

Clearlight® Medical Grade Chromotherapy

User Manual



Clearlight®

The healing benefits of Chromotherapy?

What is Chromotherapy?

Chromotherapy is the science of utilizing wavelengths of color light frequencies to improve health benefits of the body and mind.

Experience Chromotherapy Health Benefits

These colors can help to alleviate various issues. Chromotherapy is the science of using wavelengths of color light to affect your body and mind for improved health and happiness.



Health Benefits

- Detoxification
- Reduced Inflammation
- Pain relief
- Wound healingIncreased flexibility
- Improved circulation
- Treating SAD
- Improved sleep patterns
- Stress reduction



Cosmetic Benefits

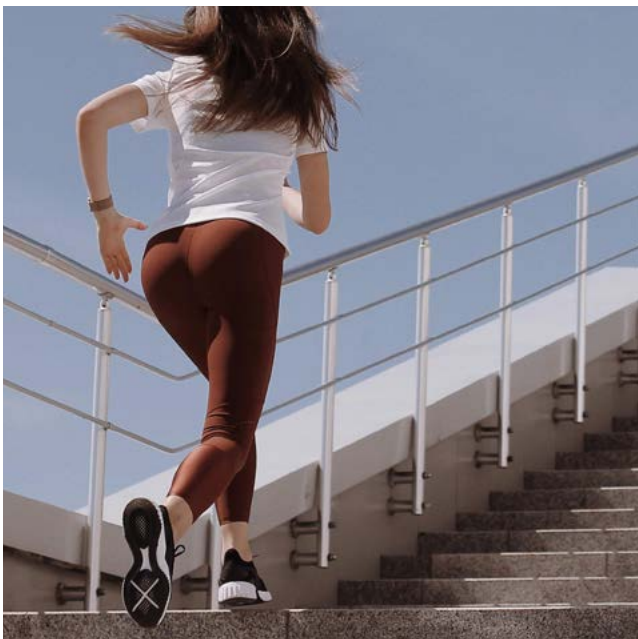
- Healthier Skin
- Anti-aging
- Age spots
- Acne and scar reduction
- Wrinkle reduction
- Stimulates collagen
- Decreased hair loss
- Improved varicose veins

For mind, body & soul.

Color light therapy has many benefits, ranging from emotional to physical.

As for psychological benefits, colour treatment can alleviate depression and anxiety, drastically improve mood, and provide cognitive enhancement.

Using light to stimulate our endocrine systems naturally regulates hormonal imbalances, stabilises mood changes, and alleviates sleep disturbances.

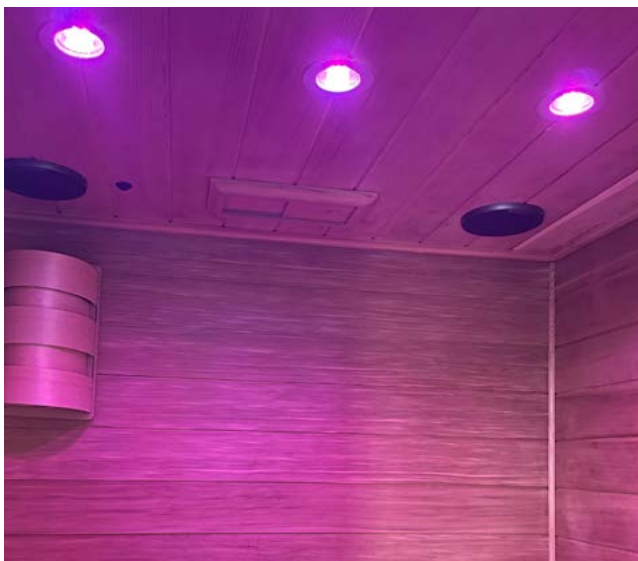


In terms of physiological effects, chromotherapy delivers a much-needed energy boost when you're feeling low.

Warm colours have a motivating effect on the human body and can stimulate both mood and appetite.

Two types of healing

Clearlight® Infrared Saunas come with two Chromotherapy options for our Clearlight® Premier and Sanctuary models. They are the ultimate compliment to an already rejuvenating infrared sauna experience.



Premier® Saunas

15 LED Lights 

Standard Intensity

The Standard Chromotherapy comes complete with 15 LED lights in an array of 6 colors. Your session will relax and rejuvenate you with a moderate intensity while still providing therapeutic benefits.



Sanctuary® Saunas

96 LED Lights 

Medical Grade Intensity

For the greatest results, choose the Medical Grade Chromotherapy with its 96 LED lights and wide array of 12 colors. Monitor the intensity of your session with your own remote dimmer switch.

With either standard or medical grade Chromotherapy, you can set an individual colour or select "Auto" mode and it will automatically switch between the various colour every 25 seconds.

Healing with Colour

The chakras are a system of energy centres in the body. There are 7 chakras located along the spine. Let's take a closer look at the healing benefits of color as they correlate to the chakras.

Violet

Violet animates and cleans the venous blood, and can also strengthen our connection with our true selves. Violet rays can be a remedy for physical ailments such as: neurosis, sciatica, tumors, rheumatism, cerebral meningitis, concussion, cramps, epilepsy.

Blue

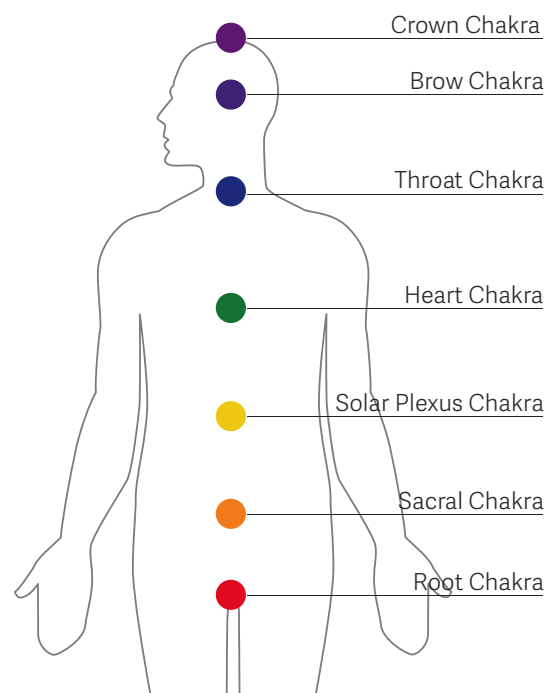
Blue is a soothing ray that calms the nervous system and mind. Blue is a beneficial ray for optimizing your sleep. Blue can also remedy ailments associated with speech, communication, or the throat. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech.

Green

Midway on the color spectrum, Green is the healing color, with an energizing and also soothing effect. While relaxing muscles, nerves and thoughts, Green can cleanse and balance our energy. Utilizing Green can help heal conditions surrounding the heart, in stabilizing blood pressure, ulcers, cancer, headaches, nervous disorders and influenza.

Yellow

Yellow awakens and connects us to our mental self, fostering clarity and awareness. Yellow rays have an alkalizing effect which can strengthen nerves - allowing for optimal healing in nerve-related conditions. Yellow can also be used for conditions of the stomach, liver and intestines such as constipation, gas, liver troubles, diabetes, eczema, repairing scarred tissue and nervous exhaustion.



Orange

Often referred to as "the Wisdom Ray," Orange is a warm, emotionally stimulating color, with the ability to relieve stress. Due to its blend of red and yellow - Orange can heal the mind and body in tandem. The hues of red heal the physical body while the yellow hues energize the mind. Orange can also help aid in repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and many sinus conditions.

Red

"The Great Energizer," Red loosens and releases stiffness and constrictions. It promotes cellular growth and the circulatory system. Red can be used as a healer for sluggish or dormant conditions, such as pneumonia, arthritis, anemia. In these cases, Red acts as a liver stimulant by increasing circulation and activating metabolism.

A Critical Analysis of Chromotherapy and Its Scientific Evolution www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/

Chromotherapy in the regulation of neurohormonal balance in human brain--complementary application in modern psychiatric treatment. www.ncbi.nlm.nih.gov/pubmed/19138024

Installation Instructions

Medical Grade Chromotherapy upgrade

What you will need

1. Phillips Head Screwdriver
2. Power Drill (Optional)
3. Tape Measure (Optional)
4. Flathead screwdriver (Optional)

Parts List

1. Medical Grade Colour Light Fixture
2. 4 x 31.7 mm (1.25") Screws
3. Remote Control
4. CR2025 Battery (Included)

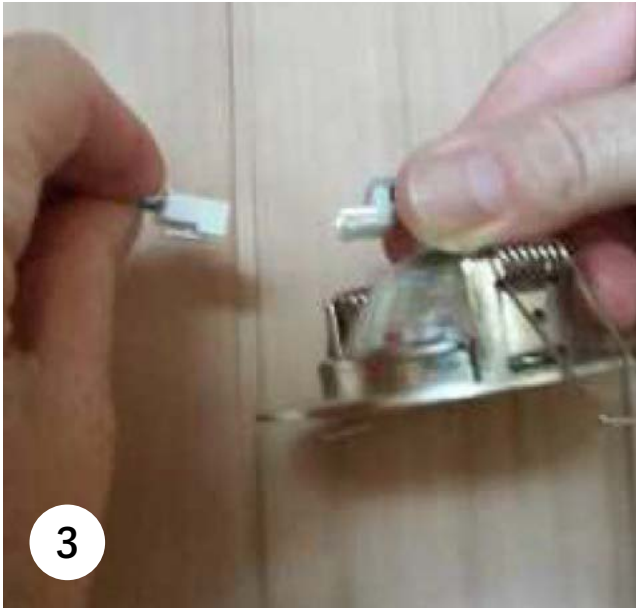
Important: Unplug your sauna before starting the installation process.



