



Kivo Pro Panel LED Light Therapy System

For use with Kivo Pro Panel systems

Please keep for reference, this contains information about the operation, safety, and warranty of this device.

VERSION 1.1
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Welcome to Kivo

Kivo is a Premium Light Therapy company based in Vancouver, British Columbia.

For years, Kivo has offered high quality, reliable, and functional light therapy devices worldwide. Its Light Therapy devices help with a variety of issues from combating acne, to repairing skin, to helping with injury, or reducing anxiety, and simply helping to power the body and mind using the all-natural power of Light.

Light Therapy, from Kivo, is backed by over 7000 clinical studies that shows its effectiveness. Kivo Products are used by people in their homes, as well as clinical use by osteopaths, naturopaths, med-spa's, trainers, and physiotherapists to help people recover better, feel better, and look better.



Safety Information

- Do not operate this device near to water. It is not water proof.
- Do not submerge any part of this device in any liquid.
- Keep this device clean and dry.
- Do not use if any part of the device, components, or charging cable is damaged or has been dropped.
- The device cannot be repaired, do not take apart.
- If you feel the item is not working correctly, stop using it immediately and contact us.
- Do not modify this system in any way, it will void the warranty, and could affect the efficacy or safety of the system.
- Do not use or store this device in temperatures lower than -10 celsius or greater than 45 celsius.
- Do not use in lower temperatures than 5 celcius or greater than 35 celcius. Use or storage of the system outside of these temperatures may affect components, causing unsafe or dangerous outcomes.
- Do not fall asleep during use or use with a pillow or have anything resting against the device.
- Do not obstruct the active cooling fan on the rear.
- Do not look directly into the LED's.
- Do not use with makeup, fresh clean skin is best.
- Keep away from anything flammable.
- Do not use the Kivo system if any component becomes hot, overheats, or is damaged.
- Do not keep the system plugged in continuously, remove when used.
- Use this device with a surge suppressed outlet.
- Always conduct the Light Therapy sensitivity test prior to starting using the Light Therapy System.
- Always monitor your reaction to Light Therapy and respond accordingly.
- If you notice any redness, itching, discomfort, dizziness, or any other concerns, please stop using the system immediately and consult a medical professional.
- We recommend consulting a medical professional before using Light Therapy.
- Do not use Light Therapy when taking any drug or supplement.
- Do not overuse Light Therapy, while overuse is inherently not dangerous, overuse can cause delays in outcomes.
- Use only how directed.
- Do not use Light Therapy if you have any photosensitivity issues.
- Do not allow children to operate this device.

Customer Care

If you need help or advice, please visit <https://help.KivoTherapy.com> to get quick answers to commonly asked questions.

If you still need help, or would prefer to speak to a human, please email us at: care@KivoTherapy.com

Light Sensitivity Test

- In some rare cases, some people are sensitive to Light Therapy, to test prior to starting use, we recommend a Light Sensitivity Test:
 1. Plug in your Panel into an outlet (we recommend plugging this device into a surge suppressor to ensure long life and to prevent damage from spikes in electricity supply).
 2. Place the panel system 15cm to 30cm (6 to 12 inches) away from your arm, do not look at the LED's and wear goggles if you want, and use for a period of 10 minutes (you can use the timer function on the controller for this).
 3. Once the 10 minutes has expired, check for redness, itching, excess heat, and monitor for 24 hours if you experience any of these stop and do not use the system
 4. If, after 24 hours, you haven't experienced any negative outcomes, try using the device on a more sensitive area of your body like your face, neck, or chest for 5 minutes.
 5. After 24 hours, note any feelings of dizziness, redness, dryness, or any other negative outcome you may be sensitive to Light and we would recommend returning the system within the return policy.

**Please note, if you use the enclosed goggles,
they cannot be returned.**



How Light Therapy Works?

Light therapy works by delivering specific wavelengths of light - typically red and near-infrared - directly to the skin and underlying tissues. These wavelengths penetrate the cells and stimulate the mitochondria, which are the energy-producing structures inside cells. This stimulation enhances the production of adenosine triphosphate (ATP), the molecule responsible for cellular energy. Increased ATP production supports cell repair, reduces inflammation, and promotes regeneration of damaged tissues. As a result, light therapy can help accelerate muscle recovery, reduce joint pain, improve skin health, and boost overall wellness.

Red Light and Near Infrared light therapy from Kivo can help reduce fine lines, wrinkles, and other visible signs of aging by using clinically studied wavelengths. These wavelengths penetrate deep into the skin, stimulating collagen and elastin production - two key proteins responsible for skin firmness and elasticity. As collagen levels increase, the skin becomes smoother, plumper, and more resilient, which helps diminish the appearance of wrinkles and fine lines. Additionally, Kivo's light therapy supports healthy circulation and cellular regeneration, improving overall skin tone and texture. With consistent use, users can experience a noticeable improvement in skin vitality and a more youthful, radiant appearance.

