



Jmoon

FLEXGLOW LIGHT THERAPY DEVICE

USER MANUAL

JD20U

Thank you for purchasing JMOON FlexGlow Light Therapy Device.

This user manual will guide you on how to properly use

JMOON FlexGlow Light Therapy Device.

If you need assistance or have any questions,
please don't hesitate to contact us via email,
phone, or through our official website.

We are always here to help you!

Official Website Email: support.us@jmoon.com

**US AMAZON Email: [amazonsupport@-
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Safety Precautions

1.1 Contraindications

The following are circumstances where the potential risks may outweigh the benefits. Consult a medical professional before use.

- Skin rashes, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- Pregnancy/nursing
- Abnormal sensations (e.g., numbness)
- Cancer/tumors
- Epilepsy
- Photo allergies or disorders (e.g., Lupus, porphyria)
- Medications that cause light sensitivity
- Medications for severe inflammatory acne
- Extreme sensitivity to light
- Melasma or hyperpigmentation (especially if exacerbated by mild warmth)
- If you have suspicious lesions or skin cancer, please consult your physician
- If taking or using any retinol or other sun-sensitive medications, products, or benzoyl peroxide, do not use infrared light
- Active inflammatory acne breakouts
- Bone fractures or myositis ossificans
- Hypertension (uncontrolled)
- Acute or severe cardiac, liver, or kidney disease
- Neurological conditions resulting in loss of sensation or altered sensation
- Bleeding disorders
- Recent surgery or injury
- Connective tissue disorders
- Peripheral vascular insufficiency or disease
- Medications that thin the blood or alter sensations
- Direct placement of hardware over a surgical site
- Extreme discomfort or pain
- Pacemaker, ICD, or history of embolisms

1.2 Warnings & Precautions

- Do not use the device for an extended period of time or over the same area more times than recommended.
- Stop using the device immediately if you experience discomfort or adverse effects, such as an allergic reaction, skin disease, allergic dermatitis, or sensitive skin.
- Follow the user manual instructions carefully. Failure to do so may result in adverse effects.
- This device contains a rechargeable battery, which may overheat, catch fire, or explode if not handled properly. To prevent these risks, follow these safety guidelines.
- Do not charge, use, or place the device near an open flame or heating devices, or in any high-temperature environments.
- Keep out of reach of children. Do not use on children or allow children to use the device, as this may cause accidents or injury.
- Do not use on those who cannot express their intentions, and do not allow disabled individuals to use the device unattended as this may cause accidents.
- Use only as directed in this manual.
- Do not use near flammable substances such as alcohol, thinners, gasoline, nail polish remover, or hair spray as this may cause a fire, electric shock, or injury.
- Buyers should only use this product for themselves to avoid cross-gain caused by multiple people using it.
- This product should not be exposed to dust, lint, or sunlight, which will affect its use and lifetime.
- Please be careful not to let children and pets use this product, or it may lead to strong light damage caused by improper use.

- Please note that this product does not allow the purchaser to replace parts.
- The patient is an intended operator.
- Do not damage, process, forcefully bend, pull, twist, or bundle the cord.
- Do not place heavy objects on the cord or allow it to get pinched in between other objects. As this may damage the cord and cause a fire or electric shock.
- Do not subject the equipment to heavy shocks to avoid the risk of damage to the lamp.
- Only use the adapter provided by Jmoon in the package.
- Keep the light therapy device and charger dry; do not wash them with water.
- Do not use near water sources or while in the bath or shower, or it may cause potential electric shocks, short circuits, or fires.
- Do not disassemble, repair, or modify this device in any way.
- Always unplug the appliance after use and in case of a power failure to avoid the risk of damage to the device.

1.3 Unsuitable Situations

- This device is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the device. Failure to do so may increase the risk of fire or burns.
- Only people over 18 years old can be allowed to use the device.
- If the main cord is damaged, you should have it replaced by Jmoon, a service center authorized by Jmoon or similarly qualified persons in order to avoid the risk of electrocution.
- Do not use this device in wet surroundings (e.g. in the bathroom or near a shower or swimming pool);
- Do not let water run into the appliance.
- Check if the voltage indicated on the device corresponds to the local mains voltage before you connect the device or it may cause electrocution or permanent damage to the device.
- If the wall socket used to power the device has poor connections, the device's plug could heat up. Make sure you plug the device into a properly installed wall socket to avoid the risk of fire and burns.

