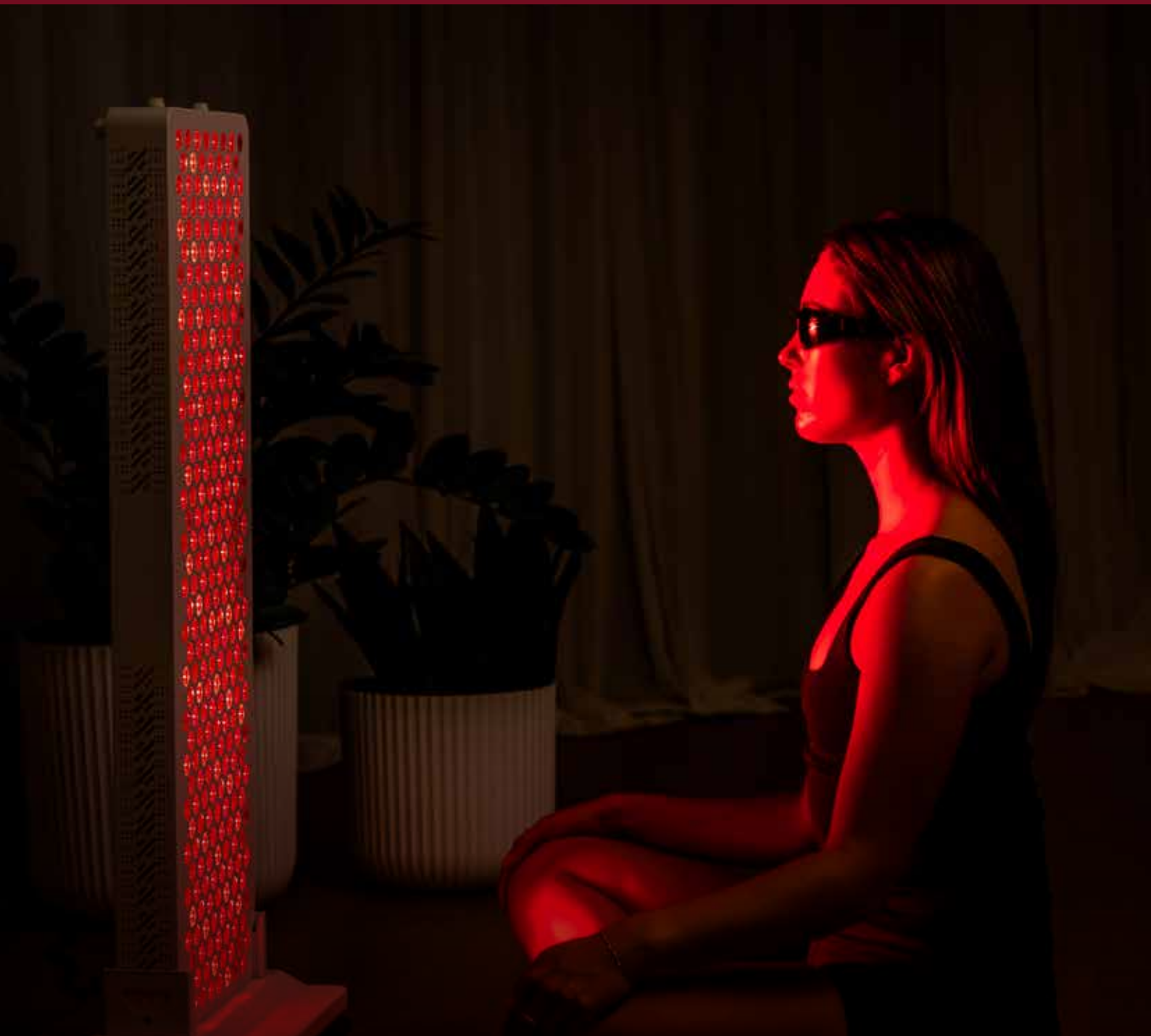


# FORME™

SOLIS RED LIGHT THERAPY PANEL | INSTRUCTION MANUAL



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# 1. WARNINGS & CAUTIONS



**IMPORTANT! READ THIS SECTION ENTIRELY BEFORE PROCEEDING WITH USE.**

## WARNINGS & CAUTIONS

### Safety

- DO NOT stare directly into the LEDs.
- DO NOT allow children to use the device unsupervised or without clearance from your medical practitioner.
- DO NOT use while charging.
- DO NOT drop or wash the device in liquids.
- DO NOT touch with wet hands.
- DO NOT use on wet skin.
- DO NOT use the device if it has been dropped, left outside or exposed to liquids.
- DO NOT use on or near hot surfaces.
- DO NOT operate near flammable or combustible products or where vapours may be present. Explosion or fire may occur.
- DO NOT use this device on disabled, sleeping, unconscious people, or people with medical conditions.
- DO NOT use on an open wounds.
- DO NOT use in conjunction with salves, balms or ointments.
- 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.
- 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.
- Do not store in hot and humid conditions.
- Do not put heavy objects on the device.



### WELCOME

Congratulations on the purchase of your very own Solis Red Light Therapy (RLT) Panel. Please read this user manual in detail.

The Solis RLT Panel has been designed with your safety in mind. However, it is important to follow necessary safety protocols when using this device. For the best results possible, read this manual prior to using your Solis RLT Panel for the first time.

### PHOTOSENSITIVITY TEST

It is very important to do a Photosensitivity test prior to using your Solis RLT Panel. Turn on the device to RED and Near Infrared (NIR) setting and shine the light on an exposed part of your forearm, about 10-30cm away for about 4 minutes. If you experience any discomfort, you must not use your Solis RLT Panel until you have sought professional advice from your doctor or healthcare provider.

### GUIDELINES

We recommend using your Solis RLT Panel 3-5 times a week, with sessions lasting 10-20minutes per area. You need to position yourself 10-30cm away from the panel depending on your treatment goals.

