



WRIST WRAP USER MANUAL

IMPORTANT SYSTEM INFORMATION

This publication contains the hardware specifications, operation protocols, and compliance directives. Please read completely before initializing treatment.

A Note from the Founder

The best results with red light therapy come from using it regularly and finding the rhythm that works for you. We usually recommend using your Misogi Wrist Wrap three to four times a week. If your aches or discomfort are mild, try using it on level 3 for up to 30 minutes. If you're dealing with more noticeable inflammation, pain or soreness, you may prefer level 5 for 15-20 minutes.

Everyone's body is different, so please take a little time to experiment with the setting and duration that feels right for you. For the best results, use it consistently over the areas that feel sore, tired or achy. Like most good things, red light therapy works best when it becomes part of your regular routine. We really hope you love using your Misogi Wrist Wrap as much as we do.

Corporate Brand Philosophy

In ancient Japan, Misogi was a structured ritual of spiritual and physical purification. In our modern high-stress environment, natural cellular energy is progressively depleted, giving rise to inflammatory markers. Misogi Health incorporates advanced photobiomodulation (PBM) emitting 660 nm (red) and 850 nm (near-infrared) light spectra. This targeted radiation penetrates deep into subcutaneous structures, activating cellular mitochondria, stimulating ATP production, and reducing local inflammation.

1 Wrist Wrap (MHWR)

A targeted orthotic phototherapy brace engineered for deep articular joint restoration and articular relief.

1.1 Gears & Settings Index

- LO: Standby / Passive Diagnostics.
- L1: Low Intensity (660 nm) for superficial skin tissue. Minimal thermal emission (38°C).
- L2: Medium Intensity for muscle toning (41°C).
- L3: High Intensity deep joint relief (44°C).
- L4: Pulse Mode (10 Hz / 40 Hz microcycles) for optimized subcutaneous restoration.

1.2 Physical Vibration Modes

The brace features 5 therapeutic vibration levels color-coded via status indicators:

Level 1	Level 2	Level 3	Level 4	Level 5
Green	Blue	Pink	Cyan	Red

1.3 Operation Instructions

Press and hold power for 3 seconds to initialize. Adjust light gears LO-L4 using the sun-icon key, and cycle massage variables with the waves-icon key. Engage safety lock-screen mode via the dedicated lock switch to prevent accidental setting shifts. The device shuts down automatically after 30 minutes.

2 Safety Precautions & Exclusion of Medical Liability

2.1 Strict Contraindications

Misogi Health systems are not suitable for patients with active cardiac pacemakers, implantable cardioverter-defibrillators (ICDs), artificial hearts, or other critical life-sustaining medical implants. Do not place phototherapy elements directly over known malignant lesions or active open wounds.

2.2 Disclaimer of Liability

The therapeutic devices described in this manual are wellness products designed solely for general cellular recovery and skin/muscle toning. They do not possess medical registration, credentials, or clinical clearance to diagnose, treat, prevent, or cure any disease or pathological condition. The parent manufacturer and its distribution entities offer no warranties, express or implied, regarding physical healing, dermatological diseases, cognitive therapies, or clinical efficacy. Any medical application is conducted entirely at the user's discretion and must be strictly monitored by licensed healthcare practitioners.