
Flowlight
FLOWLIFE
Brochure

Flowlight



Premium Red Light Therapy Panels

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Manifest

In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

Why Flowlight?

Revolutionize your wellness routine with Flowlight panels, cutting-edge devices designed to deliver therapeutic benefits through targeted light therapy. These panels offer an innovative approach to improving overall health and wellness by utilizing the power of red and near-infrared light. Experience the multifaceted benefits of these wavelengths, which work together to ensure comprehensive care and faster recovery.

- Enhanced Muscle Recovery - The red and near-infrared light penetrates deep into the muscle tissues, reducing inflammation and promoting faster healing. This helps alleviate muscle soreness and improve overall muscle function.

- Improved Skin Health - Red light therapy boosts collagen production, resulting in healthier, more youthful-looking skin. It also helps reduce wrinkles, fine lines, and scars.

- Pain Relief - Red light therapy effectively reduces chronic pain and inflammation by stimulating cellular repair and regeneration, relieving arthritis and joint pain.

- Boosted Circulation - The increased blood flow from red and near-infrared light therapy enhances the delivery of oxygen and nutrients to cells, improving overall health and aiding recovery.

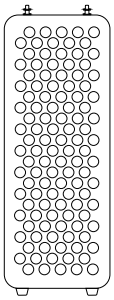
- Convenient and Easy to Use - Flowlight panels are designed with user convenience, featuring easy-to-navigate controls and customizable settings to suit individual needs.

- Safe and Non-Invasive - Unlike other treatment methods, red and near-infrared light therapy is non-invasive and safe, making it suitable for regular use without the risk of side effects.

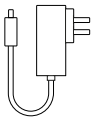
Experience the transformative effects of Flowlight panels and take a proactive approach to your health and wellness. Whether you want to enhance muscle recovery, improve skin health, relieve pain, or simply boost your overall well-being, Flowlight panels offer a versatile and effective solution.

Accessories

Elevate your Flowlight experience with essential accessories for optimal functionality.



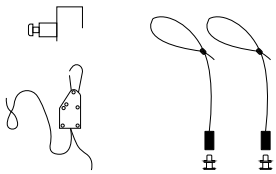
Light Unit



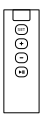
Power Cable



Protective Glasses



Wall Hanger Unit
(Not included in the Flowlight 300 Series)



Remote Control



Flowlight by Flowlife: A Comprehensive Guide

Follow this comprehensive guide to maximize the benefits of your Flowlight panel and ensure you get the most out of your light therapy sessions. It covers everything from preparation to concluding your session.

Prepare Yourself

For Best Effect

Before you begin your session, it’s best if your skin is clean and dry. This helps the light to penetrate your skin more effectively, providing maximum therapeutic benefits. If you’ve been sweating, simply wipe off any excess moisture. Use a mild cleanser to remove any oils or lotions that could block the light.

Comfortable Environment

Depending on the treatment area and exposure, wearing protective glasses may be necessary to shield your eyes from the intense light.

Starting Your Session

Power On

Plug in the power adapter and switch on your Flowlight panel from the back. The touch screen will illuminate, indicating the device is ready for use.

Glasses





Inside the package, you’ll find two different types of glasses. Choose the one that suits you best.

Silicone glasses

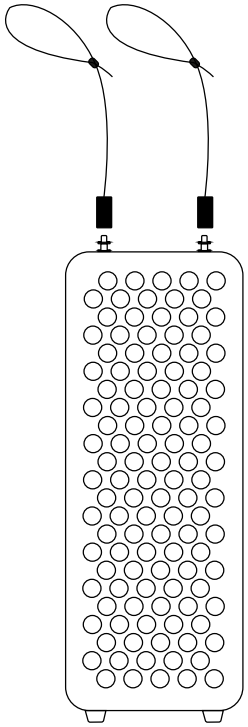
Ideal for sensitive eyes, offering a comfortable fit.

Shaded glasses

Great for reducing bright light while maintaining comfort.

If it feels right, you can even skip the glasses—just avoid staring directly into the lights for extended periods.

Initial Setup

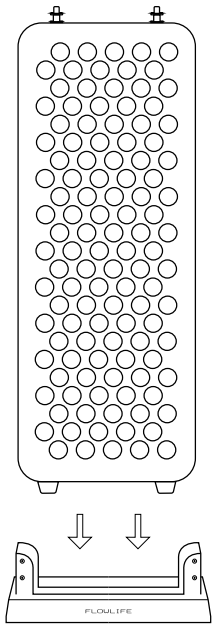


Positioning

Position the panel approximately 15-30 cm (6-12 inches) from the area of your body you want to treat. The exact distance can be adjusted based on the specific model and the area being treated. Different body areas require varying distances to ensure optimal coverage and effectiveness, as the panels have different coverage areas. For example, larger panels may be positioned further away to cover a broader area, while smaller panels might need to be closer to focus on a specific spot.

Hanging the Panel (not applicalble for Flowlight 300 Series)

You can use the provided door hook to hang your panel. Screw the hanging cables onto the top of your panel and attach it to the door hook.



Using the Floor Stand (Only for Flowlight 1500 Model)

To set up your panel with the floor stand, follow these steps:

1. First, unscrew the screws in the corners of the stand.
2. Position the two mounting brackets with the bracket pathways facing outwards.
3. Secure the brackets by screwing the screws back into the stand through the mounting brackets (using the same holes from which you removed the screws).
4. Attach the panel to the stand using the provided mounting brackets, ensuring it is securely fastened.

Using the Controller

Power up the panel by pressing the main switch. The screen will light up, and you're ready to go.

