



COLOR IS **ENERGY**,  
COLOR IS **LIFE**,  
COLOR IS **THERAPY**.



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## BIOPTRON COLOR LIGHT THERAPY

DOUBLE COLOR LIGHT  
THERAPY THROUGH  
BIOINFORMATION ON  
PRESSURE POINTS AND  
CHAKRA STIMULATION



Close your eyes and try to imagine a world in black and white: you will get just an idea of how colors are important in our life, and how our organism and all our senses interact with them. We live in a colorful environment where hues and shades continuously affect our body and mind.

Many years ago some scientists and doctors perceived the huge potential of colors, and formed the basic elements of **chromotherapy**. Nowadays many people enjoy the benefits of healing with colors: BIOPTRON Color Light Therapy has been created with a unique technology which enables you to apply light and color on your own, in the comfort of your home.

**BIOPTRON Color Light Therapy is a result of a wide experience** in the therapeutic field of color and light. It works mainly in two ways: **with bioinformation on pressure points and with chakra stimulation**. The combination of these treatments and the uniqueness of bioinformed filters make it an **absolute innovation** in color therapy home appliances.

Color Light Therapy is a way of using **colors and light** to balance and enhance our energy in order to keep our body, mind and spirit in a state of **health, ease and harmony**.

Color is pure vibration and can increase or decrease our energy.

Color Light Therapy must not be expected to replace conventional medical treatments for every pathology, but when you need to **re-energise and re-balance your body and mind**, Color Light Therapy is a very **effective healing method**.

## REGENERATION WITH A NEW DIMENSION

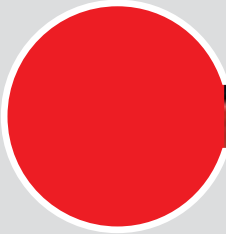


## THE COLOR LIGHT THERAPY



## COLORS AND THEIR QUALITIES

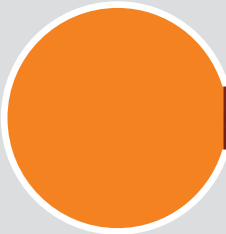
Red



**RED** represents health, fire, heat, blood, passion, will power, survival, anger, temper, danger, destruction. It stimulates, excites and acts as an irritant. It gives man a sense of power. It is used to energise, and encourage movement, instant response, passion. It is used for red traffic lights, the Red Cross, etc.



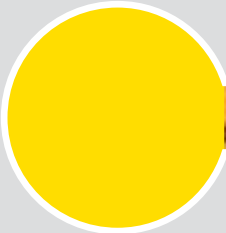
Orange



**ORANGE** is a happy, joyful, creative and warm color, combining physical energy with mental qualities. It is the color of creativeness and adaptability. It induces a general sense of well-being and cheerfulness. Orange symbolises warmth and prosperity and relates to self-respect: i.e. orange wall in dining rooms to promote family union, orange sunsets for relaxation.



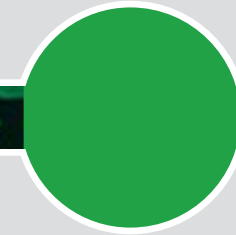
Yellow



**YELLOW** is the color of intellect and perception. In the old days it was the color that symbolised life and joy. Yellow relates to self-worth and to how we feel about ourselves. It is the color of the personality and ego. It is psychologically good for despondent and melancholic conditions. It is the color for clear thinking, detachment, brightness, confidence, charm. For instance businessmen are suggested to wear yellow ties for self-confidence.

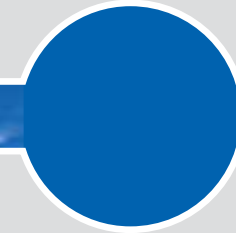


**GREEN** is the color of love, progress, youth growth, inexperience, fertility, hope, balance and new life. It is also the color of jealousy, envy and superstition as it is the color of feelings. It is also a calming and quieting color. Worn by surgeons to calm the patient, green builds up the immune system. It also fight stress e.g. a walk through green fields promotes relaxation, etc.



