



AURA / AURORA / PHOENIX

SHARED OPERATING GUIDE

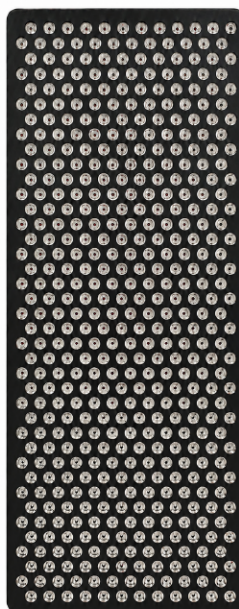
Panel User Manual

Setup, touchscreen operation, safety, care, and troubleshooting



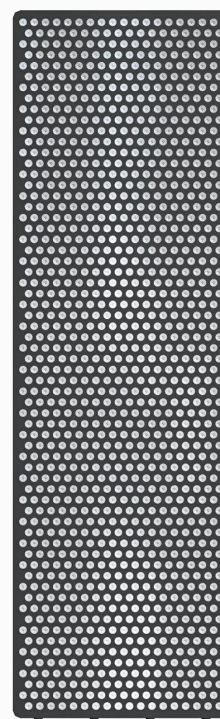
NrG-AURA

Tabletop



NrG-AURORA

Mid-size



NrG-PHOENIX

Full-body

Wellness in Every Wavelength.

Nine independently controlled wavelengths | 0-100% intensity | Smart Scenes

REVISION 2.4 August 2026 | nrglight.com

One control platform. Three panel sizes.

NrG-AURA, NrG-AURORA, and NrG-PHOENIX share the same core touchscreen operating system. Panel size, output hardware, and mounting differ; day-to-day controls are fundamentally the same.

1

Mount or position the panel safely

Use the stand or mounting hardware supplied for your model. Refer to the separate Aura, Aurora, or Phoenix setup guide for model-specific instructions.

2

Connect power

Connect the supplied power cord, confirm the cord is fully seated, and use a properly grounded indoor outlet.

3

Power on

Turn on the main rear power switch. Allow the touchscreen to finish booting before making selections.

4

Choose a session

Use a Smart Scene / preset for a fast start, or configure timer, wavelengths, brightness, and pulse manually.

5

Position yourself

A practical starting distance for many panel sessions is approximately 6-18 inches. Increase distance or lower intensity for a gentler exposure.

6

Start the session

Press Start/Pause. The timer counts down and the panel stops the session when time expires.

Important

This manual covers the shared electronics and controls. Stand, pulley, wall-mount, and Phoenix Signature positioning instructions are maintained in separate guides on nrglight.com/manuals.

Dry indoor use only

NrG panels must be operated and stored in a dry indoor environment. Do not use any NrG panel in a sauna of any type - including traditional dry, steam, infrared, or combination saunas. Any sauna use immediately voids the warranty.

FIRST SESSIONS

Start conservatively. Build gradually.

A practical comfort-first framework for new panel users.

A conservative first session

12-24 in

WORKING DISTANCE

~50%

STARTING INTENSITY

5 min

SESSION TIME

Ramp up over the first one to two weeks

DAYS 1-3

Use the conservative starting settings above. Pay attention to comfort during and after the session.

DAYS 4-7

If well tolerated, increase only one variable at a time - usually time first, then intensity or distance.

WEEK 2

Continue gradual adjustments toward the session you want. More intensity or longer time is not automatically more effective.

Comfort and safety checks

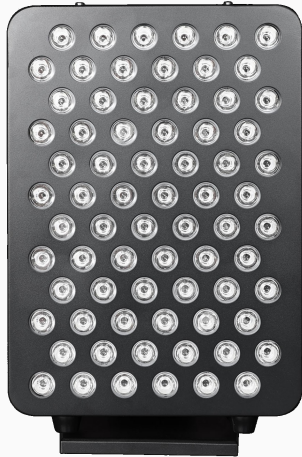
- Increase distance, reduce intensity, or stop if the light feels uncomfortably hot or intense.
- Never stare directly into illuminated LEDs. Use protective eyewear for face-directed or prolonged sessions.
- Keep all ventilation openings clear and use the panel only in a dry indoor environment.
- Consult a qualified healthcare professional before use if pregnant, photosensitive, taking a photosensitizing medication, under medical care, or concerned about light exposure.

General wellness guidance: This framework is not a medical prescription. Individual tolerance, goals, medications, devices, and health conditions vary.

PANEL VIEWS

NrG-AURA and NrG-AURORA

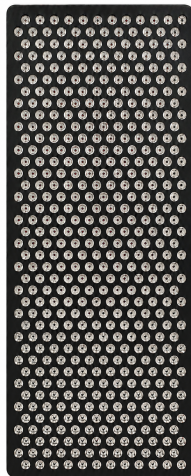
Front and rear views of the two smaller panels.



