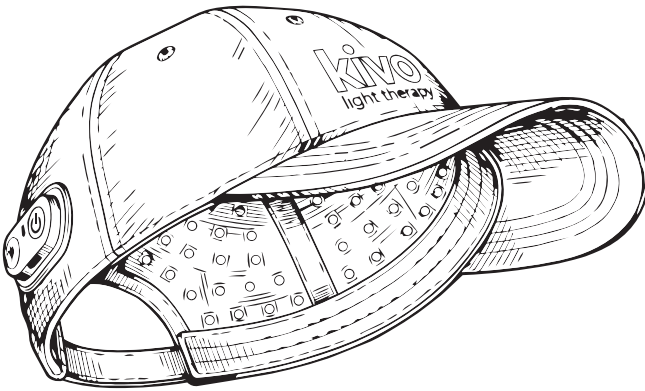


QUICK
START

Kivo Light Therapy Cap



We are dedicated to helping you
on your journey to experience the life
changing benefits of Light Therapy

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Welcome!

Hello and welcome to the Kivo family! We are obsessed about Light Therapy and the benefits that will improve your health and wellness. We love that Light Therapy works, feels good, and most importantly, the outcomes of Light Therapy are backed by science and proven by thousands of happy people just like you.

We are a Canadian Company started by our Founder who first experienced Light Therapy in helping resolve a persistent sports injury, and found it life-changing. Driven by a passion to help others, Kivo was born. It's sole aim is to spread the love of the many uses and benefits of Light Therapy.

We want you to experience the benefits of Light Therapy, and to share with your friends and family about how Kivo helps you. We pride ourselves on designing and building the most reliable products, we try our hardest to give the best possible service, and we back all of our products with the best support and warranties we can.

We would love to hear from you and how it has helped you... and this will help others. Please leave your review at:

<https://review.myKivo.com>

For a chance to win 1 of 3 \$500.00 Kivo Gift Cards



Rick de Courtney

Founder
Kivo Therapy Inc

Introduction

Thank you for purchasing a Kivo Light Therapy Device! You've chosen a device that is purposefully designed to provide the most optimal light therapy experience possible.

This device provides clinical-grade irradiance at the 660nm visible red wavelengths - and 850nm in the non-visible near-infrared wavelength.

How it Works

The Kivo Red Light Therapy Cap using **660nm red** and **850nm near-infrared** wavelengths can support hair growth and a few other body systems by improving cellular energy and blood flow.

Hair growth and scalp health

- Stimulates hair follicles

660nm light is absorbed well at the scalp surface. It nudges hair follicles out of the resting phase and back into the growth phase. That's key for people dealing with thinning or pattern loss.

- Improves blood flow to follicles

Both wavelengths increase nitric oxide release, which improves circulation. More blood means more oxygen and nutrients reaching the follicle.

- Boosts cellular energy

Light at these wavelengths stimulates mitochondria to produce more ATP. Hair follicles are energy hungry. More ATP gives them a better shot at producing thicker, stronger hair.

- Reduces scalp inflammation

Low level inflammation can quietly choke hair growth. Red and near-infrared light calm this down, creating a better environment for regrowth.

Results are slow and cumulative. Most people need consistent use for 3 to 6 months before noticing visible changes.



Skin and tissue benefits

Even though the cap is aimed at hair, light still interacts with surrounding tissue.

- Skin quality

660nm supports collagen production and skin repair. That can help with scalp dryness, irritation, or slow healing.

- Wound recovery

If you've had a transplant or minor scalp procedures, red light can support faster healing.

Nervous system and brain support

- 850nm penetrates deeper

Near-infrared light reaches deeper tissues and can influence nerves and blood vessels beneath the scalp.

- Potential cognitive and mood support

Some research suggests near-infrared light may support brain blood flow and mitochondrial function. Effects are mild, but some users report better focus or reduced tension.