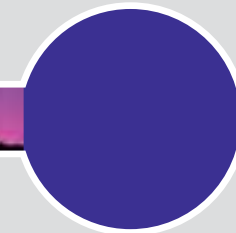
Green

**BLUE** is psychologically more soothing than green, in emotional conditions. It is the color for meditation and spiritual expansion, as it relaxes the mind. Blue is the color of truth, devotion, calmness and sincerity. It is the color of higher mental qualities. Blue relates to self-expression. It is the color of peace, comfort and reliability. Blue hospital signs support tranquillity, patience and health, while blue uniforms inspire security and reliability.



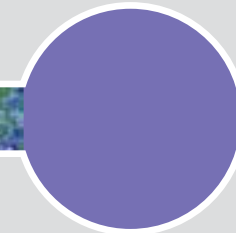
Blue

**INDIGO** is psychologically a good color for discipline, structure, faith and efficiency. It is also considered to help clear away addictive emotions. Indigo brings up fears, encourages and inspires self-responsibility. It symbolises structure, focus and duty: e.g. dark blue-indigo business suits, school uniforms, etc.



Indigo

**VIOLET** is psychologically related to self-knowledge and spiritual awareness. Always considered to be a healing color, it encourages the union of ego and spirit. It is a powerful color and should not be used with children. As a relaxing, spiritual color it is used in churches, funerals (to feel closer to God for comfort and understanding), therapeutic rooms, old people's homes; it takes people's minds off daily worries.



Violet

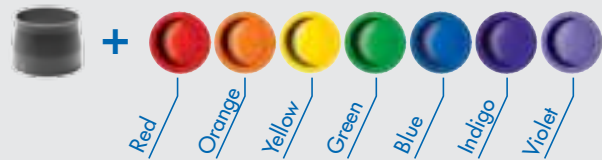
## BIOPTRON COLOR LIGHT THERAPY: WELL-BEING FOR YOUR BODY AND YOUR MIND



BIOPTRON device



7 colored glass filters for Chakra stimulation



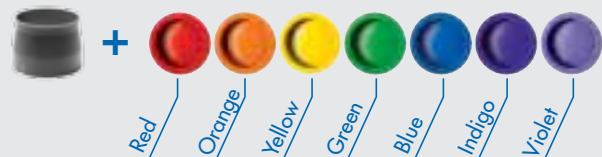
Bioinformed cosmetic products:



Crystal Cream  
Light Fluid  
Balancing Gel



7 bioinformed colored glass filters for  
the Bioinformation on pressure points concept



The BIOPTRON Light is polarised; the electromagnetic waves of polarised light oscillate in parallel planes only, thus making this light highly penetrating. No ultra violet rays and no substantial heat are produced: **BIOPTRON device is a safe device** to use, with **no negative side effects**.

**Color and light therapy** aim to treat the cause of an ailment rather than its symptoms, working to create a balance within the body by stimulating **physical and emotional conditions**.

BIOPTRON Color Light Therapy is based on **2 Color Light Therapy principles** – the bioinformation concept on pressure points and chakra stimulation – providing the benefits of:

- Light
- 7 bioinformed colored glass filters
- 3 cosmetic bioinformed products: Light Fluid, Balancing Gel, Crystal Cream

**BIOPTRON Color Light Therapy** is **gentle, safe and efficient**. It uplifts you with brilliant colors, and with the precious bioinformed fragrances and essences of its cosmetic products. BIOPTRON Color Light Therapy is a wellness self-help program and does not replace a medical treatment if indicated. it is not a medical therapy.



BIOPTRON Color Light Therapy color filters are **hand-made in France** at the Verrerie de St-Just, where traditionally blown glass stands out for its powerful brilliance and higher transparency. Every color filter with its high quality glass, ensures **optimum refraction** of light, offers brilliant color intensity and lets only the appropriate part of the light spectrum pass through.

For this purpose, after the glass filters have been manufactured in France, they are enriched with **bioinformation**.

The biophysical transfer system used to the filters has been **exclusively developed for BIOPTRON AG by the Zurich Institute of Bioinformation**.