NrG-AURA - FRONT



NrG-AURA - REAR



NrG-AURORA - FRONT

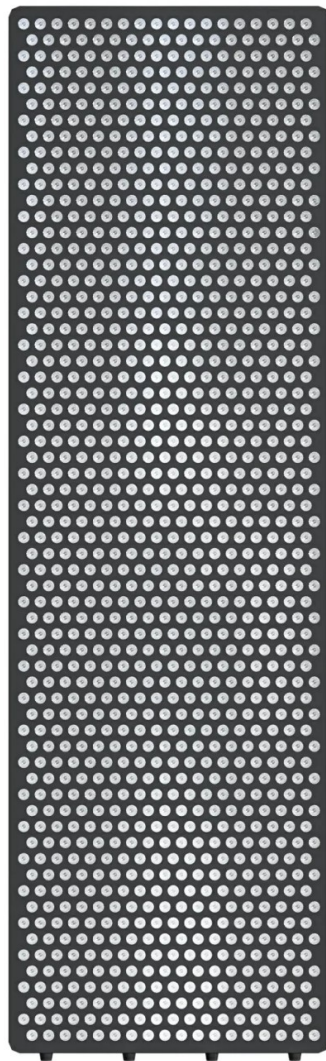


NrG-AURORA - REAR

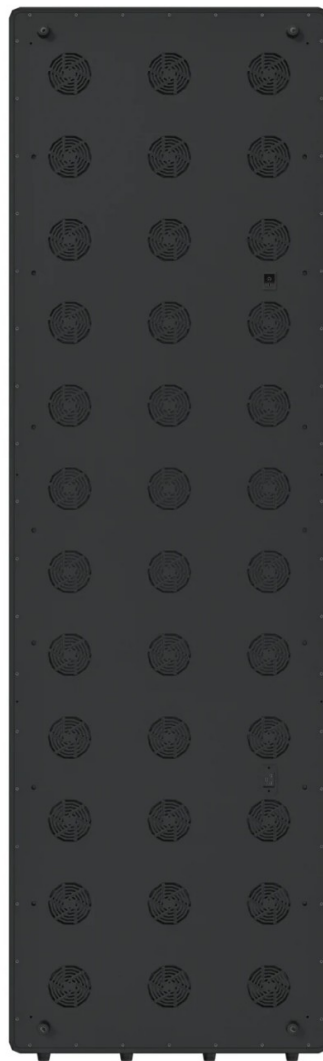
PANEL VIEWS

NrG-PHOENIX

Front, rear, and side views of the full-body panel.



FRONT



REAR



SIDE

The rear panel contains the cooling fans, main power switch, power connections, and mounting points. Keep every ventilation opening clear during operation.

PACKAGE CONTENTS

Aura and Aurora accessories

For NrG-AURA and NrG-AURORA, confirm that the applicable items are present before setup.



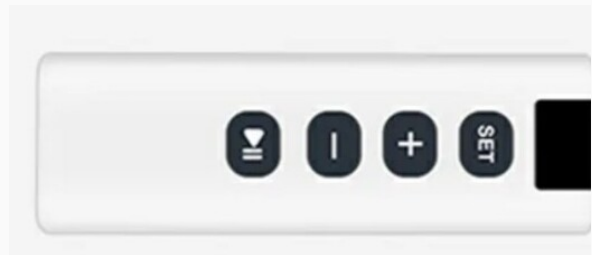
Power cord



Hanging cables



Light-filtering glasses



Remote control



User manual



Hanging screws

PACKAGE CONTENTS

NrG-PHOENIX accessories

The Phoenix package includes the wall bracket shown below.



Light-filtering glasses



Remote control



User manual



Power cord



Wall bracket

Read before first use.

Electrical, environmental, eye-safety, handling, and warranty guidance for NrG Light panels.

NO SAUNA USE

These panels are not sauna-rated. Use in any sauna - wet or dry - immediately voids the NrG warranty. Heat, humidity, condensation, and moisture can damage electronics, coatings, fans, LEDs, and power components.

- Use indoors only in a clean, dry, well-ventilated environment. Keep the panel away from sinks, showers, pools, steam, condensation, and other moisture.
- Do not stare directly into illuminated LEDs. Use the supplied protective eyewear for facial exposure or whenever the light is uncomfortable.
- Keep hands dry when connecting, disconnecting, or touching electrical controls. Never use the panel if the cord, plug, enclosure, or electrical components are wet.
- Do not operate on or immediately next to heated surfaces. Keep every ventilation opening clear and allow free airflow around the panel.
- Do not operate near flammable vapors, aerosols, or combustible materials.
- Do not disassemble, modify, or attempt internal repair without written authorization from NrG Light. Unauthorized disassembly may void warranty coverage.
- Unplug the panel before cleaning or moving it. Grasp the plug - not the cord - when disconnecting from power.
- Do not use while sleeping or unconscious. Keep cords and moving stand components away from children and pets.
- If the panel overheats, emits an unusual odor, makes abnormal electrical noise, or behaves unpredictably, stop use, switch it off, unplug it, and contact NrG Light.
- If you are pregnant, photosensitive, taking a photosensitizing medication, have a history of light-triggered seizures, recently had eye surgery, or are under medical care, ask a qualified healthcare professional before use.

Nine wavelengths. Independently controlled.

Aura, Aurora, and Phoenix share the same standard nine-channel spectrum.

WAVELENGTH	CHANNEL
530 nm	Green - visible
590 nm	Yellow / amber - visible
630 nm	Red - visible
660 nm	Deep red - visible
670 nm	Deep red - visible
810 nm	Near-infrared
830 nm	Near-infrared
850 nm	Near-infrared
1060 nm	Near-infrared

BLUE LIGHT BY SPECIAL REQUEST

Blue light is available on Aura, Aurora, and Phoenix by special request when pre-ordered. It replaces the standard 530 nm green channel; it does not add a tenth wavelength.

Touchscreen control functions

Smart Scenes	Loads a preset combination of wavelengths, intensity, pulse, and time.
Timer	Sets session duration from 0 to 30 minutes.
Mode	Selects grouped wavelength combinations; labels can vary by firmware.
Brightness	Adjusts each wavelength channel independently from 0-100%.
Pulse	Uses NULL for continuous output or a frequency from 1-10,000 Hz.
Start / Pause	Starts, pauses, or resumes the active session.
Settings	Opens Bluetooth, WorkAlarm, volume, date/time, language, group, and reset controls.

