



# HOW TO USE LIGHT CORRECTLY

A LUMINATE GUIDE TO RHYTHM,  
RECOVERY AND CELLULAR HEALTH





## Welcome to Luminate

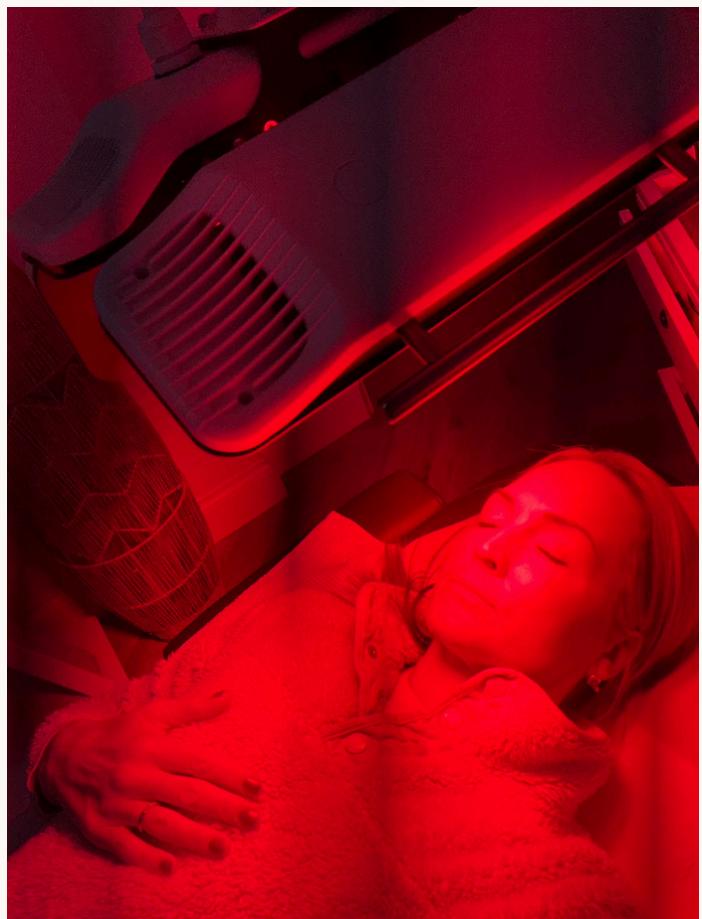
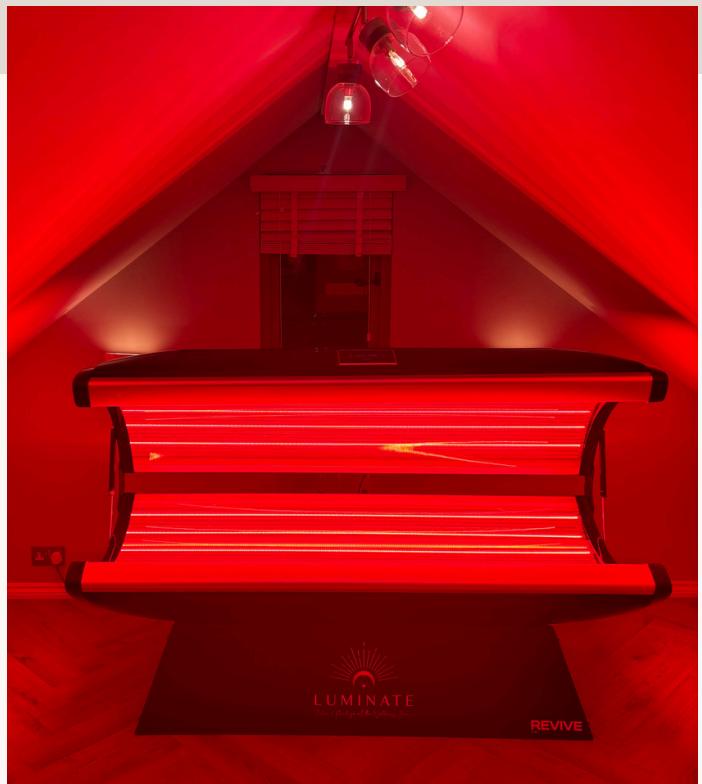
At Luminate we use light as a tool for wellbeing, not as a trend.