## THE BIOPTRON COLOR FILTERS

### HOW TO USE THE INTERFACE AND CHANGE THE FILTER

1. Remove the BIOPTRON factory mounted filter from the device which is an essential part of the BIOPTRON Light Therapy, but is not used for the BIOPTRON Color Light Therapy. Always use the device with a filter. Only touch the ring filter and not the glass. Unplug the device before changing a filter.
2. Insert the filter interface into the BIOPTRON device (Image 1). The interface is located below the indigo filter in the filter case. The interface adapts the diameter from 5 cm to 4 cm.
3. Insert the color filter into the filter interface (Image 2). Only touch the ring filter and not the glass.
4. Device is now ready to be used with color filter. Re-plug the device.

Keep the coloured glass filters as free from dust as possible. Clean them from time to time, using a soft, moistened duster. Do not apply aggressive detergents, and by no means clean the colored glass filters in the dishwasher. Since the colored filter glasses are handmade from mouth-blown glass, possible little irregularities could occur (such as small blisters or spots). These have no influence on their therapeutic application.

### HOW TO USE BIOPTRON COLOR LIGHT THERAPY

Keeping a distance of about 10 cm (4 inches), point the BIOPTRON device's cone of colored light at the area you want to treat. When treating a small area that is completely covered by the light cone, keep the device steady. When treating a large area of your body, move the device slowly to cover it point by point. Hasty movements may cause unrest and interfere with the course of therapy.

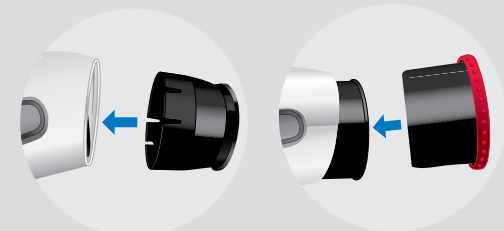


Image 1

Image 2

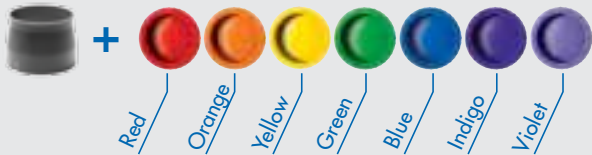
## COLOR LIGHT THERAPY THROUGH CHAKRA STIMULATION



BIOPTRON device



7 colored glass filters for Chakra stimulation



Based on the principle of Chakra color stimulation, this Color Light Therapy has been equipped with 7 color glass filters for effective chakra stimulation, in addition to the Bioinformation on pressure points concept.

Color Light Therapy works with the **7 main chakras** which are the energy centres located on the human body. Each chakra is a pulsating vortex of energy. They are our **colored** batteries: when they are all fully charged we are in a state of balance, health and well-being; if one of them is flat (empty), our whole system suffers. Color Light Therapy aims at keeping “chakra batteries” full.

The frequency related to each color of the spectrum corresponds to the frequency of the energy of each of the 7 main body chakras and to the frequency of the **organs, muscles and bones** located in the same area of the chakra. For example, orange relates to the sacral chakra, and to the ovaries, testes, kidneys, pelvis, spleen, bowels and lower back. The chakras are also connected to **endocrine glands** that produce hormones.

The descriptions in the below table are given as examples for traditional applications:

Seven BIOPTRON color filters can **be used to activate individual chakras** with a powerful effect on our body, mind and spirit. If a chakra is overloaded with its particular color, it can be balanced with the complementary color.

CHAKRA	COLOR	LOCATION	PHYSIOLOGICAL ASSOCIATION	HORMONAL STIMULUS	PHYSIOLOGICAL RESPONSE
base	<b>red</b>	base of spine	adrenals, rectum	adrenaline	fear or courage, self-awareness
sacral	<b>orange</b>	lower abdomen	ovaries, testes, kidneys, bowel	sex hormones	pleasure, self-respect
solar plexus	<b>yellow</b>	stomach	pancreas, liver, digestive tract, skin	insulin	clarity, self-worth
heart	<b>green</b>	heart	thymus, immune system, circulation, lungs	thymosin	compassion, love
throat	<b>blue</b>	throat	thyroid, respiratory system	thyroxine	communication, self-expression
brow	<b>indigo</b>	forehead	pituitary gland, eyes, sinuses	stimulating hormones	intuition, self-responsibility
crown	<b>violet</b>	top of head	pineal gland, brain, nervous system	melatonin	enlightenment, self-knowledge



# HOW TO USE COLOR LIGHT FOR CHAKRA STIMULATION



## BASE CHAKRA - RED

RED IS CONSIDERED TO	LOCATION	TIME
stimulate and excite the nerves, therefore it is said to be beneficial in deficiencies of smell, touch, sight, hearing and taste	base chakra	red 10 min, blue 2 min for three weeks
stimulate the blood circulation; use when feeling cold	base chakra	red 20 min, blue 5 min
restore depleted energy	base chakra	red 15 min, blue 3 min as required
energise the liver	right of stomach	red 3-5 min, blue 1 min for 1 week
have a beneficial effect on the muscular system to treat lumbago	on the contracted muscle	red 10 min, blue 2 min twice a day until pain diminishes
relieve arthritic pains	on painful areas	red 5 min, blue 1 min until pain diminishes



## SACRAL CHAKRA - ORANGE

ORANGE IS CONSIDERED TO	LOCATION	TIME
gently stimulate the heart rate without affecting the blood pressure; use for low blood pressure when there is a heart condition	sacral chakra	orange 3-5 min, indigo 1 min once a day until there is improvement
have a beneficial effect on recovery from torn ligaments or broken bones	on the area of injury	orange 3-5 min, indigo 1 min twice a day until full recovery
be a mild antidepressant	sacral chakra	orange 5 min, indigo 1 min daily until situation improves
soothe period pains or menopause imbalances	sacral chakra	orange 5 min, indigo 1 min for 5 days
stimulate the milk producing action after childbirth	on each breast	orange 3 min, indigo ½ min once a day
be a lung builder	on each lung	orange 3 min, indigo ½ min for a week



## SOLAR PLEXUS - YELLOW

YELLOW IS CONSIDERED TO	LOCATION	TIME
have a beneficial effect on nerves and the nervous system; it is used to strengthen the nerves and to stimulate the brain	solar plexus	yellow 10 min, violet 2 min
detoxify the blood stream by stimulating the lymphatic system	solar plexus	yellow 3-5 min, violet 2 min for three weeks, preferably with a light diet
have a beneficial effect on constipation	on the navel	yellow 10 min, violet 2 min until recovery
act positively on mental exhaustion	solar plexus	yellow 15 min, violet 3 min for 2-3 days
help with digestion; it counteracts acidity	solar plexus	yellow 20 min, violet 5 min
have a regenerating effect on the skin	solar plexus and skin area	yellow 10 min, violet 2 min once a week





# HOW TO USE COLOR LIGHT FOR CHAKRA STIMULATION



## HEART CHAKRA - GREEN

GREEN IS CONSIDERED TO	LOCATION	TIME
act upon the sympathetic nervous system (a part of the central nervous system). It is considered to relieve tension in the blood vessels and to lower blood pressure	heart chakra	green 5 min, red ½ min, until improvement
be a tonic	heart chakra on spine	green 20 min, red 2 min
be emotionally soothing	heart chakra	green 10 min, red 1 min
be a tissue and muscle builder	on weak muscles	green 10 min, red ½ min, until improvement
be good for shock treatment	heart chakra	green 10 min, red ½ min
act as a mild disinfectant germicide, antiseptic and bactericide	affected area	green 20 min, red 1 min



## THROAT CHAKRA - BLUE

BLUE IS CONSIDERED TO	LOCATION	TIME
have a cooling effect on inflammatory condition	throat chakra	blue 10 min, red 1 min, twice daily until improvement
increase metabolism and vitality	throat chakra	blue 10 min, red 1 min, once a week
reduce nervous excitement	throat chakra, back of neck	blue 20 min, red 2 min
help sore throats, laryngitis, tonsillitis, mouth ulcers, blocked ears	throat chakra	blue 10 min, red 1 min, twice a day
calm hyperactive children	throat chakra	blue 10 min, red 1 min once a day for a week
speed up recovery from burns	where burns occurred	blue 10 min, red ½ min, twice a day, until improvement