Build a session in four steps.

The arrangement can vary slightly by firmware, but the operating sequence remains the same.

1

Set time

Open Timer and choose the session length. Adjust with the on-screen control, plus/minus buttons, or numeric entry if your firmware provides it.

2

Choose output

Use Mode for grouped wavelength combinations, or open Brightness for individual channel control.

3

Set intensity and pulse

Adjust each active channel from 0-100%. Leave Pulse at NULL for continuous output, or select a frequency if desired.

4

Start or pause

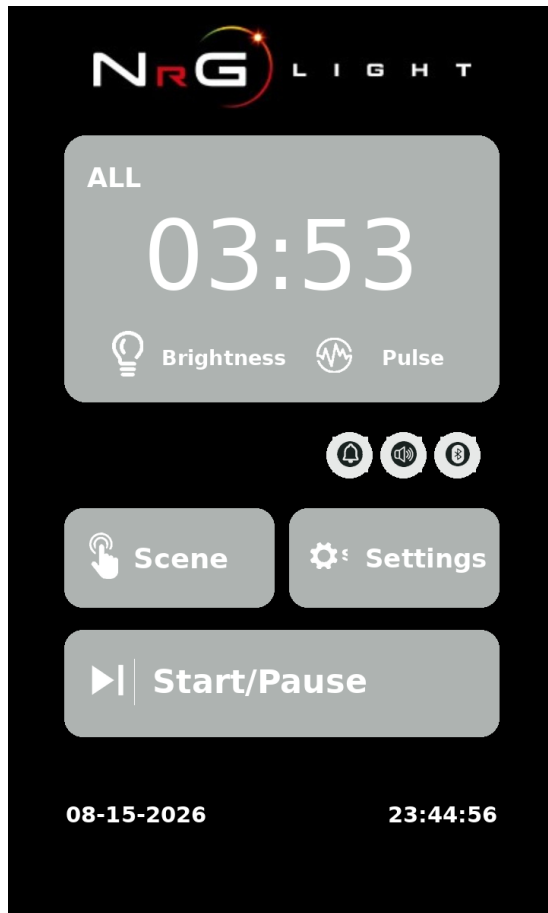
Review the timer and active settings, then press Start/Pause. Press again to pause and resume.

Before pressing Start/Pause

Confirm that at least one intended wavelength is above 0%. A running timer alone does not confirm that light output is enabled.

Home screen at a glance

Use these controls to review and start a session.

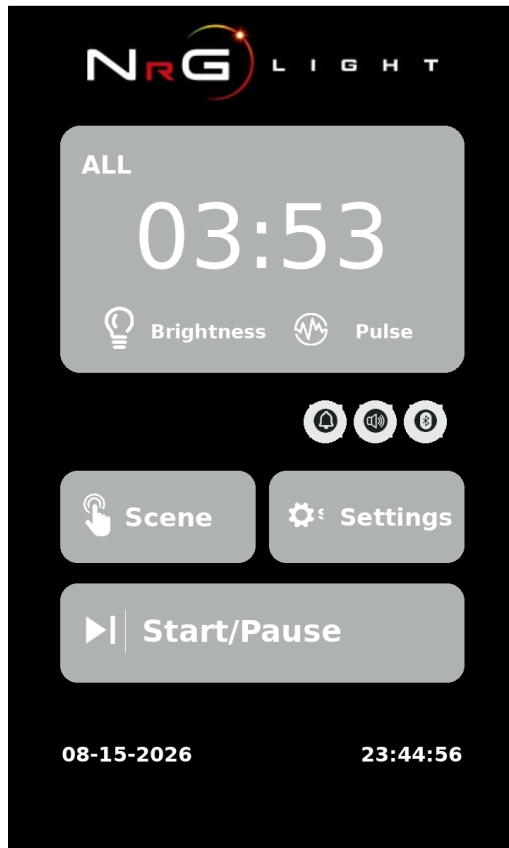


- 1 Active mode**
Shows the grouped mode currently selected, such as All.
- 2 Session timer**
Displays the configured time and counts down while running.
- 3 Brightness / Pulse**
Open the channel output and pulse controls.
- 4 Status icons**
Show WorkAlarm, sound/mute, and Bluetooth status.
- 5 Scene**
Opens the multi-page preset library. Custom 1–4 user-programmed scenes are not available on all panels.
- 6 Settings**
Opens device, alarm, date/time, Bluetooth, sound, language, and reset controls.
- 7 Start/Pause**
Starts, pauses, or resumes the configured session.

Before Start/Pause, confirm that at least one desired wavelength is above 0%. A running timer alone does not confirm light output.

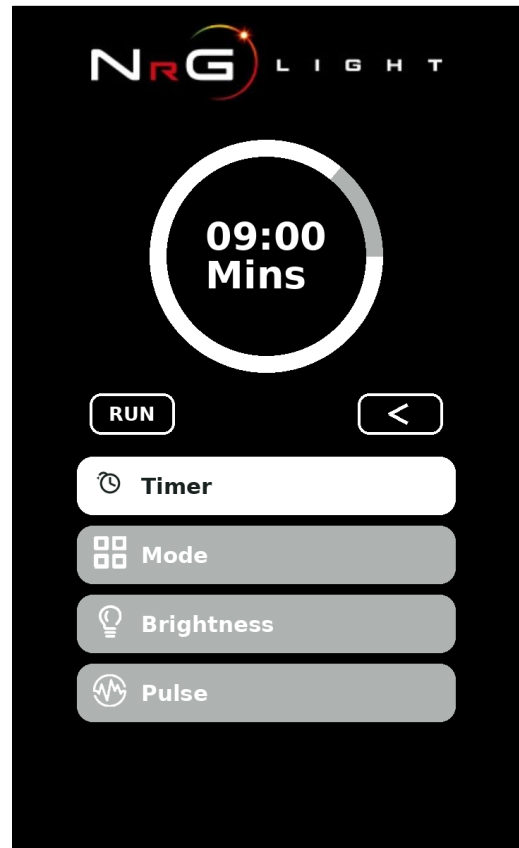
Set the session timer

Use the panel's Timer screen, then return to Home and press Start/Pause.