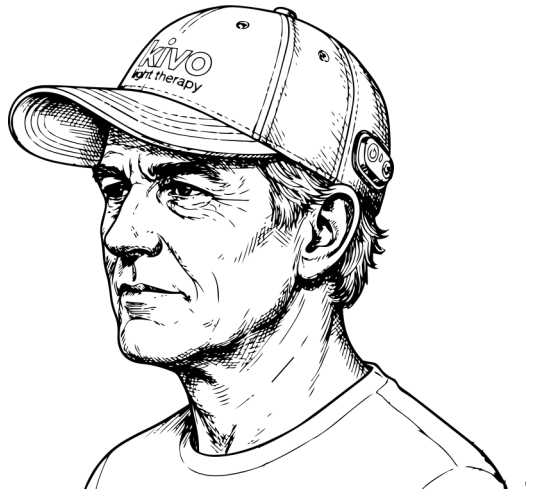
Inflammation and pain

If someone has scalp sensitivity, tension headaches, or jaw and neck tightness, near-infrared light can help reduce localized inflammation and discomfort over time.

What it won't do

- It won't regrow hair on completely dead follicles
- It won't work overnight
- It doesn't replace hormones, nutrition, or stress management

Kivo Light Therapy Caps are a **clinically-effective support tool**, not a miracle fix.



Hair Length

Does hair length affect the use of this device? Absolutely. If you have thick long hair, then 30 minutes per day is ideal. If you have thin hair, use for 15 minutes, if you are bald, use for 10 minutes.

Consistency is Key

It is extremely important to be consistent with your Light Therapy treatments, once a week will not yield any outcomes. We recommend using your Kivo Light Therapy device daily for five days, in addition to good nutrition; and then take a break from direct Light Therapy on the sixth day to allow your body to recharge.

Expectations

The amount of time to see benefits depends on your body and health, thousands of clinical studies show, in the vast majority of cases, you'll start to see results as quickly as a month, and you should start to feel into a routine and positive results after 2-3 months of regular use.

Warnings + Precautions

- If you are in doubt as to the use of light therapy, or if you have not used light therapy in the past, **ONLY USE THIS DEVICE ON THE ADVICE AND DIRECTION OF YOUR MEDICAL PROFESSIONAL.**
- Read the entire instructions for use and the user guide for this device available on help.mykivo.com **BEFORE** use. If you have any questions regarding any of the instructions or warnings, please contact us for assistance.
- This is an electrical device and certain care needs to be used before, during, and after use.
- Nothing in this guide or online information or advice from Kivo is medical advice or should be construed or interpreted as such.
- **DO NOT USE** this device with any hair product. Use only on clean and dry hair.
- **DO NOT USE** this device to treat any other conditions other than those indicated on the help.mykivo.com website, or in this guide. The risk is unknown and it has not been tested for such a purpose.
- **DO NOT USE** this device if you suffer from photo sensitive conditions (such as epilepsy).
- **DO NOT USE** this device if you suffer from light induced headaches or migraines.
- **DO NOT USE** this device if you are taking any medication or product that causes sensitivity to light.
- **DO NOT USE** this device if you suffer from any genetic or any acquired condition of the eyes. Kivo devices are extremely powerful, and this device has not been tested on people who suffer from those conditions, and risks are unknown.
- **DO NOT USE** this device if you are pregnant, planning on becoming pregnant or breast-feeding. Risks are unknown as to any reactions or adverse side-effects.
- **DO NOT USE** this device in any way that is not exactly specified in these instructions.
- **EDUCATE** children **NOT** to use this device in any way, **DO NOT ALLOW** children to use this device.
- **SWITCH OFF** this device and remove the charging cord when not in use.
- **DO NOT ALLOW** this device to come near water, do not submerge or use near any water.
- **DO NOT USE** this device if any part, accessory, or cable is damaged.
- **DO NOT MODIFY** this device in any way, it contains no serviceable parts, **DO NOT DISASSEMBLE.**
- **DO NOT LOOK DIRECTLY OR INDIRECTLY INTO THE LEDS.**
- Conduct a photo-sensitivity test before use, if you notice redness, itching, swelling, or reaction, stop using the device
- **DO NOT USE** if you have cancer or any serious illness or disease, consult a medical professional before use and only use on their advice.
- **ONLY USE** for those under 16 on the advice and approval of a medical professional.