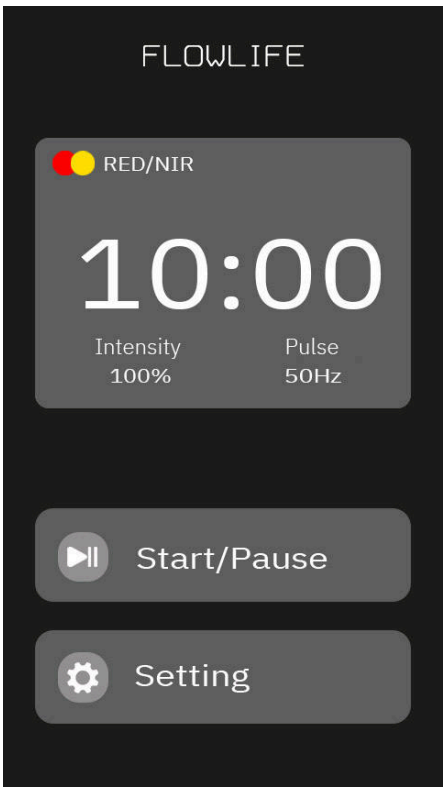
Controls

- Play/Pause – Start or pause the treatment
- Run – Activate the program
- Back Arrow – Scroll back

Settings Menu

Fine-tune your session by adjusting:

- Timer – Set treatment duration
- Modes – Choose between RED/NIR or combine
- Light Intensity – Adjust brightness level
- Pulse – Control the pulse setting
- Group – Connect multiple panels

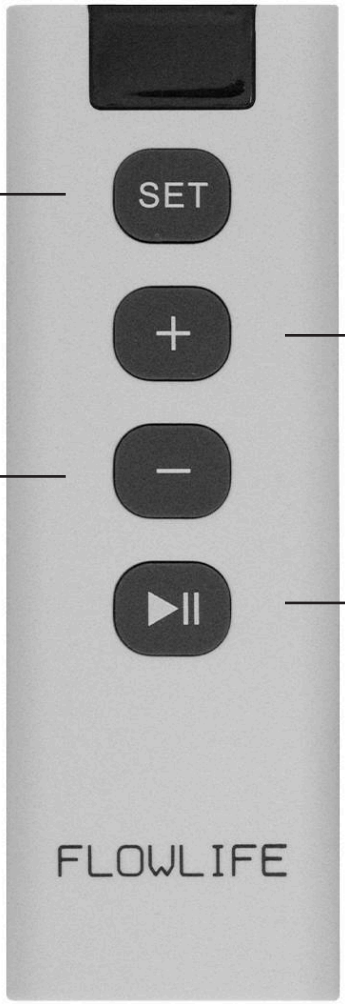




Remote Control Functions

Set
Navigate through all settings

Minus (-)
Decrease the level of a setting



Plus (+)
Increase the level of a setting

Play/Pause
Start or pause the treatment

Using the Control Panel

Selecting Light Mode

Two Wavelengths (660nm and 850nm)

RED/NIR

This mode combines the therapeutic benefits of 660nm red light and 850nm near-infrared light. It's perfect for comprehensive treatments that address surface skin issues and deeper muscle tissues.

RED

Exclusively using the 660nm wavelength, this mode is ideal for surface treatments such as enhancing skin health, reducing inflammation, and promoting collagen production.

NIR

Utilizing the 850nm wavelength, this mode penetrates deeper into the muscles, relieving soreness and accelerating muscle recovery.



Using the Control Panel

Seven Wavelengths

RED/NIR

This mode combines the therapeutic benefits of red light (630nm and 660nm), near-infrared light (810nm, 830nm, 850nm), and infrared light (940nm and 1060nm) for comprehensive treatments. This setting is perfect for holistic therapies addressing surface skin issues and deeper muscle and tissue concerns.

RED

This mode exclusively uses red light wavelengths (630nm and 660nm), which are ideal for surface treatments such as enhancing skin health, reducing inflammation, and promoting collagen production.

NIR

(810nm, 830nm, 850nm, 940nm, and 1060nm)

This mode utilizes near-infrared light (810nm, 830nm, 850nm) and infrared light (940nm and 1060nm) to penetrate deeper into the muscles, providing relief from soreness, accelerating recovery and promoting extensive healing of deeper tissues.

By understanding the unique benefits of each wavelength, you can tailor your therapy sessions to meet your specific needs, whether you're aiming for skin rejuvenation, pain relief, or enhanced muscle recovery.

Setting the Timer

Timer Range
The timer can be adjusted from 1 to 60 minutes based on your desired session length. The digital timer makes it easy to set and monitor your session time.

Recommendation
Start with shorter sessions (10-15 minutes) to allow your body to adapt to the therapy. Gradually increase the duration as you become more accustomed to the treatment.

Adjusting Light Intensity

Light Intensity
The dimmer sets the light intensity from 1% to 100%. Higher intensity provides stronger therapeutic effects but may be too intense for sensitive areas.

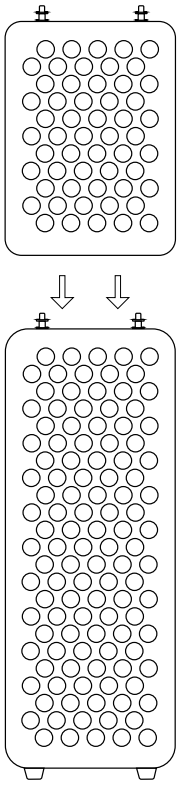
Recommendation
We recommend using the highest light intensity setting to achieve the best results. However, if you're new to light therapy or have sensitive skin, start with a lower intensity. Gradually increase the intensity as your body adjusts to the treatment.

Pulse Setting

Pulse Range
Choose a pulse frequency between 1Hz to 10,000Hz for customized treatment.

Recommendation
We recommend using higher pulse settings, up to 10,000Hz, for the most effective and intense stimulation. Pulsing can enhance the therapeutic effects by promoting better blood flow and deeper tissue penetration. However, adjust the pulse frequency based on your comfort and specific needs. High pulse settings are particularly beneficial for severe soreness and deep muscle treatment.

