



## **Don't let winter get you down: take advantage of the vitalizing phototherapy light from MEDISANA**

*Neuss, 16 December 2015.* Many people suffer from depression in winter. We tend to only miss those things that are important to us and make us happy when they are gone. This is also the case with light. Now that the days are getting shorter and darker, we can clearly feel this: we need light to perk us up and to feel fit. Light improves our mood, gives us energy and has a positive effect on our well-being. The phototherapy unit LSC from MEDISANA can brighten up your day so that your body and mind can triumph over this dark time of year. It has been proven that you only need to place the phototherapy unit in front of you for 30 minutes daily over several days before the LSC improves your state of mind. And it works in a very simple way: you only need to get comfortable, close your eyes, think of something pleasant and use this time off to recharge your batteries. It is also very easy to integrate the phototherapy unit into your normal daily routine. For example, you can place the unit on your desk at work or use it when watching TV or reading.

The MEDISANA phototherapy unit LSC is a certified medical product that generates vitalising daylight at any time of the day or night. In this way you can artificially lengthen daytime during the dark time of year. It has a brightness of up to 10,000 lux and generates a pleasant light immediately without stroboscopic effects. The lamp from Philips is particularly energy-saving when turned on. In addition, the phototherapy unit LSC is characterised by its quietness.

The phototherapy unit LSC from MEDISANA is available for €139.95 (RRP) in specialist stores and online at [www.medisana.de](http://www.medisana.de).

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