



aha halo

Portable Wellness Companion
User Manual v2.0

Thank you for choosing Aha Halo. These instructions will help you achieve the best results with this innovative product. You can find the electronic edition of this manual on

www.ahaharmony.com

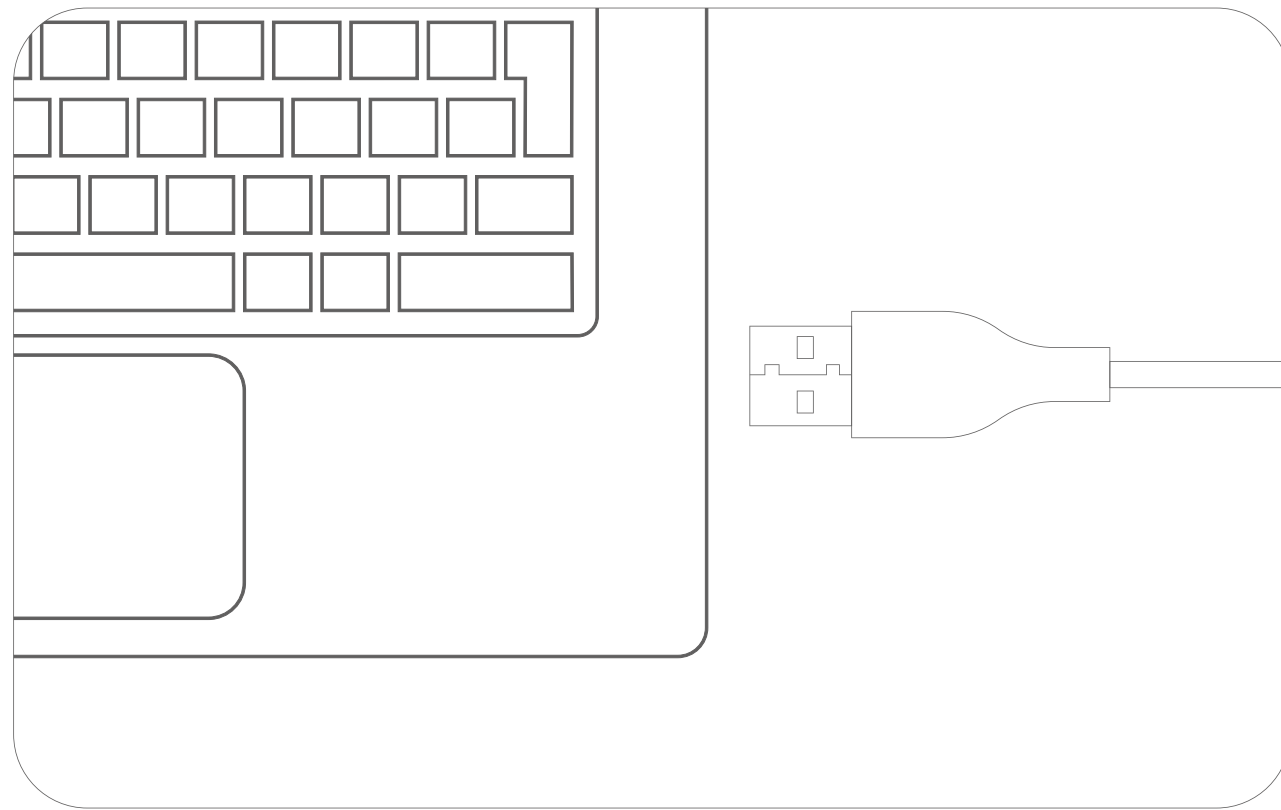
Disclaimer

While Aha Halo incorporates advanced technology, it is intended for experimental and educational purposes only. Aha Halo is not designed to diagnose, treat, cure, or prevent any disease or medical condition. Instead, it aims to support overall well-being, promote relaxation, and enhance vitality. Use Aha Halo as a complementary tool to support your lifestyle, and consult a qualified healthcare professional for any medical concerns or conditions. Individual results may vary.

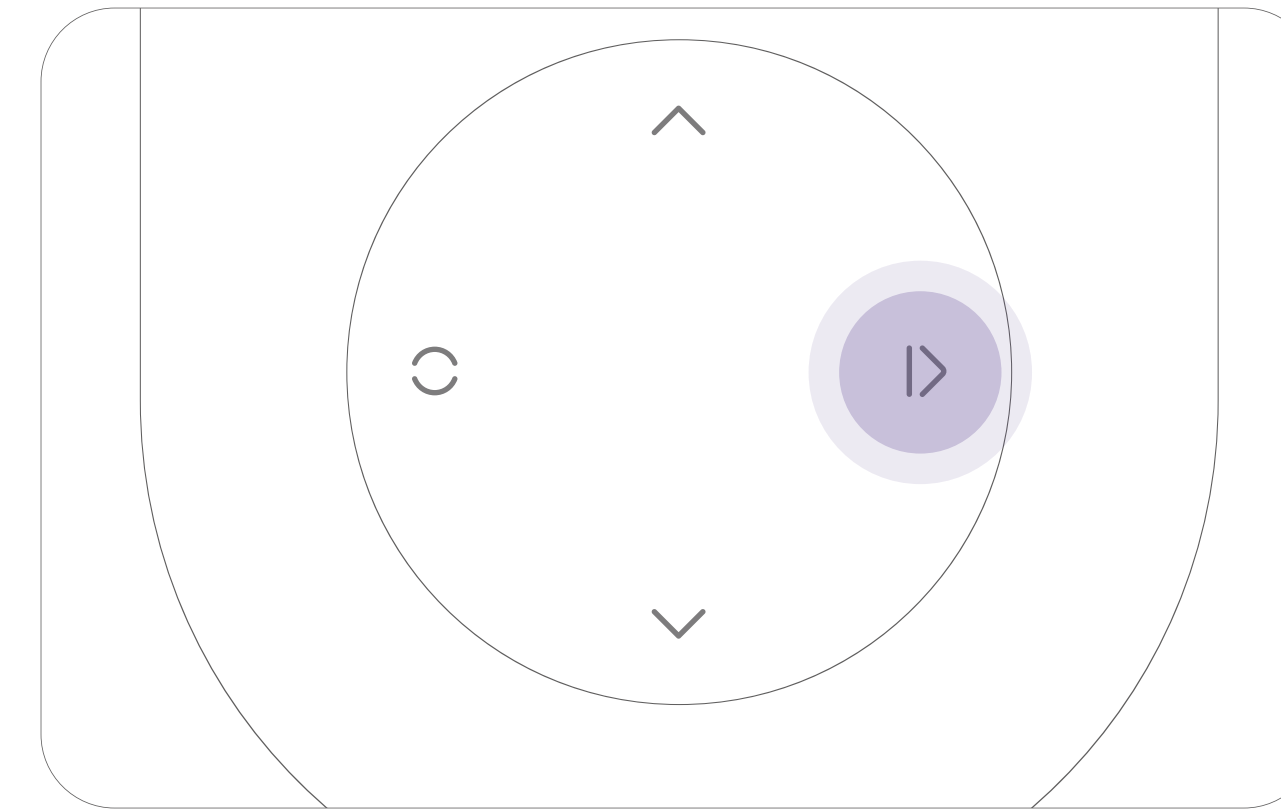
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Quick Guide



1 >
Turn off Aha Halo and connect it to your computer using a USB cable.