- This device is not user-serviceable, please return to Kivo for repairs or recycling.
- **DO NOT USE OR STORE** this device in temperatures lower than -10 Celsius or greater than 45 Celsius.
- **DO NOT** fall asleep during use or use with a pillow or have anything resting against the device.
- **STOP** using immediately if you are worried about the operation of this device, if you smell burning, if the device flickers, or does not operate correctly.
- **DO NOT USE** longer than 30 minutes on any part of the body at 100% brightness, or 60 minutes at 30% brightness.
- **DO NOT USE** while driving or operating machinery. Use only when it can be safely.
- To preserve the life of the device, do not rapidly switch on and off, wait 10 seconds before power cycling.
- Keep all the packaging, documents, accessories, boxes, packing foam etc that you received when we delivered the product to you. If you want to return the device, it needs to be packed in the original foam and box, with all included accessories and cables.

CHOKING HAZARD

SMALL PARTS – NOT FOR CHILDREN, ADULT SUPERVISION IS REQUIRED

What is in the Box?

In addition to the Kivo Light Therapy Cap you have purchased, every Light Therapy System Cap comes with:

- The Kivo Light System Cap
- Foam storage component – ideal for keeping the cap in shape during storage
- USB-C to USB-A charging cable
- USB-A power adapter

Unpack + Setup

Make sure there is no damage to the packaging or device, ensure your package contains the above items

1

See help.myKivo.com for supportive videos and more help. Get familiarized with the operation of your device.

2

Plug the USB-C cable into the Cap, and the other end into the charger.

Only use a USB-A to USB-C charging cable.

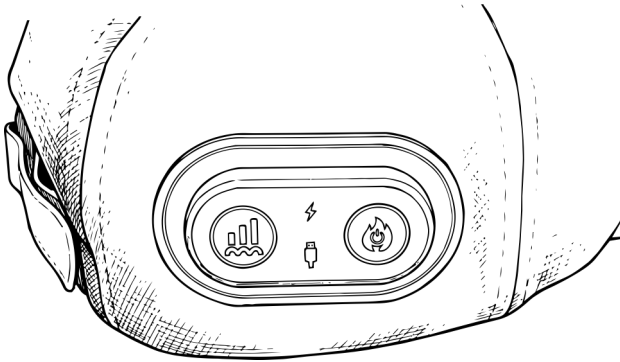
3

We recommend using a surge suppressing device to maintain the life of the electrical components used in this device.

4

Charge the cap fully before use. You can use the supplied USB-A to USB-C cable, or any other USB-C to USB-C charging cable. The power light will flash RED indicate successful charging, and will show solid GREEN when fully charged (1.5 to 2 hours).

Controller Operation



The controller on the side of the cap contains buttons, indicator lights, and the charging port for the device.

NOTE: You cannot use this device while it is charging. Fully charge this device to maintain the health of the battery, do not allow to be stored when it is fully discharged.

Power On / Off



SHORT press the power button to turn the device ON. The LED lights will turn BLUE to indicate the device is powered on.

Long Press (3 seconds) to turn the device OFF.

Brightness



Short press the power button to cycle through 3 brightness levels.

BLUE:	30% power
GREEN:	60% power
RED:	100% full power

Mode Selection

Short press to cycle through 4 therapy modes



BLUE:	Continuous Light
YELLOW:	Slow pulse – 0.5Hz for hair growth
RED:	Medium pulse – 10Hz for muscle relaxation
CYAN:	Fast pulse – 40Hz for potential cognitive benefits

Battery Status Indicator



SOLID GREEN:	Fully battery level
FLASHING RED:	Low battery warning, charging indicator when cable is plugged in and powering the device.
NO LIGHT:	Device powered off. No power connection.

Automatic Safety Shutoff

Your device features a built-in 30 minute timer that automatically powers off the device when the session completes.

The timer resets when manually powered off and on again.

We do not recommend using this device longer than 30 minutes per day.

Getting Started

It's important to realize "more is not better" with Light Therapy, over-use can cause outcomes to be delayed as the cells don't have time to recover and recharge, use "little and often". Incorporate Light Therapy into your daily regular routine for best results.

For recommended treatment protocols visit help.mykivo.com for detailed programmes.

1

Ensure you have everything you need to hand. Use this device ONLY on clean and dry hair. Do not use with any hair product such as hair spray or hair gel. It can cause damage to the device or injury to you.

2

Don't look into the LEDs, you can switch the device on and momentarily look to confirm operation, but no longer than 1 to 2 seconds, place immediately on your head. Adjust the strap for comfort and so the device is secure.

