

nutrilight

The Lynx



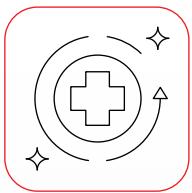
User
Guide

● Light Therapy with Nutrilight

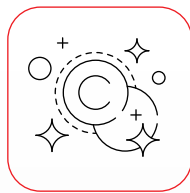
Welcome to the future of wellness and healthcare! Nutrilight can give your skin a boost in various areas. Nutrilight Lynx consists of LED lights that emit light positively affecting the skin. The wavelengths of light and Nutrilight's effects are perfectly tuned to provide the most and best effects on the skin and health without the risk of damage or other negative effects. The treatment is called red light therapy, abbreviated as RLT. The term photobiomodulation is also used in scientific contexts, and research has been conducted since the 1960s.

Why Red Light Therapy?

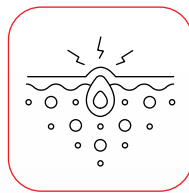
- The light from Lynx affects the skin in a potent way as it reaches a shallow depth. Together, Lynx's wavelengths provide a dermatological effect that only one type of light cannot achieve on its own. Nutrilight Lynx emits multiple wavelengths with specific functions for skin health and appearance. The light from Nutrilight influences so-called photoacceptors inside the body's cells. This leads to a range of skin-beneficial effects. Currently, there are thousands of scientific studies demonstrating beneficial effects in various areas. Here are common applications for RLT:



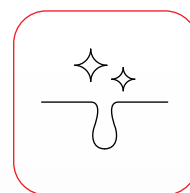
Improved recovery after exercise



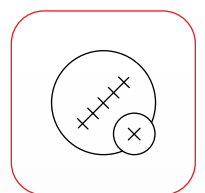
Increased production of collagen and elastin



Reduction of inflammation



Reduced pore size in the skin



Beneficial effect on wound healing and scars

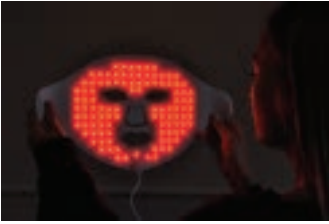
● Technical Specification

The Lynx

Wavelengths	400-630 nm (violet, blue, cyan, green, yellow, and red light)
Battery Capacity	2000 mAH
Material	Silicone
Effect	5 W
Weight	645 g



● What are the benefits of each colour?



RED LIGHT (630NM)

The red light reduces inflammation in the skin and stimulates the production of collagen. It enhances collagen production, improves blood circulation, oxygenates cells, and promotes nutrient delivery to the blood vessels.

- Decreased redness and can be used for rosacea issues
- Accelerates the healing of scars



YELLOW LIGHT (590NM)

The yellow light is ideal for faster skin recovery after cosmetic procedures such as injections and microneedling. These treatments can sometimes lead to skin inflammation or wounds, and the yellow light helps shorten the recovery time.

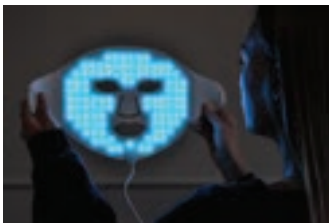
- Promotes wound healing
- Skin rejuvenation



GREEN LIGHT (520NM)

The green light prevents the overproduction of melanin and stops it from reaching the top layer of the skin. It helps even out skin tone and reduces existing pigmentation spots or discolorations in the skin.

- Reduces fine lines and pigmentation
- Nourishes the skin



CYAN LIGHT (500NM)

An anti-inflammatory light that calms stressed skin, promotes healing, relieves pain, and reduces swollen capillaries.

- Soothing effect
- Promotes healing



BLUE LIGHT (460NM)

The blue light has a wavelength that targets the upper layer of the skin, where acne bacteria accumulate. It counteracts acne by eliminating bacteria that can cause outbreaks and reduces acne by promoting the skin's natural healing process.

- Soothing effect
- Combats acne and allergies



PURPLE LIGHT (400NM)

The purple light is a mix of red and blue. This light promotes effective absorption of skincare products, making it very popular to include purple light when using a sheet mask for skincare.

- Accelerates blood circulation
- Promotes skin tissue activation



WHITE LIGHT

White light is a blend of all visible colors in the electromagnetic spectrum that humans can perceive. This means that white light contains all the colors of the rainbow. White light penetrates deeper into the skin than other colors, tightens, reduces swelling, and activates natural renewal.

- Firming effect
- Reduces swelling

● Frequently Asked Questions about Red Light Therapy

◦ What sets Lynx apart from other Nutrilight products?

Lynx is a product with light of multiple wavelengths known to improve the skin. The wavelengths are effective up to a few centimeters into the body, providing a superficial effect. If you desire a deeper effect, such as one that can positively impact the brain, we recommend one of our products that also provides near-infrared light, such as The Fox or Red Deer. Primarily, Lynx can be seen as a product for beauty and better skin.

◦ What types of light does Lynx emit?