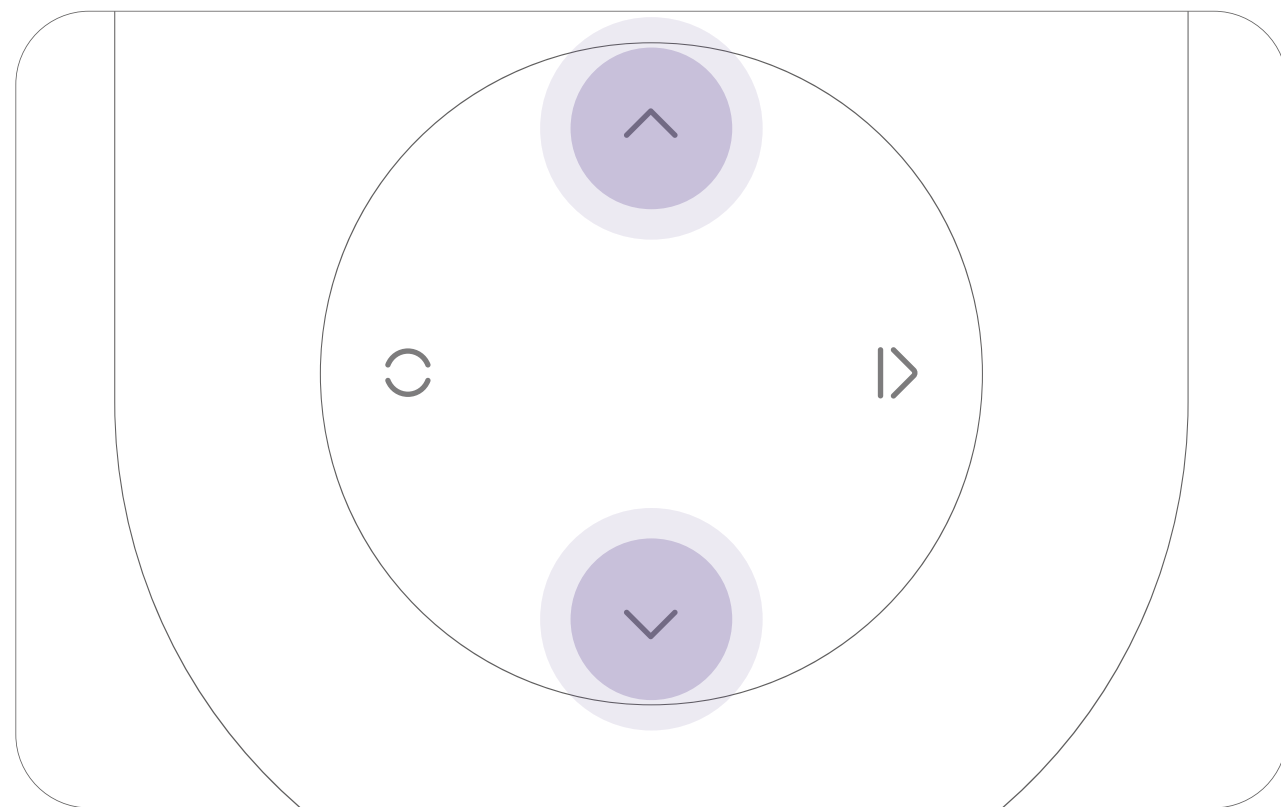
2 >
Press the right button to turn it on.



3 >
Open the Aha Halo software on your computer.

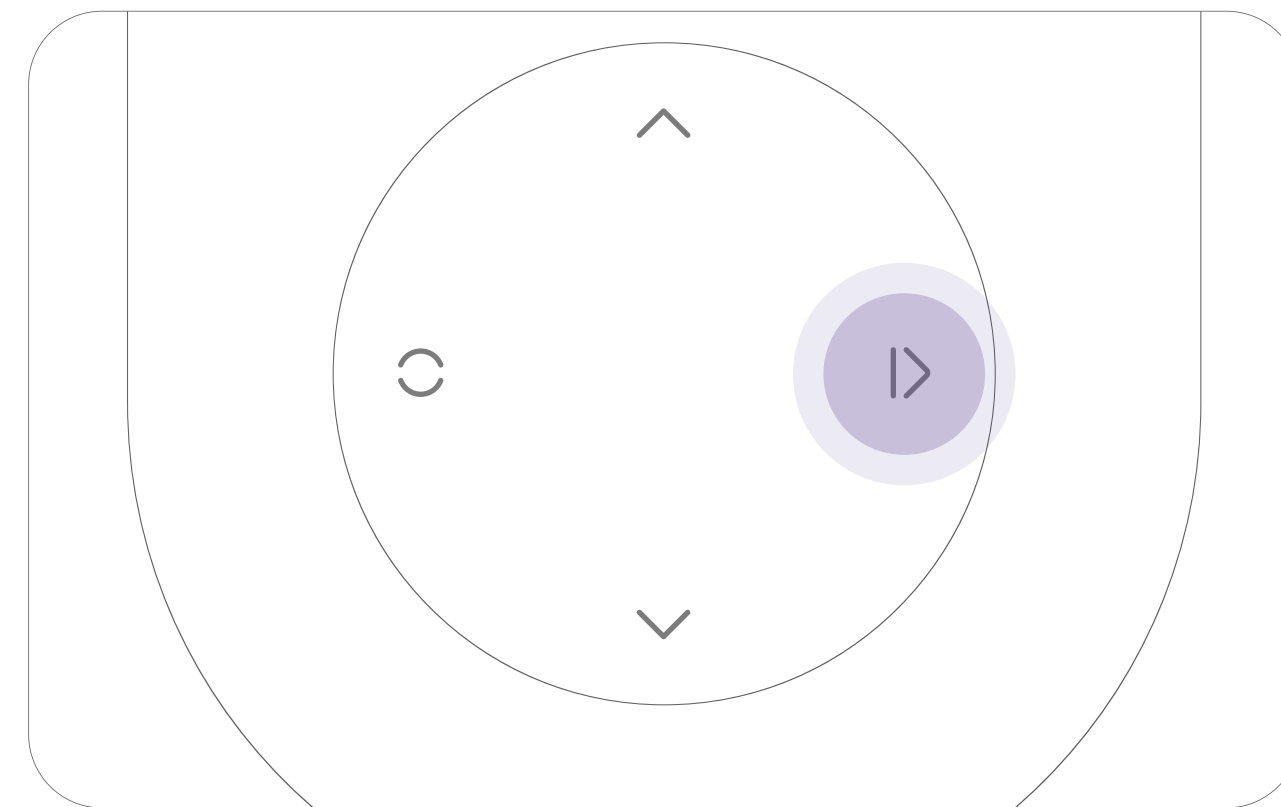


4 >
Select the programs you need and click "Load".



