

THE **LightWave CS**  
*Intelligent Acne Treatment*



Light  
Therapy Options, LLC

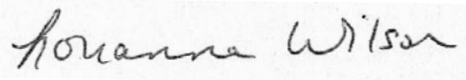
## ***Congratulations!***

*You are about to open your LightWave CS and begin to benefit from phototherapy (light therapy), the latest effective 100% natural acne treatment. We encourage you to learn more about the healing power of light for yourself and your family by visiting us at [LightTherapyOptions.com](http://LightTherapyOptions.com).*

*Please take the time to read the instructions carefully before using your light for the first time. Feel free to contact us if you have any questions at all.*

*We appreciate your business!*

*Kind Regards,*



*Louanna Wilson  
Executive Director  
Light Therapy Options*

## **Precautions**

- LightWave CS contains a small amount of non-peak UVA (blacklight). Use only as directed.
- Do not use light therapy while you are taking any medication that causes photosensitivity. Consult your physician if you have any concerns.
- Do not look directly into the LED.
- Protective eyewear has been provided and is required to be worn during light therapy.

## **The Basics**

**Before Each Treatment:** Wash your face or other treatment area with non-medicated soap or cleanser before each treatment. This is to remove anything that may block or interact with the light.

**Light Distance:** 6-10 inches from the skin. Closer is not better. The wavelengths do not converge until the lamp is about 6 inches away.

**Treatment Time:** Average 12 seconds per coverage area. (as counted 1-onethousand, 2-onethousand, 3-onethousand, etc.). Exact timing is not crucial. More is not better and may aggravate the condition if overused. Keep your treatments between 6 and 18 seconds per area.

**Light Angle:** The angle of the light is the most important; especially when you're treating one zit at a time. Shine the light directly at the pimple, keeping in mind the most direct angle may be from the opposite side, above, or below.

## Mild Acne

For treating one or two pimples at a time, it is most convenient to hold the light in your hand, as shown.

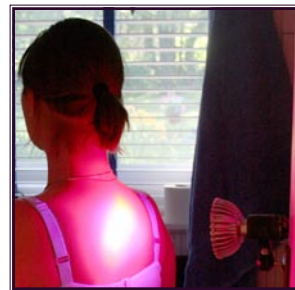
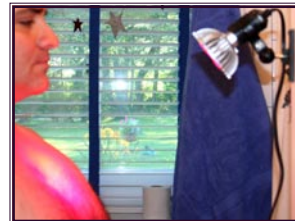
At the first sign of a pimple forming under the skin, shine the light directly at the spot as directed above. Do this at least once per day.



## Back & Body

For back acne, it is most convenient to clamp the light to a door at the height you need. For the tops of the shoulders, angle the light down (as shown). Stand about 6 inches away and simply move your body to let the light shine on each area for 6-18 seconds, one at a time.

To treat lower areas of the back, move the light down on the door (do not angle it down) and shine it straight on at the height you need. Gradually move from one side to the other until the whole area is covered.

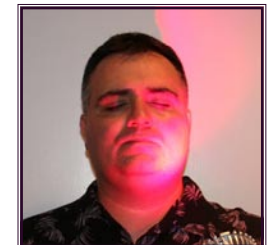
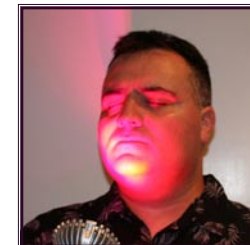
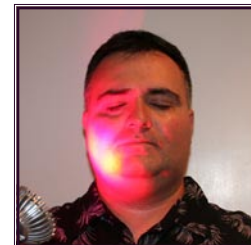
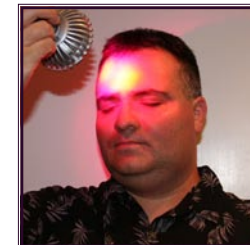
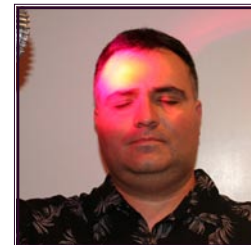


## Moderate to Severe Acne

When treating the whole face, it is usually more convenient use the lamp clamped on or table top. Turn your face into the light, letting it shine on each area for 6-18 seconds as shown below. You should be able to cover your whole face in 6 or 9 areas. Do this at most twice per day: morning and evening.



## Coverage of the Face



If you do not see improvement within 3 weeks of consistent treatment, please call or email so that we may help you further.

## Technical Info

**Light Source:** 7 1-Watt Cree high power LEDs

**Wavelengths:** 2 405nm Blue LEDs  
2 450nm Blue LEDs  
2 660nm Red LEDs  
1 850nm Infrared LED

**Brightness:** 80~90 lumen per colored (x6)1Watt LED

**Beam Angle:** 30°

**Power Consumption:** 7 Watts

**Voltage:** 110V AC

**Current:** 310mA

**Dimensions:** D: 3.75in x H: 3.125in

**Housing:** Aluminum

**Material of Lens:** Glass

**Screw base:** E26

**Operating Temperature:** -25°C ~ 45°C

**Life Span:** 50,000 hours

**Usage:** Indoor use only

## The Environment

**The Product:** Our product is almost completely recycleable using an aluminum housing, glass lenses and standard metal wiring. Our lights also contain no toxic materials or gasses.

**Our Packaging:** Our packaging is entirely biodegradeable or recycleable, except for the tape (we're working on that) and much of it is made from recycled materials.

## FAQs

### Why are two of the blue lights so dim?

Those are the 405nm LEDs. They look dim compared to the bright blue (450nm) LEDs because 405nm is approaching the invisible side of the spectrum. They are working properly, and are just as powerful as the other, brighter LEDs.

### Why is the center LED not lit?

The center LED is the infrared "core." Infrared energy is invisible to the human eye. You may sense the energy from the LED as gentle heat, or you may not sense it at all. It is working properly.

### Can I use my Lightwave CS outside of the United States?

Your Lightwave CS Power Head and the accompanying clamp lamp are for use with a 120 volt power supply only. You will need a voltage adapter for use with 220 volt systems.

### Can I use my Lightwave CS in my own fixture?

Your Lightwave CS Power Head is removable and can be used in any standard, open-faced 120 volt fixture you find convenient.

### How can I judge the 6 to 10 inch treatment distance?

The span between the tips of the thumb and little finger of most adult hands falls within the 6-10 in treatment distance.

### Can I use my Lightwave CS with other topical treatments?

Yes, if the product's warning label does not indicate that it will cause photosensitivity. Also, the topical product should NOT be ON your skin AT THE TIME of your light treatment.

## Support

If you have any questions about how to use your light, if there are any technical problems or if you'd like information on what further steps you can take to reduce acne, we're here to help.

**Phone:** 800-673-9407

**Email:** [service@IntelligentAcneTreatment.com](mailto:service@IntelligentAcneTreatment.com)

### 90 Day Risk-Free-Trial

You have a full 90 days to evaluate your LightWave CS. Your trial period starts when you receive your light.

### Lifetime Warranty

If your LightWave CS fails through normal use, simply contact us and we'll replace it, free.

### Return Instructions:

- Please keep all of the original packaging and repack your products in it carefully.
- Please include your name, order number and a brief explanation for your return.
- Return your product via USPS to the following address. UPS or FedEx WILL NOT deliver to the PO Box.

Light Therapy Options Returns  
PO Box 301  
Pequabuck, CT 06781

- Please insure your package for the full value of the products. Products must be received in an undamaged condition for a full refund.



<http://IntelligentAcneTreatment.com>  
<http://LightTherapyOptions.com>