Mode	Distance	Time Duration
Body Sculpt	15-30 cm	20 minutes
Skin Glow	20-30 cm	10 minutes
Muscle Ease	15-20 cm	20 minutes
Joint Care	15-20 cm	20 minutes
Better Sleep	10-30 cm	20 minutes
Pet Care	10-15 cm	20 minutes
Daily Wellness	10-30 cm	15 minutes

It is **highly recommended** that you always use **blackout eyewear** provided or keep eyes closed when facing the panel at close range (within 30cm).

**Please note:** Limit sessions to 20 minutes. Exceeding this can lead to a biphasic dose response where the benefits diminish or even reverse.

### 3. SPECIFICATION

#### SPECIFICATION

**Model:** Solis Red Light Therapy Panel

**LED Wavelengths:** 630nm, 650nm, 660nm, 810nm, 830nm, 850nm, 940nm

**LEDs:** 300pcs \* 5W

**Modes:** Red, Near-Infrared (NIR), RED+NIR

**Preset functions:** 7 Preset functions, 4 x Custom field

**Irradiance:** >194.4W/cm<sup>2</sup> @ 15cm

**LED Power Class:** 1500W

**Beam Angle:** 30 degree, anti-flicker

**LED Lifespan:** Up to 60,000h

**Bluetooth:** Download the 'Forme GLO' app at Google Play Store or Apple Store

**Usage:** Indoor Use ONLY

**Dimensions:** 920 (L) x 300 (W) x 65 (D)mm

**Weight:** 11kg

**Certification:** GMA

**Warranty:** 1 year

#### WHAT'S IN THE BOX

Name	Qty
Solis RLT Panel	1
Blackout Eyewear	1
Remote Control	1
Powercord	1
Set for Wall Mounting Kit (see page 6)	1
Door Hook	1
Set of Hanging Screw	1
Hanging Pulley with Carabiner	1
Hanging Cable	1
Set of Hanging Screw	1
Welcome Card	1





## HOW TO INSTALL YOUR SOLIS RLT PANEL

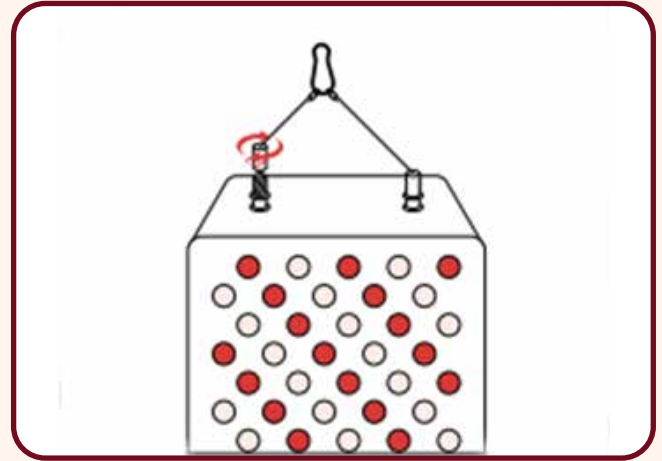
### Option 1: Door Hang

#### Step 1:

- Grab the 2 hanging screws and screw them on top of your device using the thread holes provided.

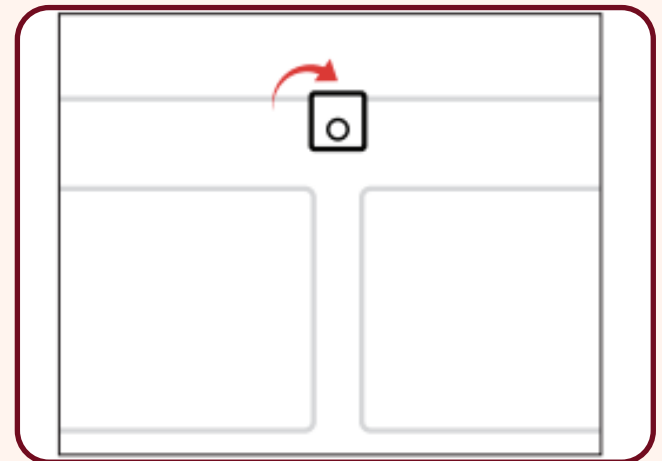


- With the Hanging cable, threaded the metal end on top of the hanging screws.



#### Step 2:

- Hang this door hook on any standard sized door. The width of the hook is about 3.5cm gap.



#### Step 3:

- Connect the hanging cables carabiner clip onto the carabiner clip attached to the Hanging Pulley.

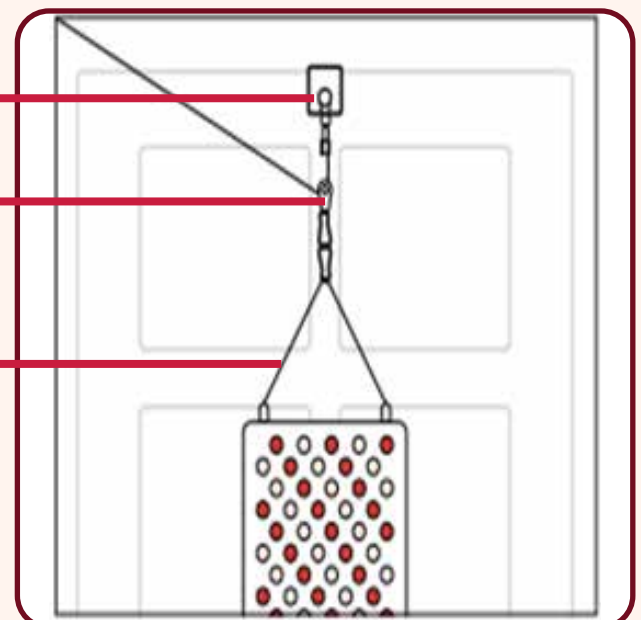


The other end of the Hanging Pulley with the carabiner will need to be clip onto the door hook.