3

For most issues, use the device for 30 minutes per day at 100% brightness – check our treatment protocols for alternative modes.

4

Repeat every day.

Complete the Light Therapy Tracker to track your progress and how you feel

Light Therapy Tracker

Week Describe how you feel after your treatment

1	  
2	  
3	  
4	  
5	  
6	  
7	  
8	  
9	  
10	  
11	  
12	  

How are you feeling after 3 months of use?

.....

.....

.....

.....

.....

Need Help?

We are always here to help, if you're unsure about the operation or use of this device, please contact us at CARE@MYKIVO.COM

Frequently Asked Questions

How long should I use the Light Therapy Cap for?

Hair length affects the use of this device. If you have thick long hair, then 30 minutes per day is ideal. If you have thin hair, use for 15 minutes, if you are bald, use for 10 minutes.

What happens if I fall asleep underneath the device or do too much Light Therapy?

Light Therapy is generally considered extremely safe. If you do fall asleep or over-use Light Therapy, then take a break for the equivalent of the segments above for each day, so if you fall asleep for an hour and you have short or thinning hair, take a 2-day break, then resume. As this device switches off after 30 minutes, you only need a break if you over use it if you have bald or thinning hair.

How do I clean it?

Wipe the device down with a damp cloth, do not submerge or spray anything onto the device, it is not water resistant and contains electronics.

The device won't power on or doesn't work

Ensure the charging socket works by plugging in a different USB-C to USB-A cable and checking operation, the charging light should flash to indicate it is charging. You cannot use the device when it is being charged. Check to ensure the USBC-A to USB-C cable can charge other devices, if it does, and your Cap refuses to charge, contact us and we'll help.

There are LEDs not working, or all LEDs are not on

We use both RED and NEAR-INFRARED LEDs. Near-Infrared cannot be seen with the naked eye, so it will appear as some LEDs are not working. You can check the operation of Near-Infrared LEDs by using the back camera of your mobile phone - they will shine a purple colour.



I've used it for a few days or a few weeks and not feeling anything?

Light Therapy is a gentle and cumulative therapy that can take 2-3 months to start to see a noticeable effect, and generally most people start to feel substantial differences after 3 months. It is essential to use it little and often.

I want to return my device

If you feel as though Light Therapy isn't working for you, please contact us at **CARE@MYKIVO.COM** and we'll guide you through the return procedure, please make sure you keep all the boxes, packages, accessories and they are in new condition so you can return if necessary. Note that if the cap has been used, it cannot be returned for health reasons.

**We are passionate about Light Therapy
contact us if you have any questions
and we'd love to chat!**

Glossary

Some terms that will help you in understanding light therapy.

Types of Light

Red Light (620–750 nm)

Penetrates just below the skin surface. Supports collagen production, improves skin tone and texture, and reduces inflammation.

Near-Infrared Light (750–1100 nm)

Reaches deeper tissues, muscles, and joints. Promotes cellular repair, reduces joint and muscle pain, and enhances circulation.

Operation Modes

Pulse Mode (Pulsed Light Therapy)

Light is delivered in timed bursts (on and off cycles). This can improve penetration, reduce heat, and mimic natural biological rhythms.

Continuous Mode (CW – Continuous Wave)

Delivers a steady, uninterrupted light beam. Best for surface-level treatment or areas requiring consistent exposure.

Treatment Time

Recommended session duration. Typically ranges from 5 to 20 minutes per area, depending on the light type and device strength.

Treatment Head / Window

The part of the device that emits light and is placed over the treatment area.

Performance Metrics

Irradiance (mW/cm²)

Measures the light intensity delivered to the skin. Higher irradiance means stronger power and shorter required treatment time.

Fluence (J/cm²)

Total light energy delivered during a session, calculated by irradiance × time. Important for ensuring effective dosage.

Wavelength Specificity

The exact wavelength emitted by the device (e.g., 660 nm red, 850 nm NIR). Determines the depth of penetration and target benefit.

Spectral Output

Refers to the bandwidth or range of wavelengths emitted. High-quality devices have narrow outputs to ensure accurate targeting.

Biological & Therapeutic Concepts

Photobiomodulation (PBM)

The process by which specific wavelengths of light stimulate biological activity without heat or tissue damage.

