

capillus

# Healing **Pod**

Proven Red Light Therapy

User manual

# TABLE OF CONTENTS

Safety & Precautions ..... 1, 2

Introduction..... 3

What’s in the box?..... 3

Product Overview ..... 4

Getting Started..... 5

Using the Healing Pod ..... 5

Care & Maintenance ..... 6

Troubleshooting..... 7

Frequently Asked Questions..... 7

Warranty & Support..... 8, 9

Legal Notes..... 9

Contact Us ..... 10

# Safety & Precautions

## General Safety

IMPORTANT SAFETY INSTRUCTIONS CONSULT A DOCTOR BEFORE USE. IF YOU HAVE ANY OF THE CONDITIONS BELOW, USE OF THE HEALING POD IS NOT RECOMMENDED WITHOUT YOUR DOCTOR'S APPROVAL.

## Contraindications

Do not use the Healing Pod™ if you:

- You have skin diseases, burns or reddening.
- You have splanchnic diseases.
- You have a heart defibrillator or other implantable devices.
- You have a heart disease or illness.
- You have broken bones.
- You feel nauseous, have a headache or other symptoms.
- You have just had surgery.
- You suffer from abnormal blood pressure.
- You are currently pregnant or breastfeeding.
- You have anhidrosis.
- You have any metal or other body implants, including breast implants.
- You have mental illness
- This device is not for use by children.
- Are in a dehydrated state.
- Are pregnant or suspect you may be pregnant
- Have epilepsy or a seizure disorder
- Are photosensitive or taking light-sensitizing medications
- Have open wounds, active infections, or recent surgery without clearance

When using the device as with any electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons. Misuse or failure to follow these warnings and instructions may cause over heating, fire, personal injury and/or property damage:

- Read all instructions before using this heated product.
- Keep out of reach of children and pets
- Do not use if you suffer from mobility issues that would prevent freeing oneself from the device
- Examine product, cord and controller prior to each use. Do not use if damaged in any way. If improper operation, wear or damage is observed, discontinue use immediately, unplug it, and reach out to Capillus Customer Care.
- Do not use with an extension cord.
- Always use the device on a flat, dry surface. Do not use in a creased condition.
- Do not use with analgesic creams, liniments, or ointment preparations. Skin burns could result.

- Do not operate near water or while wet.
- Do not sleep inside the device.
- Do not use in conjunction with other heated products.
- Do not tuck in, pinch, flex, or expose the wired heating area of this heated product. All portions of this heated product should be visible at all times including the controller
- Unplug when not in use.
- Do not fold when hot as this can damage the device.

### **Medical Consultation:**

Speak with your Physician prior to use if you have any medical condition, or are currently under medical care.

### **Eye Protection**

The eyes should remain closed while using the device. Do not look directly at the LEDs. Protective eyewear is not required but may be used for additional comfort.