Door Hook

Hanging pulley with carabiner clip

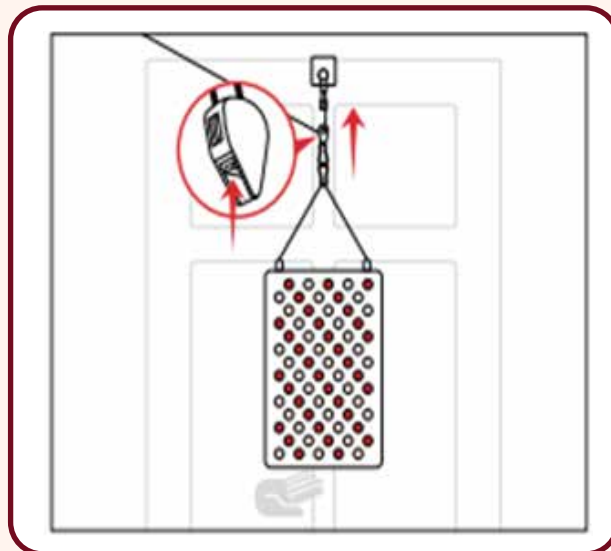
Hanging cable with carabiner clip



## 4. HOW TO INSTALL YOUR SOLIS RLT PANEL

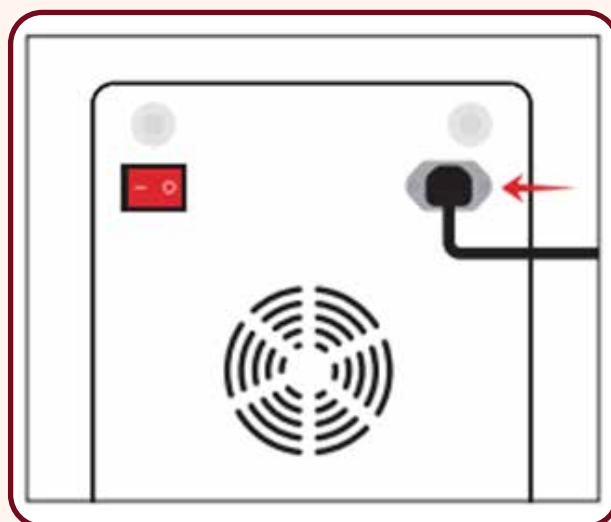
### Step 4:

- To raise or lower your device to your desired height, push up on the Hanging Pulley lever and adjust the loose cable. Please make sure there is adequate support while adjusting.



### Step 5:

- Plug the panel into a standard 10A household wall socket plug.
- Turn on the panel using the power switch on the back of your solis unit.



### Option 2: Wall Mounting

Inside your Solis package, it contains a wall mounting kit. The kit contains following:

Name	Qty
Wall Hanging Bracket	1
Sticker for drilling hole	1
Plastic expansion tubes	2
Screws - M4*50mm	2
Plastic Screws	2

## 4. HOW TO INSTALL YOUR SOLIS RLT PANEL

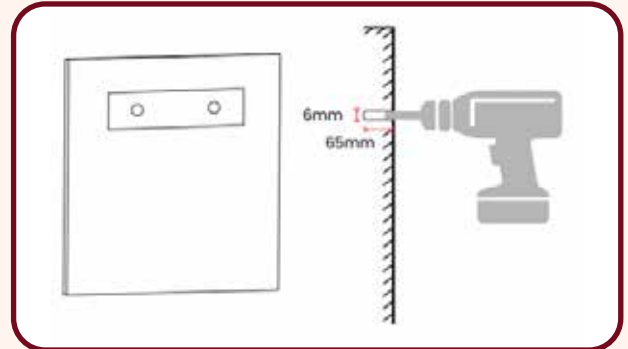
### Step 1:

- Select a suitable height for your device and making sure that it is aligned against the stud.



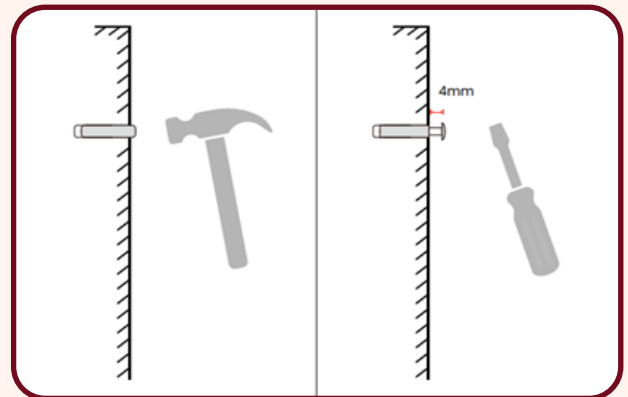
### Step 2:

- A Sticker is provided which as the distance required marked on it for the holes to be drilled into the wall. Stick the sticker to the wall at the chosen height and drill holes at the marked point on the sticker with a depth of 65mm with a 6mm drill bit.



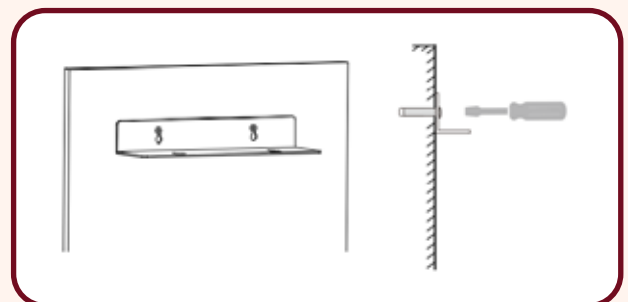
### Step 3:

- Insert the plastic expansion tubes into the holes. Use the M4\*50mm screws provided to screw into the hole and leaving a 4mm gap against the wall.