1. Open Timer

From Home or a side menu, tap the timer value or Timer.



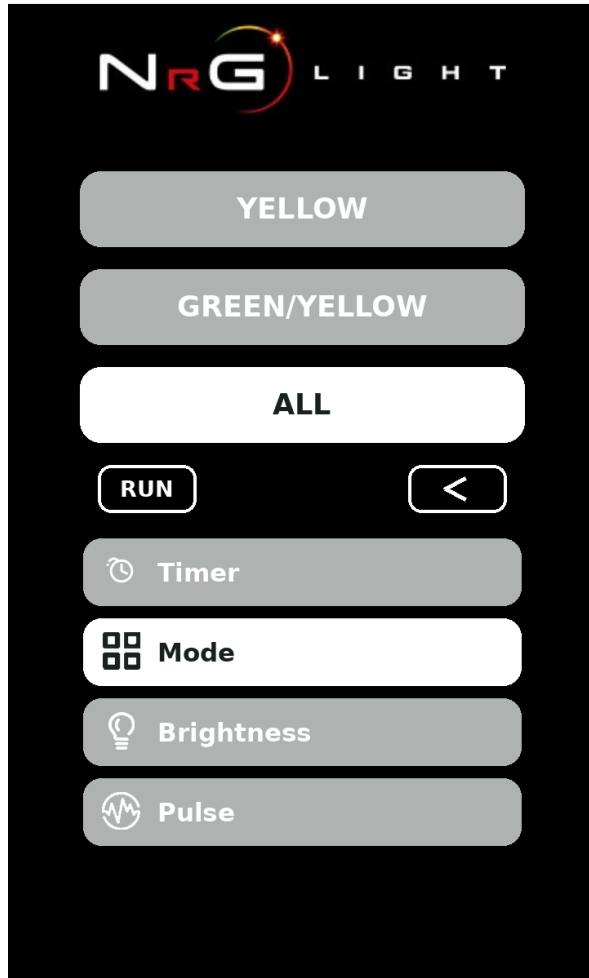
2. Set the duration

Adjust the on-screen timer, use the installed numeric entry when available, and confirm the value.

The white ring shows the selected duration. The Home screen shows the active countdown. Press Start/Pause only after reviewing mode, brightness, and pulse.

Choose a wavelength mode

The panel uses paged mode buttons; labels can vary slightly by model.



Mode workflow

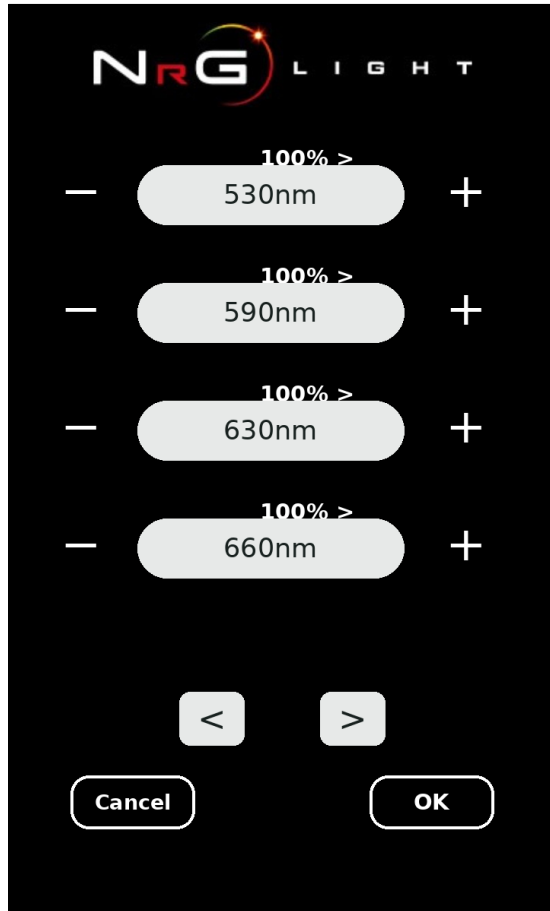
- 1 Tap Mode in the panel menu.
- 2 Use the arrow buttons to move between mode pages.
- 3 Tap the desired grouped output, such as All, Yellow, or Green/Yellow.
- 4 Review Brightness and Pulse, then press RUN or return to Home and press Start/Pause.

Nine physical channels

530, 590, 630, 660, 670, 810, 830, 850, and 1060 nm are installed. Each mode simply turns a selected group of these channels on or off.