## BROW CHAKRA - INDIGO

INDIGO IS CONSIDERED TO	LOCATION	TIME
be the best antidote to insomnia	brow chakra	indigo 10 min, orange 1 min
promote tissue growth	on burns	indigo 5 min, orange 1 min as required
have a relieving effect on acute sinus problems	brow chakra eyes	indigo 5 min, orange 1 min twice a day as required
soothe back pains	brow chakra and on painful area	indigo 10 min, orange 1 min
help to reduce bleeding	on bleeding part of the body	indigo 20 min, orange 2 min
have a beneficial effect on eczema recovery	on skin	indigo 5 min, orange 1 min, for a week





## CROWN CHAKRA - VIOLET

### VIOLET IS CONSIDERED TO

comfort people with mental disorders

### LOCATION TIME

crown chakra towards the back of the head  
violet 10 min, yellow 1 min for a week

be a skin antiseptic

over skin areas  
violet 5 min, yellow 1 min

have a stimulating effect on the production of white blood cells in the spleen

right of stomach  
violet 15 min, yellow 1 min for a week

cause expansion of the blood vessels, lowering blood pressure

crown chakra  
violet 10 min, yellow 1 min for a week

have a tranquilising effect on the nervous system and heart, and soothes headaches

crown chakra towards back of head  
violet 15 min, yellow 1 min

help with head, scalp and concussion problems

crown chakra  
violet 15 min, yellow 1 min

CROWN

BROW

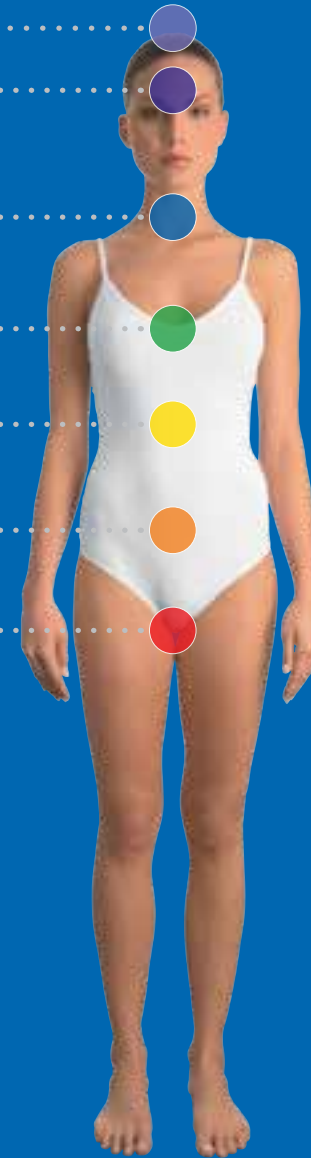
THROAT

HEART

SOLAR PLEXUS

SACRAL

BASE



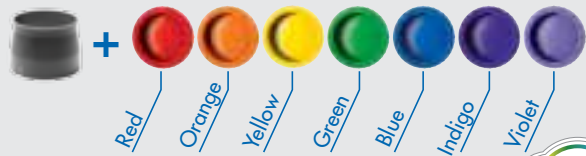
# COLOR LIGHT THERAPY THROUGH BIOINFORMATION ON PRESSURE POINTS



BIOPTRON device



7 bioinformed colored glass filters for Bioinformation on pressure points concept



Bioinformed cosmetic products:



Crystal Cream  
Light Fluid  
Balancing Gel

The BIOPTRON Color Light Therapy **device is a unique product, produced in Switzerland**, that uses bioinformed filters, combining pressure point applications with chakra color therapy.

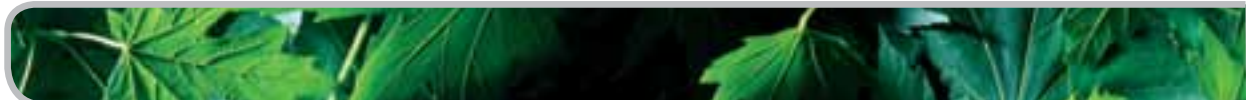
**Bioinformation** is based on the assumption that the human body constantly emits a field of electromagnetic waves which some people call *aura*. This **electromagnetic field** surrounding the body is the light your body gives out: after all we are “living photocells”, not too different from plants, and light *photosynthesis* corresponds to the *metabolism* which takes place in our bodies.

The electromagnetic field that surrounds every living being gives vital information on each individual organism: this type of information, along with the condition of the physical body, is called **bioinformation**.