Light influences how your cells produce energy, how your nervous system regulates stress, how well you sleep and how effectively your body repairs itself.

But light only works when it is used at the right time, in the right way.

This guide explains

- how light affects your body
- how our treatments work
- how they support circadian rhythm
- and how to use light correctly at home



# Why Light Matters to Your Health

Your body runs on a 24 hour internal clock known as the circadian rhythm.

This rhythm helps regulate

- sleep and wake cycles
  - hormone balance
- immune communication
  - cellular repair
  - energy production

Light is the strongest signal your body uses to set this rhythm.

Bright light during the day supports alertness and energy.  
Darkness at night signals repair and recovery.

When this rhythm is supported, the body functions more efficiently at a cellular level.



# Light & Cellular Energy

Your cells produce energy inside structures called mitochondria.

Certain wavelengths of light can support mitochondrial function by

- improving energy efficiency
- supporting circulation
- reducing oxidative stress
- encouraging cellular communication

This is why light based therapies are increasingly used in wellness and research settings.



# Our Light Based Treatments at Luminate

Each treatment works differently and supports the body in its own way.

They can be used alone or combined depending on your goals.



## Red Light Bed

### Red, Near Infrared, Green and Blue Light

Our full body red light bed delivers multiple wavelengths that work at different depths.

#### Red and near infrared light

- support cellular energy production
- encourage circulation
- support muscle recovery and skin health

#### Green light

- supports nervous system balance
- can feel calming and grounding
- often chosen for stress support

#### Blue light

- supports skin clarity
- helps target surface level concerns
- used in controlled doses

The bed allows full body exposure which is ideal for overall wellbeing, recovery and energy support.



# Sunlighten Infrared Sauna



Infrared sauna uses heat and light together to support deeper processes.

Benefits may include

- gentle detox support through sweating
- circulation support
- muscle relaxation
- nervous system calming

Infrared works differently to red light.

It focuses more on heat, detox pathways and relaxation rather than direct cellular stimulation.

This makes it an ideal complement to light therapy.

## Dermalux Compact

Dermalux is a targeted LED system used primarily for the face and skin.

It uses clinically researched wavelengths to support

- skin regeneration
- collagen support
- calming inflammation
- post treatment recovery

This is a focused treatment rather than full body and works beautifully alongside our other therapies.



# PEMF and Light Together

PEMF stands for pulsed electromagnetic field therapy.

While light works through photons, PEMF works through frequency and magnetic fields.