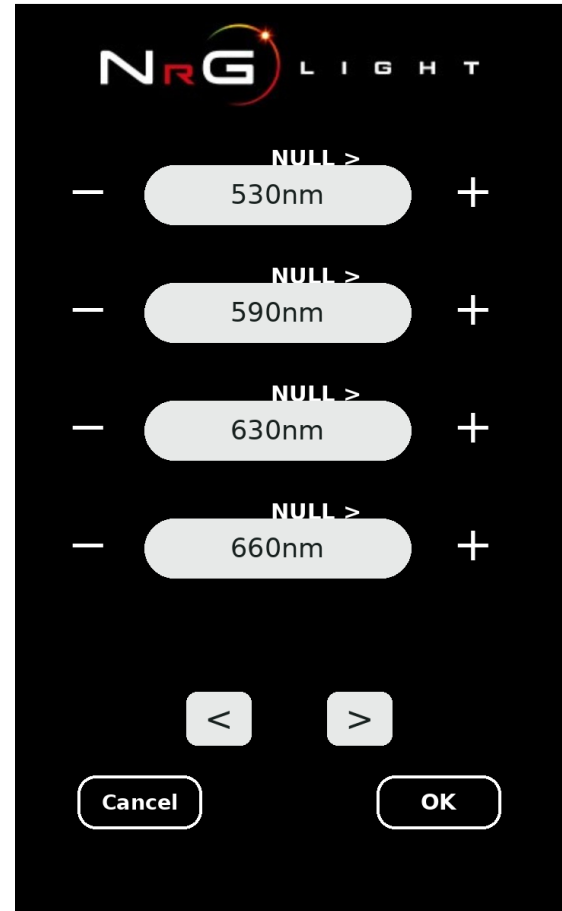
Brightness and pulse controls

Use the arrows to move through all wavelength pages; each channel can be adjusted independently.



BRIGHTNESS — 0 TO 100%

- The first page controls 530, 590, 630, and 660 nm.
- The next page controls 670, 810, 830, and 850 nm.
- The last page controls 1060 nm and the All shortcut.

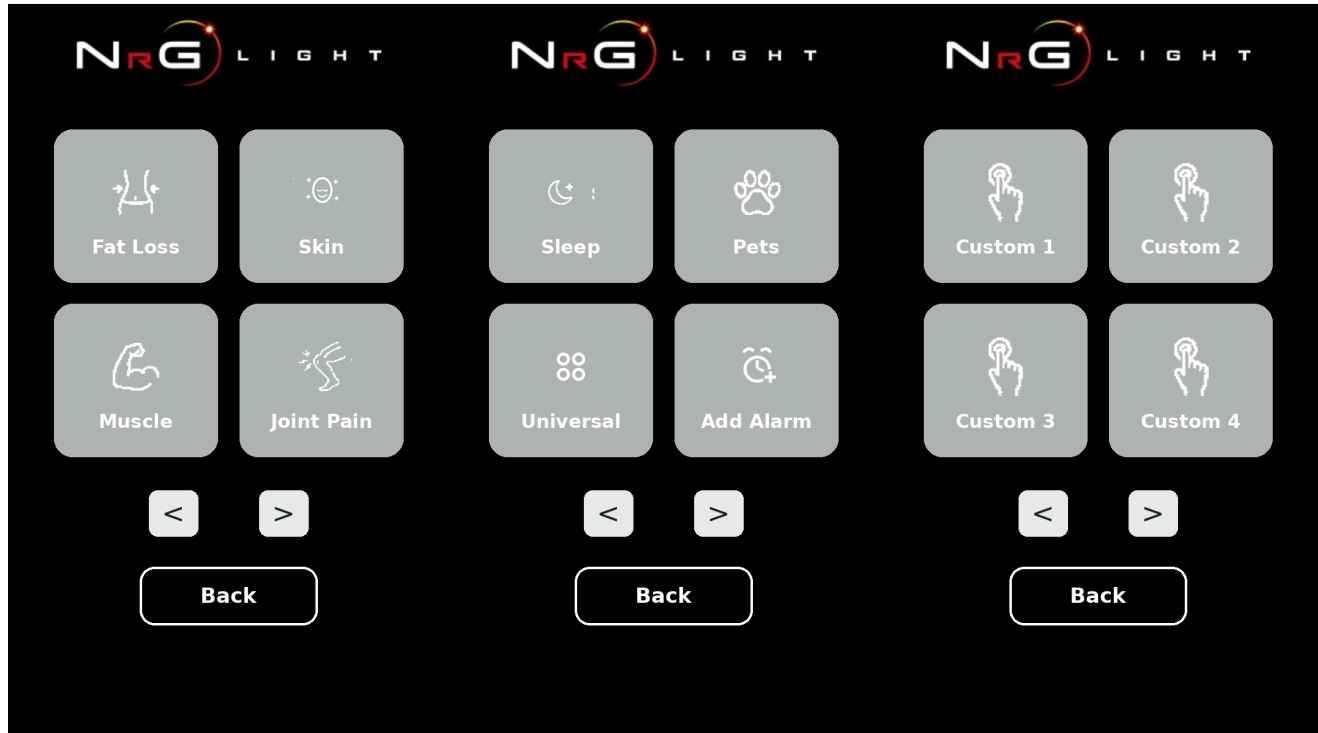


PULSE — NULL OR 1 TO 10,000 HZ

- NULL indicates continuous output with no intentional pulse.
- Selecting a frequency intentionally modulates the output.
- Aura, Aurora, and Phoenix are specified at 0% flicker in continuous mode.

Preset and custom scenes

Tap a preset Smart Scene for one-touch operation, or choose a saved custom scene.



PRESET PAGE

MORE PRESETS

CUSTOM 1-4

For one-touch operation, tap any preset Smart Scene to start the panel immediately. Use the arrows to view additional preset or Custom 1–4 scenes. Open or edit a scene only when you want to change its saved timer, wavelengths, intensity, or pulse.