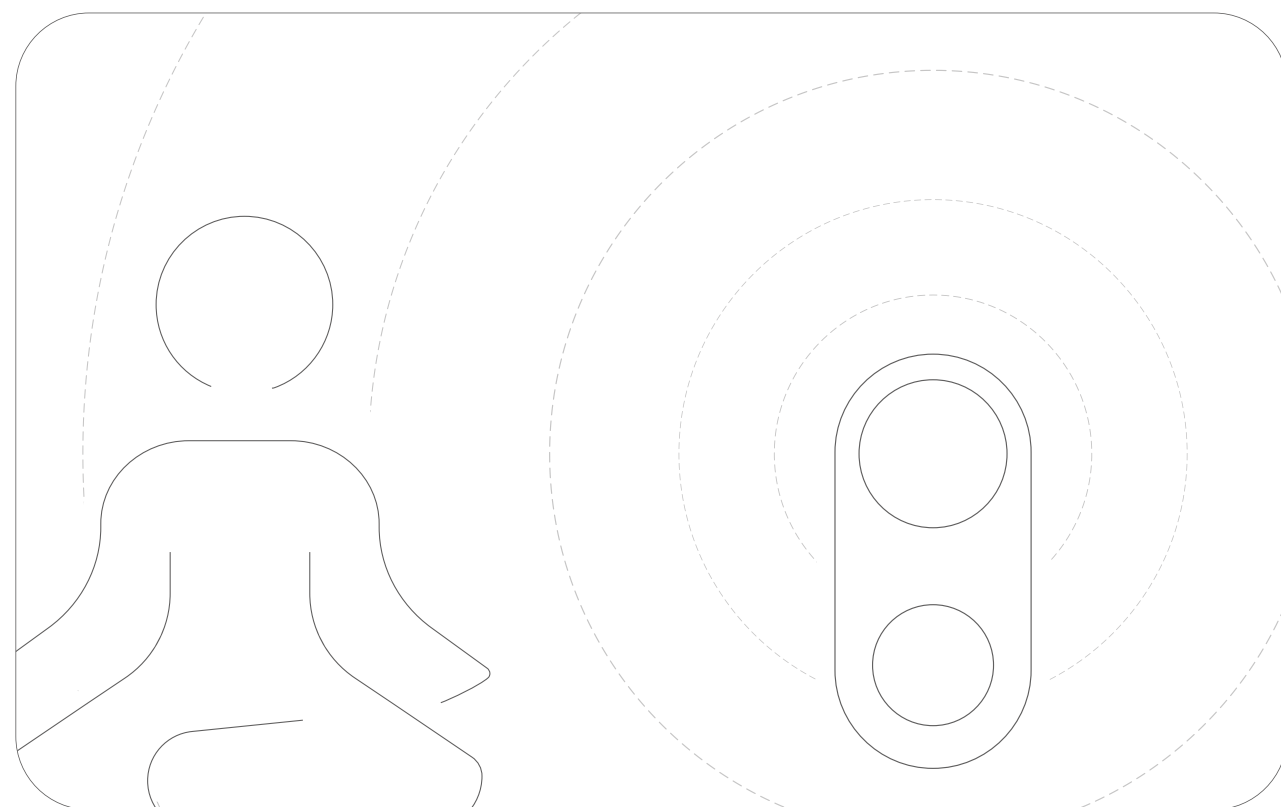
5 >

Use the "Up" and "Down" buttons on Aha Halo to choose your program.



6 >

Press the "Right" button to start the program.



7 >

Place Aha Halo near you and enjoy!

★ Please use the original USB cable when loading programs into halo. Many other USB cables are designed for charging purposes only.

Overview

Aha Halo is a professional portable frequency healing device. The Aha Halo frequency library, meticulously curated by an expert team with over 20 years of experience in frequency technology, is integrated with a robust scalar energy field to provide wireless healing within a 3-foot radius anytime, anywhere.

About Aha Halo

Aha!

A gentle phrase when your mind discovers
The beauty of the universe.

Every “Aha”

Represents the moment we perceive the miracles of life,
Feeling joy and gratitude.

Aha!

Life can be harmonious and beautiful,
With Aha Halo by your side.

Aha Halo creates a halo

Filled with cosmic energy,
Protecting, surrounding, and healing you
Whenever you need it.