Connecting Multible Panels



Master Mode
Controls the settings for all connected panels.

Solo Mode
Operates independently without affecting other panels.

Follower Mode
Follower panels mimic the settings of the master panel, allowing synchronized treatment across multiple panels.

During Your Session

Relax and Enjoy

Sit back, relax, and let the Flowlight panel work its magic. Focus on your breathing and enjoy the light's therapeutic effects on your body.

Monitor Settings

Adjust the light intensity, mode, or timer to ensure optimal comfort and effectiveness.

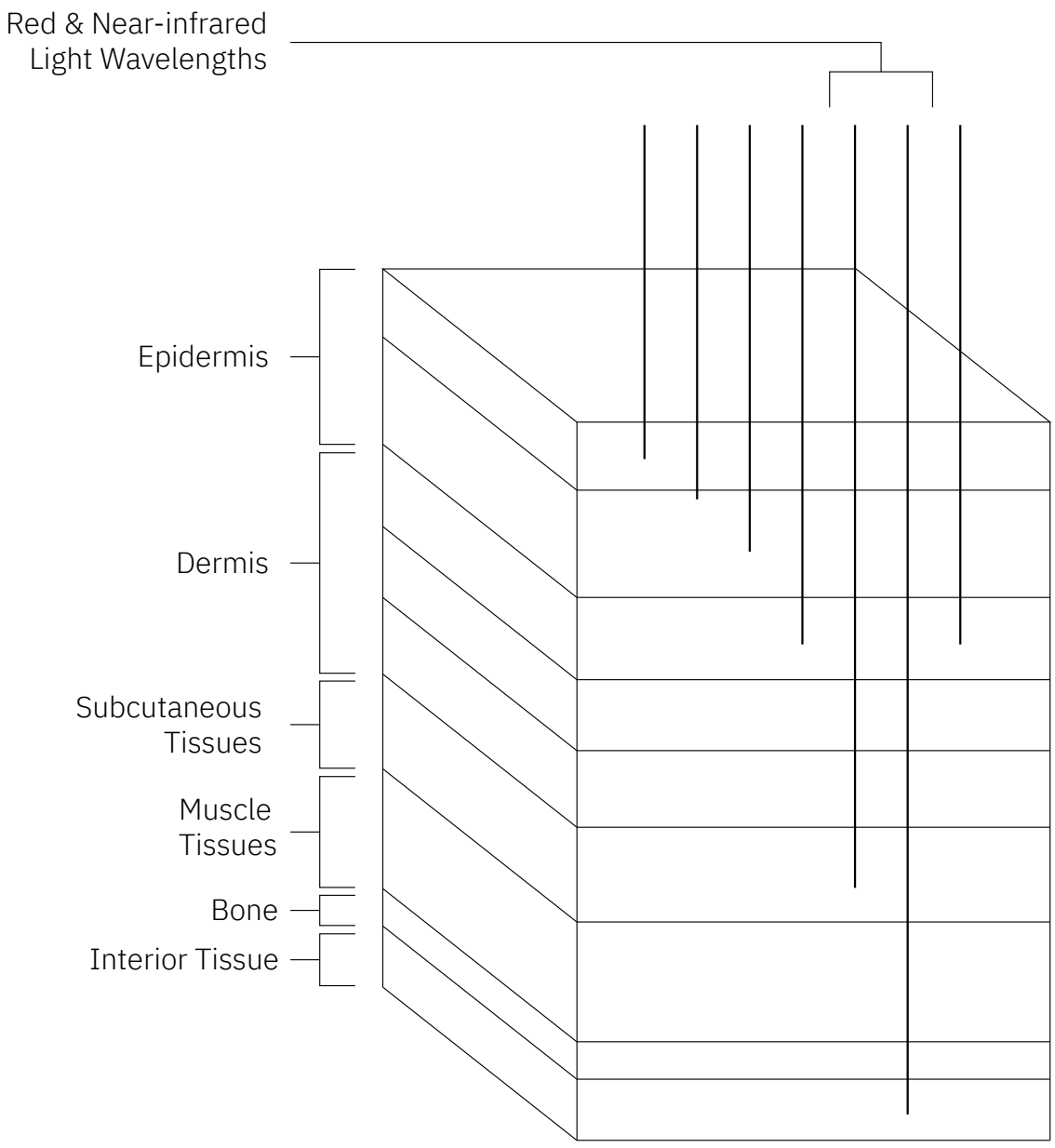
Ending Your Session

1. Power Off
   Turn off the device by pressing the power button. Ensure the device is entirely off before unplugging.

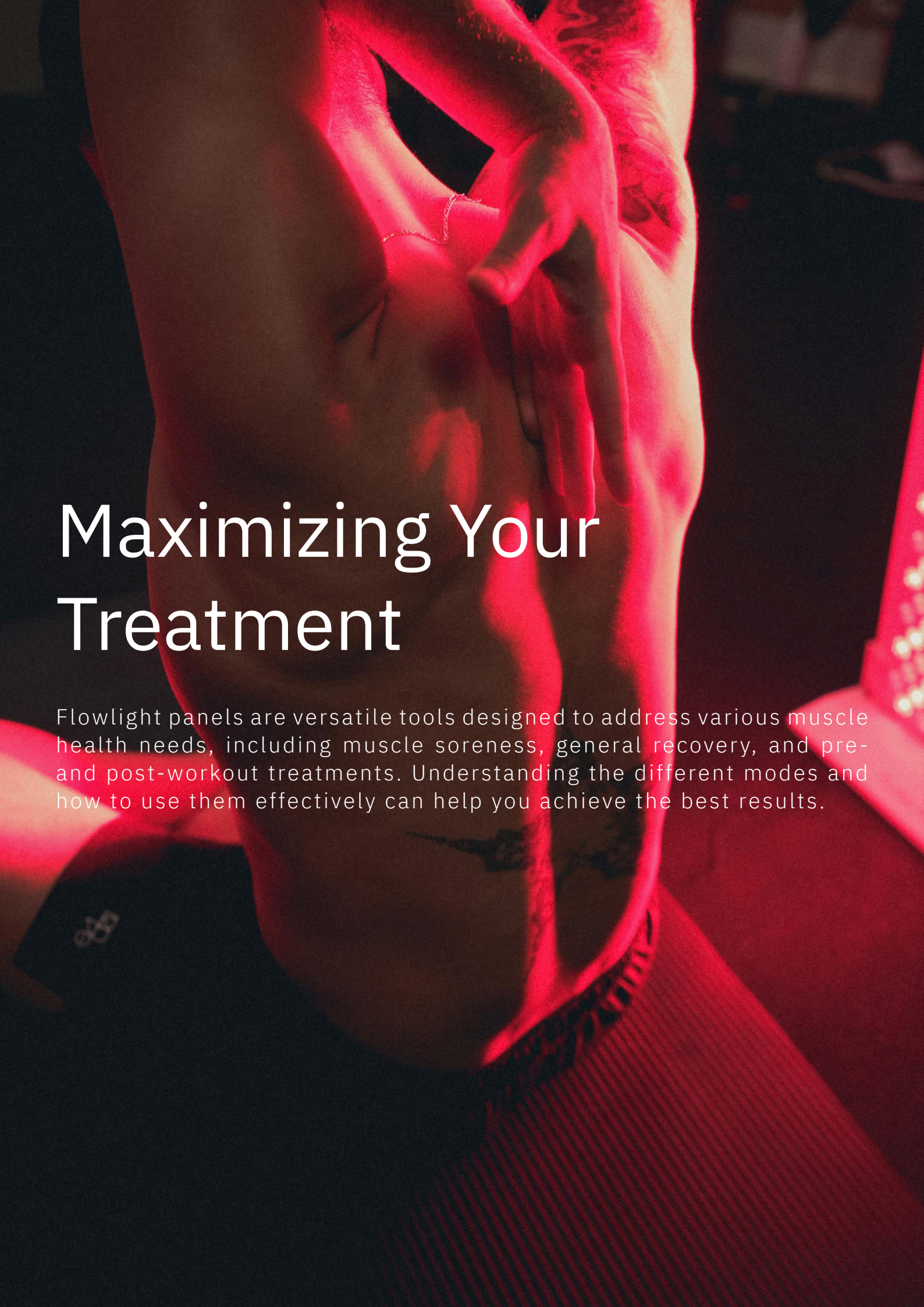
2. Cool Down
   Allow the panel to cool down before handling or storing it. This prevents any risk of burns or damage to the device.

3. Clean and Store
   Wipe the panel with a soft, dry cloth to remove dust or residue. Store it safely, away from direct sunlight and moisture, to maintain longevity.


FLOWLIFE
RED/NIR
20:00
Intensity
100%
Pulse
Off
Start/Pause
Settings


Red & Near-infrared
Light Wavelengths
Epidermis
Dermis
Subcutaneous
Tissues
Muscle
Tissues
Bone
Interior Tissue


FLOWLIFE



Maximizing Your Treatment

Flowlight panels are versatile tools designed to address various muscle health needs, including muscle soreness, general recovery, and pre- and post-workout treatments. Understanding the different modes and how to use them effectively can help you achieve the best results.

Understanding the Modes

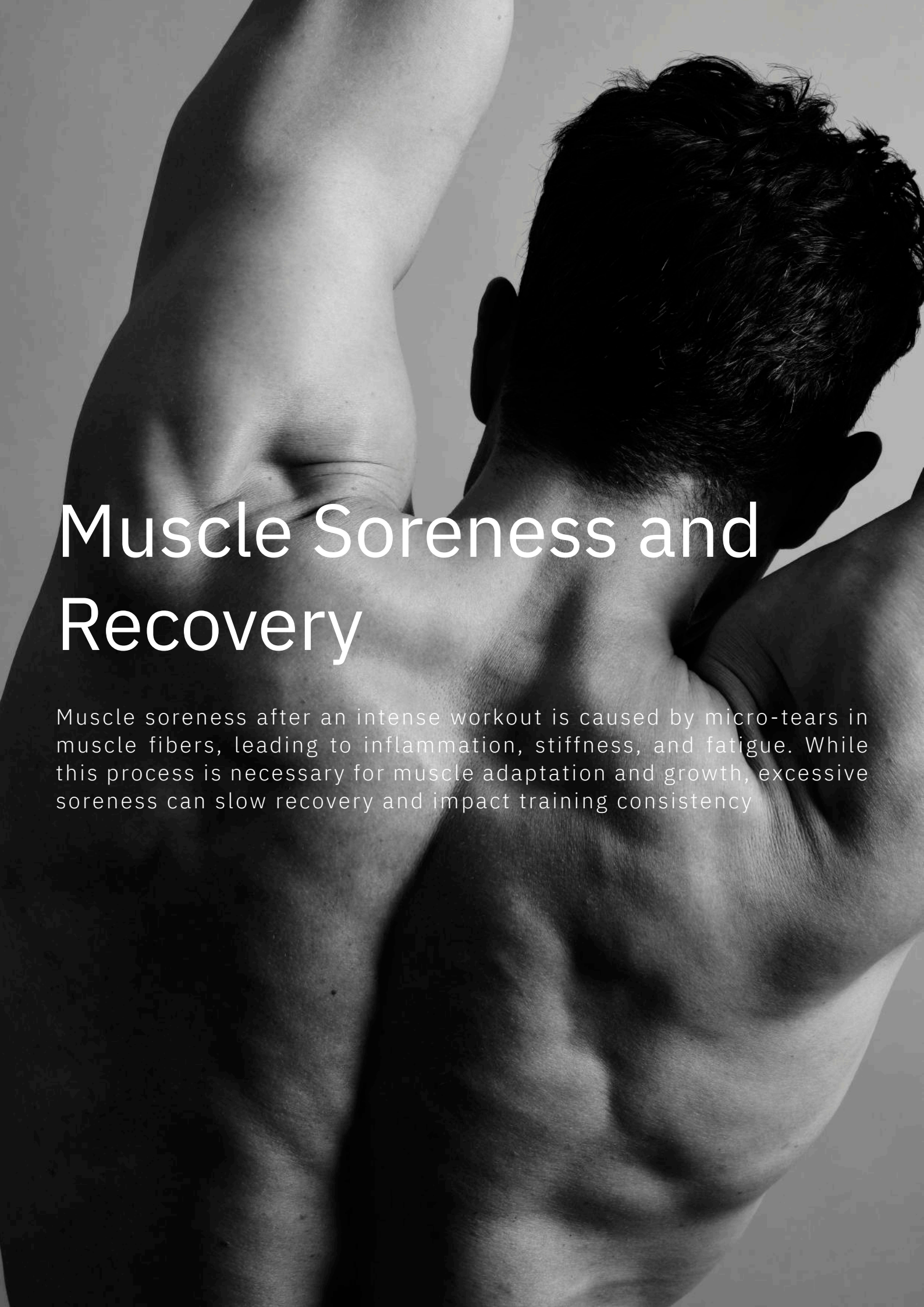
RED/NIR
This combination of red and near-infrared light provides a comprehensive treatment. It targets the skin's surface and deeper muscle tissues, ideal for all-around muscle health.