1.4 Eye Safety

The device emits LED light during treatment, and direct exposure can cause damage to the eyes. Put on the provided goggles, ensuring they fit snugly around the eye area. DO NOT look directly into the LED panel area when the device starts to flash, and wear the provided goggles during the treatment.

1.5 Light Sensitivity Test

Cleanse the inner arm with soap or a facial cleanser, pat it dry, and then expose it to the light from the Jmoon FlexGlow Light Therapy device for 3 minutes. Wait 24 hours and check your skin for any unusual conditions, such as persistent redness, burning, heat, or discomfort. If you experience no adverse effects, you may use the device on your face. However, if you develop any rash, redness, itching, or other unusual reactions before, during, or after the test, stop using the device immediately.

Product Information

Product Name: Jmoon FlexGlow Light Therapy Device
Model: JD20U SG, JD20U SP

2.1 Indications for Use

Jmoon FlexGlow Light Therapy Device is an over the counter device that is intended:

- the Red light and Infrared light is indicated for use in the treatment of full face wrinkles,
- the Blue light and Red light is indicated for the treatment of mild to moderate inflammatory acne.

2.2 Package Contents

The package contains the following contents:

Jmoon FlexGlow Light Therapy device *1

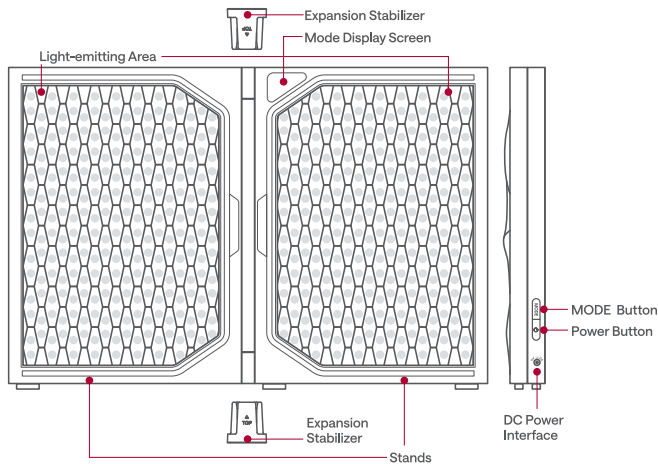
Adapter *1

Goggles *1

Expansion Stabilizer *2

User Manual *1

2.3 Product Structure



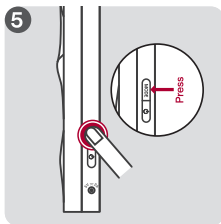
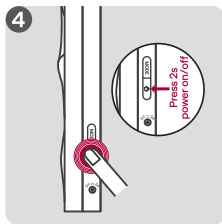
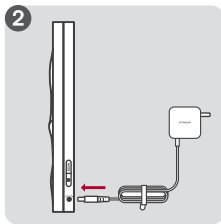
The device consists of a Light Therapy Device, an adapter, goggles, expansion stabilizers.

How to use your device

Preventive inspection

- Remove the device and its accessories from the packaging box. Keep the relevant packaging materials for subsequent transportation, storage, and reference.
- Check whether the device and accessories are in good condition and whether there is any mechanical damage. If there is any sign of functional damage to the device, do not use the device and contact the dealer or after-sales service organization immediately.

Steps



Step 1. Prepare Your Skin

Before use, remove makeup and cleanse your treatment area with a gentle, non-irritating cleanser.

Step 2. Connect Power

Remove the protective film before use. Connect the device and adapter. Use the official adapter to connect the device — the device must remain plugged in during use. And be sure to do the Light sensitivity test first (refer to 1.5).

Step 3. Wear Protective Goggles

When the device is operating, it emits intense LED light — MUST wear the protective goggles provided.

Step 4. Power On the Device

Press and hold the Power Button for 2 seconds to turn it on. The device will start in M01 (default mode) and emit a “beep” sound. The display screen will show “M01”.

Step 5. Select Treatment Mode

Mode introduction:

5.1 Acne Defense Mode (M01)

Designed to help improve acne-prone skin. Select this mode for acne care. For best results, maintain a healthy lifestyle — including a balanced diet, regular exercise, and sufficient sleep.

5.2 Anti-Wrinkle Recovery Mode (M02)

Designed to reduce the appearance of facial wrinkles. Select this mode for wrinkle care. Regular use may help improve skin smoothness and elasticity.