Blue light therapy primarily targets the skin's surface and is most effective for treating acne and other skin conditions caused by bacteria. It works by penetrating the upper layers of the skin to kill acne-causing bacteria and reduce inflammation without damaging surrounding tissue. Blue light can also help regulate oil glands and improve skin clarity. Yellow light therapy, on the other hand, penetrates slightly deeper into the skin and is known for its soothing and revitalizing effects. It helps reduce redness, calm sensitive skin, and improve circulation, making it beneficial for treating rosacea, sun damage, and overall skin tone. Together, blue and yellow light therapies offer a gentle, non-invasive approach to improving skin health and appearance.



What's Included?

There are differences between the ONE series system, and the THREE and above systems.

ONE Series



1. Kivo ONE Pro Panel
2. Remote Control (requires 12v 23a battery, sold separately)
3. Kivo Goggles (extra goggles available for sale)
4. Power Cable (longer power cables are available for sale)

THREE Series and Above



1. Kivo THREE Pro Panel or Above
2. Accessories box containing
 - a. Wall / Door hanging kit
 - b. Kivo Goggles (extra goggles available for sale)
 - c. Remote control
 - d. Power Cable (longer power cables are available for sale)

Please note, our products are continuously improved. You may notice some slight differences with what you receive. If you require replacement components of the Kivo Pro Light Therapy System, please contact us.

Unpacking

Please check the exterior of the shipping box. If the shipping box is damaged, refuse the shipment, write on their receipt the box is damaged in shipment, mention this to the courier and contact us, we'll help. Please take photographs of any damage BEFORE opening any shipping boxes, or before refusing shipment.

If the shipping box is visually ok, it's important to use care and not damage any of the packing that our Panel Systems come with. In the unlikely event you decide to return your Panel System, and any of the packaging is damaging or missing, there will be a replacement fee applied. It could also affect the panel in shipping causing further damage, and if the panel is not in the original packaging supplied, no refund can be offered.

Remove carefully the main panel from the packaging foam, remove any plastic film or bag. Visually check there is no damage on the exterior of the panel. We recommend giving the panel a slight shake to make sure nothing has dislodged. If you hear any noise, do not plug in the system, and contact us.

Locate the power cable, stand the panel up on one of the sides with plastic nub feet, ensuring it's not in a position to tip over, and securely insert the power cable. We recommend using a surge suppressor socket to help prolong your investment. The power switch on the panel will light up, power on the device. The LCD module on the side will light up with the word OFF – the panel is in standby mode.

**We strongly recommend a stand or a base, to ensure panels cannot fall over.
If you use a panel without a base or stand, you are solely responsible for
positioning the panel in a way that cannot fall over and hurt anyone**

Controlling the Pro Panel System

The Kivo Pro Panel System is controlled through an intuitive and powerful touch sensitive / swipe-able full colour LCD control panel. Only use your finger to control the screen.



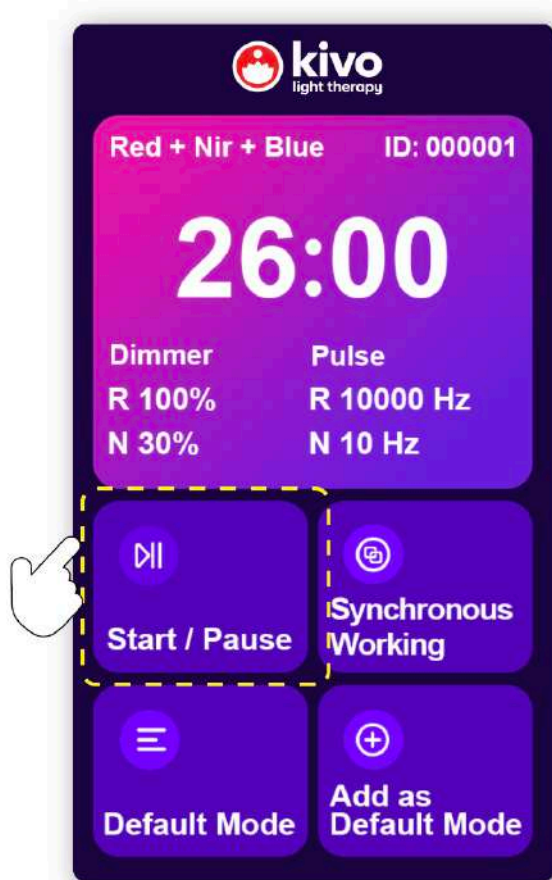
Start Screen

MUSCLE (20 mins)	RED	80% brightness	146hz	
	NIR	60% brightness	73hz	
	Use daily to help promote muscle strength in conjunction with your workout regime			
JOINT PAIN (30 mins)	RED	50% brightness	1168hz	
	NIR	80% brightness	73hz	
	Use the System daily on the affected joint to help gently promote recovery from joint pain			
SLEEP (15 mins)	RED	90% brightness	0hz	
	NIR	50% brightness	10hz	
	Point the System to a wall for ambient light, use 1 hour before bedtime to help promote rest			
SKIN (30 mins)	RED	50% brightness	0hz	
	NIR	50% brightness	0hz	
	Improve skin tone by reducing wrinkles and fine lines			
MOOD (20 mins)	RED	90% brightness	146hz	
	Direct the System to your face to help improve mood			
RECOVERY (10 mins)	RED	40% brightness	292hz	
	NIR	40% brightness	292hz	
	Recover faster and stronger by using the System after your workout.			