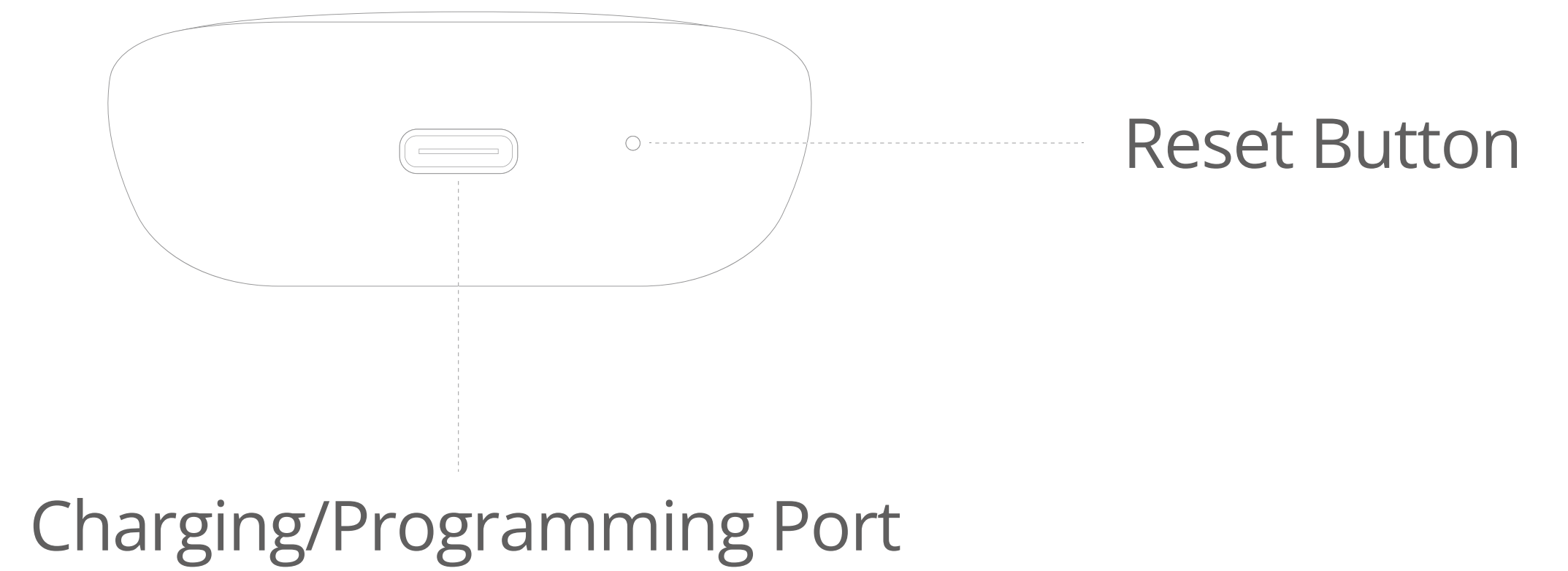
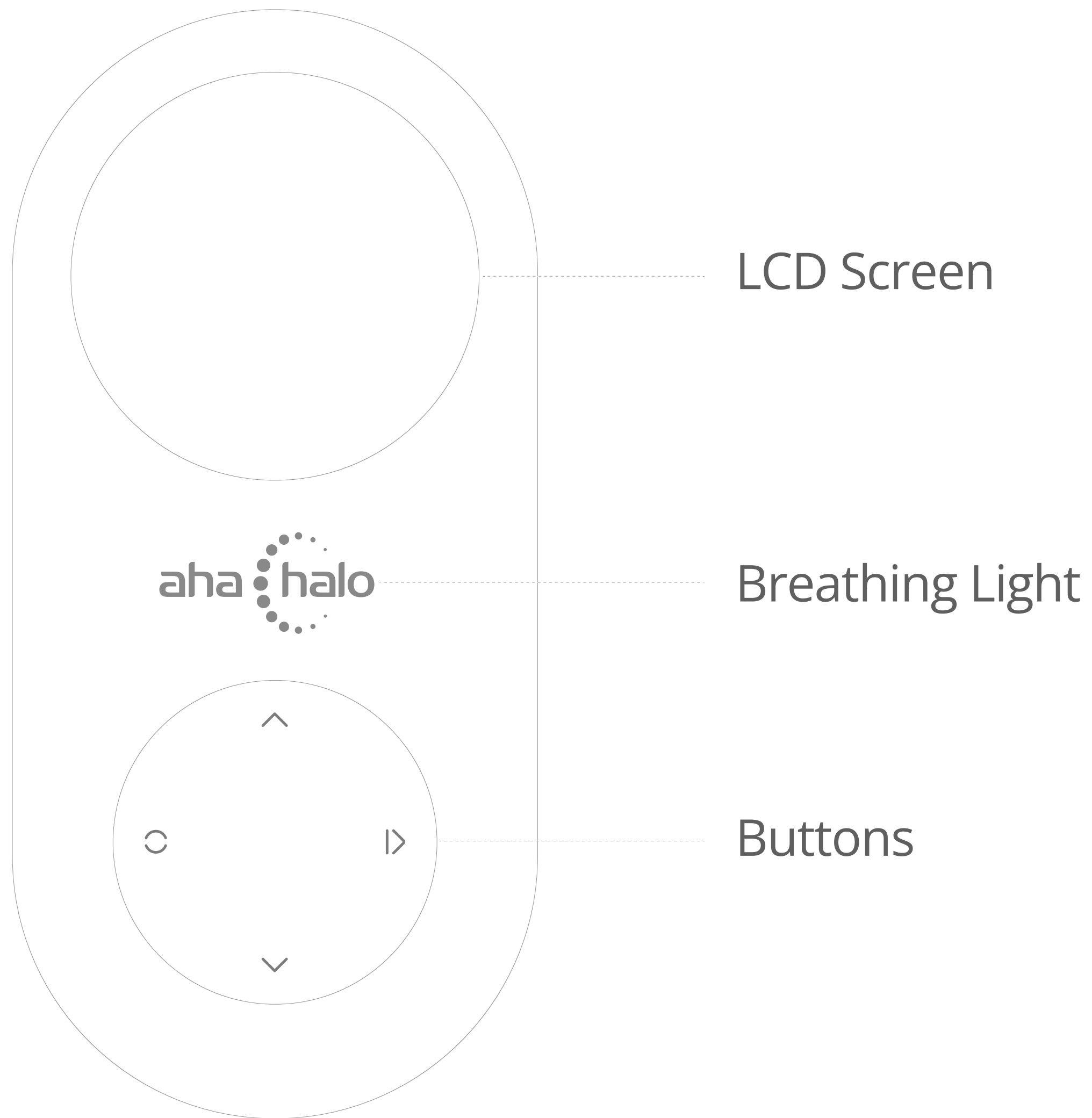
That is why it is called “Aha Halo”.

Package Contents

- 1 Aha Halo
- 2 User Manual
- 3 Harmony Card x 3
- 4 USB-C OTG Adapter
- 5 USB Cable



