

FORME™

LUMEA FACE MASK | INSTRUCTION MANUAL



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1. WARNINGS & CAUTIONS



IMPORTANT! READ THIS SECTION ENTIRELY BEFORE PROCEEDING WITH USE.

WARNINGS & CAUTIONS

Safety

1. DO NOT stare directly into the LEDs.
2. DO NOT allow children to use the device unsupervised or without clearance from your medical practitioner.
3. DO NOT use while charging.
4. DO NOT drop or wash the device in liquids.
5. DO NOT touch with wet hands.
6. DO NOT use on wet skin.
7. DO NOT tug or pull on the charging cable when charging the device.
8. DO NOT use the device if it has been dropped, left outside or exposed to liquids.
9. DO NOT use on or near hot surfaces.
10. DO NOT operate near flammable or combustible products or where vapours may be present. Explosion or fire may occur.
11. DO NOT use this device on disabled, sleeping, unconscious people, or people with medical conditions.
12. DO NOT use on an open wounds.
13. DO NOT use in conjunction with salves, balms or ointments.
14. DO NOT pull, carry or lift by its cord, if the cord is damaged avoid using this device as it may result in an electrical shock or injury.
15. DO NOT attempt to repair or modify this device.

Seek professional advice if you:

- Are pregnant
- Taking drugs which cause sensitivity of skin to light.
- Recently had a steroid injection or use topical steroids.
- Have a serious medically diagnosed condition including photosensitive epilepsy.
- Have a heart condition or pacemaker.

Maintenance

- Store the device only when it has completely dried.
- Ensure the Hand-Held Controller is unplugged from the device before storing it away.
- Do not store in hot and humid conditions.
- Do not put heavy objects on the device.



WELCOME

Congratulations on receiving your very own Luméa Red Light Face Mask.

Before using your Luméa Mask, please read this User Manual carefully to ensure safe and optimal use.

Your Luméa Mask has been thoughtfully designed with your safety and skin wellness in mind. While it is easy to use, following the recommended guidelines will help you achieve the best possible results.

WHAT ARE THE BENEFITS?

With consistent use, the Luméa Mask may help:

- Reduce the appearance of fine lines and wrinkles
- Improve the look of uneven skin tone
- Support clearer-looking skin
- Promote a firmer, more radiant complexion

By combining **Blue (415nm)**, **Red (630nm)**, and **Near Infrared (830nm)** wavelengths, the Luméa Mask is designed to support both surface-level clarity and deeper skin rejuvenation.

Results may vary depending on individual skin type and consistency of use.

KEY POINTS

Activating Your Luméa Red Light Face Mask

Your Luméa Mask comes with everything you need to get started. For the best results, we recommend reading this manual in full before your first session.

PHOTOSENSITIVITY TEST

Before your first use, perform a photosensitivity test:

1. Turn on your Luméa Mask.
2. Select Red + NIR mode.
3. Hold the mask approximately 2–3cm away from your forearm.
4. Expose the area for 2 minutes.

If you experience discomfort, redness, or irritation that persists, discontinue use and seek advice from a medical professional before proceeding.

INSTRUCTIONS

For best results:

- Use on clean, dry facial skin only
- 10–20 minutes per session
- 3–4 times per week consistently

More frequent or longer sessions are not recommended and may increase sensitivity without improving results.

3. SPECIFICATION

SPECIFICATION

- Model:** Luméa LED Face Mask
- LED Wavelengths:** Blue (415nm), Red (630nm), NIR (830nm)
- LED Count:** 114pcs – 5050 Triple Chip LEDs
- Modes:** 6 (ALL, Blue, Red, NIR, Red+Blue, Red+NIR)
- Timer:** 1–30 minutes
- Brightness:** 0–100% adjustable
- Pulse Frequency:** 0–1000Hz adjustable
- Battery:** 4000mAh
- Operating Time:** Up to 3.5 hours
- Charging Time:** Approx. 3 hours
- Material:** A-Grade Silicone
- Operating Temperature:** 5–40 degrees
- Certification:** FDA Cleared (510K)
- Warranty:** 1 Year
- Usage:** Indoor Use Only