**Limit usage to a maximum of one session per day per area of the body,
with a day off every sixth day for maximum benefits.
DO NOT OVER-USE LIGHT THERAPY AS IT WILL DELAY OUTCOMES**

Custom Modes

To create a custom light therapy programme, swipe left on the screen to exit quick settings mode to enter the custom mode.



Start / Pause

The **START / PAUSE** button controls starting the programme you have selecting, or ending the programme. If the timer is running, press this to pause the programme.

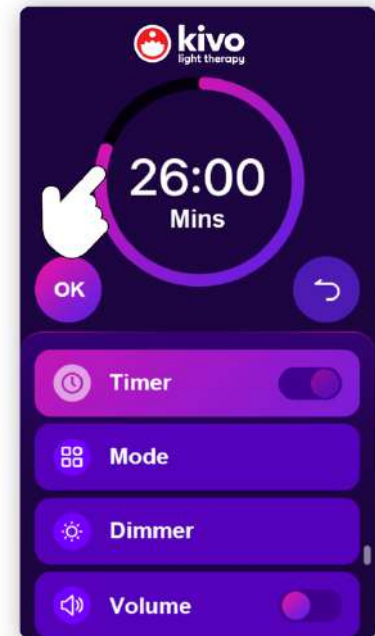


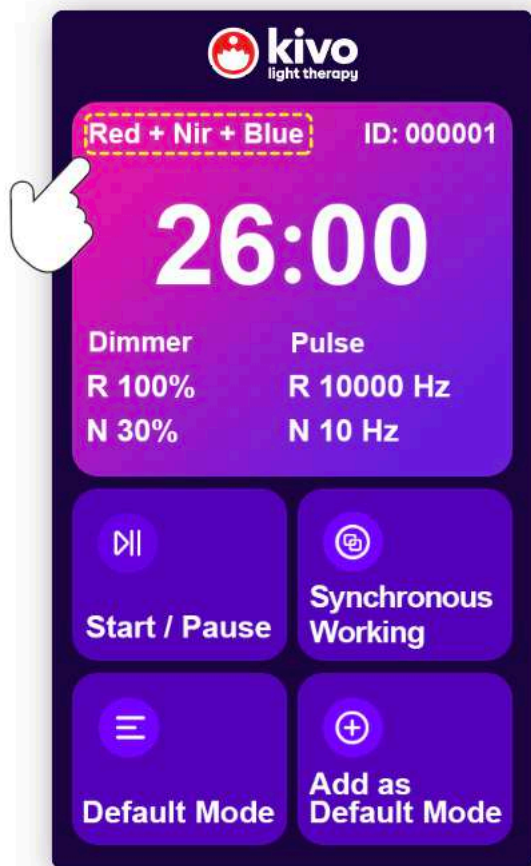
Timer

Press the TIME to change the timer setting

Using your finger, you can drag the time increasing or decreasing it for the length of your desired programme. At the end of the timer, the panel will switch off automatically.

Press the TIMER toggle switch to disable or enable the timer function.





Light Wavelength Selector

Select the wavelength of light you would like to use.

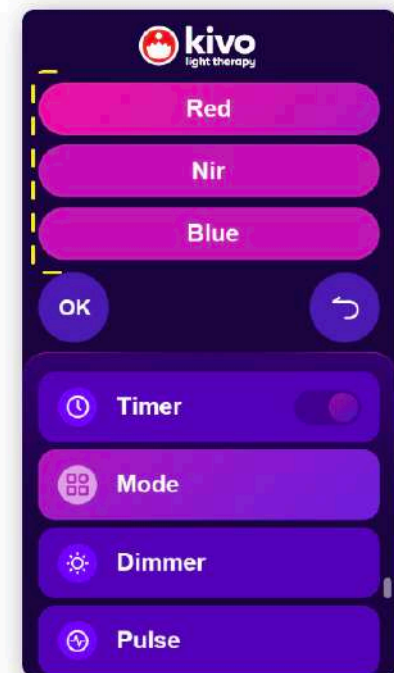
RED (630nm + 660nm)