Using either your fingertips or a flathead screwdriver, slowly remove the centre Standard Chromotherapy light from the ceiling. Be careful of the spring coiled latches when removing the light, as they can act like a mousetrap and snap your fingers.



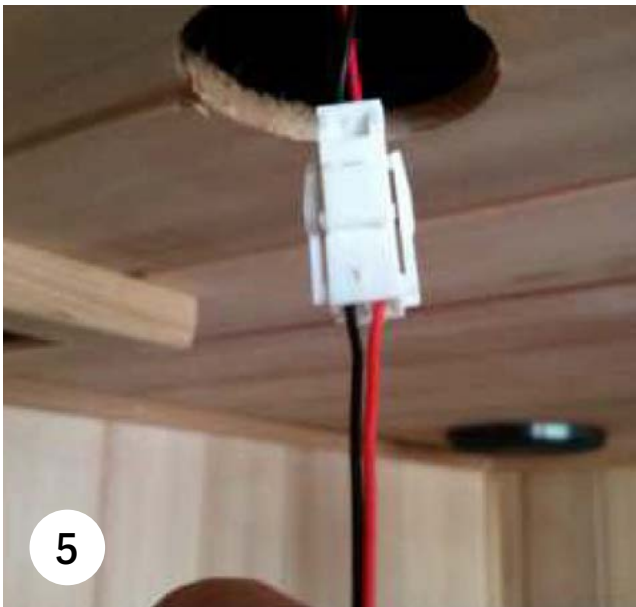
Pull down the Standard Chromotherapy light until you expose a Blue/White cable.



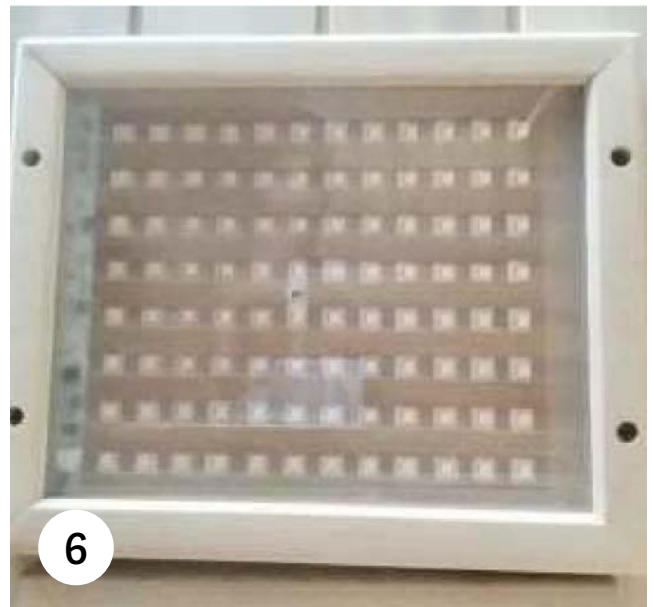
Disconnect the centre light from the Blue/White cable's connector. Push the Blue/White cable back up into the roof.



Next, using your fingers, feel around in the hole for the Red/Black cable.



Connect the Red/Black cable coming out of the ceiling with the cable located on the back of the Medical Grade Chromotherapy device.



Using the (4) 1.25" screws, mount the Medical Grade Chromotherapy to the ceiling. Position the Medical Grade Chromotherapy centred over the ceiling hole before screwing in the Medical Grade Chromotherapy unit.

Clearlight®

Contact Us

EU

Clearlight Saunas Europe GmbH
Lehmweg 10b
20251 Hamburg
Germany

+49 (0) 4040 110 162
+353 (1) 5719279 (Ireland)

support@clearlightsaunas.eu
www.clearlightsaunas.eu

UK

Clearlight Saunas UK Ltd
Unit 1, West Links
Tollgate Business Park
Chandlers Ford
Hampshire SO53 3TG
United Kingdom

+44 (0) 238 202 6522

info@infraredsauna.co.uk
www.infraredsauna.co.uk

AUS & NZ

Clearlight Saunas Australia Ltd
2/78 Rajah Road
Ocean Shores, NSW 2483
Australia

1800 957 150

infrared-sauna.com.au
support@clearlight-saunas.com.au