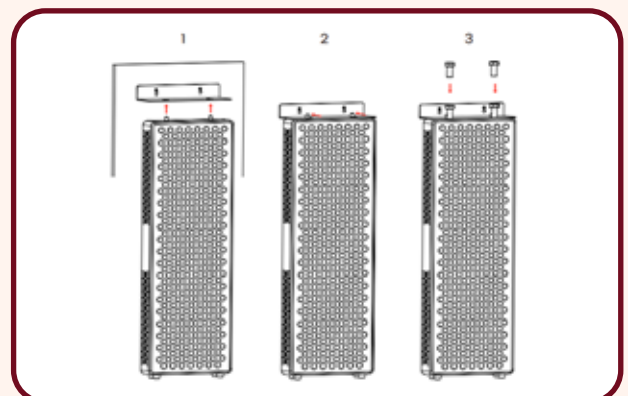
### Step 4:

- Hang up the wall bracket in the 4mm gap and tighten the screws.



### Step 5:

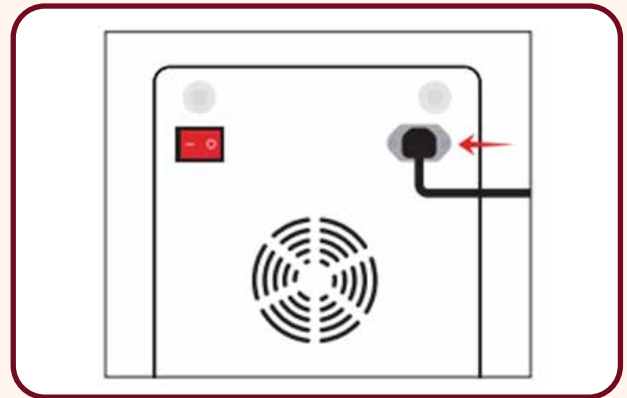
- Line up the top connector on your device against the wall bracket
- Slide the top connector of your device into the hole and push back to clip into position
- Screw in the plastic screws provided to tighten your device.



## 5. Operating Instructions on the RLT Panel

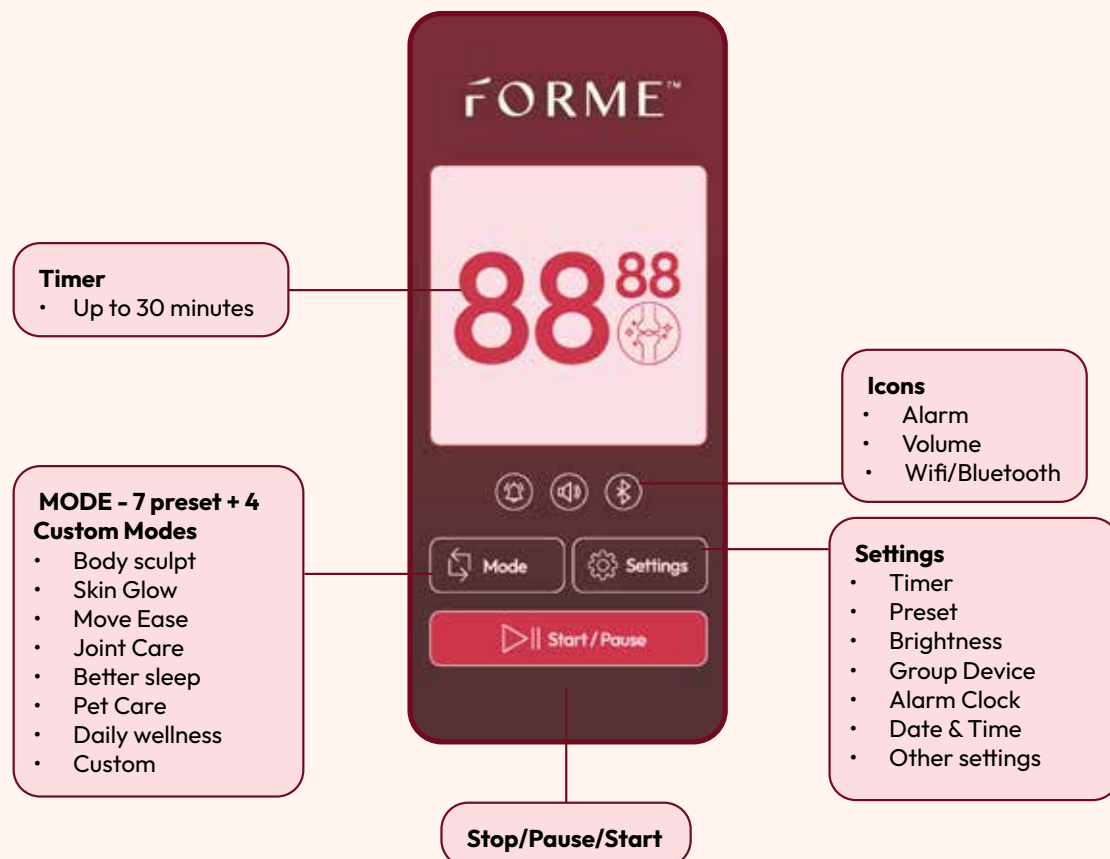
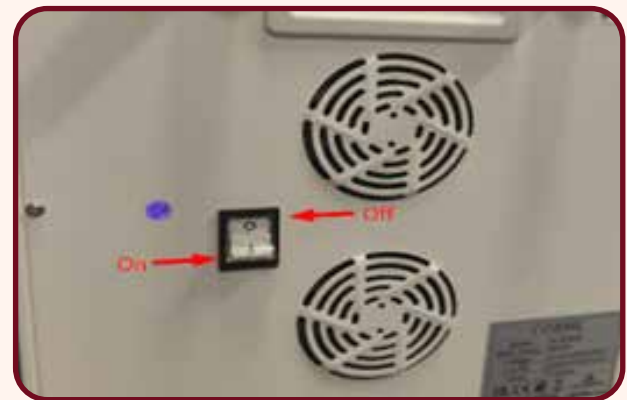
### Step 6:

- Plug the panel into a standard 10A household wall socket Plug.
- Turn on the panel using the power switch on the back of your Solis unit.