Hardware

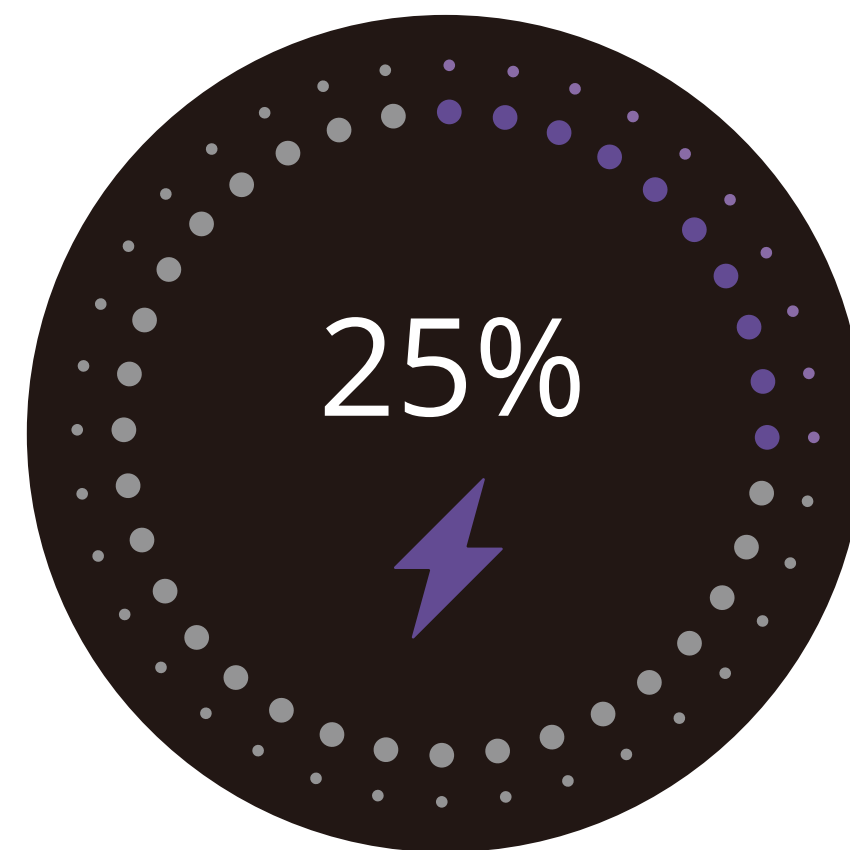


Hardware

Screen Display

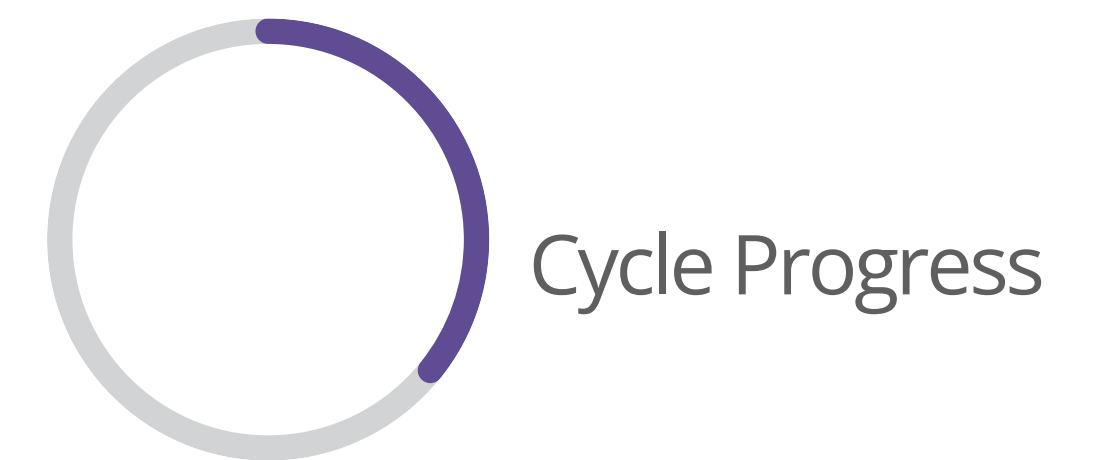


Power On



Off charging

Icons





Good Luck

The Aha Halo you received comes with three preloaded programs designed to provide you with the best love and protection. Please visit www.ahaharmony.com to download the software and follow the manual to load more programs.



Short Press
Return to the previous program

Long Press
Turn the breathing light on or off



Short Press
Return to the running or paused program

Long Press
Lock the screen



Short Press
Start or Pause the program

Long Press
Turn the device On or Off



Short Press
Go to the next program

Breathing Light



Serves as an indicator that the program is running. Long-press the up button to turn it on or off.

Screen Locking and Unlocking

Screen Auto-lock:

The screen will turn off automatically after 1 minute of inactivity.

Screen Manual Lock:

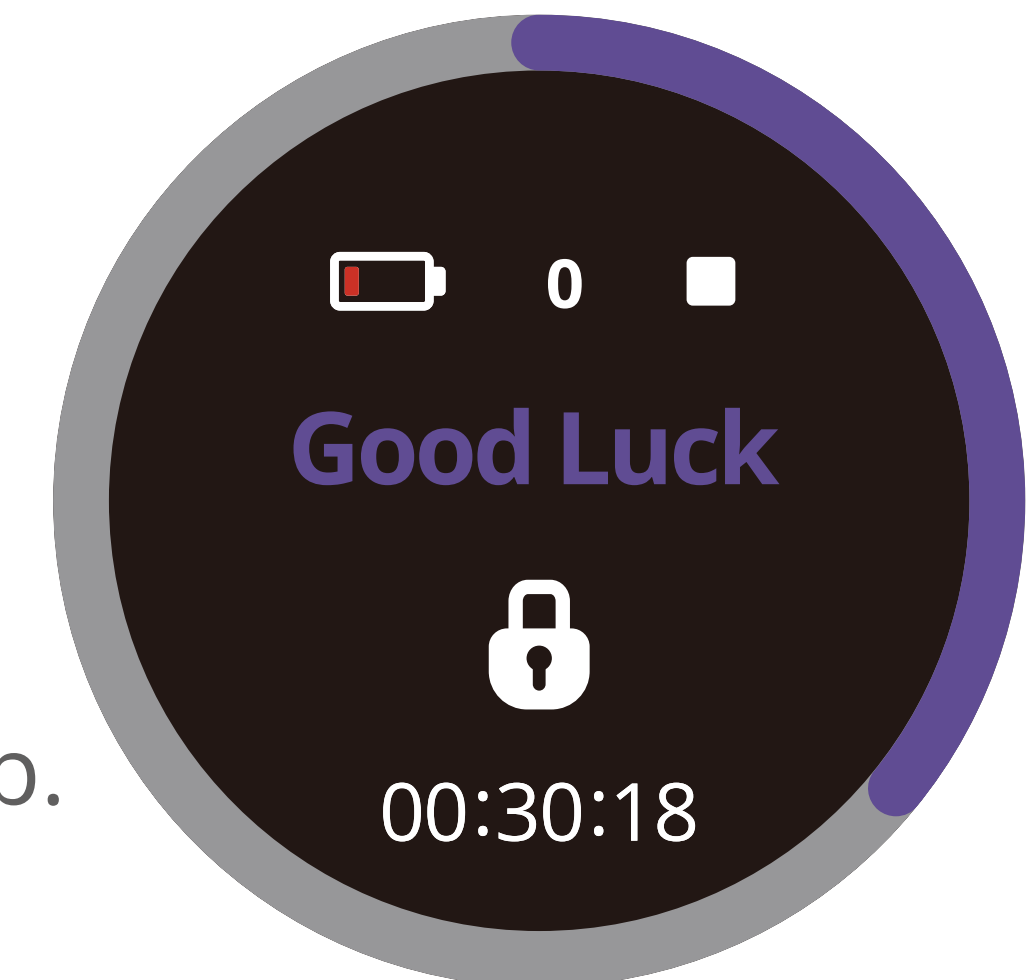
Long-press the left button to lock the screen manually.

Screen Activate:

Press any button to wake up the locked screen. If there is no operation within 30 seconds, the screen will automatically go to sleep.

Screen Unlock:

When the screen is on, briefly press the right button to unlock it.



