RESTY

ENGLISH

USER MANUAL

MARS 400

Compact red and near-infrared light panel



Read this manual before first use and keep it for later.

1 Important safety instructions

Read these instructions before you set up and use the panel, and keep this manual with it. Make sure that everyone who uses the panel knows them.

> ⚠ **WARNING**
> **Wear the specified supplied protective glasses for the entire session and never stare at the LEDs, including NIR LEDs. Closed eyes and ordinary sunglasses do not replace that protection.**

Safe use

- Stay within the manual's distance and standard cycle. Do not move closer to chase heat, restart the timer to extend a session, or compensate for clothing or a missed session by adding time.
- Ask a qualified healthcare professional before use if pregnant or breastfeeding, sensitive to light, taking photosensitising medication, affected by an eye condition or light-triggered seizures, or if you have previously reacted unusually to light.
- Seek professional advice before use on suspicious skin lesions, cancer or an area under medical investigation, after a recent steroid injection, when using topical steroids, or while recovering from a procedure or skin treatment.
- Do not illuminate open wounds, sunburned skin or acutely irritated skin without professional advice.
- Children and anyone unable to recognise discomfort or stop the session must not use the panel independently. Keep children and pets away from the LEDs, cables and packaging.
- Stop immediately for pain, burning, lasting redness, dizziness or eye symptoms. Get medical advice if symptoms continue, and prompt care for vision changes or severe symptoms.

Electricity and placement

- Use only in a dry indoor room. Keep hands, skin, cables and power accessories dry; keep the panel away from bathrooms, saunas, liquids and condensation. Never use while asleep or leave it running unattended.
- Keep vents, fans and the power supply uncovered, with space for airflow. Keep curtains, bedding, clothing, heaters, flames and flammable liquids away.
- Do not use damaged power accessories, loose connections, a cracked housing or a dropped panel before it has been checked. Stop for smoke, a burning smell, unusual heat or noise; disconnect safely and contact Resty. Do not open or repair the housing.
- Use only the original matching power system. Read the unit and power-supply labels before connection; a connector that fits is not proof of electrical compatibility. Do not improvise wall or door mounting.

2 What's in the box

Item	Qty
MARS 400 panel with attached folding tabletop stand	1
Original power accessories	1
Protective glasses	1
User manual	1

Check that everything is in the box before you start.

The plug is a UK-style three-pin (Type G) plug, the standard plug in Hong Kong.

A separate floor stand is not included. Is something missing or damaged? Contact us before you use the panel (chapter 9).

3 Your panel and its controls

You operate MARS 400 with the buttons and the display on its side. It has no app, touchscreen or remote control.



Side controls



Rear

	Part	What it does
1	**Display**	Shows the remaining session time. 08:10 means that eight minutes and ten seconds remain.
2	**R and NIR indicators**	Show which light channels are selected: R for red, NIR for near-infrared.
3	**T button**	Timer control. Check the displayed time before each session and use the standard 10-minute cycle.
4	**R/NIR button**	Selects the light: red (660 nm, visible), near-infrared (850 nm, largely invisible to the eye) or both together.
5	**Power/pulse button**	One press starts the light. A second press activates pulse mode: short, repeated bursts of light instead of continuous light.
6	**Rear I/O switch**	I supplies power to the panel. O switches it off.
7	**Power connection**	For the original supplied power accessories only.
8	**Fans and vents**	Cool the panel. Keep them uncovered, with space for airflow.
9	**Folding stand**	Holds the panel at an angle on a level surface. Adjust it while the panel is unplugged.

4 Technical data

Model	MARS 400
LED configuration	60 LEDs: 30 red and 30 near-infrared
Red wavelength	660 nm
Near-infrared wavelength	850 nm
Light selection	Red / NIR / Red + NIR
Emission settings	Continuous light or pulse mode, selected with the power/pulse button
Standard cycle	10 minutes, then automatic light shut-off
Controls and display	Side buttons, digital countdown, R and NIR indicators

Housing	Black aluminium
Tabletop support	Attached folding stand with adjustable angle
Listed panel weight	2.6 kg (product specification)
Listed nominal power	82 W (product specification)
Listed irradiance	At least 130 mW/cm² at 15 cm (product specification)
Power system	Use the original supplied power system and the ratings on the panel and power-supply labels
Plug	UK-style three-pin plug (Type G)
Use environment	Dry indoor rooms

5 Setting up

1. Unpack the panel on a clear surface. Check the housing, the LED lenses, the stand, the power accessories and the protective glasses for damage. Keep packaging and cables away from children.
2. Choose a dry room and a steady, level surface. Keep the panel away from the edge of the table, from liquids and from things that are easily knocked over.
3. With the panel unplugged, unfold the stand and choose a stable angle. Support the housing as you adjust it and keep your fingers away from the hinge.
4. Route the cable so that it cannot be pulled, pinched or tripped over. Keep the vents open and leave space around the panel and the power supply for airflow.
5. Check the labels on the panel and on the power supply. Connect only the original supplied power accessories to the panel, then to a wall socket that stays within reach.
6. Set the rear I/O switch to I. Put on the protective glasses before you start the LEDs.