The regenerative process is obtained from **plants, precious stones, metals, minerals, trace elements as well as inert gases, fermenting substances** etc.

After being modulated onto suitable carriers, they can specifically address your body’s self-healing powers. Through its electromagnetic field, the body exchanges a series of vital bioinformation.

**BIOPTRON Colored Light and Plant Essences:** when applied to your body or to single organs, they restore your balance and well-being.



## A SPECIAL BLEND OF FORCES AND FRAGRANCES

The BIOPTRON Color Light Therapy especially developed for the use on pressure points is completed by three superior bioinformed high quality cosmetic products which prepare and relax your skin for the best reception of the colored light and for longer effects.

- **Light Fluid**
- **Balancing Gel**
- **Crystal Cream**

**They are an integrating part and a necessary complement of bioinformation color therapy for pressure points.**

These three products are made with the finest **tinctures, extracts and essential oils**, blended to bring harmony and balance within your system. Made only from pure, natural products such as coconut, corn, palm kernel, this blend of essences and colors is enriched with **bioinformation which makes the pressure point color therapy more effective and pleasant.**

The fluid, gel and cream are **to be used according to the five different programmes especially developed for BIOPTRON Color Light Therapy.**

The three products come together in one package and can be replaced separately.

In order to use **BIOPTRON Color Light Therapy on pressure points, 14 Treatment Schedules** have been specially established. Please consult them before application in order to get the best results from the use of this extraordinary color therapy device.

## HOW TO USE BIOINFORMED COSMETIC PRODUCTS

BIOPTRON bioinformed cosmetic products can be used for general cosmetic applications and as integrated part of BIOPTRON Color Light Therapy treatment schedules.

- **Light Fluid:** spray Light Fluid onto the treatment area. Allow it to work for a short while, then wipe off the sweat and dirt particles now dissolved on the skin's surface. People who are sensitive to essential oils may experience a short (but completely harmless) burning of the eyes. In this case, do not spray Light Fluid onto the area adjacent to your eyes.

**For your skin care routine:** Whenever you want to refresh and hydrate your skin, apply it on your face, neck, décolletè and on your body. Suitable to keep your skin moisturized in air-conditioned environments, during hot summer or cold winter days.

- **Balancing Gel:** hold the palm of your hand under the bottle's nozzle and squeeze the dispenser. Spread Balancing Gel across the treatment area.

**For your skin care routine:** Apply morning and/or evening all over the face and body with a gentle massage and let the pleasant cooling effect of this gel awaken your skin.

- **Crystal Cream:** hold the palm of your hand under the bottle's nozzle and squeeze the dispenser. Spread Crystal Cream across the treatment area.

**For your skin care routine:** Apply morning and/or evening after your regular cleansing routine for a younger looking skin. This cream is ideal to soothe dry skin during the day and to moisturize your skin during the night.

## BIOPTRON BIOINFORMED COSMETIC COLOR LIGHT THERAPY PRODUCTS



## COLOR LIGHT THERAPY THROUGH BIOINFORMATION ON PRESSURE POINTS



### THROUGH 5 PROGRAMMES IN 14 TREATMENT SCHEDULES

The 14 Treatment Schedules for the perfect use of BIOPTRON Color Light Therapy are integrated in 5 programmes.

Please do not change the course of these 14 Treatment Schedules. Their sequence is determined by energetic and dynamic interrelations. The Treatment Schedules need to be followed carefully and consistently to obtain the best results. Please consult the application notes.

#### Programme 1:

#### **POWER OF RESISTANCE**

- 1 - SUPPORTING YOUR POWER OF RESISTANCE

#### Programme 2:

#### **ENERGY RESERVES**

- 1 - LACK OF DRIVE
- 2 - BAD CONCENTRATION AND POOR MEMORY
- 3 - RESTORING INNER HARMONY

#### Programme 3:

#### **INNER WELL-BEING**

- 1 - INNER BALANCE
- 2 - THE VITAL SPARK
- 3 - RELAXING TO RELIEVE FEAR
- 4 - UNBLOCKING TO RELIEVE STRESS
- 5 - A GOOD NIGHT'S SLEEP

#### Programme 4:

#### **METABOLISM**

- 1 - DISCHARGING AND PURGING
- 2 - DIGESTION

#### Programme 5:

#### **SKIN AND BODY TISSUES**

- 1 - FACIAL OR BODY SKIN PROBLEMS
- 2 - HEAVY FEELING IN LEGS AND FEET
- 3 - LOOKING GOOD



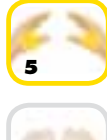
# PROGRAMME 1: POWER OF RESISTANCE (1 Schedule)

## Schedule 1: SUPPORTING YOUR POWER OF RESISTANCE

Your power of resistance will reach an all-time high, making you feel strong.