### Operating Instructions on the RLT Panel

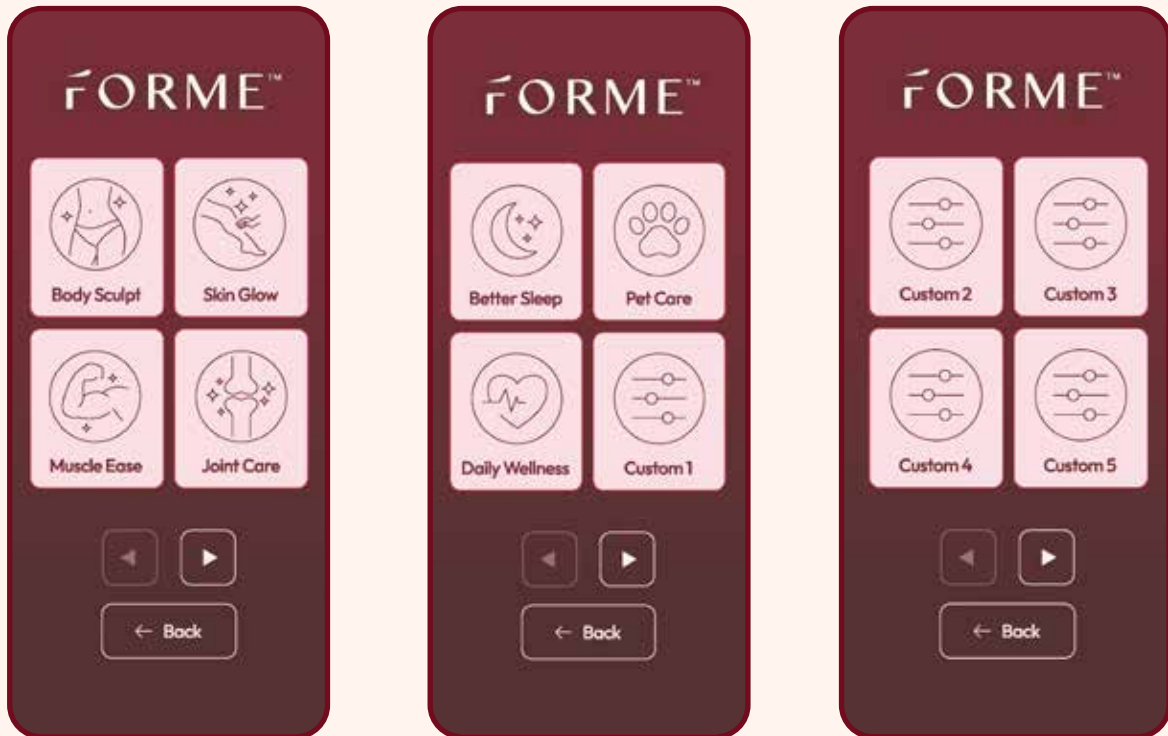
- Make sure your device are plugged into the household socket.
- To turn on the device, make sure to switch down on the button at the back of the device
- Go to the Panel and enter the Master Interface



## MODES

- Your device comes with 7 pre-installed modes and 4 slots for your customisation. To enter, press the 'Mode' button on your device.

Use the left and right arrows to see more mode options. Tap on the mode to select it.

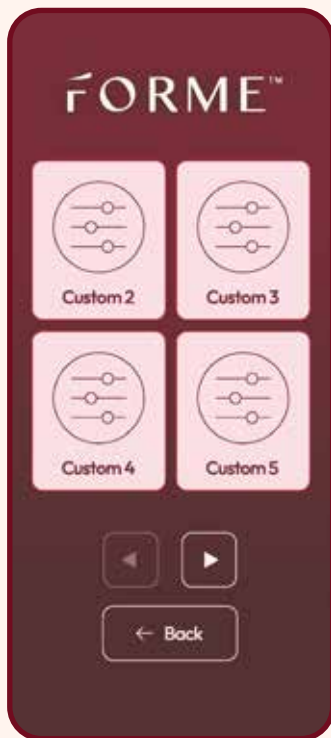


Modes	Timer
Body Sculpt	20 minutes
Skin Glow	10 minutes
Muscle Ease	20 minutes
Joint Care	20 minutes
Better Sleep	20 minutes
Pet Care	20 minutes
Universal	15 minutes

- Tap on the > to go to next page, or < to back a page or press Back to go back to the main menu.

## 5. Operating Instructions on the RLT Panel

You can save your own customised settings by selecting one of the custom modes. You can then access it again quickly in future sessions.



**Customised your own setting according to your needs:**

- Timer (up to 30 Minutes)
- Mode (Red, NIR, Red/NIR)
- Brightness

### SETTINGS

- Timer, Preset, Brightness, Group device, Alarm clock, Date & Time, Other setting




**Click on this button to enter the settings function, there are 7 options:**

- Timer
- Preset
- Brightness
- Group Device
- Alarm Clock
- Date & Time
- Other settings

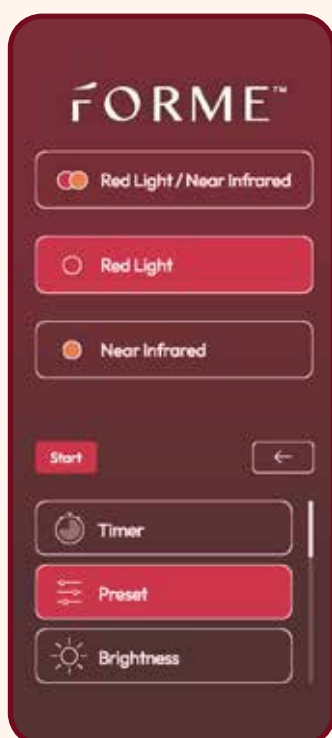
## TIMER

- You can choose up to 30 minutes per session




To manually start the session from your selection, press the “RUN” button or select  to return to the main menu.