Preset caution

Scene names are convenience labels, not diagnoses or guaranteed outcomes. Available scenes and labels can vary by panel. Always review the settings before use.

What each panel setting controls

Review each setting before changing saved panel preferences.

Bluetooth

Enables compatible app pairing; the Home icon shows connection status.

WorkAlarm

When enabled, the panel beeps when the active session reaches its halfway point.

Volume

Controls button and status sounds; the Home icon can show mute status.

Screen Brightness

Changes touchscreen brightness only—not therapy output.

Select Language

Changes the interface language on supported firmware.

Group Device

Selects Primary, Solo, or Secondary for compatible linked panels.

Alarm Clock

Opens saved alarm slots such as A01 and A02.

Date & Time

Sets the clock displayed on the Home screen.

Factory Reset

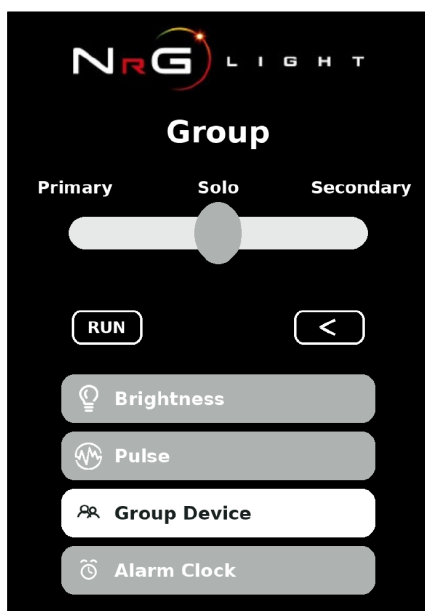
Returns compatible firmware settings to defaults.

Before a factory reset

If your panel includes Custom 1–4, photograph any saved scenes and other settings you want to recreate. A reset may erase preferences or group configuration.

Group control and alarm settings

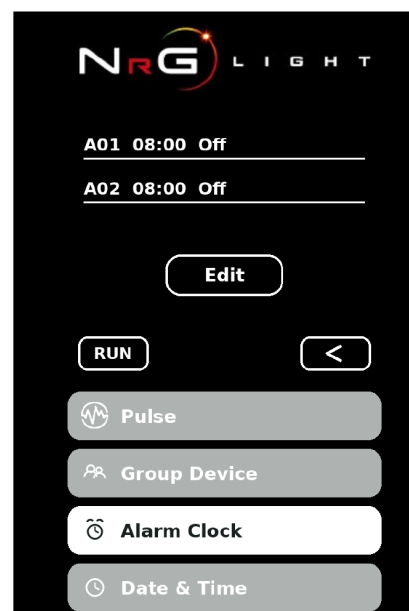
Leave Group Device set to Solo unless you are linking compatible panels to run simultaneously.



PRIMARY / SOLO / SECONDARY

Primary controls the linked group.
Solo operates independently.
Secondary follows the Primary panel.

Contact Nrg Light if you need help configuring linked panels.



ALARM SETTINGS

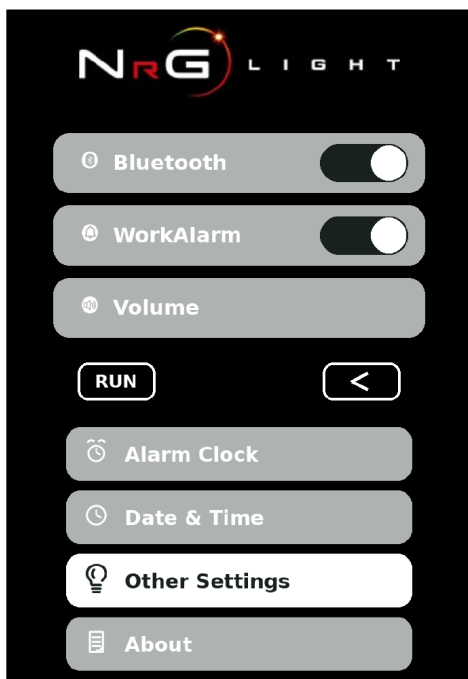
- 1 Open Alarm Clock from the panel menu.
- 2 Choose A01, A02, or another available slot, then tap Edit.
- 3 Set the time and any available repeat options.
- 4 Save the reminder, or leave its slot Off when it is not needed.

ALARM FUNCTION

Alarm Clock slots are optional scheduled reminders. WorkAlarm is separate and beeps when an active session reaches its halfway point.

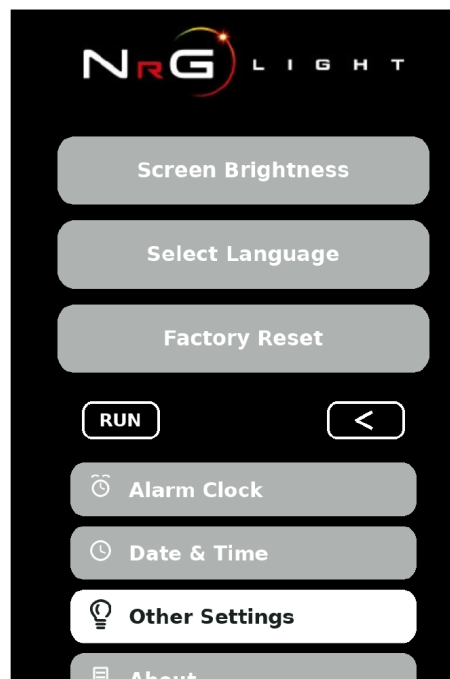
Other Settings

Open Settings, then select Other Settings.



