



Beauty by  
**nutrilight**  
The Wave



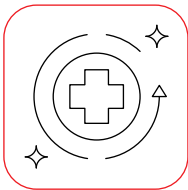
User  
Guide

## ● Light Therapy with Nutrilight

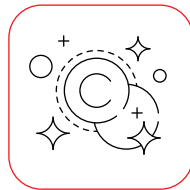
Welcome to the future of wellness and healthcare! Nutrilight can give your skin a boost in several different areas. Nutrilight Wave consists of LED lights that emit light which positively affects the skin. The wavelengths of light and Nutrilight's effects are perfectly tuned to provide the greatest and best effects on the skin and health without the risk of damage or other negative effects. This treatment method is called red light therapy, abbreviated as RLT. The concept of photobiomodulation is also used in scientific contexts, and research has been conducted since the 1960s.

## ● Why red light therapy?

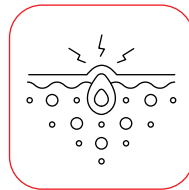
The light from The Wave affects the skin in a very potent way as it reaches a small depth. Together, the Wave wavelengths provide a dermatological effect that only one type of light cannot achieve alone. Nutrilight's The Wave emits multiple wavelengths with specific functions for skin health and appearance. The light from Nutrilight affects so-called photoacceptors inside the body's cells. This leads to a variety of beneficial effects for the skin. Currently, there are thousands of scientific studies showing beneficial effects in several areas. These are common applications for RLT:



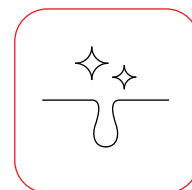
Improved recovery after exercise



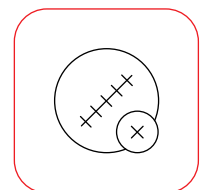
Increased production of collagen and elastin



Reduction of inflammations



Reduced pore size in the skin



Beneficial effect on wound healing and scars

## ● Technical specification

### The Wave

Wavelengths	400-640 nm (violet, blue, cyan, green, yellow, and red light)
Measurements	H: 29cm, W: 37cm, D: 23cm
Material	ABS
Nominall effect	96 W
Weight	4.5 kg



## ● What colour should I use?



### **RED LIGHT (630NM)**

The red light reduces inflammation in the skin and stimulates collagen production. It increases collagen production, improves blood circulation, oxygenates cells, and promotes nutrient delivery to blood vessels.

- Reduced redness and can be used for rosacea issues
- Accelerates scar healing



### **YELLOW LIGHT (590NM)**

The yellow light is ideal for faster skin recovery after cosmetic procedures such as injections and microneedling. These treatments can sometimes lead to skin inflammation or wounds, and the yellow light helps shorten the recovery time.

- Promotes wound healing
- Skin rejuvenation



### **GREEN LIGHT (520NM)**

The green light prevents overproduction of melanin and prevents it from reaching the skin's top layer. Therefore, it helps to even out skin tone and reduce existing pigment spots or discolorations in the skin.

- Reduces fine lines and pigmentation
- Nourishes the skin



### **CYAN LIGHT (500NM)**

An anti-inflammatory light that calms stressed skin, promotes healing, relieves pain, and reduces swollen capillaries.

- Soothing effect
- Promotes healing



### **BLUE LIGHT (460NM)**

The blue light has a wavelength that targets the upper layers of the skin, where acne bacteria accumulate. It combats acne by eliminating bacteria that can cause breakouts and reduces acne by promoting the skin's natural healing process.

- Calming effect
- Combats acne and allergies

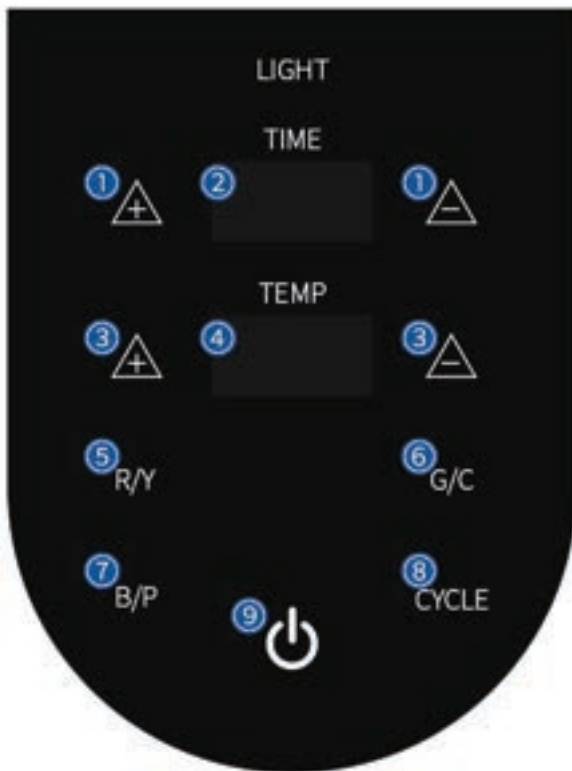


### **PURPLE LIGHT (400NM)**

The purple light is a combination of red and blue. This light promotes efficient absorption of skincare products, making it very popular to include the purple light when using a sheet mask for skincare.

- Accelerates blood circulation
- Promotes activation of skin tissue

## ● What do all the buttons imply?



- ① Time adjustment
  - ② Time display
  - ③ Temperature adjustment
  - ④ Temperature display
  - ⑤ Red/Yellow Light
  - ⑥ Green/Cyan Light
  - ⑦ Blue/Purple Light
  - ⑧ 6-color cycle
  - ⑨ Power button
- 1 Press: On  
2 Presses: Temperature on  
3 Presses: Off



## ● How do I use The Wave?

### 1 - Connect The Wave to a power source

Connect the power adapter and press the On button on the display.

### 2 - Set the timer

TIME - time settings: Press "+" to increase or "-" to decrease the time.

We recommend 15-20 minutes.

### 3 - Set the temperature setting

TEMP - temperature settings: Press "+" to increase and "-" to decrease the temperature settings.

### 4 - Set the red and yellow light

R/Y - Red light and yellow light: Press once to start the red light, you can press up to 3 times to increase the brightness. After a fourth button press, the yellow light starts, where you can also increase the brightness with 1, 2, or 3 button presses.

### 5 - Set the green and cyan light

G/C - Green light and cyan light: Press once to start the green light, you can press up to 3 times to increase the brightness. After a fourth button press, the cyan light starts, where you can also increase the brightness with 1, 2, or 3 button presses.

### 6 - Set the blue and purple light

B/P - Blue light and purple light: Press once to start the blue light, you can press up to 3 times to increase the brightness. After a fourth button press, the purple light starts, where you can also increase the brightness with 1, 2, or 3 button presses.

### (7) - Set the rotating light

CYCLE - Alternatively, you can set a seven-color cycle. This setting rotates the different lights during the time you have set on the timer.

### 8 - Enjoy!

Now just relax and enjoy, The Wave turns off after your set time expires, and then your session is complete!



## ● How do I maintain The Wave?

### Cleaning

Wipe The Wave with a soft towel to take care of the product.

### Storage

Store the product in a place that avoids moisture.

When storing the product, fold it and keep it together.

Note! When maintaining the device, the power must be turned off and the power cable must be removed. Cleaning or storing while powered can cause damage to the product.



For more information,  
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