


BIOLUX PRO MINI



Ankle

1. Place the band with the light in direct contact and around the ankle, adjusting it with the elastic.
2. It doesn't need to be tight; the light should cover above, on top, and below the ankle.
3. Press  twice to activate the red and infrared light.
4. Allow the equipment to turn off (15 minutes), repeat this process twice a day.
5. You can remain standing or do it while lying down.



Proper hydration enhances results
This does not suggest or replace any medical treatment