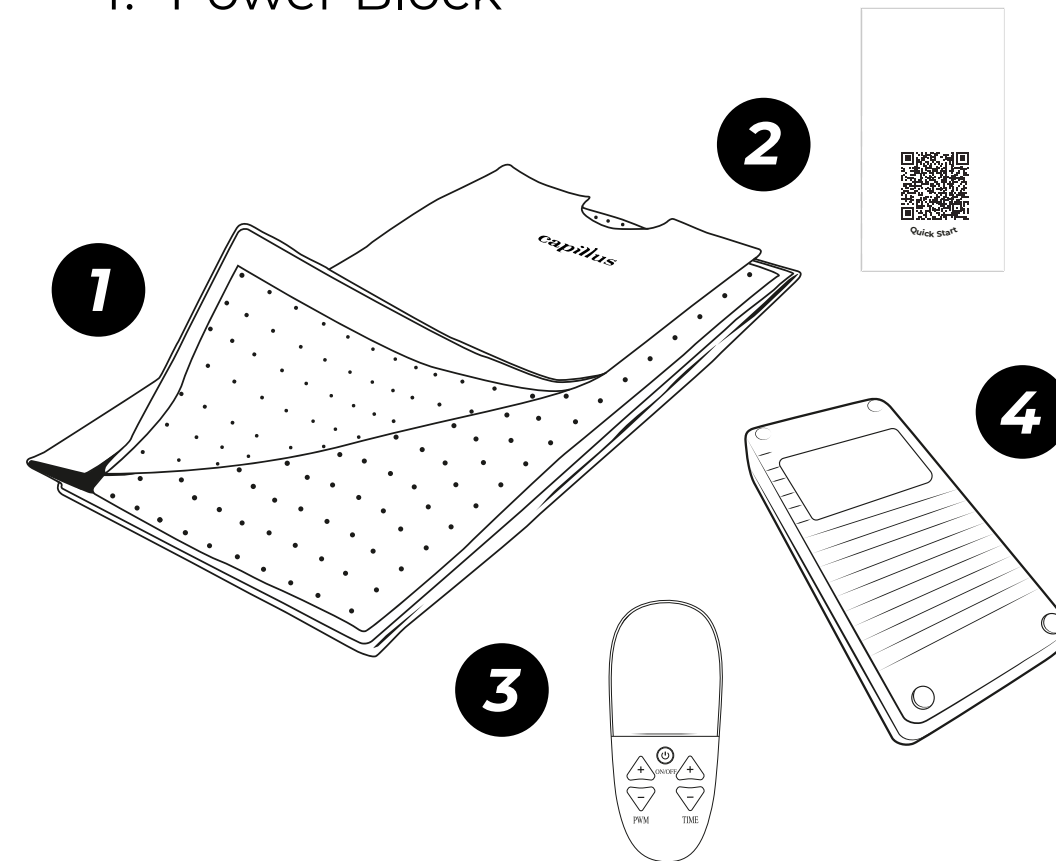
# Introduction

Welcome to the Capillus Healing Pod™ — the evolution of wellness, engineered to deliver full-body red and near-infrared light therapy in a single, immersive session. Built for comfort, precision, and performance, this advanced light therapy Healing Pod surrounds your body for maximum coverage.

From circulatory support to deep relaxation, the Healing Pod™ integrates powerful photobiomodulation (PBM) technology into a convenient form factor—making restorative wellness part of your everyday routine.

# What's in the box?

1. Capillus Healing Pod
2. Manual
3. Remote
4. Power Block



# Product Overview

The Capillus Healing Pod™ is a full-body light therapy system in a flexible Healing Pod form. It delivers red and near-infrared light at scientifically supported wavelengths and modulated frequencies to optimize cellular energy, improve blood flow, and encourage relaxation.

## Technical Specifications

- LED Quantity: 2,580
- LED Chip Configuration: Each diode contains 2 × 660nm and 2 × 850nm chips
- Wavelengths: 660nm (red) and 850nm (near-infrared)
- Irradiance: 150 mW/cm<sup>2</sup> at surface
- Power Output: 320W
- Dimensions: 180 cm × 80 cm
- Weight: 20 lbs
- Materials: Medical-grade TPU and EVA
- Power Supply Input: 100–240V, 50/60Hz, 5A
- Output: 48V, 7A

## Control Panel

- Power ON/OFF
- Intensity Control (PWM P1-P5)
- Timer Control (5–30 minutes)
- Frequency Mode Toggle:
  - Mode 1: Continuous Light
  - Mode 2: 10Hz Pulsed Light
  - Mode 3: 40Hz Pulsed Light

Use the built-in timer to control session length. The system will shut off automatically when the timer ends. Remain hydrated before and after use.

# Getting Started

1. Review all safety instructions and precautions prior to use.
2. Unpack the Healing Pod™ and ensure all components are present.
3. Lay the device on a flat surface free from moisture or debris.
4. Plug the controller into the blanket and connect the power adapter to a grounded wall outlet.
5. Power on the device. Select your preferred light intensity and duration using the control panel.
6. Lie inside the blanket, ensuring the LEDs are positioned close to your body.

**The device is ready to use.**

# Using the Healing Pod

## Recommended Usage

- Session Duration: 5 to 30 minutes
- Frequency: 3 to 4 sessions per week
- Intensity: Start with P2 or P3; increase gradually as tolerated

## Modes

- Continuous Mode for general wellness and circulation.
- 10Hz Mode for relaxation and nervous system support.
- 40Hz Mode for cognitive stimulation and mental clarity.