## PRESET – You can choose which type of light to use



- RED/NIR:** Combination of both Red and Near-Infrared (NIR) Wavelength (630nm, 650nm, 660nm, 810nm, 830nm, 850nm and 940nm)
- RED -** Only the Red Light are operational (630nm, 650nm, and 660nm)
- NIR –** Only the NIR Light are operational (810nm, 830nm, 850nm and 940nm)

To manually start the session from your selection, press the “RUN” button or select  to return to the main menu.

## 5. Operating Instructions on the RLT Panel

### BRIGHTNESS:


Tap the “EDIT” button to enter the customisation field of each wavelength

To manually start the session from your selection, press the “RUN” button or select to return to the main menu.



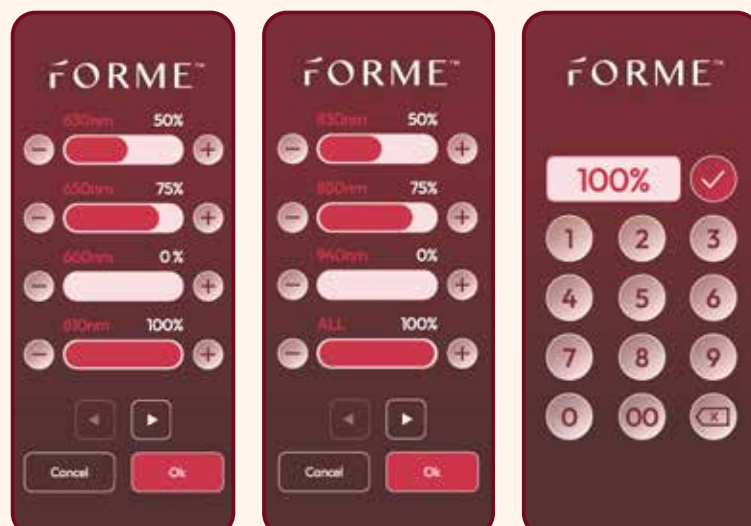
Current setting shown the brightness of each wavelength

To manually adjust the brightness tap on the wavelength to enter, you can do the following:

- Tap the - / + button to decrease or increase the brightness;
- Slide left or right to adjust the brightness of the wavelength;
- Tap on the % above each wavelength to enter in a number up to 100%, once selected, tap the  to accept the changes;
- If you want to go to next page tap the > button or back a page using the < button.

Tap the arrows at the bottom to show more wavelength options.


Tap the “CANCEL” button to back to the Settings page or the “OK” button to accept the changes



## ALARM CLOCK

The Alarm Clock provides a sound notification to remind the user when the therapy session has finished.

**Note:** The alarm time indicates the end of the lighting session. If the working time is set to **10 minutes**, the light will turn on **10 minutes** before the alarm time and stay on until the alarm rings.

To manually start the session from your selection, tap the “RUN” button or select to  return to the main menu.

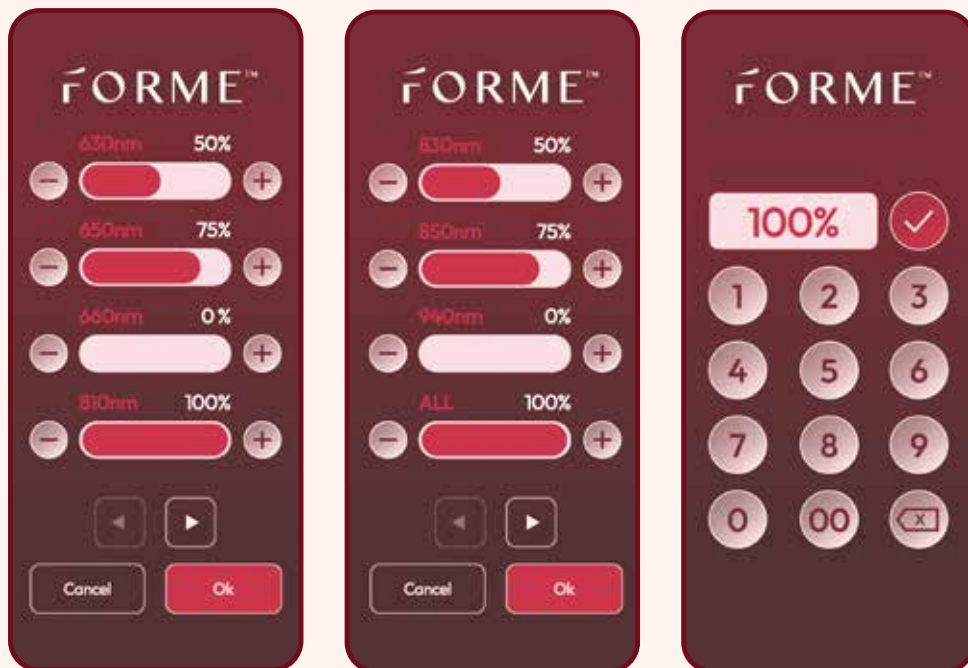



## GROUP DEVICE

You can link up to 6 Forme Solis devices to operate them together.

