



MiraMate

Cold Laser Wrist X



Cold Laser Wrist · May · 2021

Portable ● Safe ● Effective ● Innovative



Congratulations! You have purchased one of the world's most advanced therapy devices: Cold Laser Wrist X. It is simple to use, very classy and has lots of powerful functions. When you open the box, you will immediately see just how advanced and beautiful it is.

Cold Laser Wrist X combines the world's leading cold laser technology with ancient acupuncture. Cold Laser Wrist X is effective for purifying the blood, and can help with healing various blood diseases including high blood pressure, high cholesterol, high blood fat, and high blood sugar levels. It can also help with help with hyper viscosity, hyperlipidemia, ischemic cardiovascular diseases, rhinitis and tinnitus.

Cold Laser Wrist X shines multiple types of healing light beams. Red cold lasers improve blood circulation and purity. Blue LEDs (465nm) disinfect. Green LEDs (550nm) stimulate the immune system and dissolve blood clots. Yellow LEDs (570nm) improve cellular metabolism.

The following instructions will help you use Cold Laser Wrist X correctly, and get the best results from your treatments. Please read these instructions carefully before you begin your healing journey!

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Cautions

- (1) Do not shine lasers directly into eyes.
- (2) Keep Cold Laser Wrist X out of reach of children.
- (3) Do not use Cold Laser Wrist X if you have a pacemaker.
- (4) If you are sensitive to laser treatments, use Cold Laser Wrist X on low power for a short treatment time. You can gradually increase the treatment power after your body adapts to the laser energy. Usually, we suggest running 1-2 times per day and 30 minutes each time.
- (5) Clear your nasal cavity before using the nasal accessory.
- (6) Keep the lasers clean.
- (7) People who have cardiovascular diseases should follow the advice of a registered medical professional.
- (8) Do not use if you are pregnant or have cancer/hemorrhagic diseases.
- (9) Do not perform treatments whilst charging.

Description

The Cold Laser Wrist X package consists of a main unit, power adapter, an external laser and a pack of nose caps. Ear lasers are sold separately as accessories. Visit miramate.com to purchase the ear lasers if you need them for your treatment.

Features include:

1. Ease of use.
2. Comfortable, reliable and safe design.
3. Small and portable; the ideal healing accessory.
4. Automatic power-off and backlight energy-saving modes.
5. Fail-safe cable connections for optimal safety.

Packing List



Main unit X 1



External laser X 1



Ear laser X 1
★(Additional purchase required)



