



**sunlighten™**  
empowering wellness™

AUTHORIZED DISTRIBUTOR

## Establish Natural Balance with Chromotherapy Lighting



Chromotherapy is the science of using colours to adjust body vibrations to frequencies that result in health and harmony. Humans need the sun's light, which is broken into seven distinct rays, to live. If there is an imbalance in these colours within our bodies, it can manifest itself in mental or physical distress.

Each colour possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms.

Chromotherapy works on various energy points to help your body re-establish its natural balance. It accomplishes this via the full spectrum of visible light, each colour of which addresses a separate bodily need.

- Easy to use
- Fifteen colour options
- Adjustable intensity
- Fade & Strobe capable

Enjoy the healing benefits of colour and light therapy in your Sunlighten sauna. Available in any of our wooden saunas, starting SGD 196

COLOR	BENEFITS (excerpted from <a href="http://www.reikimassage.la/chromotherpy.htm">www.reikimassage.la/chromotherpy.htm</a> )
<b>Red</b>	Activates the circulatory and nervous systems.
<b>Strong Pink</b>	Act as a cleanser, strengthening the veins & arteries.
<b>Pink</b>	Activates and eliminates impurities from the blood stream.
<b>Orange</b>	Energizes and eliminates localized fat. Helps address asthma and bronchitis.
<b>Strong Yellow</b>	Strengthens the body and acts on internal tissues.
<b>Yellow</b>	Reactivates and purifies the skin. Helps with indigestion and body distress.
<b>Green</b>	Act as a nerve relaxant.
<b>Strong Green</b>	Provides anti-infectious, anti-septic and regenerative stimulation.
<b>Strong Blue</b>	Lubricates joints. Helps address infections, stress and nervous tension.
<b>Blue</b>	Stimulates muscle & skin cells, nerves and the circulatory system.
<b>Indigo</b>	Helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
<b>Violet</b>	Relaxes the nerves & lymphatic system. Addresses inflammation and urinary illness.