Slide the button to:

- Primary: Use this device as the main one to control the other device (make sure the other device are set to Secondary)
- Solo: Standalone device
- Secondary: Let another device control this device

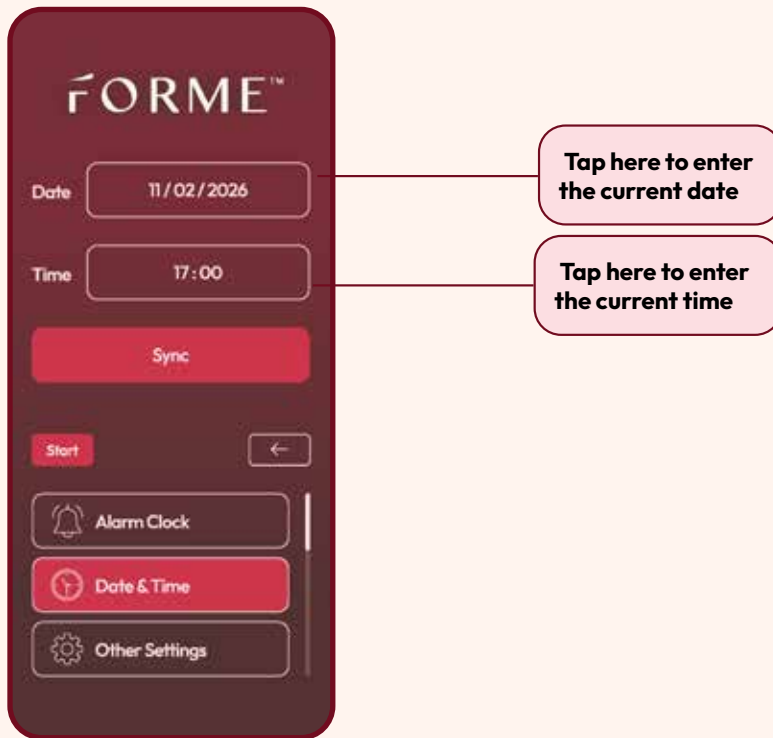


To manually start the session from your selection, press the “RUN” button or select  to return to the main menu.



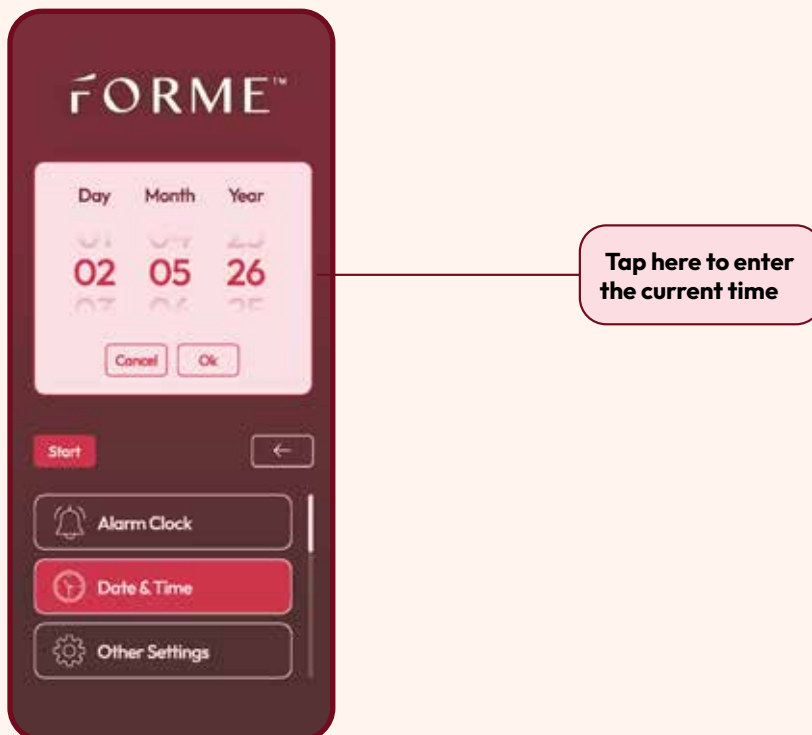


### DATE & TIME



Tap on the time to adjust the current time. Slide up or down to select the Hour, Minute and Second.

