

Red Light Therapy Panel

Elite Light Series - EL70

This compact tabletop red light therapy panel features touchscreen control and seven combined wavelengths, 480, 630, 660, 810, 830, 850, and 940 nm, to support skin health, muscle recovery, and joint comfort in convenient 10-20 minute sessions.

Key Data at a Glance

Power	LED Quantity
107W	70 pcs
Wavelengths	Irradiance at 6 inches
7 Wavelengths	190mw/cm ²
Color	Feature
Black	OEM/ODM available



EL70

Use Note

Start with shorter sessions and increase gradually based on individual tolerance. Avoid looking directly into the LEDs. Use eye protection for comfort, especially during face or upper-body sessions.

Product Specifications

Elite Light Series - EL70 / Red Light Therapy Panel

Model EL70	Power 107W	Lens Beam Angle 30 Degree
Irradiance at 6 inches 190mw/cm²	Lifespan >100000 Hours	LED Quantity 70 pcs
Input Voltage 100v-250v	Material Alloy Aluminum	N.W.(KG) 4.2 Kg
Flicker No Flicker	G.W.(KG) 5.5 Kg	Unit Package Dimension 45*35*15cm
Working Modes 1. Red/Nir/Blue 2. Any combination	EMF Emission 0µT @ 3inches	Sound(dB)@15cm 52 DB
Cooling Fans Quantity 1pc	Working Temperature -20°C~40°C	Warranty 2 Years
Product size 318*216*71mm (12.52"*8.5"*2.8")	Timer 1-30Min	Remote Control Yes
Wavelength (480/630/660/810/830/850/940nm) customized wavelength		



Panel Configuration

The EL70 supports touch screen control, seven wavelengths, and flexible working modes including Red/NIR/Blue and custom combinations. Its compact format is suitable for face, neck, joints, shoulders, and other targeted areas.

Package Contents

Standard accessories supplied with the EL70 panel.



Controller *1



Goggles *1



User Manual *1



Power Cable *1

Additional Treatment Tips

● Session Duration & Frequency

For deep tissue treatment, use 15-30 min sessions for each target area at approx 15-30cm from the device, with a max of two to three treatment areas per day. For skin or superficial therapy, a closer distance of around 5-15 cm with 5-10 minutes per session is usually suitable. Time and distance may vary by individual tolerance.

● Eye Protection

Avoid looking directly into the LEDs, as the light can be uncomfortable. Goggles are included in each package for comfort and added protection, especially when treating areas near the face.

● Clothing

Make sure the treatment area is fully exposed to the light and not covered by fabric or clothing. Areas that are not being treated may be covered if preferred.

● Effects

It is common to feel gentle warmth during and after a session. With consistent use, users may notice muscle relaxation, reduced stiffness, and improved comfort. If discomfort or excessive sensitivity occurs, reduce exposure time or increase the distance from the light.

Frequently Asked Questions

Quick answers for customer use, installation, and basic safety review.

● **1. Does red light therapy help anxiety?**

Red light therapy may support relaxation and stress balance for some users, especially as part of a calming routine. It should not replace professional care for anxiety disorders or mental health concerns.

● **2. Should I do red light therapy before or after workout?**

Use it before workouts to support performance preparation, or after workouts to support soreness and recovery. Short, consistent sessions are usually better than long or excessive use.

● **3. How to use red light therapy for back pain?**

Expose bare skin, place the device about 6–12 inches away, and use 10–20 minutes per area, 3–5 times weekly. For persistent back pain, seek professional medical advice.

● **4. Do red light therapy devices work?**

Yes, quality devices can work when used correctly and consistently. Results depend on wavelength, irradiance, dose, treatment distance, routine, and the user's target application.

● **5. How long to use red light therapy for wound healing?**

For wound-healing support, follow professional guidance. Typical sessions are often 10–20 minutes, several times weekly, but open, infected, or serious wounds need medical supervision.

● **6. What to do after red light therapy?**

After treatment, keep the skin routine simple. Hydrate, apply gentle skincare if needed, and avoid harsh acids, strong retinoids, or aggressive exfoliation immediately after the session.

● **7. Can you shower after red light therapy?**

Yes. You can shower after red light therapy. If the skin feels warm or sensitive, wait 20–30 minutes and avoid very hot water or harsh scrubbing.

● **8. Does red light therapy help migraines?**

Red light therapy may support some users with light sensitivity, tension, or recovery routines, but it should not be promoted as a migraine treatment. People with migraines should seek medical guidance.

● **9. When to use red light therapy?**

Use it based on your goal: morning for energy, after workouts for recovery, or evening for relaxation. Most routines use 10–20 minutes, 3–5 times weekly.

● **10. Can you do red light therapy after Botox?**

It is better to wait 24–48 hours after Botox before using red light therapy on the treated area. Always follow your injector's advice, especially after aesthetic procedures.

Reference Note

This document is provided for product reference and customer download. It is not a medical document and should not replace professional medical advice.

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