Mitochondrial Stimulation

Red and NIR light enhance ATP production in cells, supporting energy levels, cellular repair, and overall tissue health.

Collagen Production

Red light activates fibroblast cells, encouraging the natural production of collagen for firmer and more youthful skin.

Sebum Regulation

Blue light helps normalize oil production in the skin, reducing breakouts and improving overall skin balance.

Anti-Inflammatory Effects

Red and NIR light help reduce inflammation by calming immune responses and decreasing oxidative stress in tissues.

Circadian Rhythm Support

Blue and red light can influence melatonin and serotonin levels, helping to regulate sleep-wake cycles and mood.

Warranty Certificate

The warranty for this device starts from the date of receipt of the product as determined by tracking date of delivery or, if unavailable, the date of purchase. Nothing in this warranty affects your statutory rights and the rights in your state, province, or country override this warranty. Proof of purchase is required; this warranty is not transferable and is only applicable to the original purchaser.

Kivo will warranty its products and guarantee that they will be free from defects in materials and workmanship under residential or commercial use for the following periods

Warranty period

Consumer use

Vital Series
Elite Series

Commercial use

1 years
2 years

No warranty
No warranty

Any accessory (such as the cable or charging plug) provided with the device is limited to one year.

What this warranty covers

This warranty covers manufacturing defects and functional failures under normal use, including but not limited to:

- LED failure under normal operating conditions
- Internal electronic or component defects
- Power supply or control system malfunctions

What this warranty does not cover

- Misuse, abuse, neglect, or improper operation
- Accidental damage, drops, or impact
- Water or moisture exposure
- Unauthorized modification, repair, or disassembly
- Normal cosmetic wear and tear
- Use inconsistent with instructions provided in the user manual

Warranty Claim Process

Our products are designed to last longer than the warranty period and are extremely reliable, but in the unlikely event of an issue, please contact us at care@mykivo.com and we'll work with you to resolve any issues.

We may ask you for photos or videos, or video chat, to help in the best way to resolving the issue.

If we determine that there is an issue with the device that we cannot resolve remotely, then you must provide proof of purchase, and then ship the device to us (if you are in the Vancouver lower-mainland area we can pick-up for a nominal fee). The device must be shipped in the original packaging, and with all accessories (cables and charging socket and foam). It is up to you if you ship insured or uninsured, but we are only responsible for the device once we have confirmed receipt, even if it is marked as delivered. If it is lost enroute, it is your responsibility. You must ship the device marked clearly **WARRANTY REPAIR** on the box, and confirm with your shipping agent if any duties, charges, fees are applicable. These must be prepaid, if we receive a shipment with any COD on any fees, we will not accept the delivery.

If you are claiming any issue with an accessory, please only return that accessory, we can guide you on this if applicable.

We will attempt a repair, and if we cannot repair your product, we will replace it for the same model, or if we cannot replace it with a similar model, we will upgrade you free of charge.

If we determine the repair or replacement is valid under the warranty, we will ship your product back to you at our expense.

If we replace your device, the original warranty period applies, even if we upgrade you to a different series model – i.e. if you purchase a Vital Cap and return the cap under the 1-year warranty, and we provide you with an Elite Cap replacement, the balance of the 1-year warranty applies to the replacement cap.

If there is damage to the device, including, but not limited to: knock damage, tears, dings, scratches, power surge, water damage, moisture ingress, or the moisture labels inside the device are activated – then the warranty will be void. The product can be returned to you, but you will be responsible for shipping, or we can recycle the item for you at no expense.

Technical Specifications

Kivo Light Therapy Cap

	Vital	Elite
Power Consumption	8w	10w
LEDs	80 pieces	102 pieces
Lens Beam Angle	30 degrees	
Lifespan	>50,000 hours	
Pulse	NO	0Hz - 0.5Hz - 10Hz - 40Hz
Emf	0 @ 15cm	
Noise	0 db	
Material	Fabric with LED protective cover of clear film	
Product Size	220mm x 160mm	210mm x 150mm
Charging Time	2 hours	2 hours
Wavelengths	660nm	660nm + 850nm
Battery Capacity	1750mAh	2000mAh



help.myKivo.com

To obtain the latest user manual for this device, important safety information, and instant access to the product guides, latest help, treatment protocols, wellness trackers and more.

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