Program Highlight

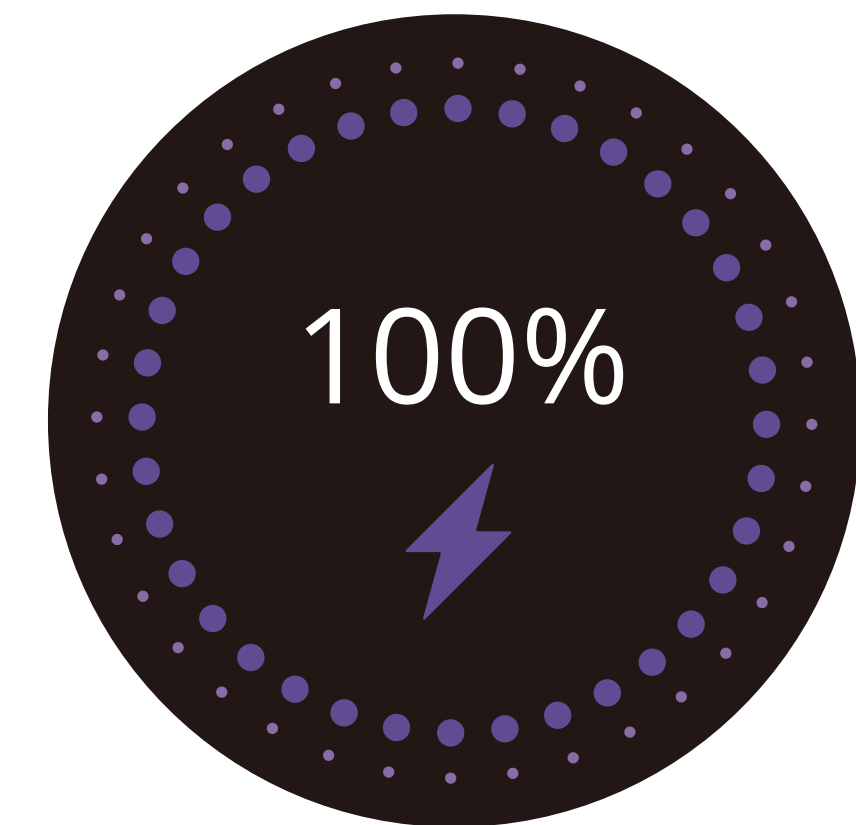
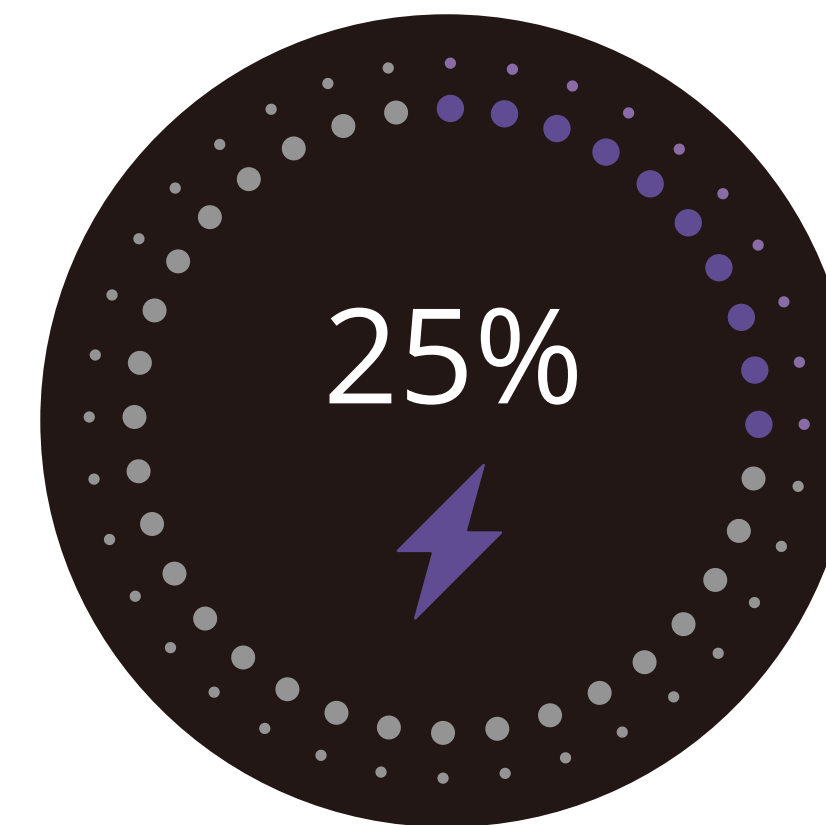
The selected program will be highlighted in purple whether they are running or paused.

Battery Charging

Fully charge the internal battery before the first use. Connect the USB cable to Aha Halo and plug the other end into a computer or a 5V USB power adapter.

Aha Halo charges automatically when connected to a USB port, even when it is turned off. The screen will display the charging status during this process.

If Aha Halo is turned on, the battery-status icon will flash on the user interface to indicate that charging is in progress.



Software

Operating System: MacOS / Windows 10 or newer.

Free Memory (RAM): 512 MB.

Available Hard Disk Space: 100 MB.

Processor: Intel Dual Core processor or newer.

Installation

Aha Halo software supports both Windows and macOS. To ensure optimal performance, download the latest version from www.ahaharmony.com/software-download/. After downloading, run the installer and follow the guided setup process. Upon completion, you can launch the software immediately.

How to Launch

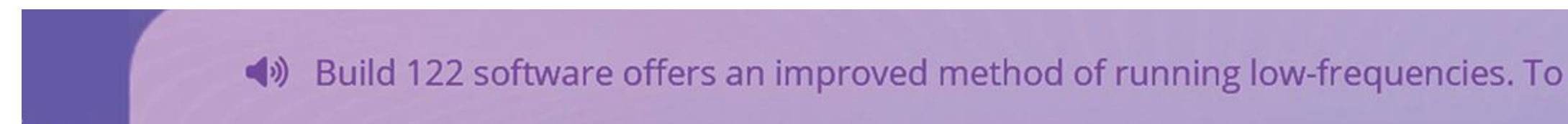
Click the aha icon to start the Aha Halo software. When the database has loaded, this screen will show up. Now, let's start using it!



Software Interface Overview

News:

Stay updated with the latest Aha Halo information, including software updates, feature enhancements, promotions, and more.



Quick Pack:

We've selected the 19 most popular programs. You can load them all with one click. If you wish to remove any specific program, you can do so in the "My Halo" section.

Install Quick Pack
19 Programs

Intense Head Discomfort	01:36:00	Tooth and Gum Discomfort	00:30:00	Stomach Discomfort	00:30:00	Throat Discomfort	00:42:00	Good Sleep II	04:27:00
Figure	02:27:00	Collagen	00:33:00	Acne	01:36:00	Full Body Cleansing	01:18:00	Immune	00:45:00
Muscle and Tendon	00:42:00	Blocked Tummy	01:00:00	Song of the Spine	01:12:00	Common Runny Nose	01:54:00	Relaxation I	01:00:00
Clarity and Focus	01:18:00	Seven Chakras	00:21:00	Menstrual Discomfort	00:36:00	Prostate	00:39:00		