Power adapter X 1

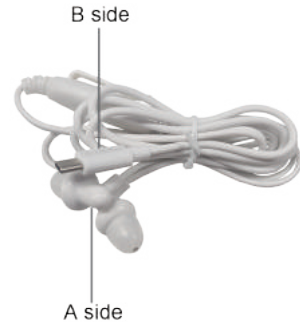


Nasal caps X 5



User manual X 1

Main Structure



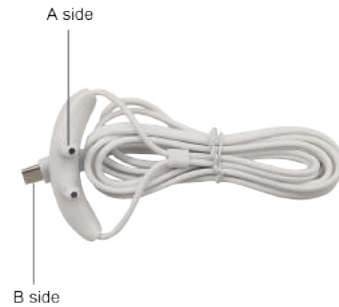
Ear laser



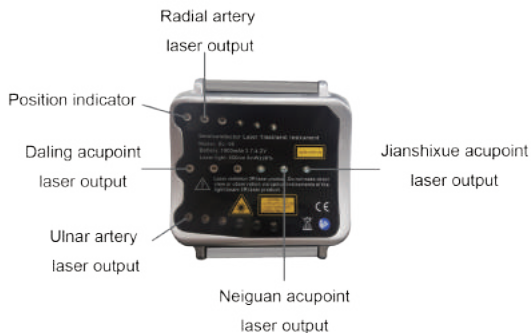
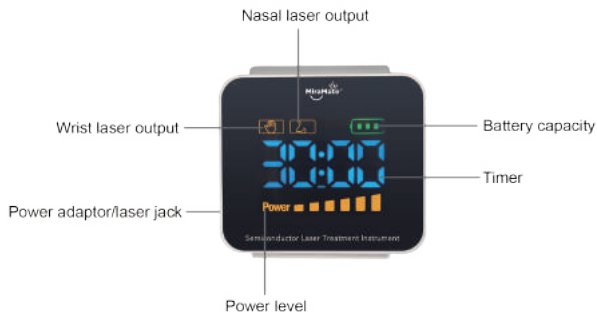
Nose cap



Power adaptor
(US/EU plug)



External nasal laser



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Operating Instructions

Treatment time and frequency: once or twice a day, 30 minutes per session.

Protocol duration: 10-15 days. Rest for 5-7 days between treatment protocols.

MiraMate Cold Laser Wrist X is perfectly safe for long-term treatments with zero side effects.

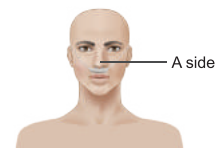
During treatment, it is recommended to drink a lot of water, eat plenty of organic vegetables and avoid greasy food.

Nasal Mode Treatment

Insert the B-side of the external laser into the socket on the side of Cold Laser Wrist X for nasal mode treatment. (Figure 1) Insert the A-side of the nasal laser into your nasal cavity (nose) and adjust it properly. (Figure 2). Do this before commencing nasal mode treatments.



(Figure 1)



(Figure 2)

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During nasal mode treatment, the laser lights should be concentrated on the center of the nose bridge. (Figure 3/4/5)



(Figure 3)



(Figure 4)



(Figure 5)

Wrist Mode Treatment

For wrist mode treatment, strap Cold Laser Wrist X to the inner side of your left wrist. It should be close to your hand, to ensure that the laser energy irradiates the radial artery, Daling acupoint, ulnar artery and Neiguan acupoint. Fasten the wristband securely so it does not move. (Figure 6)



(Figure 6)

Ear Mode Treatment

Insert the B-side of the ear laser into the socket on the side of Cold Laser Wrist X for ear mode treatment. (Figure 7)

Insert the A-side of the ear laser into your ears and adjust it properly. Do this before commencing ear mode treatments. (Figure 8)



(Figure 7)



(Figure 8)

Settings

1. Press the "ON/OFF" button for 3 seconds to turn on Cold Laser Wrist X.
2. Short press the "Switch" button to choose between three different treatment modes: wrist mode, nasal mode, and combination mode.
3. Short press the "Switch" button once to set to the wrist mode. The "wrist" icon will be showing on the top left corner of the display screen.
4. If you wish to do nasal/ear mode treatments, short press the "Switch" button again to set to the nasal/ear mode. The "nasal cavity" icon will be showing on the top left corner of the display screen.
5. To set to the combination mode, (both wrist and nasal/both wrist and ear), short press the "Switch" button again. The display screen will show icons of "wrist" and "nasal cavity" at the same time.

Note:

You can change the treatment mode before and during treatment. Memory function: The treatment mode and time setting will be saved and reused in the next treatment.

Set your treatment time

Press the "Time" button to set the total treatment duration. Each press adds 10 minutes to your treatment time. The minimum time is 10 minutes, and the maximum is 60 minutes. The display screen will show the time remaining.

Adjust treatment power level

After setting the treatment mode, short press the "Power" button to adjust the intensity of the light. You can select between low, medium, and high-power levels for both internal and external laser modes.

Start and pause treatment

Short press the "On/Off" button to start your treatment. During treatment, short press the "On/Off" button to pause or resume.

After treatment

When the treatment is completed, you will hear a "beep". Cold Laser Wrist X will automatically turn off one minute after the treatment ceases. You can also long press the "On/Off" button to turn off the device at any time.

