



# The LightWorks Pad

Model LWP1 Manual

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## WELCOME TO SOTA

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

The LightWorks Pad is 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 Pad combines the ancient wisdom of color and light with LEDs of modern technology to gently awaken the body's natural tendency towards general health and well-being.

The LightWorks Pad is designed to be used independently, but can also be used as an accessory to the SOTA LightWorks. It can also be used together with any of the SOTA Products.

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

Please understand that results will vary.

## BEFORE USING

Please read this manual thoroughly before using your LightWorks Pad. For the most up-to-date manual, please visit our website [www.sota.com/manuals](http://www.sota.com/manuals).

We've 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.

## LEARN MORE

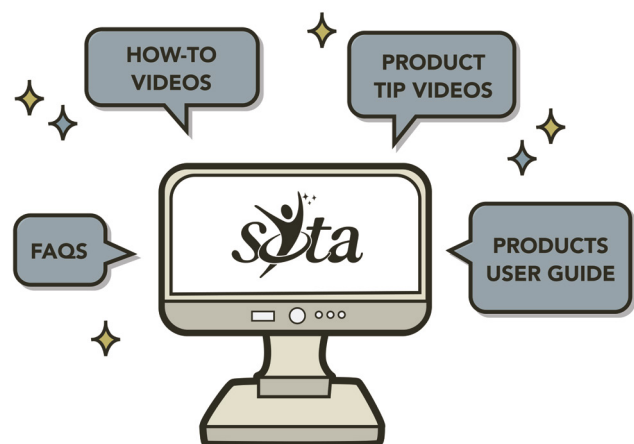
To learn more about the LightWorks Pad we invite you to visit the SOTA website:

**[www.sota.com](http://www.sota.com)**

The website offers How-to Videos, Frequently Asked Questions, *The SOTA Products User Guide*, SOTA News ... and more.

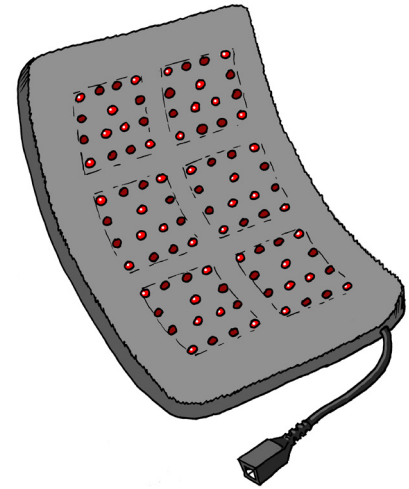
## COMPLEMENTARY UNITS

The LightWorks Pad can also be used with the SOTA LightWorks.



## COMPLETE UNIT INCLUDES

- One (1) LightWorks Pad Unit
- One (1) LightWorks Pad Cord
- Two (2) Velcro® Straps
- One (1) Wall Adaptor
- One (1) Product Manual



## DO NOT USE

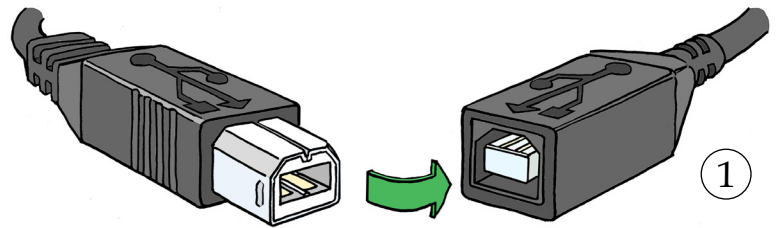
1. Do not use in the following situations as safety has not been explored:
  - a. In the case of pregnancy.
  - b. In the area of an active implanted device such as a pacemaker, etc.
  - c. On the eyes.
2. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.
3. Do not connect the LightWorks Pad Cord to any other USB outlet, such as a computer or power supply. Do not plug any other USB connections into the LightWorks Pad, other than the LightWorks Pad Cord and the LightWorks Cord.

## CAUTIONS

1. When in use, please ensure there is proper airflow around the LightWorks Pad to prevent overheating.
2. Caution is advised when using heat-producing or heat-sensitive ointments, lotions or medications as a skin burn may occur.
3. Caution is advised if using the LightWorks Pad on the face - please use protective eyewear, such as tanning goggles.
4. If you are on light-sensitive medications, please consult your health care provider prior to using the LightWorks Pad.
5. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology. SOTA assumes no responsibility for any direct or indirect loss or damage believed to arise from using the SOTA Products.

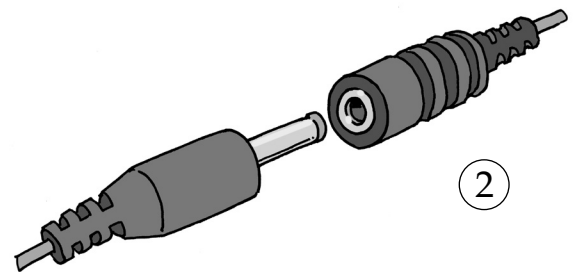
## HOW TO USE THE LIGHTWORKS PAD

1. Plug the SQUARE END of the LightWorks Pad Cord into the USB port on the LightWorks Pad. The USB symbol should be face up as in Image 1.



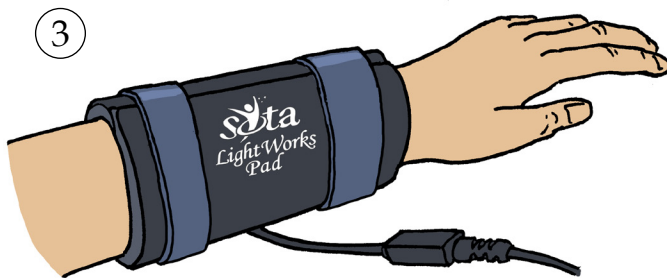
When positioned correctly, the cord will slide in gently. Do not force.

2. Insert the power plug from the AC-DC Wall Adaptor into the LightWorks Pad Cord as in Image 2.



3. Plug the AC-DC Wall Adaptor into an electrical outlet. The LightWorks Pad will automatically come on.

4. The LED lights on the LightWorks Pad should be placed on or very close to the skin. ***Clothing will block the light.***



- a. The Velcro® straps can be used to wrap and hold the LightWorks Pad in place as in Image 3. Do not over-tighten the straps.

5. The LightWorks Pad will run for a 20-minute session, and then turn OFF.

6. To do an additional session, disconnect any one of the cords and plug it back in.

7. ***Unplug the Wall Adaptor*** when not in use.

### Notes:

**Care of the LightWorks Pad:** The LightWorks Pad is a semi-flexible pad and can be wrapped and held in place with the Velcro® straps, however, it should not be folded or bent at extreme angles.

**Visibility of Lights:** Only the 42 Red LED lights will be visible to the eye. The 42 Red LED lights indicate that the 48 Near Infrared (NIR) LED lights are also on.

## HOW IT SHOULD FEEL

Most individuals will not feel any sensation while using the LightWorks Pad.

## TYPICAL USE

**Length of Session:** It is best to begin slowly and then gradually increase the length of each session. Daily use varies from 3 to 20 minutes or more.

**Length of Use:** When used as part of a Wellness Protocol, use every other day. For specific purposes, longer and more frequent sessions may be more beneficial. Generally, the LightWorks Pad can be used as needed.

**Placement:** The LightWorks Pad may be kept on one location or it may be moved at any time to different locations.

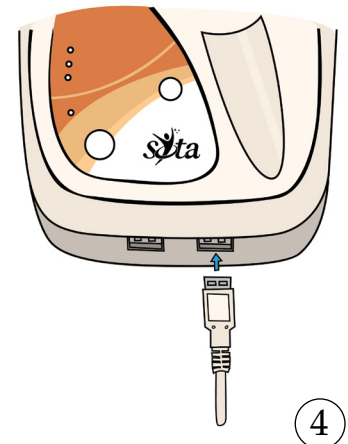
**Drink plenty of water:** It's important to drink enough water when using the unit. Drinking ozonated water is especially helpful.

## USING THE PAD WITH THE LIGHTWORKS

The LightWorks Pad can also be used with the SOTA LightWorks. When used with the LightWorks, the LightWorks Pad will be controlled by the LightWorks circuitry. Refer to your LightWorks manual for operating instructions.

1. To connect your LightWorks Pad to the LightWorks, plug the FLAT END of the LightWorks Cord into either of the USB ports on the base of the unit. The USB symbol should be face down as in Image 4.

Plug the SQUARE END of the LightWorks Cord into the USB port on the LightWorks Pad. When positioned correctly, the cord will slide in gently. Do not force.



## JOULES OUTPUT

Research indicates that a minimum output of 4 Joules per cm<sup>2</sup> is required to be effective. See table on page 6.

LightWorks Pad <sup>1</sup>	LightWorks Pad when used with LightWorks		
	Manual Option <sup>2</sup>		Automatic Option <sup>3</sup>
Joules/cm <sup>2</sup>	Constant Mode Joules/cm <sup>2</sup>	Modes A - G Joules/cm <sup>2</sup>	All Modes Joules/cm <sup>2</sup>
8.5	8.5	4.3	5.8

1. The LightWorks Pad output is per 20 minutes.  
 2. For the LightWorks Manual Option, Modes A - G and Constant output is per 20 minutes.  
 3. For the LightWorks in Automatic Option, output is per 24 minutes (3 minutes in each Mode).

## ELECTRICAL SPECIFICATIONS

### POWER REQUIREMENTS

12 Volts DC @ minimum 1.5 Amps, **Tip or Center Positive**.

**Caution:** Exceeding the voltage rating or reverse connection may result in injury or unit failure. This will **void** the warranty.

### OPTIONAL POWER INPUT

To operate the LightWorks Pad from a 12 Volt DC source, such as an automobile battery or an appropriate Solar Panel, purchase a Universal Power Cord with **Tip or Center Positive**.

### LIGHT OUTPUT SPECIFICATIONS

**Red LEDs:** Features 42 high-intensity Red LED lights with a wavelength of 660 nanometers (nm) (+/- 10 nm).

**Near Infrared (NIR) LEDs:** Features 48 high-intensity Near Infrared invisible LED lights with a wavelength of 850 nanometers (nm) (+/- 10 nm).

**Total Light Output:** 1272 milliwatts (mW).\*

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

## TROUBLESHOOTING

A Troubleshooting Guide for the LightWorks Pad is available at [www.sota.com/manuals](http://www.sota.com/manuals). This Guide is a great tool to check if you are experiencing any issues with your unit.

## **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 Pad (listed in alphabetical order):

**Canada, China, Hong Kong, Malaysia,  
Taiwan, Thailand and the USA.**

## **REPLACEMENT ACCESSORIES**

To replace your accessories, contact your supplier.

## **WARRANTY**

The LightWorks Pad Model LWP1 is covered by a one (1) year limited warranty. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence. SOTA reserves the right to make changes to the LightWorks Pad without obligation.

## **REPAIRS**

Please contact your supplier for return instructions. For information about your closest repair depot, contact [repairs@sota.com](mailto:repairs@sota.com) or call Toll-Free: 1.800.224.0242 (Canada & USA) or 1.250.770.2023.



**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 •