



Cal Aura

Red Light Therapy
Owners Manual



Safety Instructions & Warnings

Warning: Avoid excess exposure to heat generated by this device that can cause Hyperthermia or heat stroke. Limit exposure time to 10-15 minute sessions, do not over extend your body.



Warning: Electrocutation risk, do not place liquids near or on the light bar. Failure to follow this warning may lead to injury or death.



Caution : Do not use the Cal Aura if the power cord is damaged or frayed. Using a damaged power cord may lead to risk of fire, electrocution, injury, or death.



Caution : When the Cal Aura is not in use, remove the appliance from the inside of the sauna.



Caution : Trip hazard, remain aware of cord placement within your sauna when operating the Cal Aura.



Warning: Do not use or operate the Cal Aura when under the influence of alcohol, drugs, or prescription drugs that can interfere with a individuals motor skills or decision making.



Warning: Do not use the Cal Aura without wearing the provided safety goggles, failure to do so may result in damage to your vision. Never look directly into the Cal Aura without using the provided safety goggles.





Congratulations for purchasing the Cal Aura, your own personal red light therapy system. The Cal Aura completes your sauna experience, allowing you to use the benefits of red light therapy at the comfort of your own home.

Red light therapy works by combining medical grade red and near infrared light sources that is within the light wavelength of 630nm-850nm (the visible light range is 400nm-700nm). Light at this wavelength is able to provide therapeutic benefits.

The light frequency emitted from the Cal Aura is able to penetrate the skin and provide heat therapy to the dermis and muscle layers in your body. This promotes several health benefits, red and near infrared light activates various metabolic pathways, which promotes the production of ATP for muscle recovery, fat burning, and protein synthesis.

Red light therapy is considered an effective health tool to treat and regulate a wide range of minor ailments such as.

- **Muscle Recovery**
- **Joint Pain**
- **Arthritis & Inflammation**
- **Weight Loss**
- **Skin Elasticity**
- **Hormonal Balancing**
- **Decreased Cortisol Levels (stress hormone)**

Note: For best results, remove clothes from the main areas of the body you seek to treat.



Suggested Red Light Therapy Treatment Regiments



Skin Health (Wrinkles, Acne, Wounds)

Time Per Session: 10 Minutes

Sessions Per Week: 3-5 times per week

Wavelength: Red Light Only

Target Area: Anywhere skin is showing symptoms

Distance from Device: 3 - 6inches



Thyroid Function

Time Per Session: 8-10 Minutes

Sessions Per Week: 5-7 times per week

Wavelength: Near Infrared or both

Target Area: Thyroid Glands (tilt head back slightly)

Distance from Device: 3 - 6inches



Weight Loss

Time Per Session: 10 Minutes

Sessions Per Week: 5-7 times per week (pre or post exercise)

Wavelength: Near Infrared & Red Light

Target Area: Directly on fat, cellulite or whole body

Distance from Device: 3 - 6inches



Joint Pain & Arthritis

Time Per Session: 10 Minutes

Sessions Per Week: 6-7 times per week (twice daily if painful)

Wavelength: Near Infrared

Target Area: Directly on symptomatic joint

Distance from Device: 3 - 6inches

Muscle Recovery



Time Per Session: 10 Minutes

Sessions Per Week: 3-5 times per week

Wavelength: Near Infrared & Red Light

Target Area: Directly on muscle (after workout)

Distance from Device: 3 - 6 inches

You can get the benefits of red light therapy in different points of your body based on your needs. To ensure that the Cal Aura provides the best results for your health and fitness goals, follow the general tips below.

Place the Cal Aura about 3-6 inches away, from the area of your body you wish to treat. The amount of time you should expose your body to red light, depends on the region of the body, the general rule of thumb is to operate the Cal Aura for at least 10 minutes per session.

Note: Make sure your drink enough fluids, as red light therapy increases your internal body temperature.

Caution: Be aware of the risks of hyperthermia (high body temperature.) Higher than normal body temperature for an extended period of time can lead to negative health effects.



Assembling the Cal Aura

Step 1

Flip the Cal Aura over so that the rubber posts are pointing upwards, this is where the base of the device will be installed.