Use the built-in timer to control session length. The system will shut off automatically when the timer ends. Remain hydrated before and after use.

CAUTION: If you feel an area of your body is getting too warm, reduce temperature setting or cease operation at any time by using the power button on the controller to turn it off.

# Care & Maintenance

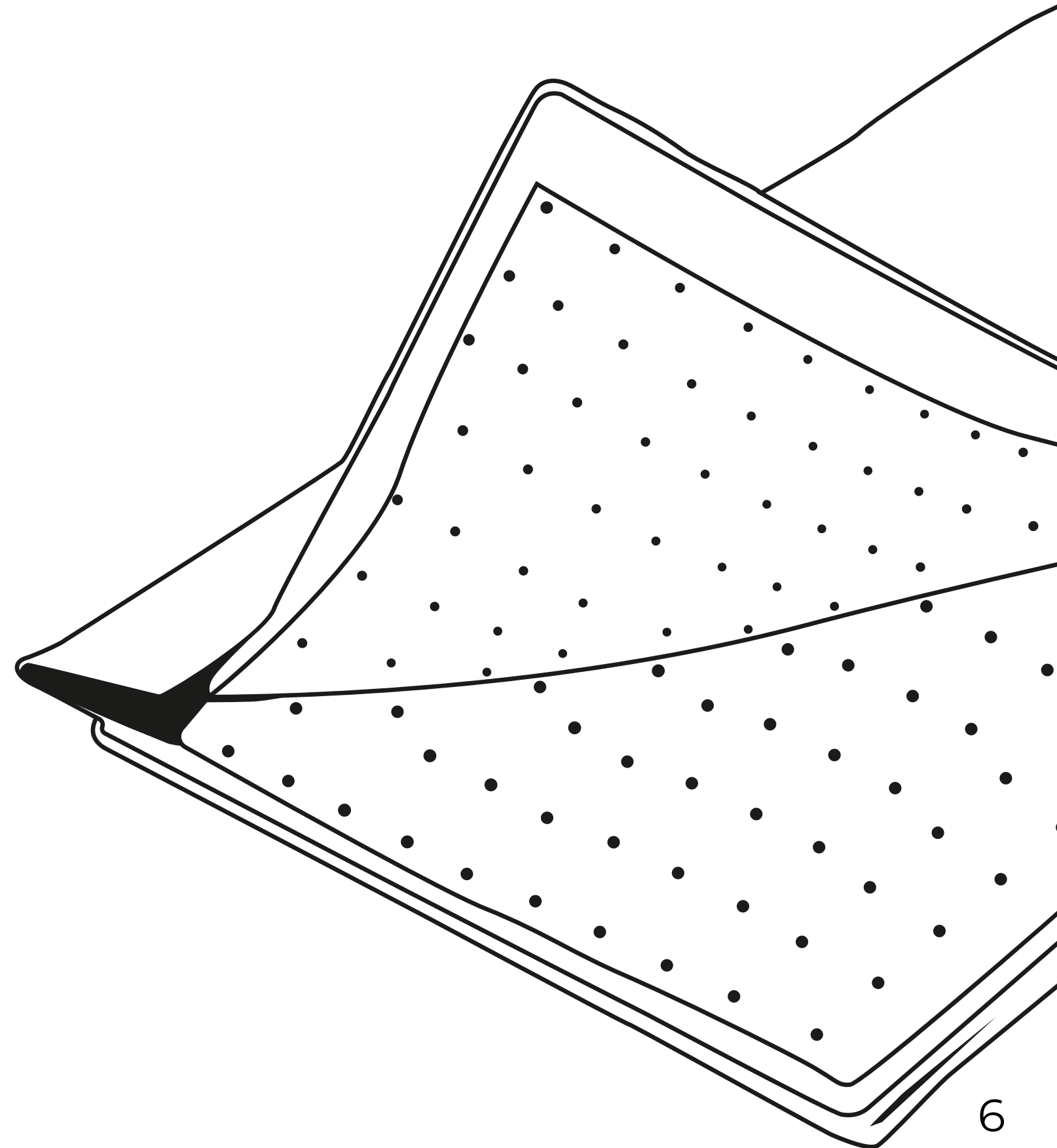
After use, allow the device to cool completely. Do not fold for at least 30 minutes after use or while still warm to the touch.