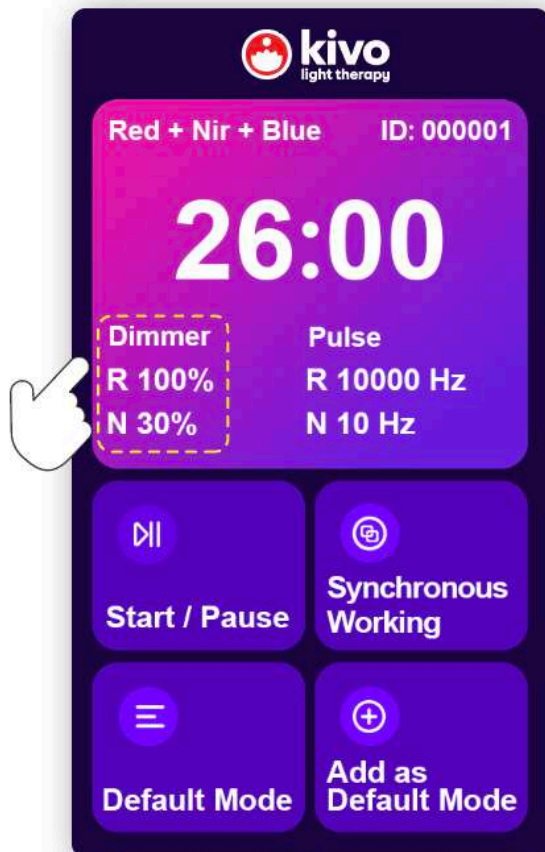
NIR / Near Infrared (810nm + 830nm + 850nm)

BLUE (440nm)

Press the button on each wavelength when it is lit, the wavelength is enabled.

* See caution note below concerning Near-Infrared and Blue Light Wavelengths



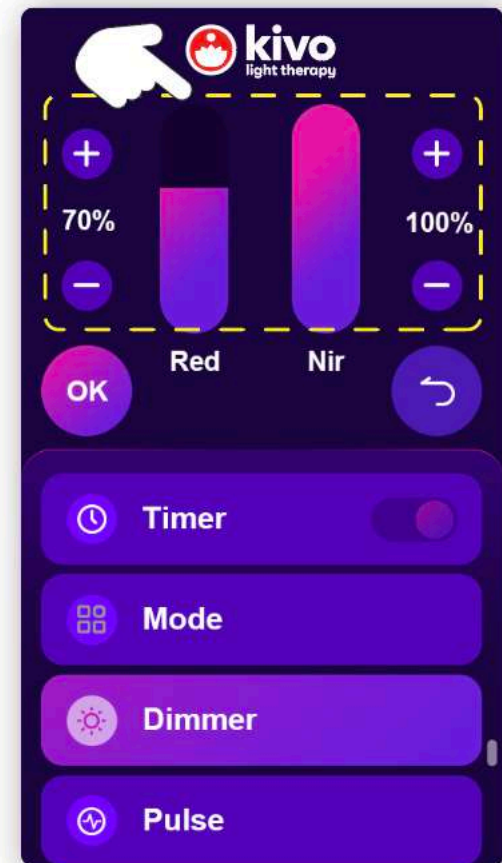


Dimmer

Press the Dimmer function to change the brightness level of RED and NEAR INFRARED LED's.

Select from 100 different brightness levels. Either by pressing the + or - buttons, or swiping the column up or down.

Please note the BLUE brightness cannot be adjusted.

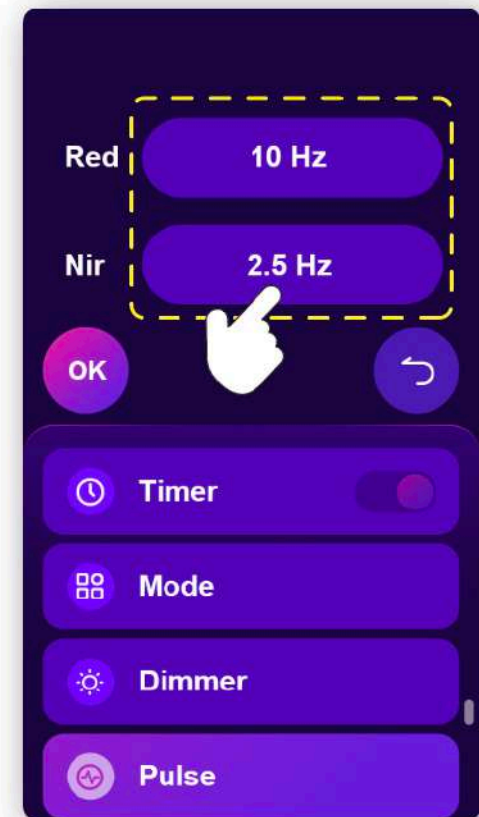


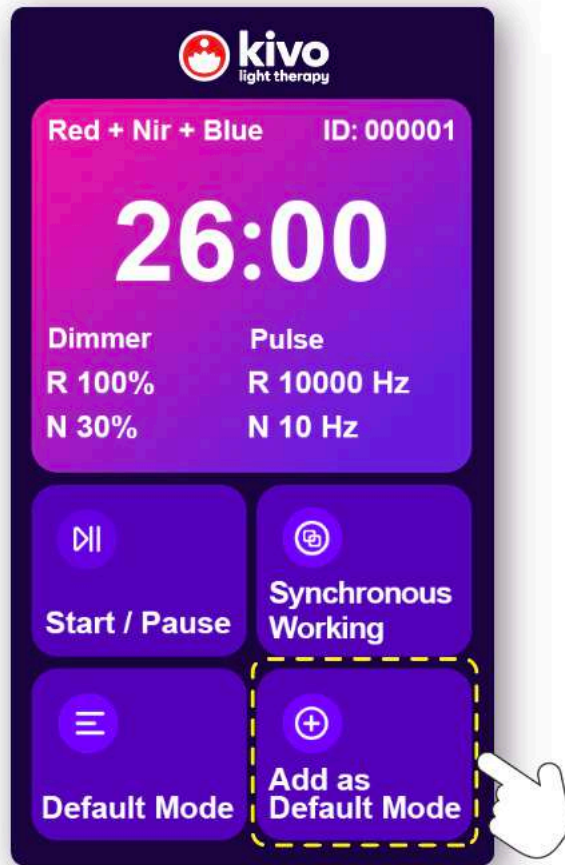


Pulse Setting

Pulse mode delivers light in short, rapid bursts rather than a constant beam. This intermittent pattern can help the body respond differently compared to continuous light, potentially enhancing cellular stimulation, improving circulation, and reducing adaptation over time.

Please note the BLUE pulse mode cannot be adjusted.





Save as Default Modes

You can create your own custom Light Therapy Programme, and save this for future use.



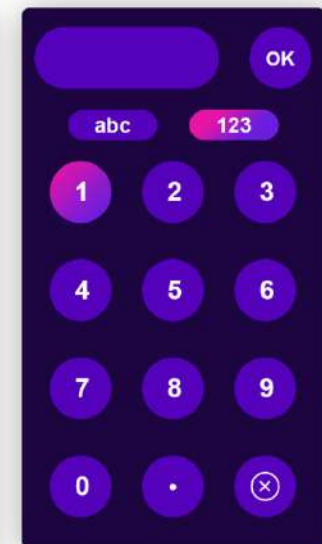
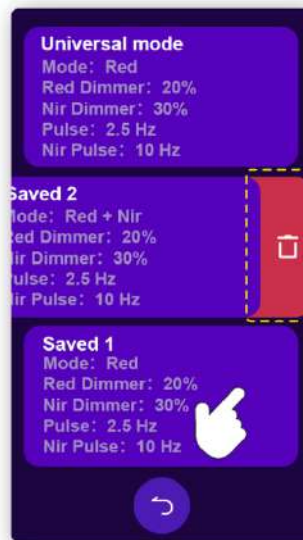


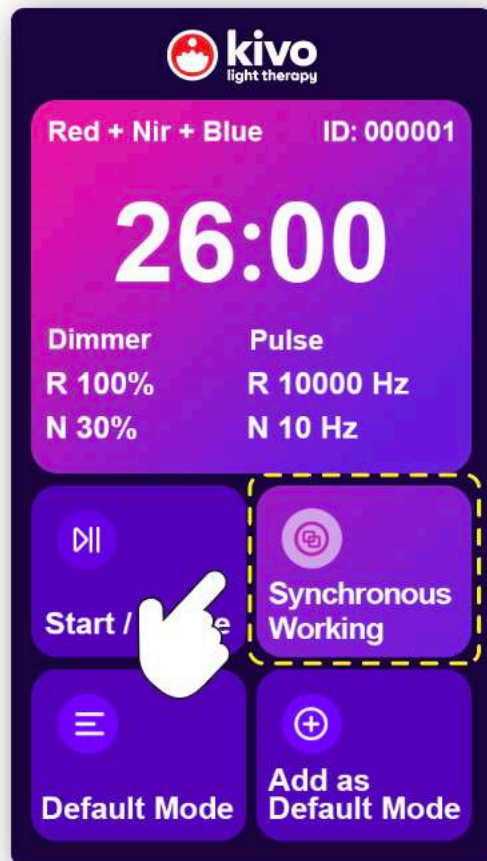
Manage Default Modes

You can create your own custom Light Therapy Programme, and save this for future use.

Swipe to the left to delete a saved setting

Or long press to change the name

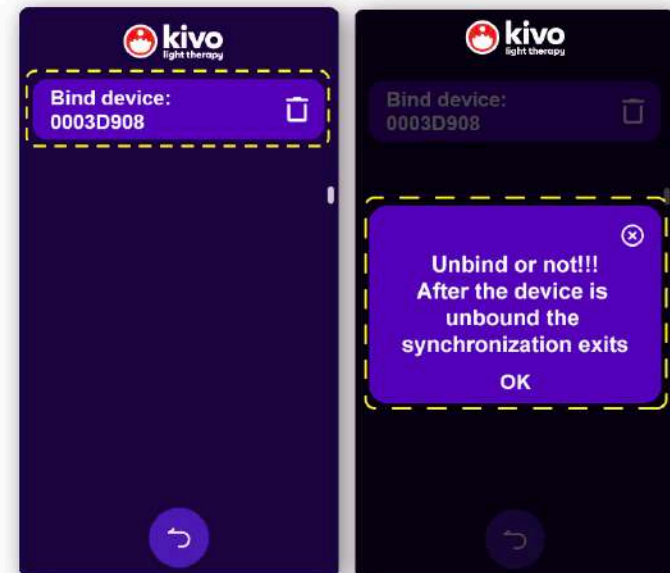




Synchronous Working / Panel Pairing

You can have multiple panels working from the same control panel. So switch one panel on, the rest come on, change brightness, settings, wavelengths, or timer – and they will all sync with the same setting wirelessly.

Press and hold synchronous working for 5 seconds to enter into pairing mode, ensure all other panels are on and within 1 metre (range is 5 metres)



Pro System Light Wavelengths Cautions

A complimentary set of Kivo Goggles is provided with the Pro System, more are available in our store.

RED Light Wavelengths (630nm + 660nm)

Red light wavelengths are well tolerated and can be used well as an ambient light (set below 25% brightness directly and minimum of 1 meter (3 ft) away or bounced against a wall) – within those specifications Kivo Goggles are recommended but not required

NIR / NEAR-INFRARED Wavelengths (810nm + 830nm + 850nm)

Near Infrared light wavelengths are powerful, and you must use Kivo Goggles any time Near-Infrared light wavelengths are selected and enabled.

BLUE Wavelengths (440nm)

Blue light wavelengths are powerful and can cause eye damage. Always use Kivo Goggles, do not use as an ambient light or directly on the face without Goggles.

Please note, you can only see a small part of the near-infrared spectrum. Some of the LEDs may appear to be off, but are on and showing near-infrared wavelengths. Do not use without goggles



Step by Step using the Kivo Pro System

- Step 1 To ensure the optimal efficacy of our Light Therapy Programmes, we recommend completely removing all makeup / lotions / skin care treatments. Plain uncovered skin works best.
- Step 2 With all the components out after unpacking guide, setup the panel and familiarize yourself with the controls of the Pro System (as above).
- Step 3 If you are using this panel in close proximity to your face (i.e. the LED's are directed directly towards your eyes), you need to wear goggles. You can power on the panel, then put your goggles securely onto your face, then place your face in-front of the panel until the time you set is complete. If you are using it on another part of your body, then unless you are extremely sensitive to the light, you do not need to wear goggles, but it is recommended.
- Step 4 Change the options on your panel for the particular Light Therapy Programme you would like to use – you can adjust the timer, the brightness, and the pulse mode.
- Step 5 Press START / PAUSE button to start.
- Step 6 Relax and enjoy the experience.
- Step 7 Once you have completed the programme, we recommend wiping down the panel with a slightly damp cloth. Remove the power cable, and storing the panel safely (we recommend keeping the packing foam and storing the panel horizontally using this)

Kivo Light Therapy Programmes

WARNING This information is not intended to diagnose or treat any medical condition. Please consult your medical practitioner to ensure these protocols are safe for you.

Skin Rejuvenation & Anti-Aging

How it Works:

Red light penetrates the upper layers of the skin to stimulate fibroblasts, increasing collagen and elastin production. This can improve skin tone, reduce fine lines, and support faster skin cell turnover.

Protocol:

- Wavelength: Red
- Brightness: Level 80%
- Pulse: 0 Hz (continuous)
- Duration: 10–15 minutes per area
- Frequency: 4–5x/week
- Treatment length: 8–12 weeks, then maintenance 2–3x/week

Joint Pain / Arthritis Relief

How it Works:

Near-infrared light penetrates deeper into tissues, improving circulation and reducing inflammation in joints. It also supports mitochondrial function in cells, aiding tissue repair.

Protocol:

- Wavelength: Near-Infrared
- Brightness: Level 100%
- Pulse: 73 Hz (shown in some studies to enhance pain relief)
- Duration: 15–20 minutes per joint
- Frequency: Daily or at least 5x/week
- Treatment length: 4–6 weeks, then reassess

Muscle Recovery After Exercise

How it Works:

Near-infrared boosts oxygen delivery to muscles and reduces oxidative stress after intense activity, speeding recovery and reducing soreness.

Protocol:

- Wavelength: Both Red + Near-Infrared
- Brightness: Level 80%
- Pulse: 40 Hz (promotes cellular repair)
- Duration: 10–15 minutes per muscle group
- Frequency: Immediately post-workout and/or on recovery days
- Treatment length: Ongoing for active individual

Wound Healing & Scar Reduction

How it Works:

Red light stimulates fibroblast activity and angiogenesis, helping skin repair and reducing scar tissue formation.

Protocol:

- Wavelength: Red
- Brightness: Level 70%
- Pulse: 0 Hz
- Duration: 8–12 minutes per site
- Frequency: Daily
- Treatment length: Continue until healed, then taper

Hair Growth Support

How it Works:

Red light stimulates hair follicle cells and increases blood flow to the scalp, encouraging new hair growth and slowing hair loss.

Protocol:

- Wavelength: Red
- Brightness: Level 70%
- Pulse: 0 Hz or 10 Hz
- Duration: 10 minutes per scalp section
- Frequency: 3–4x/week
- Treatment length: Minimum 16 weeks

Mood Enhancement / Seasonal Affective Disorder (SAD)

How it Works:

Red and near-infrared light may help regulate circadian rhythms and stimulate serotonin production, improving mood and energy levels.

Protocol:

- Wavelength: Red + Near-Infrared
- Brightness: Level 50%
- Pulse: 0 Hz
- Duration: 15 minutes in the morning
- Frequency: Daily during low-light months
- Treatment length: Ongoing

Under-Eye Puffiness & Dark Circles

How it Works:

Red light increases circulation and reduce inflammation in delicate under-eye skin.

Protocol:

- Wavelength: Red
- Brightness: 40%
- Session Duration: 10 minutes
- Frequency: 3–4 times per week
- Treatment Length: Ongoing

Cognitive Boost / Brain Fog

How it Works:

Near-infrared penetrates the skull and can increase cerebral blood flow and mitochondrial ATP production, improving mental clarity and focus.

Protocol:

- Wavelength: Near-Infrared
- Brightness: Level 100%
- Pulse: 40 Hz (researched for brain stimulation)
- Duration: 8–12 minutes targeting forehead/temples
- Frequency: 3–5x/week
- Treatment length: 6–8 weeks, then maintenance

Sleep Support

How it works:

Red light in the evening can help lower cortisol and encourage melatonin production, promoting better sleep onset and quality. You can point the panel at a wall to help with ambient light.

Protocol:

- Wavelength: Red
- Brightness: Level 20%
- Pulse: 0 Hz
- Duration: 10 minutes before bed
- Frequency: Nightly
- Treatment length: Ongoing

Acne & Bacterial Skin Control

How it works:

Blue light penetrates the skin's upper layers and triggers a photochemical reaction that kills *Cutibacterium acnes* bacteria. Pairing it with red light reduces inflammation and speeds skin repair.

Protocol:

- Wavelength: Blue + Red
- Brightness: Level 100%
- Pulse: 0 Hz
- Duration: 8–12 minutes per area
- Frequency: 4–5x/week
- Treatment length: 8 weeks, then reassess

Tendon & Ligament Healing

How it works:

Near-infrared penetrates deeper than red light, stimulating collagen synthesis and improving microcirculation for tissue repair.

Protocol:

- Wavelength: Near-Infrared
- Brightness: Level 100%
- Pulse: 73 Hz
- Duration: 15–20 minutes
- Frequency: 5–6x/week
- Treatment length: Until pain-free, then 2–3x/week maintenance

Post-Surgery Recovery

How it works:

Red and Near-Infrared light together accelerate healing, reduce swelling, and minimize scar tissue formation.

Protocol:

- **Wavelength:** Red + NIR
- **Brightness:** Level 100%
- **Pulse:** 40 Hz
- **Duration:** 10–15 minutes
- **Frequency:** Daily
- **Treatment length:** Until recovery is complete

Skin Oil Regulation

How it works:

Blue light reduces sebaceous gland activity, helping to control oily skin and reduce clogged pores.

Protocol:

- **Wavelength:** Blue
- **Brightness:** Level 3
- **Pulse:** 0 Hz
- **Duration:** 6–8 minutes per area
- **Frequency:** 3–4x/week
- **Treatment length:** Ongoing for maintenance

Surface Wound Disinfection

How it works:

Blue light has antimicrobial effects, reducing bacterial load on superficial wounds or minor cuts, while red light supports healing.

Protocol:

- **Wavelength:** Blue + Red
- **Brightness:** Level 100%
- **Pulse:** 10 Hz
- **Duration:** 5–8 minutes per site
- **Frequency:** Daily
- **Treatment length:** Until healed

Psoriasis & Eczema Flare Reduction

How it works:

Blue light can modulate immune response in skin cells, reducing inflammation and scaling in psoriasis, and soothing eczema irritation.

Protocol:

- **Wavelength:** Blue + Near-Infrared
- **Brightness:** Level 100%
- **Pulse:** 40 Hz
- **Duration:** 10 minutes per area
- **Frequency:** 4x/week
- **Treatment length:** 8–12 weeks, then maintenance

Mood & Energy Reset

How it works:

Morning exposure to blue light can help regulate circadian rhythms, increase alertness, and elevate mood by stimulating the brain's light-sensitive pathways.

Protocol:

- **Wavelength:** Blue
- **Brightness:** Level 75%
- **Pulse:** 0 Hz
- **Duration:** 10 minutes in the morning (eyes closed or indirect exposure)
- **Frequency:** Daily
- **Treatment length:** Ongoing

**More in-depth custom Kivo Treatment Protocols are available at
<https://help.KivoTherapy.com>**

Light therapy is gentle and beneficial, with results typically seen after 2-3 weeks. Overuse can delay outcomes, so a “little and often” approach is recommended.



Cleaning

- To clean your Kivo Light Therapy system, care must be taken that water or cleaner doesn't enter or affect any component, which could cause damage.
- Lightly wipe the panel with a damp cloth with combination of 1 part plain alcohol, and 9 parts purified water. Do not use any abrasive cleaners. You can also use monitor or eye glass cleaners.
- Do not submerge the panel or any of the components or accessories in any liquid.
- Do not allow any liquid onto or into the panel, it is not water proof or water resistant.

Troubleshooting

- **My system isn't switching on**
Try plugging in to a different socket, ensure the switch on the back is set to [I] for ON
- **The system says on and NIR is on but I can't see any LED's on**
You cannot see Near-Infrared with the naked eye, you can use most smart phones with cameras to check to see if the LEDs are on.
- **I find the system is too bright for my eyes**
Use the provided goggles or purchase more.
- **My cable is broken or is too short**
We sell replacement and longer cables
- **Some LED's are off** – Each LED supports different wavelengths, and are distributed evenly around the panel, some are red only, others are near-infrared. So it may appear that an LED is not working, but it is like to be operational on a different program, or is working
- **I'm not seeing results** – it can take 3+ weeks to see results, it's little and often, we recommend before and after photos.



Specifications

LED Count	ONE Series	70		
	THREE Series	180		
	THREE-WIDE Series	300		
	EIGHT Series	560		
	TWELVE Series	840		
Power / Irradiance	> 190mw/cm ² at source,			
Product Weight	ONE Series	4.2kg	322*220*71mm	300 watts
Product Size	THREE Series	8.6kg	880*220*71mm	1000 watts
Power Usage	THREE-WIDE Series	11.8kg	880*280*71mm	1500 watts
	EIGHT Series	21.8kg	1159*419*71mm	2400 watts
	TWELVE Series	30kg	1717*419*71mm	3600 watts
Certifications	FDA	CE	FCC	ROHS
Waterproof Rating	None			
Drop Rating	None			
Operating Environment	Temperature	5c to 35c		
	Humidity	85% RH or less		
	Altitude	<= 2000m		
Storage Environment	Temperature	-10c to 45c		
	Humidity	85% RH or less		
	Altitude	<= 2000m		

Warranty

Nothing in this warranty declaration voids or changes any legal rights you have. Kivo guarantees this device for a period of FIVE YEARS from the date of purchase (if the device is sold as new, otherwise Kivo guarantees the device for a period of ONE YEAR) against any manufacturing defects or flaws.

Kivo reserves the right to repair or replace any component at its discretion. Any remaining warranty is applicable on any replaced or repaired component of the system.

The warranty is void if any part of the system is:

- Damaged
- Modified in any way
- Serviced by a non-Kivo authorized repairer
- Use of a non-original charging cable or charging voltage
- Affected by water
- Cleaned by any abrasive product or product not authorized by Kivo
- Used with any accessory or product not authorized by Kivo

Kivo is not responsible for any incidental, special, or consequential, damages, howsoever caused from the use of this product. Kivo does not limit or change any right you have in the country you have purchased this system from.

The full system warranty, and information on how to make a claim is available at <https://help.KivoTherapy.com>



Notice & Disclaimer

Kivo Red Light & Near Infrared Therapy panels, masks, and devices can help with pain, healing, skin issues, as well as overall wellness & health. The programmes and products provided are backed by scientific study and successful outcomes.

Kivo products, information, help, and advice - however - are not intended to diagnose, cure, or prevent specific diseases.

The information provided is not intended as medical advice, please consult a qualified health professional prior to using these products or participating in any Light Therapy programmes, and to ensure this product is right for you. If this product is not right for you, you can return it subject to our return policy.

Any claim how-so-ever caused, is limited to the amount of the purchase price of the mask system.

Returns

The current returns policy and procedure for Kivo Pro Systems are available at KivoTherapy.com

Recycling / Disposal

If you wish to discontinue use of this system and it is operation, please re-use by selling it or giving it to someone. If it is non-operational, please recycle responsibly. You can return to us at any time, and we'll recycle / re-use the device.

Please do not dispose of this in the garbage.

