

Light Therapy

Light therapy simply involves regular exposure to strong light under certain conditions of use.

It consists of sitting close to a light therapy device, with lights on and eyes open. The head must be oriented toward the light source. But staring at the lights is not necessary (nor recommended); therefore, one is free to read, write or eat while using a light therapy device. Treatment sessions can last from 15 minutes to 2 hours, depending on the intensity of the light, preferably in the morning.

Fields of application

Light therapy has been developed to treat Seasonal Affective Disorder (SAD). People suffering from SAD generally show, throughout the dark winter days, the following symptoms: lack of energy, difficulty in getting up in the morning, weight gain (due to cravings for sweet foods), frequent depression and fatigue. A SAD patient may not show all the symptoms, but feels unable to lead a normal life in winter. Although people suffering from SAD often diagnose themselves correctly, a diagnosis by a physician is required to make sure the causes of the symptoms have been properly identified. Many clinical researches have been carried out to study SAD and light therapy as a treatment against SAD.

Light therapy is also used against a sub-clinical form of SAD, often referred to as "winter doldrums". People suffering from this show the same symptoms as SAD patients, but remain fully functional. This more benign form is far more common than SAD.

Studies are under way to confirm the effectiveness of light therapy for other biological rhythm disorders such as jet lag.

Side effects and medical supervision

Very few side effects have been reported. Mostly eyes irritations that can be avoided by placing the device farther or reducing the time of exposure.

People suffering from (or with an history of) eye disease, taking medications increasing sensitivity to light (such as some antidepressant drugs) must check with their physician before starting to use a light device, and thereafter use it under medical supervision.

For more information on light therapy and Medi-Light lamps, please log on to www.brightlighttherapy.net


Light Therapy Devices from Finland



Valotaina is a family-owned company based in Helsinki, Finland. It has been among the light therapy pioneers in the early 90's. Its line of light therapy devices, Medi-Light®, is sold in most of European countries.

All Medi-Light® lamps are registered as medical devices with all the legal requirements defined by the European Directive 93/42/EEC. Valotaina is audited every two years by the Finnish Health Authorities (Lääkelaitos) to ensure the continuous conformity of the devices with the legislation.

Medi-Light® is a leading brand in light therapy, with years of experience and customer satisfaction around Europe. Tight quality controls along the chain is a guarantee of safety, reliability and comfort for users.

Everywhere in the European Union, one can check the validity of Medi-Light® devices by indicating the following CE number to one's own country's health authorities:

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