It emits a total of seven different wavelengths within the visible light spectrum. These include blue (470 nm), white (510 nm), green (520 nm), cyan (540 nm), yellow (590 nm), red (630 nm), and purple light (640 nm), each with beneficial but slightly different effects on the skin and its well-being. Overall, they contribute to a glow and rejuvenating effect while combating skin issues like eczema and pigmentation changes.

◦ Can Lynx be used in the evening?

Lynx emits some blue light, which is stimulating, making the mask better suited for use earlier in the day. Why not make it a part of your morning routine?

◦ Can Lynx be used during pregnancy?

There is no evidence of negative effects, and many use it, for example, to address skin changes sometimes experienced during pregnancy.

◦ What should I consider after a completed RLT treatment with Lynx?

You don't need to take any particular precautions; live your life as usual.

◦ Can I wear makeup during the treatment?

Yes, it's fine. However, makeup containing particles like powder and foundation could theoretically hinder the light from penetrating the skin, which can be compensated by slightly extending the treatment time. This applies to makeup with particles, while products lacking particles but containing UV protection have no effect, as they only block the shorter-wavelength UV rays, not the wavelengths Lynx emits.

- **Can red light therapy with Lynx have an impact on me considering the medication I am taking?**

No, there are no known interactions between RLT and medication.

- **Do I need sunscreen when exposed to Lynx and red light therapy?**

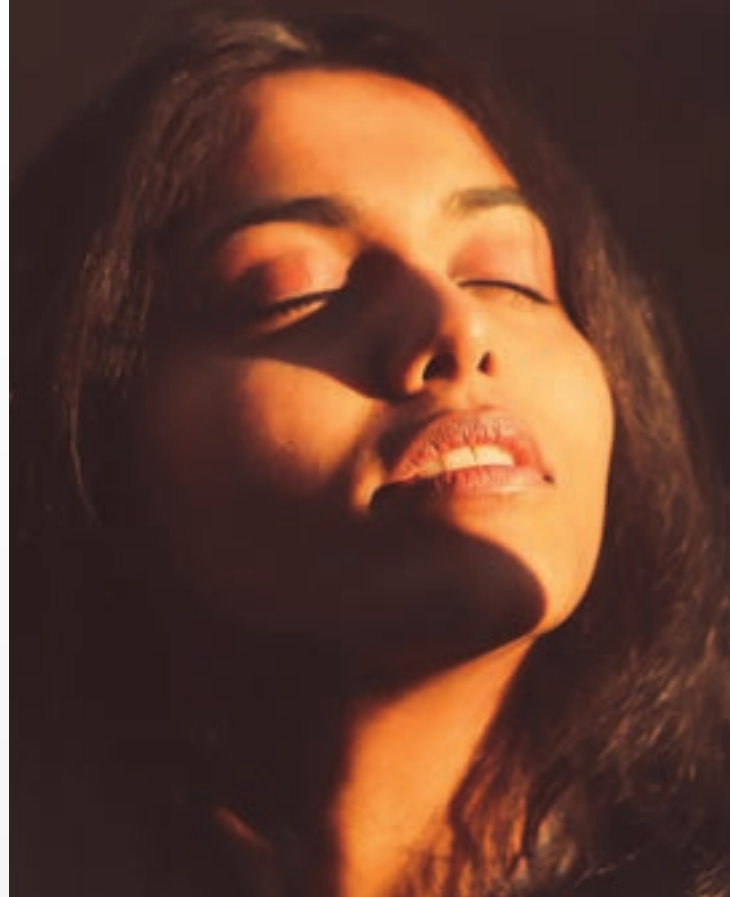
No, sunscreens with protective factors block harmful UV rays that Lynx does not emit. This means they do not affect how much light reaches your tissues, unless it is a full-coverage sunblock, such as zinc paste, which can block light of all wavelengths.

