


BIOLUX PRO MINI



Wrist

1. Place the band with the light in direct contact and around the wrist, adjusting it with the elastic.
2. It doesn't need to be tight, and the light should cover above, over, and below the wrist.
3. Press  twice to activate the red and infrared light.
4. Allow the device to turn off (15 minutes), repeat this process before and after exercising.



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

