

SPA Therapy

Energy Lights:

What is the purpose of having an energy light?

Energy light lamps provide up to 10,000 LUX of light to help you beat the winter blues. Energy lights can improve mood, focus, and energy levels. It is designed to provide you with full spectrum light exposure that is beneficial when daylight is limited or you spend a portion of your day in dimly lit surroundings.

Does the light need to be plugged in to work?

Yes, the Spa Energy Light must be plugged in, in order to turn on.

How far should I sit from the light?

The recommended placement of the Spa Energy Light is 12-16" from the user.

Can I set a timer?

Yes, you can set the Spa Energy Light timer for 5, 10, 15 and 30 minutes.

How do I change the light from white to blue?

The Spa Energy Light unit has a button where you can select either the white or blue light. You can also control the brightness of the light as well.

Where do I set the light?

The Spa Energy Light can be placed on a table, desk, or nightstand.

Am I able to use this outside of the US or Canada?

No. The Spa Energy Light unit is designed for use in the US and Canada only on 120v 60Hz power source.

Do I have to replace the bulbs?

No, the SPA Energy light was designed with long lasting, LED lights.

What is the therapy light warranty?

To read the full warranty, click [here](#).

Diffusers

Can I set a timer to turn it on and off?

This diffuser (SPA260) does have an alarm. When set, the device will sound for 60 seconds, the unit will power on with the light (unless out of water) you cannot set a time for it to turn off.

How do I clean this unit?

You can use a 50/50 white vinegar and water solution to clean the unit. Let the solution soak in the unit for about 5 minutes and then empty it out. Rinse the unit and wipe with a soft cloth.