WHAT'S IN THE BOX

Name	Qty
Luméa Red Light Face Mask	1
Set of Silicon Eye Protectors	2
Hand-Held Controller	1
Charging Cable	1
Set of Fastening Straps	1
Forme Deluxe Carry Bag	1
Welcome Card	1





Navigating the Hand-Held Controller

Hold down the Set Button to enter the Main Menu, toggle through the following settings:

- Timer (0 - 30 Minutes)
- 6 Modes of Light: (All, Red, Blue, NIR, Red+Blue, Red+NIR)
- Brightness Level
- Brightness (0 - 100%)
- Pulse (0 - 1000 Hertz)

Main Menu Screen shows:

- Battery Status
- Timer
- Brightness Level
- Pulse Set



Press to Adjust:

- Time
- Mode (All, Red, Blue, NIR, Red+Blue, Red+NIR)
- Brightness
- Pulse (Hertz)

On/Off Button

5. CHARGING YOUR LUMÉA MASK

CHARGING YOUR LUMÉA MASK



DO NOT use the mask while charging

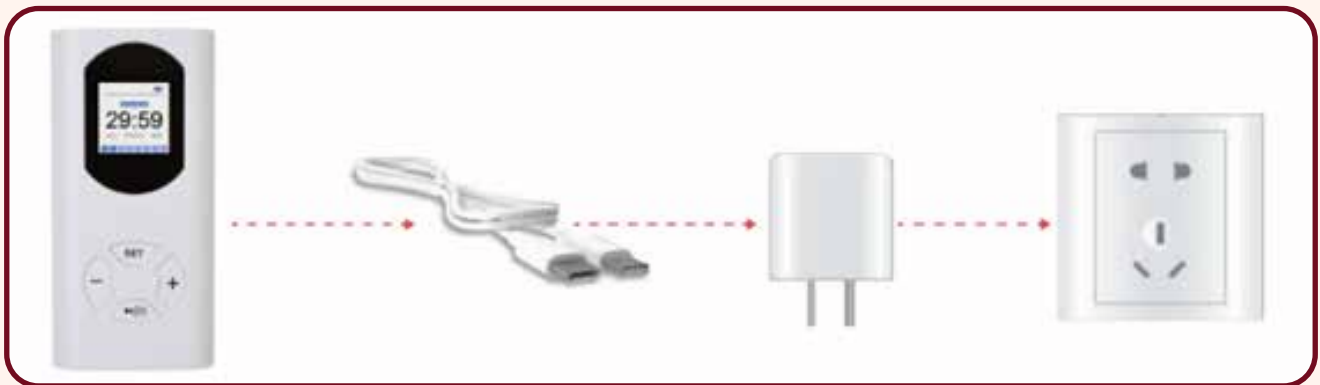
Charging time: approximately 3 hours

Operating time: up to 3.5 hours

Charge when battery drops below 20%.

1 - CHARGING VIA WALL SOCKET

Disconnect the mask from the Hand-Held Controller and connect the USB-A end to a wall adaptor with 2.1A and above (not supplied).



2 - CHARGING VIA BATTERY PACK

Connect the USB-C end to the Hand-Held Controller and the USB-A end into a compatible power bank.