Charging Instructions

1. To ensure long battery life, we recommend charging Cold Laser Wrist X when the battery is nearly exhausted.
2. Unplug the nasal laser from the device before charging to avoid any damage.
3. Charge time should be at least 10 hours for the first three charges.
4. Check the display screen for the current battery status. A battery with 1 block indicates the battery is LOW (30%). 2 blocks indicate the battery has around 50% remaining. 3 blocks indicate the battery is FULL. When charging your Cold Laser Wrist X, the battery sign will be flashing on the display screen. When it's fully charged, the battery sign will stop flashing with 3 solid blocks showing.
5. Do not run any treatments when Cold Laser Wrist X is charging.
6. Only use the power adaptor provided to avoid damaging Cold Laser Wrist X.
7. If Cold Laser Wrist X is not used for a long time, it should be charged once every 4-6 months to prolong the battery life.

8. The recommended charging time is 6 hours. Cold Laser Wrist X can be used for 9 hours when the battery is fully charged.

Trouble-shooting Guide

Please check the following if any error occurs. Contact MiraMate Support if you cannot solve the problem yourself. Please do not disassemble or repair Cold Laser Wrist X by yourself. Doing so will void your warranty.

Faults	Causes	Solutions
Cannot turn on Cold Laser Wrist X.	Not pressing the "On/Off" button long enough.	Press the "On/Off" button for a longer duration.
	The battery is low.	Plug in the power adaptor and try again after the battery is fully charged.
Internal lasers do not work.	The "On/Off" button is not pressed or the wrist laser mode has not been selected.	Choose the wrist laser mode and press the "On/Off" or "Switch" button.
External laser(s) do not work.	The plug is not inserted correctly or the correct laser mode has not been chosen.	Insert the plug firmly. Choose the external or combination laser mode.
Weak or no laser output power.	Damaged laser.	Contact MiraMate Support.

Maintenance and Cautions

1. Use a slightly damp cotton or tissue to clean the surface of Cold Laser Wrist X. Do not use solvents.
2. Keep Cold Laser Wrist X away from humid environments, heat sources and direct exposures to sunlight.
3. Do not store Cold Laser Wrist X with hard objects, to avoid scratches on its surface or damage to the laser lens.
4. Charge the battery according to the instructions above.
5. Replace the nasal nose cap between different people.
6. Do not run any treatment when charging Cold Laser Wrist X.
7. Do not shine laser light directly into eyes.
8. Keep out of reach of children. Cold Laser Wrist X is not a toy.
9. ONLY use accessories supplied by the manufacturer.

Warranty

Thank you for purchasing MiraMate Cold Laser Wrist X. To help provide the best customer support and service, we make the following promises to you:

MiraMate Cold Laser Wrist X will be replaced or repaired for free within one year from the purchase date if found to be defective and used according to the instructions.

Service and repair are provided after the warranty period. Material and shipping costs will be charged as appropriate.

The warranty does not cover:

Damage caused by user negligence or product misuse. (e.g., scratches, liquid damage or unauthorized repairs).

Breakdown or damage caused by disassembling.

Breakdown or damage caused by accident.

Damage caused by natural disasters.

Specifications

Laser type: GaAlAs semiconductor

9 + 2 red lasers wavelength 650nm \pm 20nm

3 x Yellow LEDs wavelength 570nm

3 x Green LED wavelength 550nm

3 x Blue LED wavelength 465nm

Power adapter input voltage: 100~240v 50~60Hz

Power adapter output voltage: DC 5v

Power output per laser: 5mW \pm 20%

Relative humidity: \leq 80%

Laser power levels: 3

Treatment time range: 10~60 mins with 10-minute increments

Lithium battery voltage: 3.7~4.2v

Battery capacity: 1900mAh

Atmospheric pressure range: 860hpa-1060hpa

Ambient temperature range: 5-40 $^{\circ}$ C

Relative humidity: \leq 80 %

Expected Service Life: 3 years.