RED
This method uses only red light, perfect for improving skin health, reducing surface inflammation, and promoting healing.

NIR
Utilizes near-infrared light to penetrate deep into muscles and joints, providing effective treatment without visible light.

Preparation

- Ensure your skin is clean and dry before each session.
- Create a comfortable, quiet environment for your treatment.



Muscle Soreness and Recovery

Muscle soreness after an intense workout is caused by micro-tears in muscle fibers, leading to inflammation, stiffness, and fatigue. While this process is necessary for muscle adaptation and growth, excessive soreness can slow recovery and impact training consistency

Flowlight Panels enhance muscle recovery by using red and near-infrared light therapy to reduce inflammation, promote cellular repair, and improve circulation, helping your body heal faster and more efficiently.

Boost Recovery with Increased Cellular Energy (ATP)

Red and near-infrared light penetrate deep into muscle tissue and are absorbed by mitochondria—the “power plants” of your cells. This stimulates the production of adenosine triphosphate (ATP), the primary energy source for cellular function and repair.

More ATP means faster recovery from muscle strain, reduced downtime between workouts, and enhanced endurance over time.

Why it matters

ATP is essential for rebuilding damaged muscle fibers, making each training session more effective while reducing the risk of overuse injuries.

Reduced Inflammation and Improved Blood Flow

Near-infrared light (810nm, 830nm, 850nm) penetrates deeper into muscles and joints, triggering anti-inflammatory effects. It stimulates vasodilation (blood vessel expansion), increasing oxygen and nutrient delivery to muscles while clearing out metabolic waste products like lactic acid.

Result

Reduced post-exercise soreness, faster relief from stiffness, and improved overall muscle function.

Enhanced Blood Circulation for Oxygen and Nutrient Delivery

Red and near-infrared light promote angiogenesis, forming new capillaries, which improves blood flow to fatigued muscles.

Why this matters

Better circulation helps transport more oxygen, amino acids, and growth factors directly to muscles, accelerating tissue regeneration and reducing muscle fatigue.

Recommended Distance, Duration, and Frequency for Maximum Muscle Recovery

To optimize recovery, using Flowlight Panels correctly is just as important as using them.

Optimal Distance

- 20–40 cm (8–16 inches)
  For deep tissue penetration.

Closer Distance

- (10–20 cm)
  For localized sore spots, such as quadriceps, hamstrings, or lower back.

Further Distance

- (30–40 cm)
  For larger muscle groups, such as glutes, chest, or entire legs.

Session Duration

- 15–30 minutes per session allows light to stimulate ATP production and reduce inflammation entirely.

- Shorter 10–15 minute sessions can be used for minor muscle tightness or pre-workout activation.

