



USER MANUAL

SweatTent Pod



Full Body Red Light Therapy



PRODUCT OVERVIEW

Wavelengths	630nm / 660nm / 850nm
Coverage	360° Full Body
Power	110–240V, 50/60Hz
Session Length	5–60 minutes (adjustable)
Modes	Red Only / NIR Only / Combination

- Select the wavelength mode: Red (660nm), NIR (850nm), or Combination.
- The pod will automatically shut off when your session time is complete.

CONTROLLER FUNCTIONS

Power	Turn unit on/off
Timer	Set session duration (5–60 min)
Mode	Select Red / NIR / Combination
Intensity	Adjust light output level (1–5)
Lock	Child lock / session lock

SETUP INSTRUCTIONS

Step 1

Unbox & Inspect

- Carefully remove the SweatTent Pod from its packaging.
- Inspect all components for any damage incurred during shipping.
- Contact support@sweattent.com if any parts are missing or damaged.

Step 2

Choose Your Location

- Select an open area with at least 2–3 feet of clearance on all sides.
- Place on a flat, stable surface — avoid placing on carpet or flammable materials.
- Ensure the area is well-ventilated.

Step 3

Connect Power

- Plug the power cord into a standard wall outlet (110–240V).
- Use the included adapter if required for your region.
- Do not use extension cords or power strips.

Step 4

Enter the Pod

- Open the zipper fully and step inside the SweatTent Pod.
- Sit or stand comfortably — the pod accommodates most body types.
- Zip the pod closed from the inside using the interior zipper pull.

Step 5

Start Your Session

- Use the external controller to set your desired session time and mode.



HOW THE RED LIGHT POD WORKS

The SweatTent Pod delivers clinically studied wavelengths of red and near-infrared (NIR) light directly to your body. Unlike UV rays, red and NIR light are safe, non-ionizing, and penetrate the skin at varying depths to stimulate natural cellular processes. When absorbed by the mitochondria in your cells, these wavelengths enhance the production of ATP (cellular energy), helping your body function and repair more efficiently.

● RED 660nm	● NIR 850nm
Targets surface tissue, skin, and superficial muscles. Supports skin health, collagen production, and wound healing.	Penetrates deeper into muscles, joints, and bones. Ideal for recovery, inflammation reduction, and deeper tissue repair.

POTENTIAL BENEFITS

- Reduced muscle soreness and faster recovery after exercise
- Decreased inflammation and joint pain
- Improved skin tone, texture, and collagen production
- Enhanced circulation and lymphatic flow
- Boosted cellular energy (ATP) production
- Improved sleep quality and mood
- Support for wound healing and tissue repair
- Reduced appearance of fine lines and wrinkles

TREATMENT INSTRUCTIONS

Session Duration: 10–20 minutes per session.

Frequency: 3–5 sessions per week for optimal results.

Distance: The pod surrounds your body for 360° coverage — no adjustments needed.

Clothing: Wear minimal clothing or use as directed — light penetrates better through less fabric.

Eye Protection: Keep your eyes closed or wear the included eye protection during sessions.

CONSISTENCY IS KEY

Red light therapy is a cumulative modality — the benefits build over time with consistent use. Think of it like exercise: one session may produce noticeable effects, but a sustained routine delivers the most significant and lasting results. We recommend scheduling regular sessions into your wellness routine for the best outcomes.

RESULTS & EXPECTATIONS

Some users notice benefits within their first 1–2 sessions. Most people begin experiencing meaningful results within 2–4 weeks of consistent use. Optimal benefits are typically observed after 4–8 weeks of regular sessions. Individual results vary based on skin type, health status, session consistency, and the specific conditions being addressed.



FREQUENTLY ASKED QUESTIONS

Q How long should each session be?

10–20 minutes per session is recommended. Beginners may start with 5–10 minutes and gradually increase. Do not exceed 20 minutes per session.

Q How often should I use the SweatTent Pod?

3–5 sessions per week is recommended for best results. Daily use is safe for most people. Listen to your body and consult your physician if unsure.

Q Can I use the pod every day?

Yes. Daily use is generally safe and well-tolerated. If you experience any skin irritation or discomfort, reduce frequency and consult a healthcare professional.

Q What should I wear during sessions?

Minimal clothing is recommended for optimal light penetration. Swimwear or lightweight shorts/top is ideal. Avoid heavy fabrics that block light.

Q Are there any side effects?

Red light therapy is generally considered safe and non-invasive. Some users may experience a mild warming sensation or temporary skin redness immediately after a session, which typically resolves quickly.

■ CAUTION — Read Before Use

- Do not use if pregnant without consulting your physician.
- Do not use if you have active cancer or are undergoing cancer treatment.
- Do not use if you have a photosensitive condition or are taking photosensitizing medications.
- Do not use if you have epilepsy or are sensitive to bright lights.
- Consult your physician before use if you have any medical conditions or concerns.
- Keep the device away from water. Do not use with wet hands.
- Do not stare directly into the lights. Keep eyes closed or wear protective eyewear.
- Keep out of reach of children.

PRODUCT SPECIFICATIONS

Model	SweatTent Pod
Wavelengths	630nm, 660nm, 850nm
Light Source	Medical-grade LEDs
Total Power	120W (adjustable)
Input Voltage	110–240V AC, 50/60Hz
Session Timer	5–60 minutes
Modes	Red / NIR / Combination
Coverage	360° full body
Operating Temp	10–40°C (50–104°F)
Weight	Approx. 12 lbs (5.4 kg)
Dimensions (open)	27" W × 27" D × 67" H
Dimensions (packed)	24" × 12" × 6"

Warranty

1 Year Limited

WHY SWEATTENT POD?

THE MOST ADAPTABLE — The only red light pod that works with your existing SweatTent setup.

THE MOST PORTABLE — Folds flat and packs into a compact carry bag. Take it anywhere.

THE MOST AFFORDABLE — Professional-grade 360° red light therapy at a fraction of the cost.



WARRANTY & SUPPORT

1-YEAR LIMITED WARRANTY

Miami Labs, Inc. ("SweatTents") provides to the original purchaser of the SweatTent Pod a one (1) year Limited Manufacturer's Warranty that protects the original purchaser against **manufacturing defects** or **issues in workmanship** and/or materials that may have been caused during production. In the event of a manufacturer's defect, Miami Labs, Inc. ("SweatTents") will repair or replace the covered items with the same or similar item, or refund the covered items at its sole discretion. This warranty does not cover: normal wear and tear, accidental damage, water damage, improper use, modification or alteration of the product. **Purchaser shall be solely responsible for the prepayment of all shipping costs associated with the return of the product to Miami Labs, Inc.**

HOW TO GET SUPPORT

Email	support@sweattent.com
Website	www.sweattent.com
Instagram	@sweattents
TikTok	@sweattent
Response Time	1–2 business days

SAFETY NOTES

- This device is intended for general wellness purposes only. It is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.
- Always consult with a qualified healthcare professional before beginning any new wellness regimen, especially if you have existing medical conditions.
- Keep the device clean and dry. Wipe with a dry cloth after use.
- Do not use if the power cord or any components appear damaged.
- Store in a cool, dry place when not in use.
- Follow all setup and operation instructions in this manual.

■ DISCLAIMER

- Individual results from red light therapy vary on a person-to-person basis.
- No specific health benefits are guaranteed. Results depend on consistent use, individual health factors, and the specific conditions being addressed.
- SweatTent is not registered with the FDA as a medical device.
- Miami Labs, Inc. ("SweatTents") assumes no responsibility and shall not be liable for any circumstances arising out of your use or misuse of the SweatTent Pod.