

# Red Light Therapy Belt Quick Start

A quick guide for using the Alpha belt for focused wearable coverage as part of your at-home routine.



## Quick Start

- 1 Choose a clean, dry, comfortable position to sit, stand, or recline.
- 2 Check the adapter, cable, handheld controller, and connectors before use.
- 3 Place the light side toward the body area shown in your product guide.
- 4 Secure the belt gently. It should sit comfortably without pressure or tightness.
- 5 Select settings from your product guide, then switch off and unplug after the session.

## Care + Safety

- Keep the belt reasonably flat against the selected area.
- Avoid folding or sharply bending the light panel while switched on.
- Keep the controller easy to reach and the cable relaxed.
- Stop if anything feels uncomfortable.

### Important

Follow the supplied product instructions. This guide does not make treatment, cure, or guaranteed result claims.