Turn off and unplug when not in use.

Wipe the interior and exterior surfaces with a soft cloth or towel to absorb any sweat left behind. Use a non-toxic gentle soap or non-toxic cleaning wipe. Do not use chemical cleaners, sprays, or abrasives.

Store the device flat or loosely rolled in a cool, dry place. Do not fold or crease the LED panel. Do not store with items on top of the device.

Never submerge the device or expose electrical components to moisture.





# Troubleshooting

## Device does not power on

- Confirm the power cable is fully connected.
- Ensure the wall outlet is functioning.

## LEDs not lighting

- Check controller connection.
- Restart the unit.

## Unit turns off during use

- This is normal and indicates the session timer has ended.

## Device feels too warm

- A low level of warmth is expected.
- If discomfort occurs, lower intensity or stop session.

# FAQs

## Is the Healing Pod™ safe for daily use?

Yes. Daily use is safe, although 3 to 4 sessions per week are typically sufficient.

## Can I use it on my face

Yes, but always keep eyes closed and avoid looking directly into the LEDs.

## Does it treat specific conditions?

No. The Healing Pod™ is a wellness device designed to support general relaxation, circulation, and muscle recovery.

## What are the benefits of 10Hz modes?

10Hz is associated with relaxation and nervous system balance. 40Hz is linked to cognitive stimulation and mitochondrial support.

# warranty & Support

CAPILLUS OFFERS A ONE-YEAR LIMITED WARRANTY COVERING MANUFACTURING DEFECTS UNDER NORMAL USE CONDITIONS.

IMPORTANT: BY USING THE CAPILLUS HEALING POD YOU ARE AGREEING TO BE BOUND BY THE TERMS OF THE CAPILLUS ONE (1) YEAR LIMITED WARRANTY ("WARRANTY") AS SET OUT BELOW. DO NOT USE YOUR PRODUCT UNTIL YOU HAVE READ THE TERMS OF THE WARRANTY. IF YOU DO NOT AGREE TO THE TERMS OF THE WARRANTY, DO NOT USE THE PRODUCT AND RETURN IT WITHIN THE RETURN PERIOD STATED IN HIGHERDOSE'S RETURN POLICY FOR A REFUND.

## HOW CONSUMER LAW RELATES TO THIS WARRANTY

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). OTHER THAN AS PERMITTED BY LAW, CAPILLUS DOES NOT EXCLUDE, LIMIT OR SUSPEND OTHER RIGHTS YOU MAY HAVE, INCLUDING THOSE THAT MAY ARISE FROM THE NONCONFORMITY OF A SALES CONTRACT. FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU SHOULD CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE OR STATE.

## WARRANTY LIMITATIONS SUBJECT TO CONSUMER LAW

TO THE EXTENT PERMITTED BY LAW, THIS WARRANTY AND THE REMEDIES SET FORTH ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, REMEDIES AND CONDITIONS, WHETHER ORAL, WRITTEN, STATUTORY, EXPRESS OR IMPLIED. CAPILLUS DISCLAIMS ALL STATUTORY AND IMPLIED WARRANTIES, INCLUDING WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS, TO THE EXTENT PERMITTED BY LAW. IN SO FAR AS SUCH WARRANTIES CANNOT BE DISCLAIMED, CAPILLUS LIMITS THE DURATION AND REMEDIES OF SUCH WARRANTIES TO THE DURATION OF THIS EXPRESS WARRANTY AND, AT CAPILLUS'S OPTION, THE REPAIR OR REPLACEMENT SERVICES DESCRIBED BELOW. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (OR CONDITION) MAY LAST, SO THE LIMITATION DESCRIBED ABOVE MAY NOT APPLY TO YOU.

