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why chromotherapy?

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

Each color 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 color of which addresses a separate bodily need.
comparative advantages

SUNLIGHTEN’S CHROMOTHERAPY LIGHTS

- Gorgeous hues: soft and gentle lighting
- Almost limitless color possibilities
- Remote controlled
- Lights can be independently changed
  i.e. 2 lights in sauna = 1 light is blue & 1 light is red

OTHER COMPANIES

- Each sauna light only turns on 1 color
- No remote control
- No color changing modes
Color and light have been utilized by healers for thousands of years. Color therapy possibly has roots in Indian medicine, ancient Egyptian culture and traditional Chinese healing.
Remove both dust covers from roof panel of sauna. You may either access the lights from above, or from inside the unit.

- One Remote Control
- 2 or 3 Bulbs (varies based on sauna model)

Be sure lights are off & the housing is cool before installation.

SIGNATURE  |  mPULSE  |  COMMUNITY

Remove both dust covers from roof panel of sauna. You may either access the lights from above, or from inside the unit.
remote control

1. Adjusts Intensity of Lights
2. Turns Off Lights
3. Turns On Lights
4. Sets to Red Light
5. Sets to Green Light
6. Sets to White Light
7. Sets to Blue Light
8. INACTIVE *
9. INACTIVE *
10. Lights Transition Roughly
11. Lights Transition Smoothly

* Function removed. Remote changes pending.
benefits of color

- Burns fat; treats asthma & bronchitis
- Activates the circular & nervous systems
- Strengthens body & acts on internal tissues
- Purifies skin; helps with indigestion & body distress
- Provides anti-infectious, anti-septic & regenerative stimulation
- Acts as a nerve relaxant
- Stimulates muscle/skin cells, nerve & circulatory system
- Lubricates joints. Treats infections, stress & nervous tension
- Treats eye problems, cataracts, glaucoma, or nasal bleeds
- Relaxes lymphatic system. Treats inflammation/urinary illness
- Acts as a cleanser, strengthening the veins & arteries
- Activates & eliminates impurities from blood stream.
chromotherapy installation

**STEP 1**
Chromotherapy bulbs are installed from the inside of the unit by pulling down the metal casing on the roof. Grab the corners carefully with this step. If needed, the dust cover can be removed in you wish to change the bulbs from the top of the unit.

**STEP 2**
Pinch the wire grip and pull up. This will release the bulb from the housing.

**STEP 3**
Remove the keeper-wire that holds the dome below in place (highlighted in red). You may need to use a flat head screwdriver on the flattened part of the wire to pull out.
STEP 4
Push the dome of the light up through the light housing.

STEP 5
With the dome removed, pull back wire grips and install chromotherapy light. Reconnect power supply to the newly installed chromotherapy light. Place the housing back to its proper location.

STEP 6
Turn interior lights on to ensure proper connectivity. Replace dust covers to roof panel of sauna.
NOTE: If dust cover does not sit because of chromo bulbs, shim the cover using flat objects.