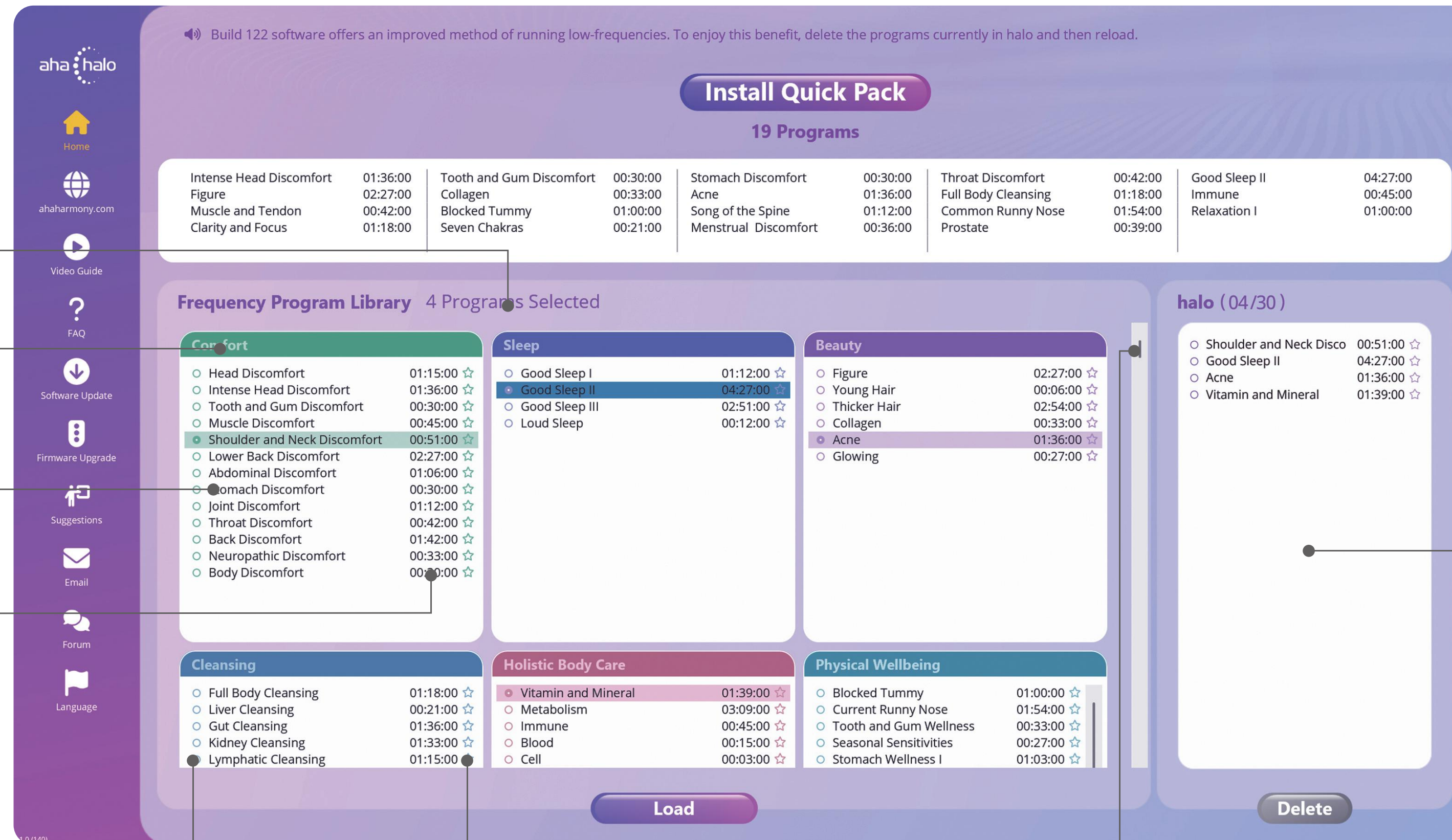
Frequency Program Library:

In the frequency program library, we've grouped more than 100 top-rated programs into 11 categories, making it easier for you to find the perfect program to meet your needs.

Comfort	Sleep	Beauty
<input type="radio"/> Head Discomfort 01:15:00 ☆	<input type="radio"/> Good Sleep I 01:12:00 ☆	<input type="radio"/> Figure 02:27:00 ☆
<input type="radio"/> Intense Head Discomfort 01:36:00 ☆	<input type="radio"/> Good Sleep II 04:27:00 ☆	<input type="radio"/> Young Hair 00:06:00 ☆
<input type="radio"/> Tooth and Gum Discomfort 00:30:00 ☆	<input type="radio"/> Good Sleep III 02:51:00 ☆	<input type="radio"/> Thicker Hair 02:54:00 ☆
<input type="radio"/> Muscle Discomfort 00:45:00 ☆	<input type="radio"/> Loud Sleep 00:12:00 ☆	<input type="radio"/> Collagen 00:33:00 ☆
<input type="radio"/> Shoulder and Neck Discomfort 00:51:00 ☆		<input type="radio"/> Acne 01:36:00 ☆
<input type="radio"/> Lower Back Discomfort 02:27:00 ☆		<input type="radio"/> Glowing 00:27:00 ☆
<input type="radio"/> Abdominal Discomfort 01:06:00 ☆		
<input type="radio"/> Stomach Discomfort 00:30:00 ☆		
<input type="radio"/> Joint Discomfort 01:12:00 ☆		
<input type="radio"/> Throat Discomfort 00:42:00 ☆		
<input type="radio"/> Back Discomfort 01:42:00 ☆		
<input type="radio"/> Neuropathic Discomfort 00:33:00 ☆		
<input type="radio"/> Body Discomfort 00:30:00 ☆		

Cleansing	Holistic Body Care	Physical Wellbeing
<input type="radio"/> Full Body Cleansing 01:18:00 ☆	<input type="radio"/> Vitamin and Mineral 01:39:00 ☆	<input type="radio"/> Blocked Tummy 01:00:00 ☆
<input type="radio"/> Liver Cleansing 00:21:00 ☆	<input type="radio"/> Metabolism 03:09:00 ☆	<input type="radio"/> Current Runny Nose 01:54:00 ☆
<input type="radio"/> Gut Cleansing 01:36:00 ☆	<input type="radio"/> Immune 00:45:00 ☆	<input type="radio"/> Tooth and Gum Wellness 00:33:00 ☆
<input type="radio"/> Kidney Cleansing 01:33:00 ☆	<input type="radio"/> Blood 00:15:00 ☆	<input type="radio"/> Seasonal Sensitivities 00:27:00 ☆
<input type="radio"/> Lymphatic Cleansing 01:15:00 ☆	<input type="radio"/> Cell 00:03:00 ☆	<input type="radio"/> Stomach Wellness I 01:03:00 ☆

Load



Number of selected programs

Category Name

Programs included in this category

Duration of one cycle







Display of the programs loaded into the halo.






Select this program

Bookmark this program

Scroll Bar
Drag to see more programs

Other Icons

	Logo	
 Home	Back to homepage	
 ahaharmony.com	Enter the official website	★
 Video Guide	Video tutorial site	★
 FAQ	Enter the FAQ page	★
 Software Update	Latest software update	★

 Firmware Upgrade	Instant update of Firmware (Feature coming soon)	★
 suggestions	Submit suggestions	★
 Email	Email us	★
 Forum	Visit Aha Halo forum	★
 Language	Switch preferred language (More language options coming soon)	

★ requires an internet connection.

Aha Halo is a compact yet powerful device that can be easily carried in your bag or pocket, providing continuous scalar energy output to meet your on-the-go needs anytime, anywhere.

Using Aha Halo

How to Load Programs into Aha Halo

1. Turn Aha Halo off by long-pressing the right button for 2 seconds.
2. Connect the device to your computer using a USB cable, and turn Aha Halo on.
3. Launch the Aha Halo software.
4. Click "Install Quick-Pack" to load the 19 most popular programs into your device at once, or select programs from the Frequency Program Library and click "Load" to add them individually.

