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## Philips goLITE BLU Light Therapy Device



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### TECHNICAL DETAILS

- Portable, rechargeable blue therapy light with Bluewave.
- Sleek new compact design
- New diffusion optics for softer, even light
- Wider treatment field gives you more flexibility
- Fully programmable, adjustable intensity
- Not to be used by people with Bi-polar disorder
- [Read more](#)

### PRODUCT DESCRIPTION

Start feeling better now. "After a week with the goLITE, my wife happily announced that her 'summer husband' had returned." "I feel great: more energy, more positive and optimistic, more like the person I am in the summer." We couldn't have said it better. These are real quotes from real people who improved their moods and beat the winter blues using light. And you can too. Light is nature's stimulant. The upbeat feeling you get on a bright sunny day is no accident-it's the result of light triggering our bodies to release "active" hormones, and we feel great. Winter can be a challenge for many because the shorter days and longer nights leave us simply "light-deprived". Without the normal light stimulation, we often feel down, lethargic or sad. Light therapy provides a natural boost that helps you feel better, increases energy and even helps you sleep. Using the right wavelength of light, you can trigger your active hormones naturally, boosting your mood and overcoming those down feelings, whatever the season. Blue light is the key. Researchers have learned that receptors in our eyes convert the blue light from the summer sky into the chemicals our bodies need to be active and energetic. We don't get this light in the winter, and indoor light doesn't replace this color, which is why our mood, energy and sleep patterns suffer. Twice as effective. The goLITE is the newest breakthrough in light therapy that provides just the blue light our bodies need (we call it BLUEWAVE technology). Studies have shown that low-intensity blue light (470 nm, like that from the goLITE) is twice as effective at managing our body clocks compared to other sources of light. As little as 15 Minutes per day. Using light therapy fits easily into your normal daily routine. You can do it while eating breakfast, exercising or getting ready in the morning. [Read more](#)

### PRODUCT DESCRIPTION

The Philips goLITE BLU Plus HF3332 is clinically proven to naturally boost your mood and energy and fight winter blues in as little as 15 minutes a day. Featuring breakthrough Bluewave technology, goLITE BLU is a portable innovative design that allows you to get the light you need at home or in the office.

# Philips Go Lite Manual

**Daniela Niemeyer**



## **Philips Go Lite Manual:**

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