## WHAT IS COVERED BY THIS WARRANTY?

CURALLUX LLC WARRANTS THE CAPILLUS HEALING POD AGAINST DEFECTS IN MATERIALS AND WORKMANSHIP WHEN USED NORMALLY IN ACCORDANCE WITH CAPILLUS'S PUBLISHED GUIDELINES FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF ORIGINAL RETAIL PURCHASE BY THE END-USER PURCHASER ("WARRANTY PERIOD"). CAPILLUS'S PUBLISHED GUIDELINES INCLUDE BUT ARE NOT LIMITED INFORMATION CONTAINED IN TECHNICAL SPECIFICATIONS, USER MANUALS AND SERVICE COMMUNICATIONS.

## WHAT IS NOT COVERED BY THIS WARRANTY?

CAPILLUS DOES NOT WARRANT THAT THE OPERATION OF THE HEALING POD WILL BE UNINTERRUPTED OR ERROR-FREE. CAPILLUS IS NOT RESPONSIBLE FOR DAMAGE ARISING FROM FAILURE TO FOLLOW INSTRUCTIONS RELATING TO USE OF THE CAPILLUS HEALING POD.

THIS WARRANTY DOES NOT APPLY: (A) TO COSMETIC DAMAGE, INCLUDING BUT NOT LIMITED TO SCRATCHES, DENTS AND BROKEN PLASTIC ON PORTS, CORDS OR CONTROLLERS, UNLESS FAILURE HAS OCCURRED DUE TO A DEFECT IN MATERIALS OR WORKMANSHIP; DAMAGE CAUSED BY OPERATING THE CAPILLUS HEALING POD OUTSIDE CAPILLUS'S PUBLISHED GUIDELINES; (D) TO DAMAGE CAUSED BY SERVICE PERFORMED BY ANYONE WHO IS NOT A REPRESENTATIVE OF CAPILLUS; WRITTEN PERMISSION OF CAPILLUS; (F) TO DEFECTS CAUSED BY NORMAL WEAR AND TEAR OR OTHERWISE DUE TO THE NORMAL AGING OF THE CAPILLUS HEALING POD; OR (G) IF CAPILLUS RECEIVES INFORMATION FROM RELEVANT PUBLIC AUTHORITIES THAT THE PRODUCT HAS BEEN STOLEN, AND YOU CANNOT PROVE IN ANY WAY THAT YOU ARE THE AUTHORIZED USER OF THE PRODUCT (EG. BY PRESENTING PROOF OF PURCHASE).

## YOUR RESPONSIBILITIES

BEFORE RECEIVING WARRANTY SERVICE, CAPILLUS OR ITS AGENTS MAY REQUIRE THAT YOU FURNISH PROOF OF PURCHASE DETAILS, RESPOND TO QUESTIONS DESIGNED TO ASSIST WITH DIAGNOSING POTENTIAL ISSUES AND FOLLOW CAPILLUS'S PROCEDURES FOR OBTAINING WARRANTY SERVICE.

FOLLOWING WARRANTY SERVICE YOUR CAPILLUS HEALING POD OR A REPLACEMENT ITEM WILL BE RETURNED TO YOU, SUBJECT TO APPLICABLE PRODUCT MODEL UPDATES AND AVAILABILITY.

IMPORTANT: DO NOT ATTEMPT TO REPAIR THE CAPILLUS HEALING POD, THE CONTROLLER OR ANY OTHER ASPECT OF THE PRODUCT. ATTEMPTING TO REPAIR

THE PRODUCT IS DANGEROUS AND MAY CAUSE DAMAGE THAT IS NOT COVERED BY THIS WARRANTY. ONLY CAPILLUS SHOULD PERFORM SERVICE ON THE PRODUCT.

NO COMMERCIAL USE

THE CAPILLUS HEALING POD IS DESIGNED AND INTENDED ONLY FOR HOME USE. CAPILLUS HEALING POD IS NOT INTENDED TO BE USED IN ANY COMMERCIAL OR INSTITUTIONAL SETTING OR APPLICATION. THESE INCLUDE BUT ARE NOT LIMITED TO: COMMERCIAL GYMS, COMMERCIAL SPAS, DEPARTMENTS, GOVERNMENT AGENCIES, APARTMENT/RETIREMENT/CONDOMINIUM COMMUNITIES, HOTELS, CRUISE SHIPS, SCHOOLS OR UNIVERSITIES.