How to Use Aha Halo

1. Select your desired program. The device generates scalar waves only when a program is running.
2. Keep halo within 3 feet to benefit from its Scalar energy. For best results, stay as close to halo as possible.

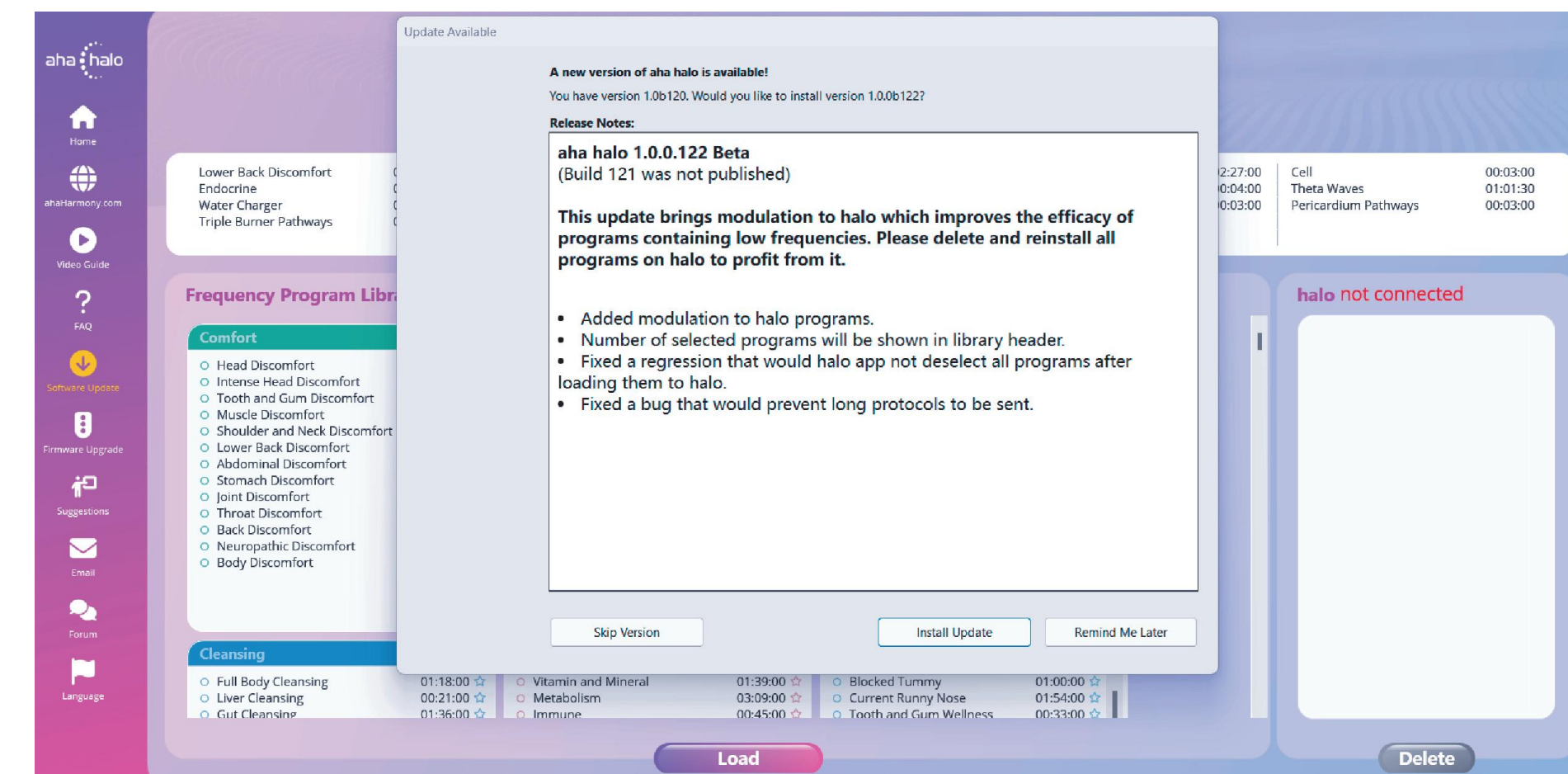




How to Update Aha Halo Software

1. Please ensure your computer is connected to the internet.
2. When you launch the Aha Halo software, it will automatically notify you if a new version is available. Follow the instructions to update the software.
3. If the notification does not appear automatically, you can click the Software Update button to check for updates manually.

3. Once running, the program will run continuously until you manually stop it. It is recommended to keep the program running at least one full cycle to achieve its full benefits. For prolonged use, operating the device continuously throughout the day is also beneficial.



How to Use the Harmony Card

1. Align the Harmony Card with Aha Halo and run your healing program to store its frequencies on the card.
2. Carry the card with you to enjoy all-day energy protection.
3. Reuse and recharge the card with new programs as needed, and share it with loved ones or those in need.
4. Keep the card protected from direct sunlight and EMF radiation.



Note

1. When the film is peeled off, the Harmony Card will no longer be effective.
 2. It's very important to understand that the Harmony Card can't replace the device, and its effect can't compare with that of Aha Halo.
-

Tips & Tricks

Resetting Aha Halo: Glitches happen in life. If Aha Halo stops responding to computer commands, refuses to turn off, or behaves abnormally, insert a straightened paperclip into the reset hole. The computer inside Aha Halo will be reset back to factory defaults.

Transportation and Storage

General transportation is acceptable, but strong shocks, vibration, and exposure to snow and rain should be avoided during transit. The packaged device should be stored in a well-ventilated room with no corrosive gases and a humidity level below 80% RH.

Warranty

Aha Halo will be replaced or repaired free of charge within one year from the purchase date if found to be defective and used in accordance with the instructions.

Service and repair are provided after the warranty period, with material and shipping costs charged as appropriate.

The warranty does not cover

- Damage caused by user negligence or product misuse (e.g., scratches, liquid damage, or unauthorized replacement of parts).
- Breakdown or damage caused by disassembly.
- Breakdown or damage caused by accidents.
- Damage caused by natural disasters.

Important Safety Instructions

1. Do not use on pregnant women.
2. Children must be supervised by an adult during use.
3. Keep the device dry and away from moisture.
4. Discontinue use immediately if you experience discomfort.

Specifications

Dimensions: 113mm(L) x53.5mm(W)x21mm(H)

Screen Size: 1.52 inches

Output frequency range: 1 μ Hz ~2MHz

Maximum Frequency Resolution: 1 μ Hz

Charging Voltage/Current: 5V, 1.1A

Charging Time: Fast charging (1100mA): 3-4 hours.

Slow charging (330mA) or computer: 7-9 hours

Usage Time: 17-22 hours (on a full charge)

Program Storage Capacity: 30

Thanks and Acknowledgment

The creation of Aha Halo is a testament to the collective effort and support of countless individuals. We extend our heartfelt gratitude to everyone who has contributed to this journey.

May each new day find you in a state of harmony and health.

* Aha Halo software is continually updated and optimized.
Final features may vary based on the actual version.



Your Halo of Protection

www.ahaharmony.com