Note: hold onto the light bar to avoid tip over risk.



Step 2

Remove any plastic wrapping on the base and prepare to install.



Step 3

Align the base and bottom of the Cal Aura together.



Step 4

Once the base and the Cal Aura are aligned, press down on the center of the base to secure the rubber posts through the special cut outs in the base.



Step 5

Once the base is pressed in, rotate the Cal Aura to its normal position. The Cal Aura is now secured and assembled, you may now safely place the light inside of your sauna.



Operating the Cal Aura

Step 1

Rotate the Cal Aura to have access to the power port and the toggle switch.



Step 2

Connect the three prong power cord to the Cal Aura.

Note: Do not connect or operate the Cal Aura with a damaged cord.

Contact your dealer to order a replacement.



Step 3

Activate the Cal Aura unit by toggling the power switch in the rear of the device.



Safety Goggles

Included with your Cal Aura is a pair of safety goggles, to be used when operating the Cal Aura. Do not look directly into the Cal Aura, without wearing these specialized goggles. When adjusting your settings before using the Cal Aura, avoid looking directly at the projected light coming from the unit.

Failure to wear these goggles may cause damage to your vision.

General Maintenance

Use only a damp microfiber cloth to wipe down and remove any dust or stains on the Cal Aura. Disconnect the unit when cleaning.

Avoid using solvents or all purpose cleaners to clean the unit, this can cause corrosion of the light lenses causing poor operation of the unit. A mild hand soap solution (1:10) ratio with water may be used to dampen the cleaning cloth if additional cleaning is needed. Wipe away any residue with a dry microfiber towel.

Disconnect the unit when not in use.



Control Panel Navigation

The Cal Aura is designed for simple and easy operation.



The “T” button is used to increase the duration of the Cal Auras operating time. Pressing the “T” button once increases the time by 1 minute, you may hold down the button to increase duration as well.



The “R/NIR” button allows you to toggle between activating the red light LEDs and the near infrared LED’s. There are indicator LEDs below the timer display that distinguish which set of LED’s are activated.

By default both the red light LEDs and near infrared LEDs are activated to deliver best results of red light therapy.



The “Power/Pulse” button allows you to activate a pulse mode for your Cal Aura, pressing the button a second time will pause the operation of your Cal Aura. When the operation is paused the timer will remain at the time the pause occurred.

Limited Warranty



Warranty Limitations

This limited warranty is void if Cal Sauna or its designated representative determines that the accessory was subjected to alteration, neglect, misuse, abuse, or freight damage caused by a common carrier. If the failure is caused by acts of god or other causes beyond the control of the manufacture. Neglect, misuse and abuse include any installation, operation, or maintenance other than in accordance with the instructions contained in this owner's manual provided to you with this accessory. Corrosion, scratching and discoloration due to improper use and care of this product, is excluded from this warranty.

Disclaimers

The Manufacturer and its representatives shall not be liable for any injury, loss, cost or other damage, whether incidental or consequential, arising out of any defect covered in this limited warranty. The liability of the Manufacturer under this limited warranty if any shall not exceed the original amount paid for the defective product. These disclaimers shall be equally applicable to any service provided by the manufacturer and its designated representatives

Performance

Cal Sauna accessories include a 90 day limited warranty. This warranty covers manufacturing defects and malfunctions associated with factory defects of the Cal Aura. The warranty for this item begins on the day of arrival.

Notify Cal Sauna or your servicing dealer as soon as possible and use all reasonable means to document the reported malfunction. A receipt or a valid form of proof of purchase is required to file a warranty claim. A designated representative will verify the defective accessory.

There will be no charge for the replacement Cal Aura unit. Freight charges, labor fees, diagnose fees, and travel fees are not covered by this warranty. These fees are the responsibility of the owner of this accessory.

Any replacement unit will carry over the balance of the original accessory warranty.



Contact Information

For customer service please contact your authorized dealer immediately. If you need additional information and/or assistance, please contact:

LMS Customer Service Department
1462 East Ninth Street
Pomona, CA 91761
Toll Free: 1-800-225-7727