Frequency

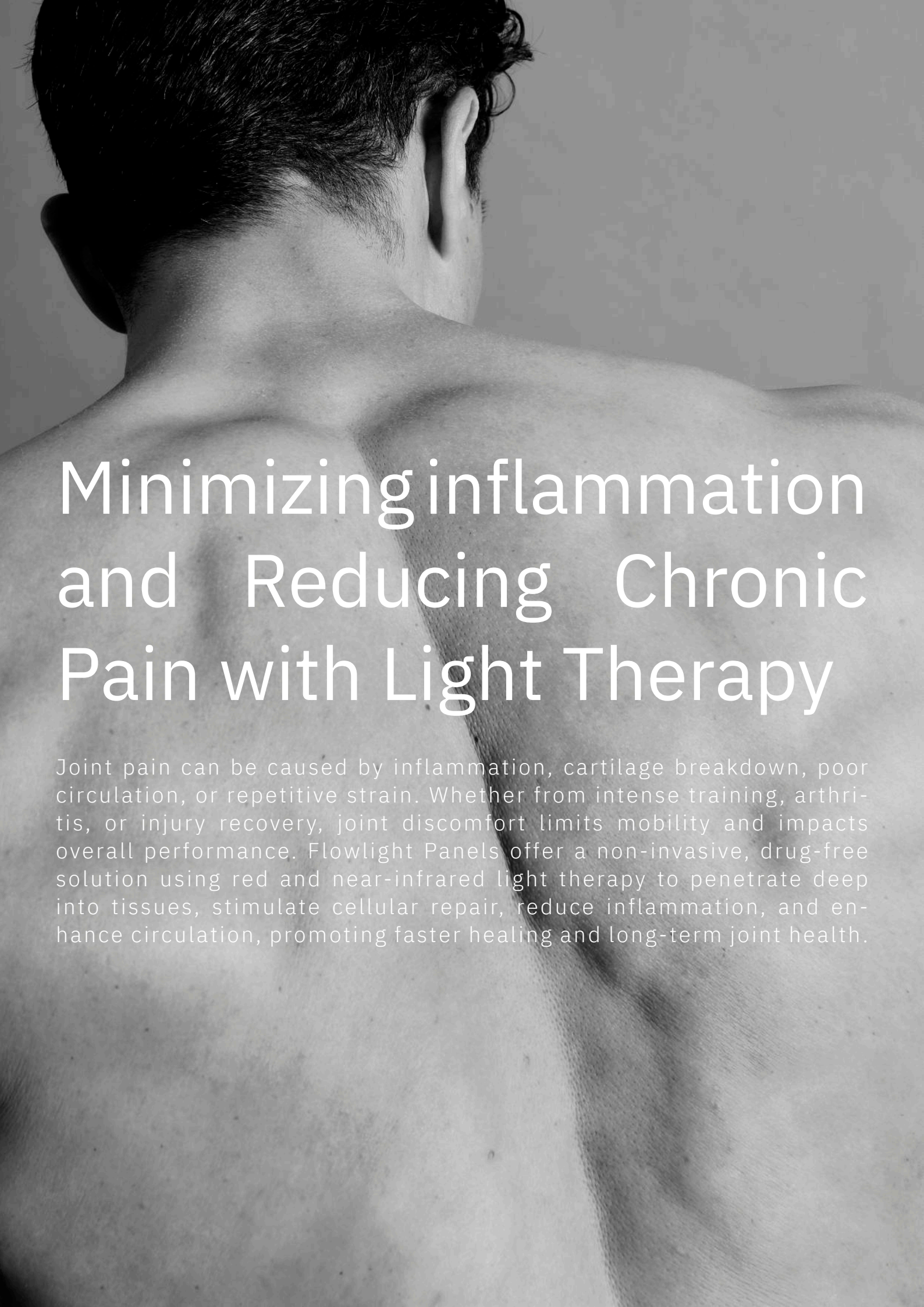
- 3–5 times per week for regular post-workout recovery.

- Daily use is for intense training cycles or for individuals experiencing chronic muscle soreness.

Best Time of Day

- Post-workout
  Stimulates faster muscle repair and reduces next-day soreness.

- Evening or before bed
  It helps relax muscles and prepares the body for deep recovery overnight.



Minimizing inflammation and Reducing Chronic Pain with Light Therapy

Joint pain can be caused by inflammation, cartilage breakdown, poor circulation, or repetitive strain. Whether from intense training, arthritis, or injury recovery, joint discomfort limits mobility and impacts overall performance. Flowlight Panels offer a non-invasive, drug-free solution using red and near-infrared light therapy to penetrate deep into tissues, stimulate cellular repair, reduce inflammation, and enhance circulation, promoting faster healing and long-term joint health.

Reduces Inflammation at the Source

Inflammation is the leading cause of joint pain, stiffness, and long-term damage. Near-infrared light (810nm, 830nm, 850nm) reaches deep into joints, stimulating the mitochondria in cartilage and connective tissue. This triggers the production of anti-inflammatory cytokines, reducing swelling, pain, and stiffness.

Why it matters

Unlike painkillers, which mask symptoms, light therapy addresses inflammation at a cellular level, providing long-term relief without side effects.

Improves Circulation for Faster Healing

Red light therapy enhances microcirculation, allowing oxygen-rich blood to reach joints, tendons, and ligaments more effectively. This accelerates nutrient delivery and toxin removal, promoting faster recovery from injuries or wear-and-tear damage.

Who benefits

Athletes, active individuals, and anyone dealing with arthritis, tendinitis, or joint stiffness.

Stimulates Cartilage Regeneration

Cartilage does not heal as quickly as muscle because it has limited blood supply. However, studies show that near-infrared wavelengths (810nm-850nm) stimulate fibroblast and chondrocyte activity, which enhances collagen production and supports cartilage repair.

Why this matters

Slows cartilage degradation in arthritis sufferers and aids recovery from joint injuries.

Recommended Distance, Duration, and Frequency for Joint Pain Relief

To optimize recovery, using Flowlight Panels correctly is just as important as using them.

Optimal Distance

- 10–20 cm (4–8 inches)
  For direct joint pain relief (knees, shoulders, elbows).

- 20–30 cm (8–12 inches)
  For general joint inflammation and stiffness relief.

Session Duration

- 15–30 minutes per session
  Allows light to penetrate deep enough to reduce inflammation and stimulate repair.

- Shorter 10-minute sessions
  Can be used for mild joint discomfort or pre-workout activation.

Frequency

- Daily for chronic joint pain (arthritis, tendinitis, old injuries).

- 3–5 times per week for post-workout joint recovery and maintenance.

Best Time of Day

- Morning sessions help relieve stiffness and prepare joints for movement.

- Post-workout or evening sessions reduce inflammation and promote recovery overnight.



Regulating Circadian Rhythm and Combating Seasonal Affective Disorder (SAD) with Light Therapy

Flowlight Panels regulate sleep, energy, and mood with red & near-infrared light, countering SAD and circadian disruptions.

Synchronizes the Body’s Internal Clock

The circadian rhythm is primarily regulated by light exposure, signaling when the body should be awake or preparing for rest. Morning red light exposure stimulates cortisol production, which promotes wakefulness and alertness, while evening near-infrared exposure encourages melatonin release, supporting restful sleep.

- In the morning, red light (630nm, 660nm) enhances wakefulness and mental clarity.
- Near-infrared light (810nm, 830nm, 850nm) in the evening prepares the body for deeper sleep.