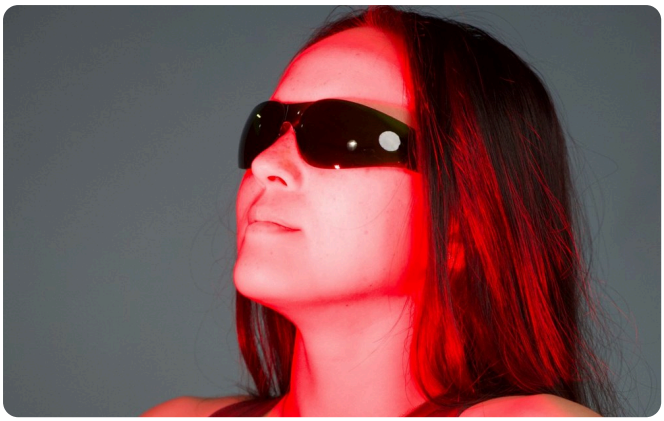
NOTE
Never choose a replacement power supply just because its plug fits. Its electrical rating and connector must match your unit. Ask us to confirm a replacement (chapter 9).

6 Using the panel

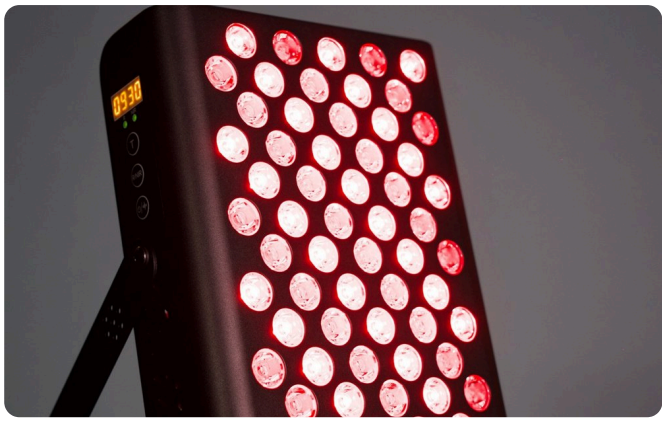
30 cm	10 min	3 × a week
starting distance	standard cycle	to start with

1. Put on the supplied protective glasses. Check that they are undamaged and fit securely.
2. Position the chosen area of clean, dry, uncovered skin about 30 cm from the LED face. Keep the panel separate from your body. The operating distance is about 15 to 30 cm.
3. Press the lower power/pulse button once to start the light. The display counts down the standard 10-minute cycle.
4. Press R/NIR to select red light, near-infrared light or both, and read the R and NIR indicators to check your choice.
5. Stay awake and keep the same distance for the whole session. Stop sooner if your skin or eyes feel uncomfortable.
6. The light switches off automatically after the standard cycle. Use one cycle per session and do not restart the timer to extend it. Start with three sessions per week.
7. Afterwards, set the rear switch to O. The panel can stay plugged in.

NOTE
Near-infrared light is largely invisible, so the 850 nm LEDs can look dark while they are on. Check the indicators. Never look into the LEDs to see whether they work.



Wear the supplied protective glasses for the whole session.



On a steady, level surface, on its folding stand.

Good to know

- Pulse mode has the same session limit and needs the same eye protection as continuous light.
- Selecting both channels is not a reason for a longer session.
- This is an LED light panel, not a heat lamp. Do not move closer to feel warmth.
- If you miss a session, carry on as normal. Do not double the next one.

7 Care and storage

- After each session, set the rear switch to O. Before cleaning, unplug the panel and let the panel and the power supply cool down. Let them cool before you move or cover them, too.
- Wipe the housing and the outside of the LED face gently with a soft, dry cloth.
- Clean dry only. Do not spray cleaners onto the panel and do not use solvents, abrasive cleaners, steam or water. Keep liquid out of the vents and connectors.
- Check the cable, the connector, the stand and the glasses regularly. Do not use the panel if you notice damage.
- Clean the glasses as their own care instructions describe. Replace them if they are scratched, cracked or no longer fit securely, and ask us for a suitable replacement. Ordinary sunglasses are not a substitute.
- Store the panel unplugged in a cool, dry place, away from direct sunlight and strong heat. Coil the cable loosely, without sharp bends.
- If condensation has formed after a move from a cold place, wait until everything is dry before you connect the power.
- At the end of its life, hand in the panel and the power supply as electrical waste. Do not put them in the household waste.

8 If something does not work

What you notice	What to do
No display and no light	Check that the rear switch is set to I and that the supplied power accessories are firmly connected to the panel and to a working socket. Reconnect only if everything is undamaged.
Display on, but no light	Press the lower power/pulse button once to start the light.
Display on, but no visible red light	Check whether only NIR is selected. Near-infrared light is largely invisible. Read the R and NIR indicators; do not stare at the LEDs.
The light stops by itself	The light switches off automatically after the standard 10-minute cycle. A completed cycle is the end of the session, not a reason to restart.
The light stops early or again and again	Stop using the panel. Check from the outside that the vents are clear and the connectors are secure. If it happens again, contact us.
Unusual heat, smell or noise	Switch off and disconnect the power if that is safe. Let the panel cool down. Do not keep testing it and do not open the housing. Contact us.
The glasses are damaged or missing	Do not use the panel until you have the correct replacement glasses.

Still not working? Send your order number and a photo or short video on WhatsApp to +852 5356 9892 or by email to info@feelresty.com. Never ask someone to look into the LEDs to check whether the panel works.

9 Warranty and service

3-year warranty from Reventis Limited

MARS red light panels come with a 3-year warranty from delivery, provided by Reventis Limited, the Hong Kong company that runs resty.hk. It covers manufacturing and material defects during normal home use and is in addition to your rights under Hong Kong law.

The Legal notice on resty.hk gives the coverage and exclusions. Keep your order confirmation.

How a claim works

Email info@feelresty.com or send a WhatsApp message to +852 5356 9892 with your order number and clear photos or video of the issue. Claims are handled by email or WhatsApp; there is no walk-in service point.

Questions about your panel?

WhatsApp +852 5356 9892

Email info@feelresty.com

Website resty.hk

Keep this manual with the panel and pass it on to any new owner.

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