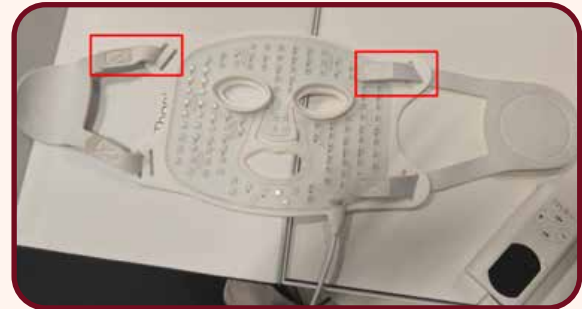
HOW TO OPERATE YOUR LUMÉA MASK



DO NOT use the mask while charging

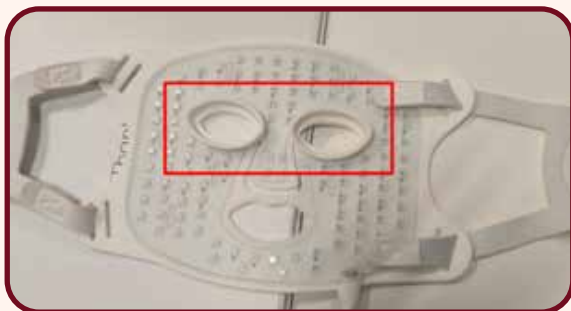
1 Make sure your Hand-Held Controller is fully charged. If not, connect your charging cable via the wall socket or a power bank.

2 Attach the Fastening Straps to either side of the Luméa Mask. Feed it through the gap depending on the size you need. Make sure the Velcro is facing upwards and then tighten and secure the straps.



3 Insert the Silicon Eye Protector into the eye-holes of the mask. These provide added comfort and to ensure no wavelengths of the light shine into your eyes.

4 Plug the Face Mask cord into the USB port at the top of the fully charged Hand-Held Controller.



5 Before you put your Face Mask on, make sure you prepare your skin by washing your face with a gentle cleanser to remove any makeup, sunscreen, and oils that can block light penetration. Ensure your skin is completely dry before beginning.

6 Place your Face Mask over your face. Next, fasten the soft cushioned straps with Velcro ends around the back of your head (the Velcro will hold the straps firmly in place). Adjust until it feels comfortable.

7 Select your chosen setting by pressing the 'SET' button and continue to press the set button to choose your Timer, Modes, Brightness and the Pulse option. For each setting, press the - or + button to set your parameters.

8 After your session when the timer is up, your Hand-Held Controller will switch off automatically. Ensure the Mask is clean and fully dry before storing.

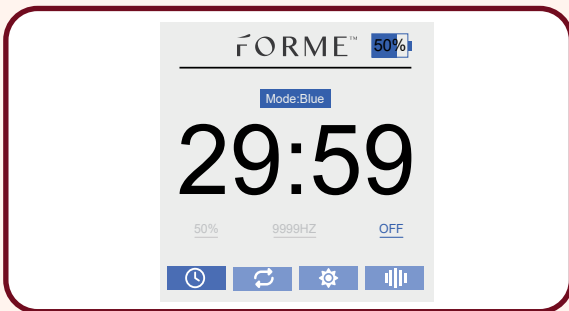
7. SETTINGS

SETTINGS

Press the 'SET' button, to enter the settings of the device. To toggle through the settings, continue to press the 'SET' button.

1: Timer

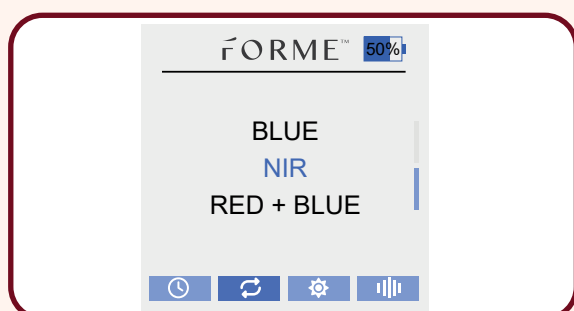
Select the timer range from 1 – 30 minutes by pressing the - / + button.



2: MODES

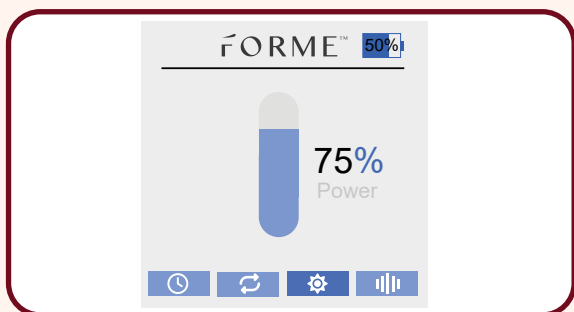
There are 6 colour modes available with your Luméa Red Light Face Mask select the mode using the -/+ buttons:

- a. **ALL (Full Spectrum)** - Activates Red, Blue, and NIR simultaneously.
Designed as a comprehensive session to support multiple skin concerns at once.
- b. **RED (630nm)** - Targets beneath the skin and supports collagen and elastin production by energising skin cells. May help improve firmness, reduce fine lines, and restore glow
- c. **BLUE (415nm)** - Targets the skin's surface layer.
May help reduce acne-causing bacteria and balance oil production.
- d. **NEAR INFRARED (NIR) (830nm)** - Penetrates deeper layers beneath the skin's surface.
May support recovery, circulation, and overall skin resilience.
NIR is invisible to the eye — LEDs may appear off while active.
- e. **RED+BLUE (630nm+415nm)** Supports clearer skin while encouraging renewal and healing.
- f. **RED+NIR (630nm+830nm)** - Advanced rejuvenation mode.
Helps maximise collagen production and support firmer-looking skin.



3: BRIGHTNESS

Select the Brightness level from 0 – 100% by pressing the - / + button



4: PULSE

PULSE – Select the Hz frequency range from 1 – 1000 Hz by pressing the - / + button. By selecting 'NULL' means the Pulse Hz frequency are set at 0.

Hertz (Hz) refers to the pulse frequency of the light. Different frequencies from 1 -1000 Hz are used to target specific physiological responses, ranging from deep relaxation to acute pain relief.

Results may vary depending on individual skin type and consistency of use

Frequency Range (Hz)	Primary Applications	Targeted Benefits
0 Hz (Continuous Wave)	General Skin rejuvenation, anti-aging	Optimal collagen synthesis, fine line reduction, improved skin tone and elasticity
1 - 10 Hz	Promotes relaxation and stress reduction	Calms the nervous system, stress reduction, enhanced lymphatic flow, muscle relaxation
20 - 40 Hz	Supports tissue recovery	Promotes cellular activity, supports muscle recovery, potential neuroplasticity and focus benefits
100 - 1000 Hz	Designed for more intensive, targeted sessions	Enhances superficial tissue repair, provides faster, more intense treatment for localised issues

FREQUENTLY ASKED QUESTIONS (FAQ)

How Do I Clean My Luméa LED Mask?

You should clean your mask after each use. Use a soft, lint-free cloth slightly dampened with distilled water or a gentle, alcohol-free cleanser. Focus on areas that touch your skin, as these collect the most oil and residue. For a deeper clean, you can use anti-bacterial wipe. NEVER soak the device or spray liquid directly onto it.

Is It Safe for the Eyes?

While Red and NIR light do not contain harmful UV rays, the intense brightness can cause eye strain, discomfort, or temporary blurred vision. You should not look directly into the lights with your eye.

Is It Safe to Use During Pregnancy?

This product is not suitable for those that are pregnant or breastfeeding. If unsure, please seek professional advice.

Should I Apply Skincare Before or After?

It is best used on clean, dry skin to ensure maximum light penetration. Serums or moisturisers (especially those with active ingredients like retinal) should generally be applied after the treatment to avoid light reflection or sensitivity.

How Often Should I Use It and How Long For Each Session?

You should use your device about 3 – 4 times a week between 10 – 20 minutes per session. Usage beyond this can diminish effectiveness.

Why Do All My LEDs not Light Up?

Your Luméa LED Mask contains Blue, Red and Near Infrared (NIR) light LEDs. Both the Blue and Red lights is a visible frequency of light and can be detected by your eyes. NIR light is an invisible frequency of light that cannot be detected by your eyes.

The NIR light LEDs will not light up on your mask, but they are in fact working. You will be able to see this by looking at your Hand-Held Controller main screen illuminate the letters 'NIR'.

Disclaimer

Results may vary depending on individual skin type and consistency of use. This device is intended for cosmetic purposes only and is not a substitute for professional medical advice or treatment.

FORME™

If you need assistance, please get in touch via phone or email.

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