Alleviates Seasonal Affective Disorder (SAD) Symptoms

SAD is a form of depression triggered by reduced sunlight exposure, typically during the fall and winter months. Studies show that red and near-infrared light therapy can:

- Increase serotonin levels, improving mood and reducing feelings of lethargy.
- Combat fatigue and sluggishness, common in individuals sensitive to seasonal changes.

Enhances Sleep Quality and Melatonin Production

Melatonin, the sleep hormone, is directly influenced by light exposure. Unlike blue light from screens, which disrupts sleep, near-infrared light therapy (NIR) supports natural melatonin production, leading to:

- Faster sleep onset and fewer nighttime awakenings.
- Deeper, more restorative sleep cycles.

Recommended Use for Sleep & Energy Regulation

To optimize recovery, using Flowlight Panels correctly is just as important as using them.

Optimal Distance

- 15–30 cm (6–12 inches)
  In the morning, it is used for energy and circadian rhythm regulation.

- 20–40 cm (8–16 inches)
  In the evening, relax and get melatonin support.

Session Duration

- Morning energy boost
  10–15 minutes of red light exposure.

- Pre-sleep relaxation
  15–20 minutes of near-infrared light therapy.

Frequency

- Daily use recommended, especially during darker months or irregular sleep schedules.

Best Time of Day

- Morning red light therapy: Helps reset the circadian rhythm and improve alertness.

- Evening near-infrared therapy: Supports melatonin release and relaxation.



Enhancing Skin Health and Collagen Production with Light Therapy

Flowlight Panels boost collagen, enhance skin repair, and reduce inflammation for youthful, healthy skin.

Boosts Collagen and Elastin Production

Collagen and elastin are the structural proteins responsible for firm, youthful-looking skin. Red light wavelengths (630nm and 660nm) penetrate the epidermis and dermis, stimulating fibroblast cells to produce more collagen. This helps:

- Reduce fine lines and wrinkles by increasing skin elasticity.
- Improve skin texture and firmness for a plumper, healthier look.

Accelerates Wound Healing and Reduces Scarring

Near-infrared light (810nm, 830nm, 850nm) reaches more profound layers of the skin, enhancing cellular metabolism and tissue regeneration. Studies show that light therapy:

- Speeds up wound healing by boosting circulation and reducing oxidative stress.
- Minimizes acne scars and blemishes by stimulating new, healthy skin cell turnover.

Reduces Inflammation and Skin Redness

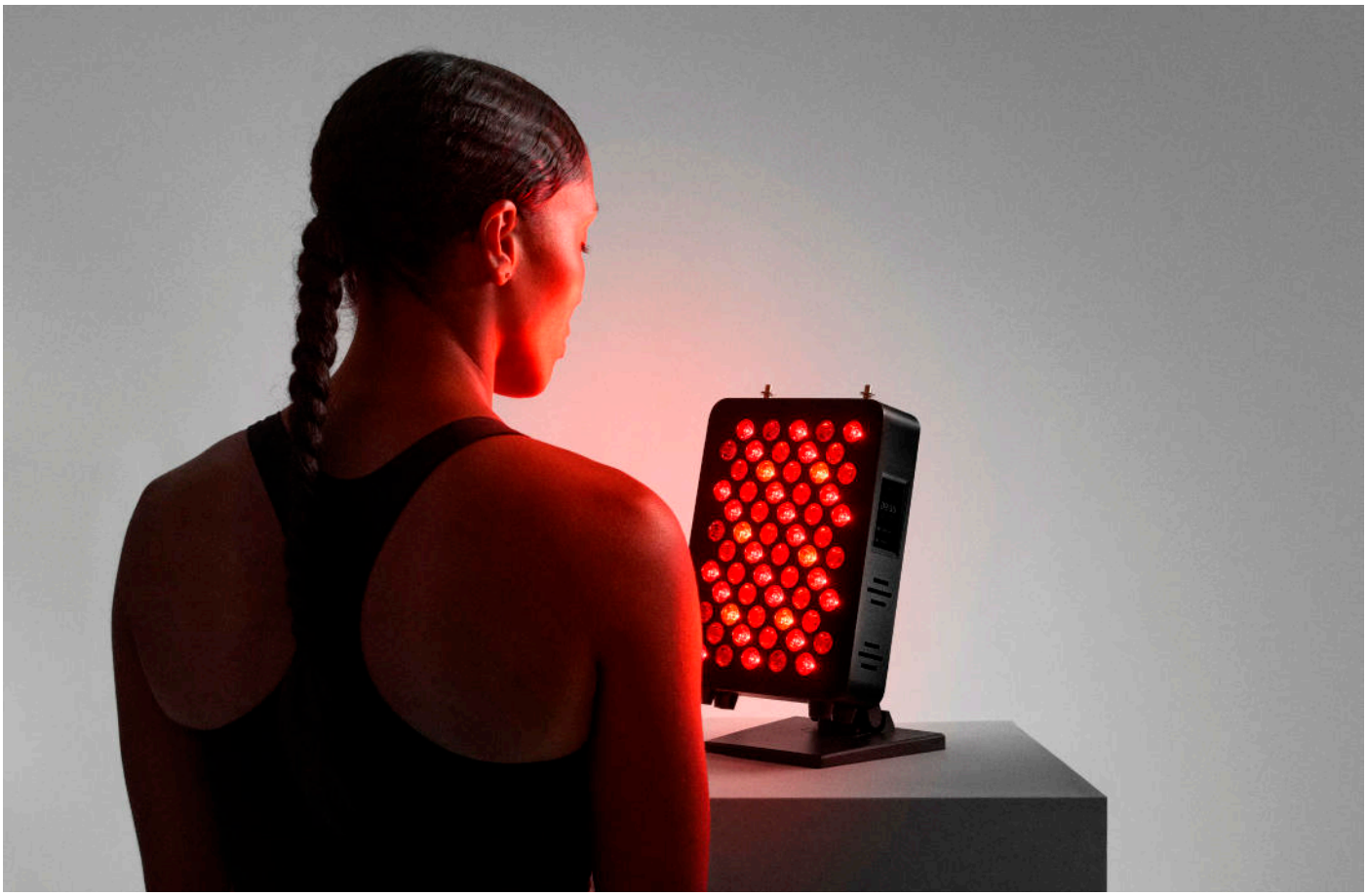
Inflammation contributes to skin aging, rosacea, and chronic redness. Red and near-infrared light therapy activates anti-inflammatory cytokines, helping to:

- Soothe irritated skin from acne, eczema, or sensitivity.
- Reduce redness from rosacea and improve overall skin tone.