SETTINGS

Bluetooth, WorkAlarm, and Volume appear together. Their status can also appear on the Home screen.



OTHER SETTINGS

Other Settings contains Screen Brightness, Select Language, and Factory Reset.

FACTORY RESET

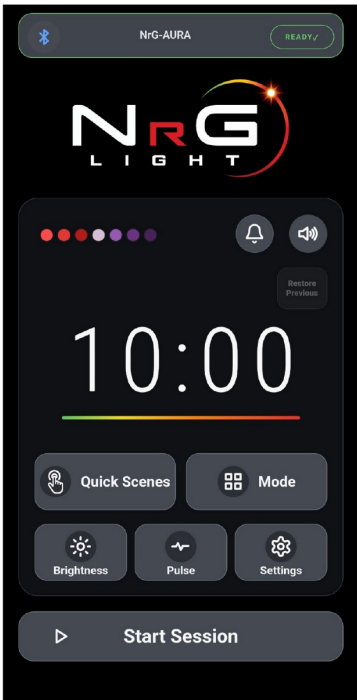
Path: Settings -> Other Settings -> Factory Reset -> OK. A reset may erase saved preferences, group configuration, and optional Custom 1-4 scenes. Photograph settings you want to recreate first.

BLUETOOTH PAIRING

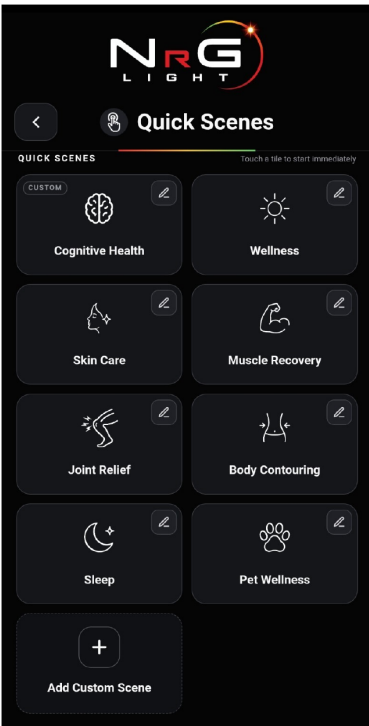
Enable Bluetooth on the panel and Android device, remain near the panel, close other panel-control apps, and retry pairing if needed. The physical touchscreen remains the primary control.

Mobile control at a glance

Android beta testing is underway. Screen labels and features may change before public release.



Home



Quick Scenes



Brightness

BETA SOFTWARE

Use the app for convenient adjustment while the physical touchscreen remains the primary onboard control. Quick Scenes can start a saved preset immediately, and Brightness provides individual channel control. Final availability, screen layouts, labels, and feature behavior may change. iPhone compatibility is planned for a future release.

INSTALLATION & POSITIONING

Stands and mounting options.

Use only the stand or mounting method intended for your model.

NrG-AURA

Built-in adjustable-angle tabletop stand. Optional door-mount pulley system.

NrG-AURORA

Vertical rolling stand. Optional adjustable-height door-mount pulley system.

NrG-PHOENIX

Wall bracket included with Phoenix System. The optional Signature stand provides motorized height adjustment and manual 360-degree rotation.

Door-mount pulley safety

- Inspect the door, hook, cable, snap links, threaded posts, and pulley before each use.
- Use only on a structurally sound door and hardware configuration appropriate for the panel load.
- Support and lift the panel with one hand while using the rope only to take up slack and control height. Never raise the panel by pulling on the rope alone.
- Keep hands, hair, clothing, cords, and fingers clear of moving hardware and pinch points.
- If supplied hardware differs from the setup guide, stop and contact NrG Light before assembly.

CARE & TROUBLESHOOTING

Keep it clean, cool, and dry.

Routine care and first checks for common operating issues.

- Switch off and unplug the panel before cleaning or moving it.
- Use a soft, dry microfiber cloth. If needed, use a barely damp cloth on the exterior and dry it immediately.
- Never spray cleaner directly onto the panel or allow liquid into vents, controls, seams, or connectors.
- Keep vents and fans clear of dust, fabric, walls, and other obstructions.
- Store indoors in a dry location away from direct sun, excessive heat, condensation, and freezing conditions.

Troubleshooting

NIR VISIBILITY

Near-infrared LEDs can appear dim or completely dark to the eye even while operating normally. Do not diagnose an NIR channel as failed based only on visible brightness.

Panel will not power on	Confirm the outlet works, the cord is fully seated, the rear switch is on, and no breaker or GFCI has tripped.
Touchscreen is not responding	Switch the panel off, wait about 30 seconds, then restart. Contact NrG Light if the issue continues.
Panel is running but no light is emitted	Confirm the intended channels are above 0%. If they are enabled, use Settings > Other Settings > Factory Reset > OK, select the channels again, and press Start/Pause.
Session stopped unexpectedly	Check the timer. The panel stops automatically when the countdown expires.
App will not connect	Confirm Bluetooth is enabled on the phone and panel, stay close, close other control apps, and retry. Android app functionality is beta.
Unusual heat, smell, noise, or flicker	Stop use immediately, switch off, unplug, and contact NrG Light. Do not open the enclosure.

NrG limited warranty.

Coverage applies during normal, authorized use. Misuse and unsuitable environments are excluded.

Product	Warranty term
NrG-SPARK	1-year limited warranty
NrG-AURA	3-year limited warranty
NrG-AURORA	3-year limited warranty
NrG-PHOENIX	3-year limited warranty
NrG-PRIZM	3-year limited warranty

WARRANTY-ENDING CONDITION

The product must be used and stored in a dry indoor environment. Use in any sauna - wet, dry, steam, infrared, traditional, or combination - immediately voids warranty coverage.

