

The  *Sota*

LightWorks Pad User Guide



The *SOTA LightWorks Pad* applies LED light using an easy-to-use semi-flexible pad. We include suggestions on how to use the LightWorks Pad in this guide.

Using this Guide

We offer a choice of three Wellness Programs:

- Basic Wellness Program - This program is designed for those who are new to the SOTA Products, as well as for those who have taken a break and are wanting to use the products again.
- Focused Wellness Program - This program is for those who need a more intense program.
- Ongoing Wellness Program - This program outlines how to incorporate the SOTA Products into your Wellness Lifestyle.

Recommendations Before You Begin

- Those who are most successful in achieving their wellness goals have also made other healthy lifestyle choices. Changes to consider are: improving diet, reducing stress, improving elimination, emotional healing, getting moderate exercise, and avoiding environmental toxins such as heavy metals, molds, chemicals and GMO products.

Additional Tips

- Please refer to the product manuals for complete instructions, including cautions for each unit. The most up-to-date manuals for your SOTA Units are always available for viewing or download at our website.
- The following guide on the use of the SOTA LightWorks Pad has been developed based on our personal experience and feedback from others.
- The following are suggestions only—you may decide to use more or less than is suggested.

LED Light with the LightWorks Pad

The SOTA LightWorks Pad 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.

The Red and Near Infrared (NIR) LED light can be applied almost anywhere on the body.

- When starting out, gradually increase the length and number of sessions per day.

- Use the LED lights next to the skin as clothing will block the light.

The larger surface area of the LightWorks Pad makes it ideal for applying Red and Near Infrared (NIR) LED light to harder to reach areas like the back and shoulders and the flexibility of the pad means it can easily be wrapped around areas like the legs and arms.

- The LightWorks Pad is timed for a 20 minute cycle. One session can be 1 to 2 cycles (20 – 40 minutes) or more.
- The LightWorks Pad can also be used with the SOTA LightWorks Model LW2 to receive the added benefits of the 7 beneficial frequencies. When used with the LightWorks, timing is controlled by the LightWorks.



Basic Wellness Program:

- Use daily, every other day, or 2 to 4 times per week for 1 to 2 sessions per use.

Focused Wellness Program:

- Use daily for 2 sessions or more.
- Depending on how you feel and your own individual needs, you may need to apply LED light for many months or even incorporate it into your daily life.
- As you reach your wellness goals you can reduce the number and/or length of sessions per day. If you notice the benefits diminishing, return to using LED light regularly.

Ongoing Wellness Program:

- Apply LED light as needed.