

## 8 | FEEL GOOD

Due to the exposure to bright light, your body boosts the production of the hormone **Serotonin**. This is the body's natural **happy hormone**. That is why we tend to feel happier and more energetic during summer. Periods of sun or exposure to bright light can stave off moderate depression and Seasonal Affective Disorder (SAD) - also called Winter Blues - which is an depression specifically caused by lack of light.

Bright light treatment results in a statistically significant reduction in depression. Bright light does help severely depressed people feel better, and it works faster than a standard treatment of drugs or psychotherapy.  
*Dr. Daniel F. Kripke, Professor of Psychiatry at the University of California, San Diego.*

When enjoying a relaxing bright light collagen session you can let your thoughts run freely, while enjoying the warmth of the collagen session. After the session you will feel more energetic and light-hearted. You will think more clearly and have a faster reaction time.

## 9 | HELPS WEIGHT LOSS

The same Serotonin hormone suppresses your appetite. Higher levels of Serotonin in our bodies not only make us feel happier, but it also suppresses our appetite. An example is that most people eat less in warmer weather.  
*L. Lohmeier, PhD, Mississippi State University, Mississippi, USA.*

Research has proven that patients with obesity that have been given increased levels of Serotonin during a research period of 24 weeks, decreased their food intake and therefore lost weight.  
*G.A. Bray, et al, NAASO, USA.*

## 10 | RELIEVE PAIN

The warmth of the collagen lamps make muscles more flexible and are an aid for myalgia. It eases stiffness, and works as a pain reliever in case of rheumatism, arthritis and muscular pain.  
*Dr. H. J. Van der Rhee; Dr. E. De Vries of the Erasmus Medisch Centrum, Rotterdam, The Netherlands.*

## 11 | STIMULATES BLOOD CIRCULATION

Collagen light sessions increase oxygenation and detoxification in our skin, mainly due to the energy that will be transferred through our skin cells in the dermis layer. Research has proven that this also leads to a better blood circulation of our body.

Collagen light therapy increases circulation by relaxing the blood vessels in the treated areas, allowing the blood to flow more easily. This further helps to prevent and treat wrinkles as increased circulation encourages the production of new skin cells.

With the depth of penetration and absorption obtained with light at 633 nanometers there is absorption in all skin cells at all levels, including blood vessel endothelial cells and erythrocytes.  
*R. Glen Calderhead, MSc, Japan Phototherapy Laboratory, Tokyo Japan.*

## 12 | DIMINISHES FINE LINES AND WRINKLES AND LEADS TO VISIBLE ANTI-AGING

The renewal of the collagen and elastin cell production causes fine lines in the skin to disappear and wrinkles to become less visible.  
*Seung Yoon Lee at al, Department of Dermatology, National Medical Center, Republic of Korea.*

Due to all the benefits, collagen light therapy causes your skin to restore its youthful radiance and appearance, which results in visible anti-aging. You will look and feel younger!

For more information about these benefits and related scientific studies you can contact your local consultant or contact us at [info@ultrasun.nl](mailto:info@ultrasun.nl).

# BENEFITS OF COLLAGENIC LIGHT

12 REASONS WHY COLLAGENIC LIGHT SESSIONS ARE GOOD FOR YOU.



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## WHY THIS FLYER?

Using collagen light therapy for skin rejuvenation purposes is a relatively new beauty and health concept. Every day more scientific research studies about the effectiveness of light at 633 nanometers are being published all over the world.

Most of these studies perform research about the effect this specific red light has on your skin and the way you look. That this red collagen light has many benefits for increasing your skin condition is sure. But that the same red light can also be beneficial for your health and general well-being is not very well-known. Red light at 633 nanometers has probably more benefits for you than most of you probably know.

People whom are familiar with collagen light sessions have countless reasons why they decide to enjoy these light sessions. We at Ultrasun believe that it is important for you to know what the positive aspects of collagen light therapy are. That is the reason we would like to inform you about all the benefits of collagen light sessions.

The Collagenic lamps emit light at precisely 633 nanometers and therefore contribute to all the benefits mentioned in this flyer. 12 benefits of collagen light therapy are listed and explained in this folder. For more information about these benefits and their related research, please visit:

**CollagenicMachines.com.**

## 1 | RENEWAL OF COLLAGEN AND ELASTIN FIBRES

Most of you likely realize that collagen and elastin are the two proteins that naturally exist in your skin as a structural support. Collagen is responsible for keeping skin plump.

Elastin is considered an essential building block of the fibrous tissue that keeps skin flexible and elastic. As you age, your skin loses some of its elasticity and firmness. Some of this is due to the loss and breakdown of collagen in the dermal layer of your skin.

Collagen light therapy reaches the deepest layer of the skin, the dermis layer, and this is the place where the production of the collagen protein takes place. Due to collagen light therapy, the production of the collagen protein is activated. More collagen and elastin protein will be made, which will give your skin a boost in its structural support.

*B.A. Russell, N. Kelleth & L. R. Reilly.*

## 2 | SMOOTHENS THE SKIN

Research reports that your skin feels smoother after taking collagen light sessions. In the assessment of overall tone, softness, smoothness, clarity and firmness of the skin in the treatment area, the majority of people reported improvements in all these elements at all the time-points during the research.

*B.A. Russel, N. Kelleth & L.R. Reilly, Oregon USA, Edinburgh & Liverpool UK.*

## 3 | OXYGENATION AND DETOXIFICATION OF THE SKIN

Red light at 633 nanometres increases the transfer of energy between your skin's light absorbing molecules. The activated molecules cause your skin to react by increasing the oxygenation and detoxification of your skin.

*Tiina Karu, Russian Academy of Sciences, Moscow, Russia.*

## 4 | REDUCES DEPOSITS OF CELLULITE

Research studies show that collagen light therapy is very effective for skin rejuvenation, but also for skin care including decreasing cellulites. Due to increasing oxygenation and detoxification of your skin and because your blood circulation is being stimulated by the use of collagen light therapy, your skin will be smoothed and cellulite will become less visible.

*Pres. Prof. Kim Jin Wang MD, PhD, Russian Academy of Sciences, Moscow, Russia*

Scientific research studies have proven that red light at 633 nanometres helps decreasing skin conditions like cellulite or adiposes edematosa. The fat within the connective tissue that cause cellulite becomes less when taking collagen light sessions.

## 5 | IMPROVEMENT OF THE SKIN'S MOISTURE RETENTION, SUPPLENESS AND FIRMNESS

Due to the increase in collagen and elastin fibres, your skin will become more firm and your skin's moisture retention will be increased.

*B.A. Russel, N. Kelleth & L.R. Reilly*

## 6 | REDUCES PORE SIZE

As time goes on and the skin loses its elasticity and tightness, pore size may seem to increase. The skin is not pulled back as tightly anymore, so the indentations in the skin become more obvious. Without support from the collagen and elastin in your skin your pores expand.

The key to minimizing your pore size is to keep your skin clean, keep pores oil-and-dirt-free and increase your collagen and elastin levels so your skin will get its support back.

*Dr. D. Jaliman, New York Dermatologist, USA.*

## 7 | REDUCES SKIN SPOTS

Collagen light therapy decreases age spots, sunspots, and other discoloration of the skin. The color of your skin gets toned. Age spots - known as liver spots, though they have nothing to do with the liver - are caused by a coagulating amount of melanin in your skin.

Collagen light therapy triggers the body's natural skin renewal process. As collagen is rebuilt, age spots and other pigmented areas begin to dissappear.

*Fabien Baez, & Laurence R. Reilly, International Center for Cosmetic Medicine, Sydney, NSW, Australia.*