



360 DUAL ZONE FULL BODY BLANKET 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 360 Dual Zone Blanket three to four times a week. If your aches or discomfort are mild, try using it on intensity level P3 for up to 30 minutes. If you're dealing with more noticeable inflammation, pain or soreness, you may prefer level P5 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 360 Dual Zone Blanket 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 Red Light Therapy Blanket (MHBL)

A premium, dual-pad clinical Photobiomodulation recovery system engineered for deep muscular restoration, systematic cellular relief, and full-body physical purification.

Gears & Settings Index

- P1: Low Intensity:** Superficial dermal activation. Red Light 110 W/m² | Near-Infrared 150 W/m².
- P2: Medium-Low Intensity:** Mild muscle relaxation. Red Light 350 W/m² | Near-Infrared 500 W/m².
- P3: Medium Intensity:** General physical recovery and systemic toning. Red Light 650 W/m² | Near-Infrared 800 W/m².
- P4: High Intensity:** Deep tissue and joint restoration. Red Light 900 W/m² | Near-Infrared 1110 W/m².
- P5: Maximum Intensity:** Advanced metabolic activation and athletic relief. Red Light 1100 W/m² | Near-Infrared 1350 W/m².
- Modes:** Constant Light Mode (steady recovery), 10 Hz / 40 Hz Pulsed Microcycles (optimized subcutaneous restoration).

Technical Parameters

Specification	Measurement / Rating
Wavelengths Supported	660 nm (Red) 850 nm (Near-Infrared)
Dimensions	70.9 x 31.5 in (180 x 80 cm)
Rated Power Output	270 Watts (270 W)
Total LED Count	2520 pcs (Triple-chip architecture)
Operating Voltage	Standard dual adapter configuration
Safety Certifications	CE Verified, FCC Compliant, RoHS Standards

Operation Instructions

Press and hold power for 3 seconds to initialize. Connect the Blanket to the dual controllers, then to the dedicated power adapters. Lie inside the blanket on a clean, dry surface. Adjust light gears P1–P5 to control thermal output and irradiance. Short-press the Power button to cycle through Constant PBM, 10 Hz Pulse, or 40 Hz Pulse microcycles. Set the automatic countdown timer (10 to 90 minutes) using the dedicated remote interfaces. The system shuts down automatically after 30 minutes by default.

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, active open wounds, or during pregnancy. Keep the device entirely away from high-humidity environments, water, or liquid ingress.

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.