



CLEARLIGHT® SAUNAS  
AUSTRALIA & NEW ZEALAND

## Two Types of Chromotherapy, Wide-Array of Health Benefits

Chromotherapy is the science of using wavelengths of colour light to affect your body and mind for improved health and happiness. Our Premier™ Saunas include our Standard Chromotherapy with 15 LED Lights with the option to upgrade to our Medical Grade Chromotherapy. Our Sanctuary™ Saunas include our Medical Grade Chromotherapy lighting with 96 LED Lights.

### Beautiful effect. Positive effect.

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.

### Standard – Premier

We use 15 LED lights in an array of 6 colours – green, red, blue, yellow, turquoise and violet. Each different colour can have a positive effect on your mind and body. Our Standard Chromotherapy offers average intensity and provides a more modest therapeutic effect. It can help you relax so your body can heal and rejuvenate.

### Medical Grade – Sanctuary

Medical Grade Chromotherapy is very powerful using 96 LED lights with an array of 12 colours – red, strong green, strong blue, orange, green, blue, strong yellow, strong indigo, strong pink, yellow, indigo and violet. Due to the high output of this unit, we added a remote dimmer switch.

### Upgrade Option

Upgrade your Premier Sauna to Medical Grade Chromotherapy – speak to your consultant about our upgrade packages.



### Health Benefits

- ✓ Detoxification
- ✓ Reduced Inflammation
- ✓ Pain relief
- ✓ Wound healing
- ✓ Increased range of motion
- ✓ Increased flexibility
- ✓ Improved circulation
- ✓ Treating Seasonal Affective Disorder (SAD)
- ✓ Improved sleep patterns
- ✓ Stress reduction



### Cosmetic Benefits

- ✓ Healthier Skin
- ✓ Anti-aging
- ✓ Age spots
- ✓ Acne and scar reduction
- ✓ Wrinkle reduction of crow's feet
- ✓ Stimulates collagen and elastin
- ✓ Decreased hair loss
- ✓ Improved varicose veins

### Supporting Chromotherapy Studies:

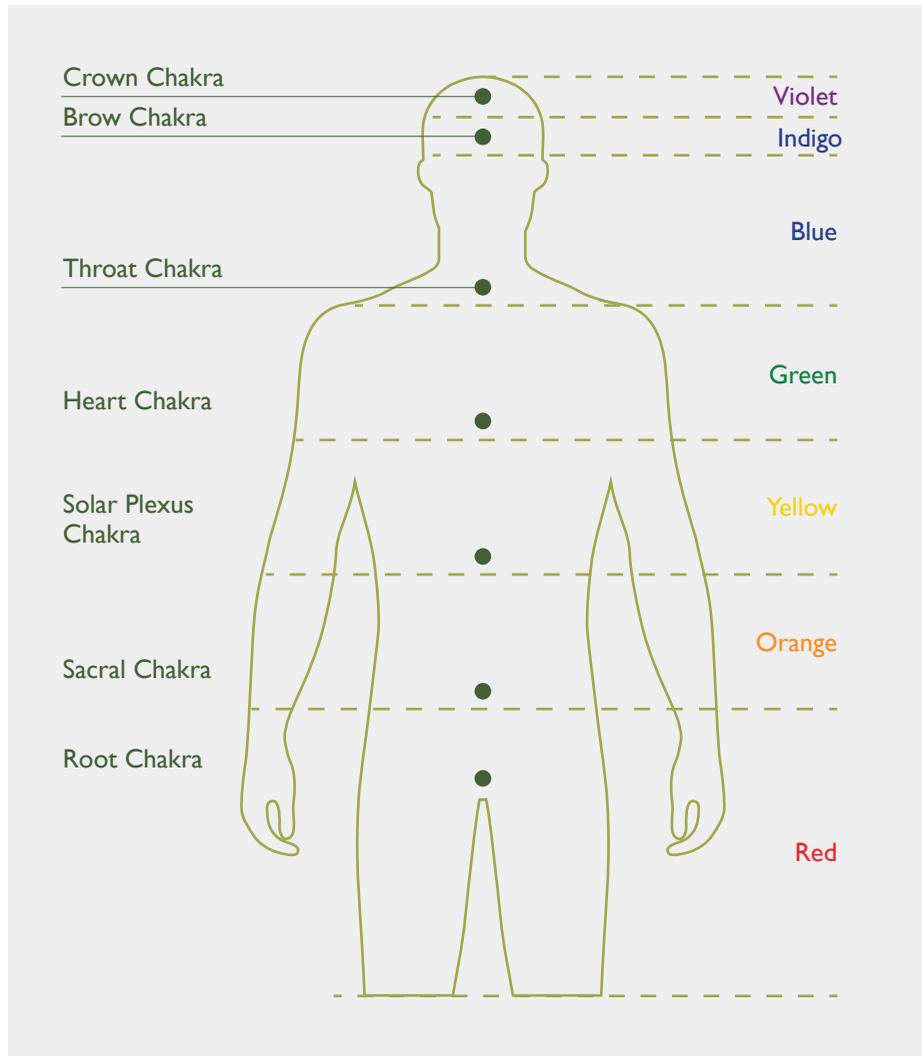
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[www.ncbi.nlm.nih.gov/pubmed/19138024](http://www.ncbi.nlm.nih.gov/pubmed/19138024)

