



Chromotherapy

Installation & User Guide

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What is Chromotherapy?

It is the science of using colors 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 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.

Benefits Associated with Color

COLOR	BENEFIT*
Red	Activates the circulatory and nervous systems.
Strong Pink	Acts as a cleanser, strengthening the veins & arteries.
Pink	Activates and eliminates impurities from the blood stream.
Orange	Energizes and eliminates localized fat. Helps address asthma and bronchitis.
Strong Yellow	Strengthens the body and acts on internal tissues.
Yellow	Reactivates and purifies the skin. Helps with indigestion and bodily distress.
Green	Acts as a nerve relaxant.
Strong Green	Provides anti-infectious, anti-septic and regenerative stimulation.
Strong Blue	Lubricates joints & articulations. Helps address infections, stress and nervous tension.
Blue	Stimulates muscle & skin cells, nerves and the circulatory system.
Indigo	Helps address eye inflammation, cataracts, glaucoma, ocular fatigue or nasal bleeds.
Violet	Relaxes the nerves & lymphatic system. Addresses inflammations and urinary illness.

**Excerpted from www.reikimassage.la/chromotherapy.htm*

Comparative Advantages

Sunlighten's Chromotherapy Lights

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

Other Companies

- Each sauna light only turns on 1 color
- No remote control
- No color changing modes

Chromotherapy Components

- One remote control for the light system
- 2 or 3 lights (*The number of lights will vary based on sauna model*)



Be sure your lights are off and the housing is cool before you begin.

**Signature models: remove both dust covers from roof panel of sauna. You will be accessing the lights from above.*

**mPulse models: remove the dust cover with the ventilation slots. You will be accessing the lights from above.*

Chromotherapy Installation

Step 1 - Accessing the lights from the top of the sauna, unplug each light.



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. 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 dome removed, pull back wire grips and install chromotherapy light.



Step 6 - Reconnect power supply to the newly installed chromotherapy light.



Step 7 - Turn interior lights on to ensure proper connectivity.



Step 8 - Replace dust covers to roof panel of sauna.

Remote Control



Select your desired color.

Transition settings can be set using: flash, strobe, fade or smooth.

\triangle and ∇ - adjust the intensity with the dimming option.
(\triangle = *brighter*)

Notes:



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