



The

LightWorks Hand Paddle Set

Model HPLW1 Manual

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WELCOME TO SOTA

Thank you for allowing us to be a part of your Wellness Team.

The LightWorks Hand Paddles are a consumer product designed to be used as part of a Wellness Lifestyle. A commitment to healthy lifestyle choices is an important factor in the journey to Wellness.

The SOTA LightWorks Hand Paddles are designed to be used with the LightWorks. The SOTA LightWorks combines the ancient wisdom of color and light with the gentle frequencies and LEDs of modern technology to gently awaken the body's natural tendency towards general health and well-being.

With proper care, your LightWorks Hand Paddles should provide you many years of trouble-free use.

Please understand that results will vary.

BEFORE USING

Please read the manual as well as the LightWorks manual thoroughly before using your LightWorks Hand Paddles.

We have made every effort to ensure the information in your manual is up-to-date at the time of printing ... since that time however, new information may have become available. For the most up-to-date manual, please visit our website **www.sota.com/manuals**.

LEARN MORE

To learn more about the LightWorks Hand Paddles we invite you to visit the SOTA website:

www.sota.com

The website offers Videos, Frequently Asked Questions, *The SOTA LightWorks User Guide*, SOTA News ... and more.



COMPLETE SET INCLUDES

- One (1) Orange/Yellow Hand Paddle
- One (1) Green/Blue Hand Paddle
- One (1) Product Manual

TIMING, MODES AND OPTIONS



AUTO Option

When using the AUTO option the LightWorks is timed for 4 minutes on each of the 8 Modes (Constant and A - G) for a total of 32 minutes.

MANUAL Option

When using the MANUAL option the Constant Mode is timed for 30 minutes. Modes A - G are timed for 15 minutes each.

OUTPUT OF MODES

The table below indicates the frequency output of each Mode.

For more information about the Modes, please visit our website at www.sota.com.

MODE	Constant	A	B	C	D	E	F	G
Frequency (Hz)	N/A	292	584	1168	2336	4672	73	146

ELECTRICAL SPECIFICATIONS

LIGHT OUTPUT SPECIFICATIONS

Orange LED lights: Features 60 high-intensity Orange LED lights with a wavelength of 605 nanometers (nm) and a light output of approximately 80 milliwatts (mW)*.

Yellow LED lights: Features 60 high-intensity Yellow LED lights with a wavelength of 590 nanometers (nm) and a light output of approximately 144 milliwatts (mW)*.

Green LED lights: Features 60 high-intensity Green LED lights with a wavelength of 520 nanometers (nm) and a light output of approximately 155 milliwatts (mW)*.

Blue LED lights: Features 60 high-intensity Blue LED lights with a wavelength of 465 nanometers (nm) and a light output of approximately 403 milliwatts (mW)*.

*Light output measured using a Newport Optical 1830-C Light Meter.

COUNTRIES THAT PARTICIPATE IN MANUFACTURING

The manufacturing of the SOTA Products is a global collaboration. The following countries participate in the making of the LightWorks Hand Paddle Set (listed in alphabetical order): **Canada, China and Hong Kong**.

WARRANTY

The LightWorks Hand Paddles Model HPLW1 are covered by a three (3) year parts and labor warranty on all internally mounted components. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence.

REPAIRS

Please contact your supplier for return instructions. For information about your closest repair depot, contact repairs@sota.com or call 1.250.770.2023 or 1.800.224.0242 (toll-free in Canada & USA).



Made in China. Designed and Engineered in Canada.

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •