



The LightWorks

What the LightWorks is



The LightWorks offers the health benefits of light and color using the modern technology of Light Emitting Diodes (LEDs). The light and color can be applied with or without a series of seven beneficial frequencies.

Model: LW2

Price: \$385.00 USD
Accessories are Included



LightWorks Hand Paddle Set - Model HPLW2: \$295.00 USD

The LightWorks Hand Paddle Set has two Hand Paddles: Orange/Yellow and Green/Blue that can be purchased for use with the LightWorks. In addition to the Hand Paddles, the set includes a LightWorks Cord.

Hand Paddles may be purchased individually.

LightWorks Kit - Model KLW: \$612.00 USD

The LightWorks Kit includes: 1 LightWorks LW2 and 1 LightWorks Hand Paddle Set HPLW2.

SOTA Premium Wellness Kit - Model KPW: \$1707.00USD

The SOTA Premium Wellness Kit includes: 1 Silver Pulser SP7, 1 Magnetic Pulser MP6, 1 Water Ozonator WOZ5, 1 Bio Tuner BT9, 1 LightWorks LW2 and 1 LightWorks Hand Paddle Set HPLW2.

NASA, the Space Agency in the USA, has researched the benefits of both Red and Near Infrared (NIR) LED light. In addition to the LED light and color, the LightWorks also offers frequency options to help stimulate the body electric.

The LightWorks Hand Paddle has 60 Red LEDs on one side. On the other side, there are 57 Near Infrared (NIR) LED lights plus 3 Red ones for a visible indication that the NIR LEDs are on. NIR light is invisible to the human eye as it lies just beyond the range of visible light.

The ancient tradition of applying specific colors for health and well-being is an option with the LightWorks. The LightWorks Hand Paddle Set offers four additional colors—one Hand Paddle with Orange and Yellow LED light and the other with Green and Blue LED light.

LightWorks Hand Paddle Set

What the LightWorks does

Light Emitting Diode (LED) technology emits single wavelengths of light—referred to as monochromatic light—that are beneficial for health. Our body cells rely on light to function. We absorb light through our skin and eyes. Light is a stimulus that creates the natural flow of electricity within. Our electrical system, in turn, produces the energy for our bodies to function.

In addition to LED technology, the LightWorks also has options for the LED light to be pulsed with specific frequencies. A French researcher discovered seven different frequencies within which healthy cells and tissues form. The purpose for applying natural cellular frequencies is to help the cells resonate with their natural healthy vibrations.

How to use the LightWorks

Apply the Hand Paddle directly on the skin to any area of the body. Clothing will block the light. The LightWorks offers two options to apply the LED light and the healthy frequencies:

1) Automatic Option. This setting cycles through all the Modes—Constant plus each of the seven healthy frequencies. This option is timed for 24 minutes.

2) Manual Option. Select one of 8 Modes: The Constant Mode outputs LED light only—without any added frequency. Modes A through G output both LED light and a specific healthy frequency. Each Mode operates for 20 minutes.

Consistent or daily use may be needed to experience benefits.

For more detailed instructions, watch the following How-to Video or read *The SOTA Products User Guide* and the Product Manual.



How-to Video
Product Manual

The SOTA Products User Guide

This Guide offers tips and suggestions for each of the SOTA Units:



- Just starting out? See *Recommendations Before You Begin*.
- Using more than one Unit? You'll find tips to help.
- Wondering how to Integrate the Units for your Wellness? There are recommendations for a *Basic Wellness Program* and a *Focused Wellness Program*.
- Embracing Wellness? You'll find tips for an *Ongoing Wellness Program*.

The SOTA Products User Guide - English
The SOTA Products User Guide - French
The SOTA Products User Guide - Spanish

Accessories Included

- One (1) Red/Near Infrared Hand Paddle
- One (1) LightWorks Cord
- One (1) Carrying Case
- One (1) Product Manual
- One (1) Wall Adaptor

We stock Wall Adaptors with blades for North America, Asia, UK, Europe and Australia. Please specify the type of blade required when ordering.



Optional Accessories

LightWorks Hand Paddle Set

Two Hand Paddles can be purchased as a set for use with the LightWorks - Orange/Yellow and Green/Blue.

Single Hand Paddles

Extra paddles are available for purchasing individually.



The colors of the clothes we choose as well as our home décor also influence us. For example, blue is known to be calming, relaxing and a good color to stimulate communication. This means a room with predominantly blue colors will create calm. Red, on the other hand, is known to be vitalizing and a good color to increase excitement or emotions. This means a room with predominantly red colors will be stimulating.

LightWorks Color Chart

Red and Near Infrared Light Hand Paddle

The Hand Paddle included with the LightWorks unit offers these two choices:

Red Side

In addition to a long history of use, Red as applied through LED light, has been recently researched for benefits to human life. Red is considered a hot or stimulating color. In nature, the element hydrogen is Red.

Stimulating, forceful and vigorous. Red is the color of power and vitality with a cheering effect. Traditionally, Red is thought to be related to nutritional metabolism, blood, liver and skin.

Near Infrared Side

The benefits of the use of Near Infrared (NIR) LED light caught public attention with NASA experiments using NIR LED light for plant growth in space. This research was expanded to apply NIR LED light to benefit human health.

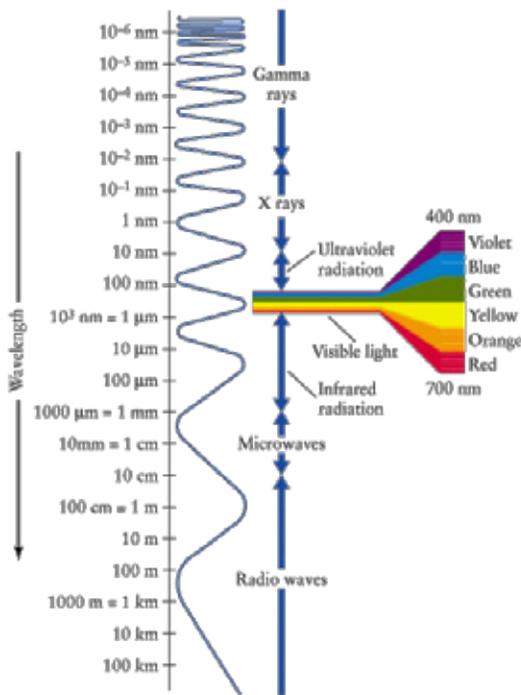
NIR light is not strictly defined as a color as it is not visible to the human eye. Three of the LEDs on this side of the Hand Paddle are Red to give a visible indication that the NIR LED lights are working.

Traditionally, NIR light is thought to be related to the eyes (from the side of the head), muscles, nerves, immune function and skin.

LightWorks Color Chart

More on Frequencies

To understand the use of frequencies for well-being, general health and relaxation, it is first necessary to recognize that everything, absolutely everything, is vibrating ... even seemingly solid materials are made up of atoms that are vibrating. Our bodies are composed of cells and surrounding material that is constantly vibrating. Frequency is used to explain the different rates at which objects and cells vibrate. The speed of vibration is measured by the number of cycles an object vibrates in one second. Cycles per second are expressed as Hertz (Hz).



Vibration is the language of Nature. Animals and plants are usually more sensitive to vibrations than we humans. Sensitivity to vibrations enables birds to navigate and migrate with incredible accuracy. Insects are attracted to the vibration of plants. For example, when the immune systems of plants are weakened from lack of nutrients and too many toxins in soils, damaging insects are attracted to destroy the plants.

Vibration produces both sound and light. Light is produced by higher frequencies or more rapid vibrations than sounds. In addition to light that we can see, there is light below and above the visual spectrum. Light that we see ranges from 4×10^{14} to 7.12×10^{14} Hz. These frequencies are in the GigaHertz range. To simplify, rather than express such high numbers as Hertz, light is usually measured by wavelength or nanometers. This diagram shows how the wavelength at the Red end of the light spectrum is longer

than wavelengths at the Violet end. The higher the frequency the shorter the wavelength—Red light vibrates more slowly than Violet light.

Sound is produced by slower frequencies than light. It is easier to express the electromagnetic frequencies of sound using Hertz. In addition to audible sound, there is infrasound that is below the hearing threshold and ultrasound that is above the human hearing spectrum. Sound that we hear ranges from 20 Hz to 20,000 Hz. The LightWorks frequencies, although silent, fall within the range of sound frequencies.

LightWorks Modes and Frequency Chart

Share Your Experience

Sharing your Experience with the SOTA products helps others.

Share

Features

1. The LightWorks offers two monochromatic colors or single frequencies of light—Red and Near Infrared LEDs.
2. The unit offers 60 LEDs on each side of the Hand Paddle for a total of 120 LEDs.
3. In addition to a Constant setting to apply LED light only, the LightWorks offers the option to apply each of the seven healthy frequencies through the LED lights.

4. Four additional colors are available as an option. One Hand Paddle offers Orange/Yellow LED light and another offers Green/Blue LED light.
5. The LightWorks can be used with two accessories at the same time - two Hand Paddles or one Hand Paddle and one LightPad or two LightPads.
6. The frequency outputs are Quartz Crystal Controlled for highest accuracy.
7. The built-in digital timer automatically cycles through all 8 settings for a 24 minute session, or individual modes or settings can be chosen for 20 minute sessions.
8. The unit has the option, with the addition of a universal adaptor, to operate from a 12 Volt DC source such as an automobile battery or appropriate solar panel.
9. The SOTA Upgrade Program: Purchasing a SOTA product entitles you to upgrade your original model to the newest model - at any time - at a discount of up to 50%.

SOTA Upgrade Program

10. The SOTA LightWorks is covered by a three (3) year warranty.
11. The LightWorks is CE certified. This is a European standard that indicates an electronic unit conforms to essential safety requirements to operate as a household consumer product.
12. The LightWorks is also RoHS Compliant. This is a European standard that restricts the use of 6 hazardous materials, including lead, in electronic and electrical equipment.

Do Not Use

1. In the following situations as safety has not been explored:
 - In the case of pregnancy.
 - In the area of an active implanted device such as a pacemaker, etc.
 - On the eyes.
2. As with all electrical products, do not use near water, when driving a car or when operating heavy equipment.

Cautions

1. Without proper airflow, there is a potential for the LEDs to overheat and cause a burn to the skin. When in use, please ensure there is proper airflow around the head of the paddle.
2. When using heat-producing or heat-sensitive ointments, lotions or medications as a skin burn may occur.

3. If you are on light-sensitive medications, please consult your health care provider prior to using the LightWorks.
4. 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.

Frequently Asked Questions

For an answer to any of the following, visit www.sota.com/faq.

What tips will help me get the most benefit from my LightWorks?

What is Infrared light?

Is this the same as Ultraviolet light?

How deep does the LED light penetrate?

Will LED light damage my skin?

Does wearing lotion keep the light from penetrating my skin?

Is it okay to use the LightWorks on animals?

Where is the LightWorks manufactured?

Do you have any testimonials about the benefits of using the SOTA units?

Can the SOTA Products be used together?

Are the SOTA Products approved or licensed by any governments?

Product Manual

Each unit comes with a manual that explains how to use the unit. A selection of translated manuals as well as manuals for Earlier Models are available for download on the Manuals & Videos page.

*Current Model
Manuals & Videos*

Timing, Modes and Options

AUTO Option

When using the AUTO option, the LightWorks is timed for 3 minutes on each of the 8 Modes for a total of 24 minutes.

MANUAL Option

When using the MANUAL option, all Modes are timed for 20 minutes when selected.

Output of Modes

The table indicates the frequency output of each Mode.

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

Joules Output

Research indicates that a minimum output of 4 Joules per cm² is required to be effective. The table on page 10 indicates the Joules per cm² for each Hand Paddle.

Paddle Color	Manual Option		Automatic Option
	Constant Mode Joules/cm ²	Modes A - G Joules/cm ²	All Modes Joules/cm ²
Red	30	15	21
NIR	19	10	13
Orange	13	7	9
Yellow	7	4	5
Green	14	7	9
Blue	28	14	19

**In Manual Option, Modes A - G and Constant Mode is per 20 minutes.
In Automatic Option, output is per 24 minutes (3 minutes in each Mode).**

Electrical Specifications

Power Requirements

- 12 Volts DC @ 1.5 Amps, **Tip or Center Positive**.
- With an additional attachment, the LightWorks can also be operated from a 12 Volt DC automobile battery or an appropriate Solar Panel. Purchase a Universal Power Cord with **Tip or Center Positive** from an electronic store for this purpose.

Light Output Specifications

- **Red LEDs:** Features 60 high-intensity Red LED lights with a wavelength of 660 nanometers (nm) (+/- 10 nm) and a light output of approximately 718 milliwatts (mW)*.
- **Near Infrared LEDs:** Features 57 high-intensity Near Infrared invisible LED lights with a wavelength of 850 nanometers (nm) (+/- 10 nm) plus 3 visible Red LED lights, with a light output of approximately 455 milliwatts (mW)*.
- **Frequency Tolerance:** +/- 1 Hz.

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

Troubleshooting

If you experience a problem with the LightWorks, please check our Troubleshooting Guide. Most problems can be cleared using this Guide.

Troubleshooting Guide

Earlier Models

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 (listed in alphabetical order): **Canada, China, Hong Kong, Malaysia, South Korea and Taiwan**. Our units say Made in China because China is the last step in the assembly of the units.

We are grateful that the people in all of these countries help us to produce quality products at reasonable prices for our customers.

Warranty

The LightWorks is covered by a three (3) year parts and labor warranty on all internally mounted components.

How to Compare

There are two comparisons that are generally made when comparing the LightWorks unit to other light devices on the market. The first comparison is the output – stated as milliwatts or in some cases millicandella. The second comparison is to compare LED light to Laser light.

When comparing outputs, there is much confusion surrounding the correct way to measure the output of LED light units. Some manufacturers of LED light units are erroneously describing the light output of their units. There are three ways to describe LED lights—only one of the ways actually describes the light output or health value.

Comparing Units