Tap the “CANCEL” Button to go back or the “OK” button to accept the changes



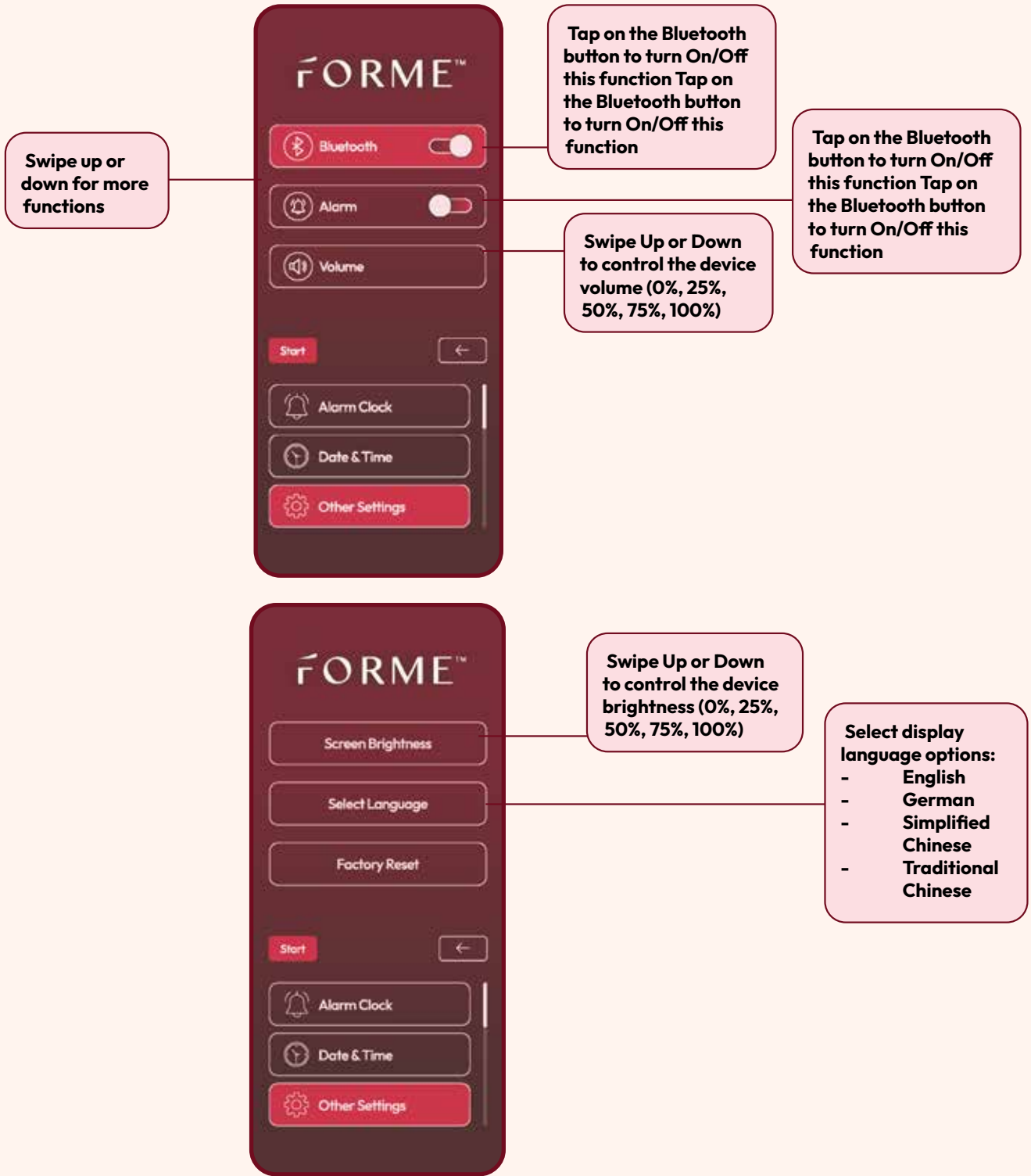
To manually start the session from your selection, tap the “RUN” button or select to return to the main menu.



## OTHER SETTING

There are 6 functions in this setting (Bluetooth, Work/Alarm, Volume, Screen Brightness, Language and Factory Reset)

Image below indicates Bluetooth is turned on and Work Alarm is turned off.



To manually start the session from your selection, tap the “RUN” button or select to return to the main menu.



### Enabling Bluetooth Connectivity

The Forme Solis RLT can be operated via the FORME GLO mobile application, which allows you to control and adjust device settings from your mobile device. The FORME GLO app is available for download from the **Apple App Store** and **Google Play Store**.



- Ensure the **Bluetooth function on your Mobile phone and Solis device** is turned on before starting.
- Open the **FORME GLO** app on your smartphone or tablet.
- Tap **Search Device** to scan for available devices.
- When your **Solis device** appears, select it and tap **Pair** to complete the connection.
- All the functions in the **FORME GLO** app operate the same way as the controls on the **Solis Device**

### **FREQUENTLY ASKED QUESTIONS**

#### **What is Red Light Therapy and how does it work?**

Red Light Therapy (RLT) uses specific wavelengths of red and near-infrared light to penetrate the skin and stimulate cellular activity. It is commonly used to support skin health, muscle recovery and overall wellness.

#### **What are the benefits of using your Solis RLT panel?**

With consistent use of your Solis RLT, it may help with:

- Support skin tone and texture
- Promote Muscle recovery
- Improve circulation
- Reduce temporary inflammation
- Support overall skin health

Results may vary depending on user and frequency of use.

#### **What is the difference between Red and Near-Infrared Light?**

Red Light (630nm, 650nm, 660nm) are visible to the human eye. It has a shorter wavelength and primarily interacts with the surface layers of the skin.

NIR (810nm, 830nm, 850nm, 940nm) are invisible light to the naked eye. It has a longer wavelength and allows it to penetrate much deeper into the body, reaching muscles, joints, nerves and even bones.

#### **Do I need to wear eye protection?**

Yes, while the light is generally safe, a protective eyewear is recommended, especially when using the device close to the face.

#### **How often should I use my Solis RLT and for how long?**

Consistency is key for an optimal result. You should be using your device 3 – 5 times per week for 10 – 20 Minutes per session.

#### **How close should I be to the panel?**

For optimal performance, position yourself 15–45cm from the panel. Closer distances provide more concentrated light exposure, while further distances allow treatment of larger areas.

#### **Can I use skincare products before treatment?**

Yes, Clean skin is recommended before treatment. Some users apply skincare after treatment to maximise absorption. Avoid products that may increase photosensitivity.

### **Who should not use RLT?**

Please consult your healthcare professional before you use if you are:

- Pregnant
- Have light-sensitive conditions
- Are taking photosensitising medications
- Have a medical condition affecting the skin

### **How do I clean my Solis RLT panel?**

To clean the panel:

- Turn off and unplug the device
- Use a soft, dry or slightly damp cloth to wipe the surface
- Do not use harsh chemicals or immerse the device in water

### **What should I do if my Solis RLT panel stopped working?**

If the device does not operate, please check the following:

- Check that the power cable is securely connected
- Ensure the power outlet is functioning
- Restart the device

If the issue persists, please contact our customer care support team for further assistance.

# FORME™

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

**0800 993399**  
**service@nz.forme.co**

**1800 993399**  
**service@forme.co**

For a digital copy of this guide visit:

**[www.forme.co/support](http://www.forme.co/support)**