

# Lumie Pharos Regular Lightbox




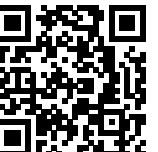






Location **North, Cheshire**  
<https://www.freedasz.co.uk/x-427084-z>



LUMIE Pharos Lightbox (£60) The LUMIE Pharos Regular is regarded as one of the best, most efficient and highest performing light boxes available today with increased light output for faster treatment times of only 20 minutes. This unit is as new and barely used.

Research shows that using light therapy for seasonally affected disorder (SAD) has been found to be effective in over three quarters of diagnosed cases. Also useful for tiredness, irritability, depression and other conditions. Lumie lightboxes provide summer levels of bright light all year round, to lift your mood, boost concentration and restore your natural energy. When sunny days are few and far between, regular top-ups with a light box is the next best thing and is proven to put you in a better mood, boost alertness and help you to feel more awake, so it's a great way of improving your work environment.

Light therapy is beneficial in easing symptoms associated with depression, insomnia, jet lag, Seasonal Affective Disorder and light deficiency. These lamps mimic natural light that our bodies need to help balance and improve our mood and reduce feelings of lethargy and depression. Light therapy is one of the most effective ways to treat SAD by combating the symptoms on those dark and gloomy days of the year where you need the natural light most. If you have to wake up and go to work in the evening; light therapy can help you adjust to a night time work schedule making you feel positive, alert and ready to go. Maintain your natural rhythm, any time, any.

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