5.3 Dual Care Mode (M03)

Designed for users with both mild to moderate acne and facial wrinkles. Select this mode for combined acne and wrinkle care. **Mode Switch:** The device offers three modes (M01-M03). Select the mode according to your skin condition. After powering on, press the MODE Button to start from M01.

Switching Modes: M01 → M02 → M03 → M01...

A triple beep sounds when switching modes.

Duration:

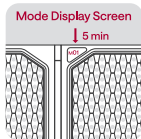
- M01 and M02 each run for 5 minutes, then automatically enter Standby Mode with two beep sounds.
- M03 runs for 10 minutes (5 minutes of M01 + 5 minutes of M02), then automatically enters Standby Mode with two beep sounds. A single beep indicates the switch from M01 to M02 during M03.

Stand-by Mode:

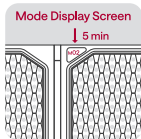
- During standby, the LED screen flashes "M0", and all LED lights turn off.
- After each mode completes, the device enters standby. If left idle for 3 minutes in standby, the device turns off automatically (one beep sound).

Activate the device:

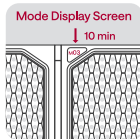
Press the MODE Button to reactivate the device — it will return to working mode with two beep sounds.



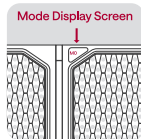
M01: LED screen shows "M01"



M02: LED screen shows "M02"



M03: LED screen shows "M03"



Standby Status: LED screen displays "M0" and flashes.

Step 6. Usage Instructions (Face and Body)

Place the JMOON FlexGlow Light Therapy Device over the treatment area (face and body: neck/chest/back/arm/leg, etc.). Keep it still — do not move it across the skin.

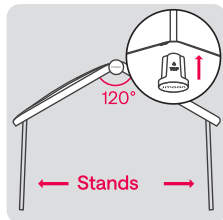
Note: The device can be adjusted between the two panels from 0° to 180° to suit different treatment angles.

Instructions:

- Lying-down Use: Unfold the stands so you can lie under the device. Attach the stabilizer with the “▲Top” icon facing outward.
- Upright Use: Unfold the device to let it stand on a flat surface. Adjust the suitable angle toward your treatment.

Treatment Area:

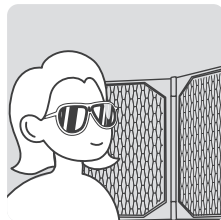
- For Face
- For Body (Neck, Arms, Leg, Feet, Back, Chest, etc.)



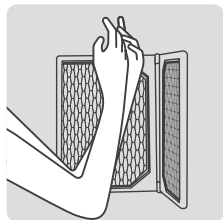
Lying: Attach stabilizer (“Top” outward)



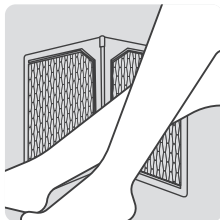
Face and Neck



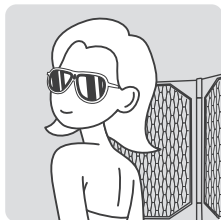
Face and Neck



Arms

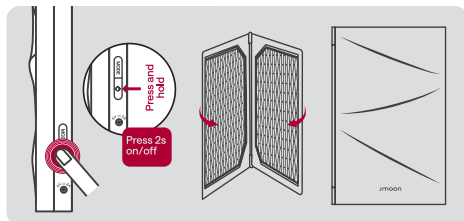


Legs and Feet



Chest and Back

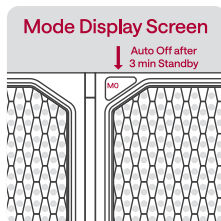
Step 7. Power off



Manual Power Off

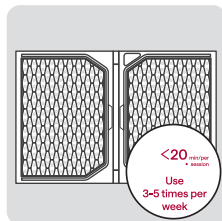
Method 1: Press and hold the Power Button for 2 seconds, A beep sound will indicate shutdown.

Method2: Close the device directly — it will shut down automatically (no sound).



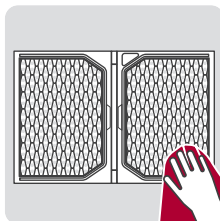
Automatic Power Off

If the device remains in Standby mode for 3 minutes, it will turn off automatically (1 beep sound).



Step 8. Treatment Schedule

It is recommended to use 3-5 times per week, with each session not exceeding 20 minutes.



Step 9. Post-use cleaning

After the session, you can fold the device and store it back in its packaging. If there is dust or dirt, clean it with a slightly damp soft cloth or a wet wipe.

Jmoon



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