min	Skin acclimatisation and initial stimulation
Weeks 3–4	5 sessions per week	Consolidating early results
Month 2	3–4 sessions per week	Progressive collagen response and improved clarity
Month 3 onward	2–3 sessions per week	Long-term maintenance and skin health

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VI

Charging & Indicator Guide

Charging the Mask

The mask charges via its built-in USB-C port (rated ≤ 5 V DC). It may be charged through the dedicated charging base or directly through the USB-C port on the mask. When placed on the base, the indicator light on the charging station must illuminate red during active charging. If it does not turn red, reposition the mask until the indicator confirms correct contact. The base lamp turns blue once the mask is fully charged.

Indicator Lamp States

Indicator Status	Meaning	Action Required
Slow red blink	Low battery	Place on charging base or connect USB-C cable.
Solid red (base lamp)	Charging in progress	No action needed. If red does not appear, reposition the mask on the base.
Solid blue (base lamp)	Fully charged	Disconnect and begin your session.
No light	Poor contact or low voltage	Re-seat mask on base or check USB-C connection.

Once the device is ON, the indicator color changes automatically. It will remain unchanged only if the color has been adjusted manually. The mask indicator must display red during an active charge — if it does not, reposition the mask or charge directly via the USB-C port on the mask.

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VII

Care, Maintenance & Storage

Cleaning

After each session, wipe the inner LED surface and silicone frame with a soft, dry, lint-free cloth. Do not use alcohol-based cleaners, solvents, or abrasive materials.

Moisture

This device is not waterproof. Do not rinse it under running water or expose it to excessive humidity.

Storage

Store in a cool, dry place, away from direct sunlight and heat. Avoid placing heavy objects on the mask surface to prevent deformation of the silicone frame.

Battery Care

For prolonged storage, charge to approximately 50–60% and recharge every 2–3 months to maintain battery health.

Damage

If the device appears damaged or malfunctions, discontinue use immediately and contact customer support at hello@elosme.com. Do not attempt to open or repair the device.

Disposal

Dispose of the device and its rechargeable components in accordance with local electronic waste (e-waste) regulations. Do not expose batteries to fire.

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VIII

Technical Specifications & Troubleshooting

Technical Specifications

Product name	Elōs Me® LED Light Therapy Mask
LED count	807 LEDs
Light wavelengths	Red 630 nm · Blue 415 nm · Orange 605 nm · Infrared 850 nm (all ± 5 nm)
Battery capacity	1,400 mAh built-in rechargeable
Input voltage	3.7 V
Charging	DC 5 V / 1 A via USB-C (charging base or direct mask port)
Power on	Hold touch switch for more than 5 seconds
Frame material	Medical-grade ABS / silicone gel
Face mask dimensions	230 × 223 × 130 mm
Neck piece dimensions	175 × 145 × 110 mm
Face mask weight	457 g
Neck piece weight	138 g
Applicable skin types	All skin types
Session duration	25 min automatic sequence, or manual mode
Warranty	6 years

Troubleshooting

Symptom	Likely Cause	Recommended Action
LEDs do not illuminate	Battery depleted or poor charging contact	Charge fully via base or USB-C on mask; re-seat if needed.
Indicator blinks slowly (red)	Low battery	Connect to charger. Do not use until fully charged.
Charging lamp does not turn red	Mask not properly seated on base	Reposition mask until indicator turns red, or charge directly via the USB-C port on the mask.

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Charging lamp does not change colour	Insufficient voltage or poor connection	Check power source is ≥ 5 V; reposition mask on base.
Device powers off mid-session	Auto power-off after 25 min, or low battery	Normal operation. Recharge if shutdown occurs before 25 minutes.
Skin redness after use	Sensitivity or excessive session length	Reduce frequency or duration. Discontinue if redness persists beyond 24 hours.

For warranty claims or technical assistance, contact our team at hello@elosme.com or visit www.elosme.com. Elōs Me® carries a 6-year manufacturer's warranty against defects in materials and workmanship under normal use conditions.

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