Enhances Blood Circulation for a Radiant Complexion

Red light therapy increases microcirculation, delivering more oxygen and nutrients to skin cells. This:

- Brightens dull skin, giving it a natural glow.
- Improves detoxification, clearing away toxins that contribute to breakouts.



Recommended Use for Skin Rejuvenation

To optimize recovery, using Flowlight Panels correctly is just as important as using them.

Optimal Distance

- 10–20 cm (4–8 inches)
  It is used to treat fine lines, acne, and collagen production.

- 20–30 cm (8–12 inches)
  For full-face treatment or reducing inflammation.

Session Duration

- 10–20 minutes per session to allow the light to penetrate deep enough for collagen stimulation.

- Shorter 5–10 minute sessions can be used for quick complexion brightening.

Frequency

- 5–7 times per week for anti-aging and collagen production.

- 3–5 times per week for treating acne, redness, or scarring.

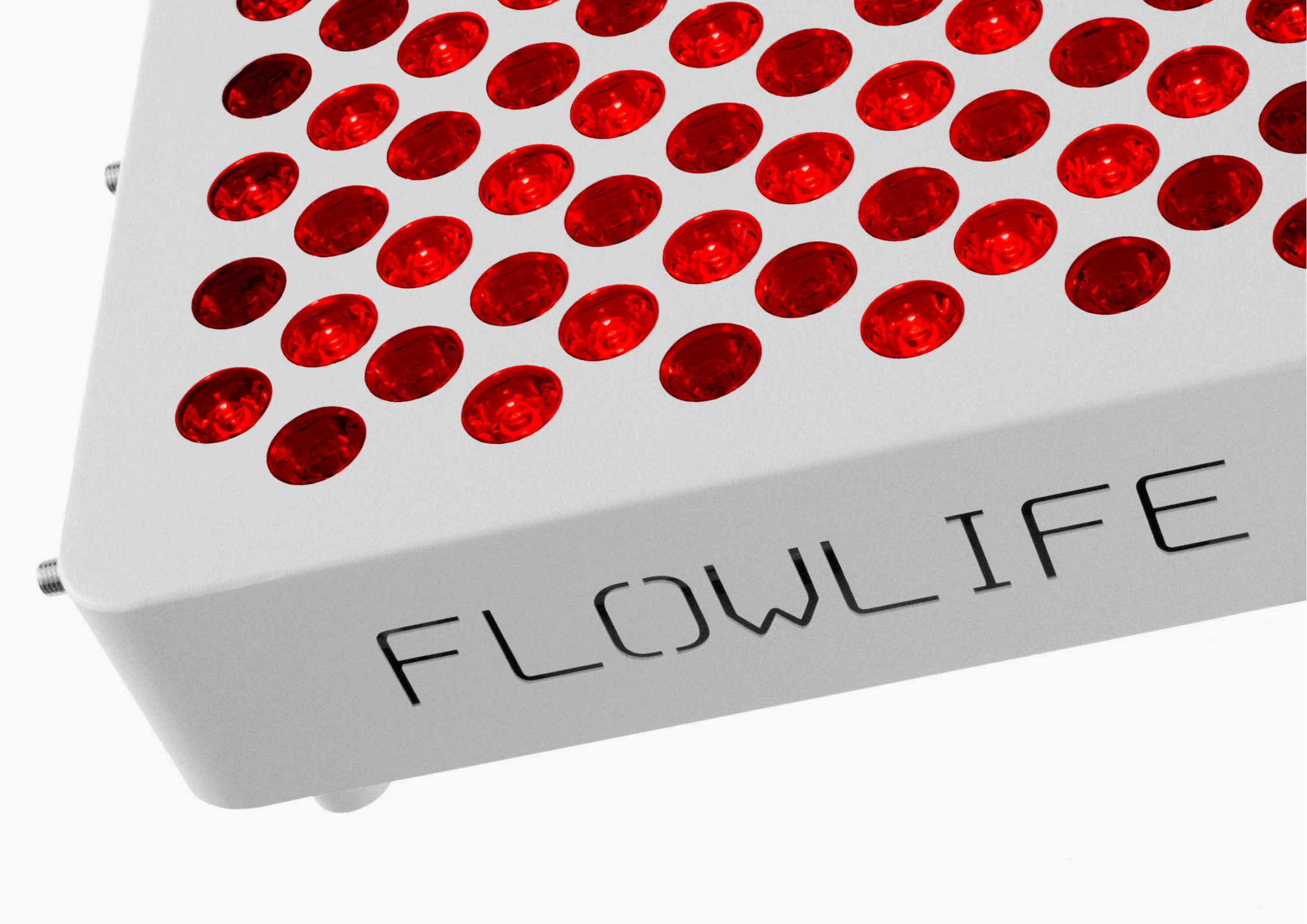
Best Time of Day

- Morning sessions boost circulation and revitalize skin for the day.

- Evening sessions enhance repair and recovery while sleeping.


Active Lifestyle. Made Possible.


Visit our instagram for more inspiration
and recovery tips.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