- **How warm does a red light therapy mask like Lynx get?**

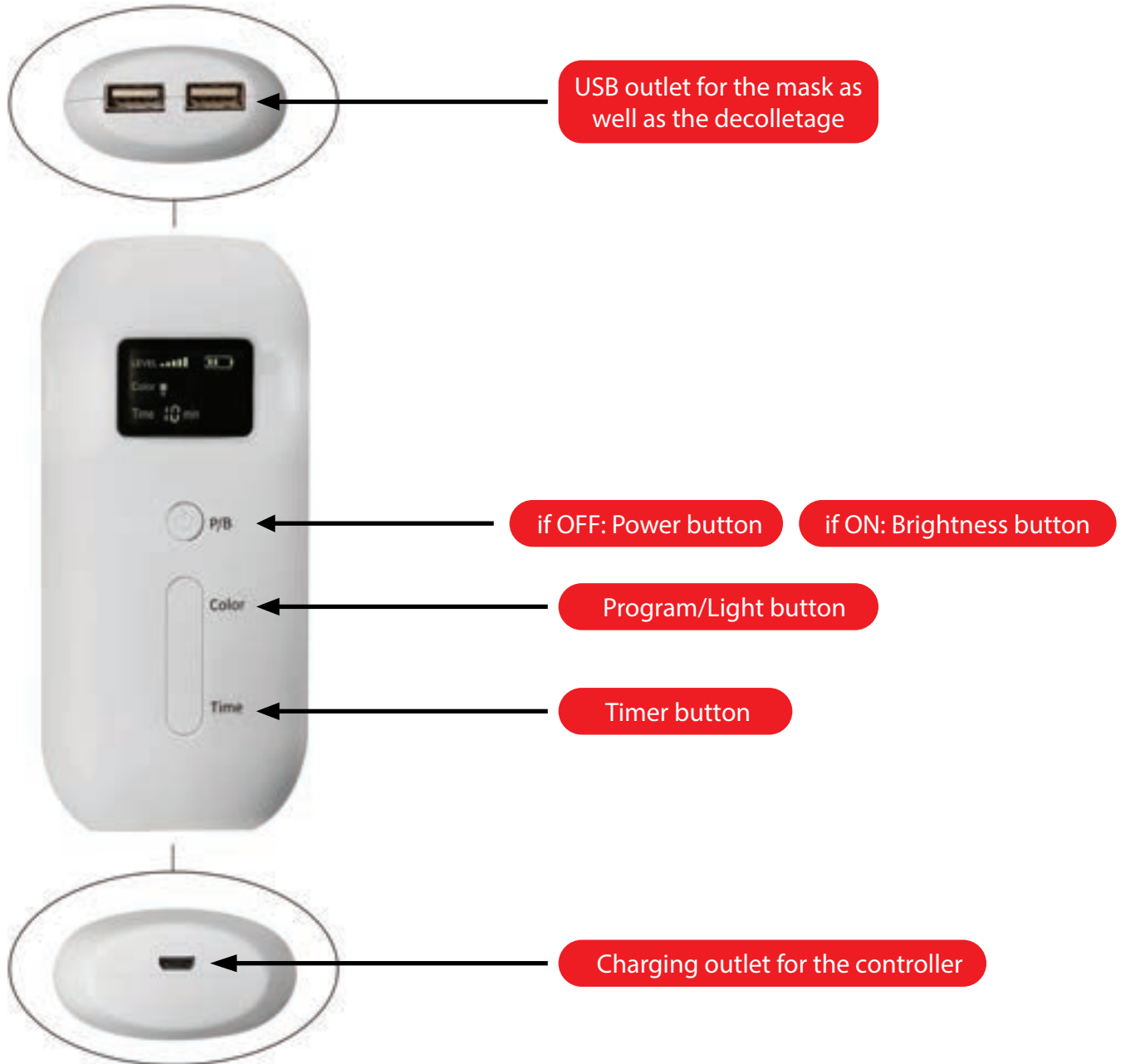
Since the wavelengths Lynx provides do not have a heating effect, it does not get warmer than your body temperature.

- **Can red light therapy with Lynx be harmful?**

No, there is no evidence to suggest that it can be harmful despite a large number of conducted animal, human, and laboratory studies.



● What do all the buttons imply?



● How do I use The Lynx?



1. Before Starting

Connect the mask and décolletage's USB cables at the top of the control unit.

If you only want to treat the face or décolletage, connect only the USB cable for the area you want to treat. If the control unit is not charged, the LED mask can still be used with the power cable connected at the bottom of the unit.



2. Turn On the LED Mask

Turn on the control unit by holding down the "P/B" button (red marking) for 3 seconds until the display lights up.



3. Select Program

Choose a program by clicking the button labeled "color" (red marking). The selected program is displayed on the screen (green marking):

- R - Red Light
- G - Green Light
- B - Blue Light
- C - Cyan Light
- Y - Yellow Light
- P - Purple Light
- L - White Light

Click the button again after the white light (Program L) to activate a dynamic program where the mask changes color continuously during the treatment.



4. Adjustment of Brightness

Adjust the brightness from level 1 to 5 by clicking the P/B button (red marking) when the unit is active. The selected brightness level is displayed in the upper-left corner next to "Level" (green marking). We recommend using the highest brightness level, i.e., 5.



5. Treatment Time

Set the treatment time according to your preference using the "Time" button (red marking). You can see your set time at the bottom of the screen next to "Time" (green marking). We recommend a session of 10-20 minutes.

For a two-color treatment, set a timer for 10 minutes, then switch color for an additional 10 minutes or manually proceed to a new color after 10 minutes in a 20-minute session. The default time is 10 minutes, but you can increase it up to 90 minutes. The LED mask automatically turns off when the set time has elapsed.



6. Power off

If you want to turn off the LED mask before the timer expires, hold down the P/B button (red marking) for 3 seconds, and it will shut down.



For more information, contact our customer service at hello@nutrilight.se

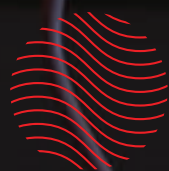
Our FAQ can be found via the QR code.



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