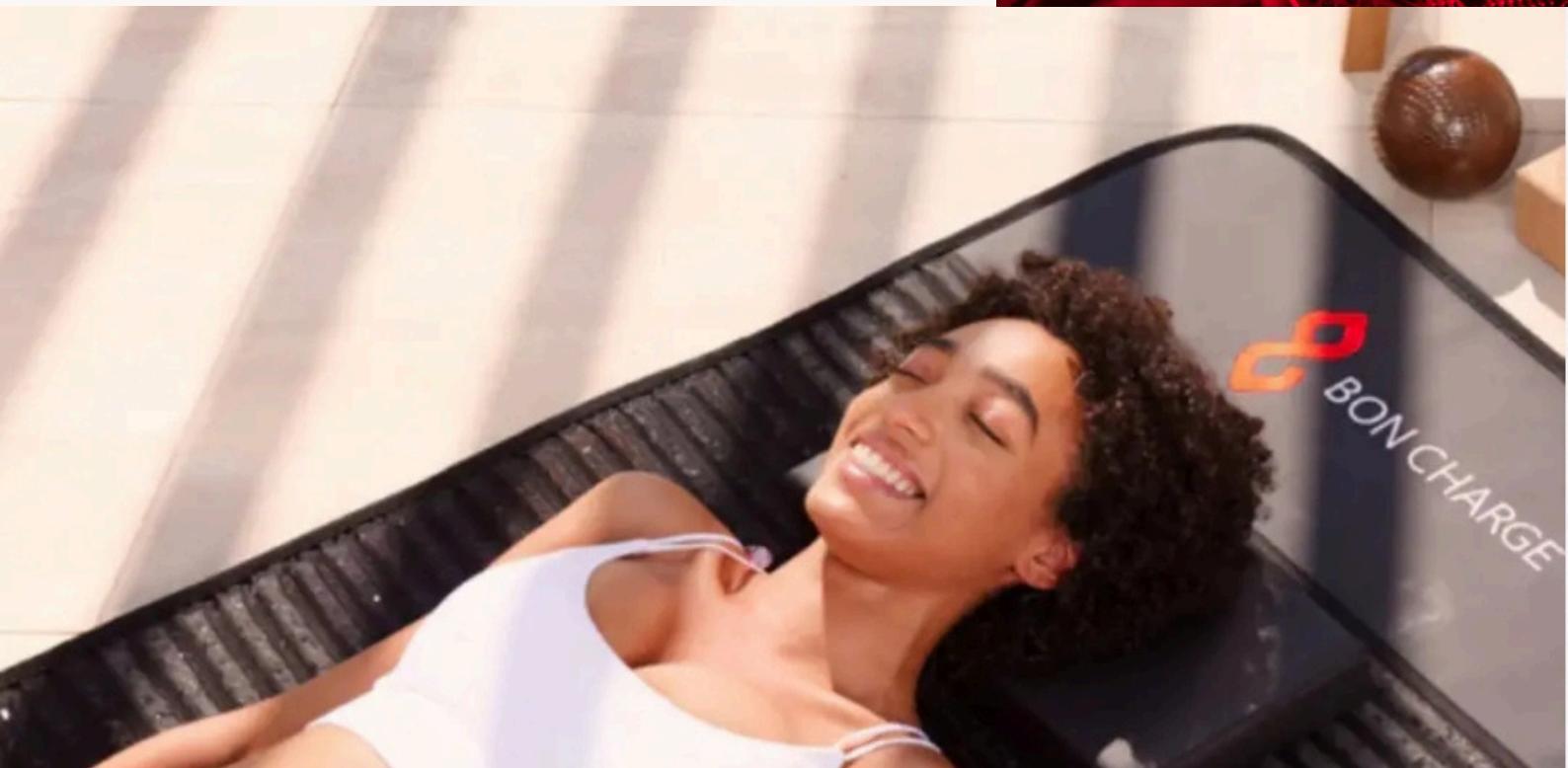
When used together

- PEMF supports cellular communication
- light supports cellular energy
- circulation and recovery are enhanced

This combination is often used for

- fatigue
- recovery
- stress support
- overall vitality

They work synergistically but through different biological pathways. PEMF red light and infrared mats are available in the clinic and can be added as an add-on treatment at Luminate.



# Why Timing Matters

Light therapy is not just about the device.  
It is about when and how often it is used.

Daytime light exposure supports

- energy
- focus
- healthy circadian signalling

Evening and night require a different approach

- softer lighting
- less blue light
- more emphasis on calm and rest

At Luminate we always consider timing  
alongside treatment choice.



# Using Light Correctly at Home

The environment you create at home plays a big role in how your body responds to light based treatments.

In the evening the goal is to support your natural wind down signals and protect melatonin production.

We encourage clients to consider the quality of light as well as the amount.

Evening light guidance we recommend

- Reduce bright overhead lighting after sunset
- Avoid blue or cool white LED bulbs in living and dining spaces
- Replace blue LED lighting with warmer incandescent or halogen bulbs where possible
  - Use lamps instead of ceiling lights in the evening
- Lower light levels gradually as bedtime approaches

Incandescent lighting produces a warmer, fuller spectrum that is closer to natural firelight and sunset tones.

This helps the body recognise that it is time to shift into rest and repair mode.

Blue heavy LED lighting can send a daytime signal to the brain even late at night.

Over time this may interfere with circadian rhythm and sleep quality.

# The Luminate Philosophy

We do not believe in extremes  
or quick fixes.

We believe in

- rhythm
- consistency
- supporting the body's natural design

Light is a powerful tool.  
But it works best  
when paired with rest, recovery  
and good timing.

This is how we approach  
wellbeing at Luminate.



## Want Personal Guidance?

If you are unsure which treatment is right for you  
or how to combine therapies for your goals

Our team is here to guide you.

Your body already knows how to heal.  
We simply help create the right conditions.