Covered support

- Defects in materials or workmanship that occur under normal use and maintenance.
- Troubleshooting, technical assistance, replacement parts, repair guidance, and replacement options as appropriate to the issue and warranty stage.
- Warranty service is coordinated through NrG Light. Contact NrG before opening the enclosure or attempting internal repair.

Not covered

- Misuse, improper storage, abnormal environmental exposure, blocked ventilation, or operation outside a dry indoor environment.
- Any sauna use or exposure to steam, water, condensation, liquid intrusion, flooding, or other moisture damage.
- Unauthorized disassembly, modification, repair, or unapproved accessories or electrical components.
- Damage caused by accident, fire, electrical surge, impact, customer-arranged transport/relocation, or other external events after delivery.
- Cosmetic wear that does not affect normal function.

NEED WARRANTY SERVICE?

Email info@nrglight.com with your name, order information, product model, serial number if available, a description of the issue, and clear photos/video. Do not ship a product back until NrG provides return instructions.

Keep these resources handy.

1

Panel operation manual

nrglight.com/manuals - shared Aura / Aurora / Phoenix operating guide.

2

Model-specific setup guides

Separate PDF guides cover the Aura built-in stand, Aurora rolling stand / pulley, and Phoenix wall mount / Signature stand.

3

Warranty details

nrglight.com/warranty - current warranty coverage, exclusions, and service instructions.

4

Technical support

Email info@nrglight.com. Include photos or video whenever possible; visual documentation speeds diagnosis.

Scope of this manual

This guide is written specifically for the NrG Light 9-wavelength panel configuration: 530, 590, 630, 660, 670, 810, 830, 850, and 1060 nm. Available colors, mode names, and screen layouts may vary slightly by firmware revision; use the configuration shown in this guide.

General wellness use

NrG Light products are intended for general wellness and fitness purposes and are not intended to diagnose, treat, cure, mitigate, or prevent disease. Product interfaces and specifications may be updated as hardware, firmware, and app software evolve.

Specifications and mounting options

SPECIFICATION	NrG-AURA	NrG-AURORA	NrG-PHOENIX
Panel dimensions	12.6 x 9.1 x 2.6 in 32 x 23 x 6.5 cm	36.2 x 16.5 x 2.6 in 92 x 42 x 6.5 cm	74.41 x 22.83 x 2.56 in 189 x 58 x 6.5 cm
LED hardware	72 dual-chip lenses 144 LED chips	432 dual-chip lenses 864 LED chips	1,152 dual-chip lenses 2,304 LED chips
Wavelengths	530 / 590 / 630 / 660 / 670 / 810 / 830 / 850 / 1060 nm	530 / 590 / 630 / 660 / 670 / 810 / 830 / 850 / 1060 nm	530 / 590 / 630 / 660 / 670 / 810 / 830 / 850 / 1060 nm
Rated power / current	120 W 1.549 A +/-5% @ 110 V	720 W 6.113 A +/-5% @ 110 V	1,650 W +/-10% Approx. 16 A @ 110 V
Input / beam angle	110-120 V AC, 60 Hz 30 degrees	110-120 V AC, 60 Hz 30 degrees	110-120 V AC, 60 Hz 30 degrees
Intensity / pulse / timer	0-100% per channel NULL or 1-10,000 Hz 0-30 minutes	0-100% per channel NULL or 1-10,000 Hz 0-30 minutes	0-100% per channel NULL or 1-10,000 Hz 0-30 minutes
Controls	Touchscreen, Bluetooth, preset and custom scenes	Touchscreen, Bluetooth, preset and custom scenes	Touchscreen, Bluetooth, preset and custom scenes
Cooling / protection	Fan cooled	Fan cooled	36 cooling fans plus overheat protection
Measured output	Solar meter: 157.6 mW/cm2 @ 3 in Spectrometer: 65.3 @ 6 in	Solar meter: 181.3 mW/cm2 @ 3 in Spectrometer: 75.1 @ 6 in	Solar meter: 199.2 mW/cm2 @ 3 in Spectrometer: 82.501 @ 6 in
Panel weight	8.6 lb +/-1.1 lb 3.9 kg +/-0.5 kg	33.7 lb +/-1.1 lb 15.3 kg +/-0.5 kg	97.4 lb +/-1.1 lb 44.2 kg +/-0.5 kg
Shipping / packed weight	16.1 x 14.6 x 7.3 in 11.7 lb +/-1.1 lb	40.2 x 5.9 x 22.6 in 39.7 lb +/-1.1 lb	Gross packed weight: approx. 143 lb / 65 kg
Environment	Operate 41-122 F Store -4-140 F Surface max. 104 F	Operate 41-122 F Store -4-140 F Surface max. 104 F	Dry indoor use only; keep ventilation clear
Lifespan / EMF	50,000 hours 0.0 microtesla @ 4 in	50,000 hours 0.0 microtesla @ 4 in	50,000 hours See product documentation
Shell / finish	Black iron shell	Black iron shell	Black iron shell
Mounting options	Built-in tabletop stand Optional door-mount pulley	Vertical rolling stand Optional door-mount pulley	Wall bracket included Optional Signature motorized stand
Warranty	3 years	3 years	3 years

Output readings are instrument- and distance-specific; solar-meter and spectrometer values are not interchangeable.
Optional blue-light configuration replaces the standard 530 nm green channel when specially ordered before production.