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



### Violet

Violet is the last colour we can see before light passes-on to ultra-violet. This colour is an excellent remedy for neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebral meningitis, concussion, cramps and epilepsy. Violet animates and cleans the venous blood. It is generally not used for physical conditions; however, some colour experts believe that it does provide nourishment to the cells in the upper brains. Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self, bringing guidance, wisdom and inner strength, and enhances artistic talent and creativity. Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under gentle rays of violet, as found in church windows.

### Blue

Blue on the other hand is at the opposite end of the visible spectrum. Blue can be used for any types of ailments associated with speech, communication, or the throat. This is a mentally relaxing colour. Blue has a pacifying effect on the nervous system encouraging great relaxation. It is ideal for sleep problems. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech. Relaxing, soothing blue rays bring a great calm and peace of mind that is worried, or in an excited nervous state. It is a very positive colour; indicating loyalty and reliability, as expressed in the sentiment of being "true blue."

### Green

Green is the universal healing colour. Green is midway in the colour spectrum. It contains both a physical nature and a spiritual nature in equal balance and in equal harmony. This Green can be used for just about any condition in need of healing. When in doubt, green will always work. It can help relax muscles, nerves and thoughts. Green cleanses and balances our energy to give a feeling of renewal, peace and harmony. Used primarily for balancing our whole being, it is neither relaxing nor astringent in its impact. In a more practical sense, green affects blood pressure and all conditions of the heart. Having both an energising effect, moderating or soothing effect. Green can help heal many illnesses of this nature, specifically including heart troubles, decreasing and stabilising blood pressure, ulcers, cancer, headaches, nervous disorders and influenza, and acts as a general tonic.

### Yellow

Yellow helps awaken mental inspiration arousing higher mentality. Thus, it is an excellent colour for nervous or nerve-related conditions or ailments fueling the solar plexus. Yellow has a very enriching effect upon the intellect. Yellow can be used for conditions of the stomach, liver and intestines. It can help the pores of the skin by repairing scarred tissue. These rays have an alkalisising effect which strengthens the nerves. Awakening, inspiring and vitally stimulating the higher mind promoting self-control. Typical diseases treated by yellow are constipation, gas, liver troubles, diabetes, eczema and nervous exhaustion. Providing clarity of thought, increasing awareness, stimulating interest and curiosity, yellow energy is related to the ability to perceive or understand. The yellow energy connects us to our mental self.

### Orange

Orange has a freeing action upon the mind, relieving repression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, including a transformation between low physical reaction and higher mental response. Thus, it is often referred to as "The Wisdom Ray." Orange is warm, cheering, and non-cheering, and non-constricting. Through orange, we're able to heal the physical body (red), and at the same time, induce within the mind (yellow) greater understanding. Orange helps assimilate new ideas. Orange is the best emotional stimulant, helping to remove inhibitions paving independent social behavior, such as bringing joy to your workday and strengthen your appetite for life. Orange aids in repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and all sinus conditions.

### Red

Red is called "The Great Energizer." It loosens, releases stiffness and constrictions. Red is the first visible colour we see after the infrared band is passed. It promotes cellular growth, stimulating the "will" aspect, or the circulatory system. It is therefore indicated for all colds, sluggish or dormant conditions, such as pneumonia, arthritis, anemia, as a liver stimulant, an energy builder, and for increasing circulation. Red links with and stimulates the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy which raises body temperature conditions as it stimulates sensory nerves such as hearing, taste, smell, and activates metabolism. It is excellent for anemia or blood-related conditions.

## Healing with Colour

Colour is light split into different wavelengths vibrating at different speeds and at different frequencies. Objects that absorb all wavelengths and do not reflect are black in nature. Objects that reflect all wavelengths and do reflect are white in nature. Between black and white lies colour. Colour are wavelengths of energy that appear because of the potential and capabilities of the object to either absorb or reflect energy.