USING THE CAPILLUS HEALING POD IN A COMMERCIAL OR INSTITUTIONAL SETTING WILL VOID THE PRODUCT'S WARRANTY AND MAY OPEN THE OWNER OF THE PROPERTY TO UNNECESSARY RISKS.

LIMITATION OF LIABILITY

EXCEPT AS PROVIDED IN THIS WARRANTY AND TO THE MAXIMUM EXTENT PERMITTED BY LAW, CAPILLUS IS NOT RESPONSIBLE FOR DIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY BREACH OF WARRANTY OR CONDITION, OR UNDER ANY OTHER LEGAL THEORY, INCLUDING BUT NOT LIMITED TO LOSS OF USE; LOSS OF REVENUE; LOSS OF ACTUAL OR ANTICIPATED PROFITS (INCLUDING LOSS OF PROFITS ON CONTRACTS); LOSS OF THE USE OF MONEY; LOSS OF ANTICIPATED SAVINGS; LOSS OF BUSINESS; LOSS OF OPPORTUNITY; LOSS OF GOODWILL; LOSS OF REPUTATION; OR ANY INDIRECT OR CONSEQUENTIAL LOSS OR DAMAGE HOWSOEVER CAUSED INCLUDING THE REPLACE MENT OF EQUIPMENT AND PROPERTY. THE FOREGOING LIMITATION SHALL NOT APPLY TO DEATH OR PERSONAL INJURY CLAIMS, OR ANY STATUTORY LIABILITY FOR INTENTIONAL AND GROSS NEGLIGENT ACTS AND/OR OMISSIONS. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

GENERAL

NO RESELLER, AGENT, OR EMPLOYEE IS AUTHORIZED TO MAKE ANY MODIFICATION, EXTENSION, OR ADDITION TO THIS WARRANTY. IF ANY TERM IS HELD TO BE ILLEGAL OR UNENFORCEABLE, THE LEGALITY OR ENFORCEABILITY OF THE REMAINING TERMS SHALL NOT BE AFFECTED OR IMPAIRED. THIS WARRANTY IS GOVERNED BY AND CONSTRUED UNDER THE LAWS OF THE STATE OF FLORIDA, UNITED STATES. CAPILLUS OR ITS SUCCESSOR IN TITLE IS THE WARRANTOR UNDER THIS WARRANTY.

For support of warranty inquiries:

Capillus Customer Care  
Email: [support@capillus.com](mailto:support@capillus.com)  
Phone: (786) 888-6249  
Hours: Monday–Friday, 9:00 AM – 5:00 PM EST

Please register your product at:  
[www.capillus.com/warranty](http://www.capillus.com/warranty)

Legal Notices

The Capillus Healing Pod™ is an FDA Class II medical device under product code ILY. It complies with FCC, CE, and RoHS standards.

Capillus LLC  
1715 NW 82nd Ave, Miami, FL 33126 USA

All rights reserved.

## **Risk of Loss; Other Terms of Sale**

The risk of loss and title for items purchased by you pass to you upon our delivery of the items to the carrier. We do not take title to returned items until the item arrives at our fulfillment center. At our discretion, a refund may be issued without requiring a return. In this situation, we do not take title to the refunded item.

NO RESALE. Buyer shall use the device delivered to buyer for the buyer's user only, and shall not resell, transfer, exchange, or otherwise assign the device without first obtaining the prior written consent of Capillus, which consent may be granted or withheld by Capillus in its sole discretion.

## **How to Contact Us**

You can contact us in writing at the following address:

Curallux, LLC 1715 NW 82 Ave Miami, FL 33126

By e-mail to our Capillus Customer Team at: [info@capillus.com](mailto:info@capillus.com)

By phone to our Capillus Customer Team at: 1-888-571-5334

# capillus



**WWW.CAPILLUS.COM**  
**+1 (888) 571-5334**

**© 2025 Curallux, LLC. All rights reserved.**