See application note B (see page 16)

APPLICATION STEPS	Length
<b>MORNING SESSION</b>	12 min
<b>1 - MOUTH AND PHARYNX</b>	
• Use the ORANGE color filter	2 min
<b>2 - NECK AND COLLARBONE</b>	
• Apply the Light Fluid on the neck and collarbone	
• Use the RED color filter, on the neck below the rim of the lower jaw from left to right	1 min
• Apply the Balancing Gel on the neck and collarbone	
<b>3 - BREASTBONE:</b> <i>1 hand's width below the collarbone notch (thymus gland)</i>	
• Apply Light Fluid	
• Use the GREEN color filter	1 min
• Apply Crystal Cream	
<b>4 - SPLEEN</b>	
• Apply Light Fluid	
• Use the YELLOW color filter	2 min
• Apply Balancing Gel	
<b>5 - HANDS:</b> <i>Between the basic joints of the thumb and index finger (soft triangle)</i>	
• Apply Light Fluid	
• Use the YELLOW color filter, on the left and right hand	1 min each
<b>6 - SOLES OF FEET</b>	
• Apply Light Fluid	
• Apply Balancing Gel	



APPLICATION STEPS	Length
(1 hour before bedtime)	
<b>EVENING SESSION</b>	7 min
<b>1 - TAILBONE</b>	
• Apply Light Fluid	
• Use the RED color filter	2 min
<b>2 - NAVEL</b>	
• Apply Light Fluid	
• Use the ORANGE color filter	2 min
<b>3 - BREASTBONE:</b> <i>1 hand's width below the collarbone notch (thymus gland)</i>	
• Apply Light Fluid	
• Use the GREEN color filter	1 min
<b>4 - TAILBONE, NAVEL, BREASTBONE:</b> <i>(whole length)</i>	
• Apply Crystal Cream	



# PROGRAMME 2: ENERGY RESERVES

## Schedule 1: LENGTH 15 MIN LACK OF DRIVE

Your weakness will turn into new strength.

See application note A (see page 16)

APPLICATION STEPS	Length
<b>1 - KIDNEYS</b>	
• Apply Light Fluid	
• Use the YELLOW color filter, on the left and right kidneys	2 min
• Apply Balancing Gel	
<b>2 - SOLAR PLEXUS BELT</b> <i>Liver - Gallbladder - Stomach - Spleen</i>	
• Apply Light Fluid	
• Use the ORANGE color filter	3 min
• Apply Balancing Gel	
<b>3 - FEET</b> <i>Inner Marginal Bones (reflex zone of the spine)</i>	
• Apply Light Fluid	
• Use the VIOLET color filter, from the heel to the big toe of your left and right feet	1 min each
• Apply Crystal Cream	
<b>4 - BREASTBONE</b> <i>1 hand's width below the collarbone notch (thymus gland)</i>	
• Apply Light Fluid	
• Use the GREEN color filter	1 min
• Use the YELLOW color filter	1 min
• Apply Crystal Cream	

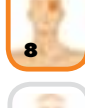


**Schedule 2: LENGTH 20 MIN**  
**BAD CONCENTRATION AND POOR MEMORY**

Your mind will be refreshed, increasing your power of concentration and your memory performance.

See application note E (see page 16)

APPLICATION STEPS	Length
<b>1 - FACE - NECK - COLLARBONE</b>	
• Apply Light Fluid	
<b>2 - FEET</b>	
• Apply Light Fluid on the top and sole of your feet	
• Use the VIOLET color filter, on the left and right top of your feet	1 min each
• on the left and right sole	1 min each
• Apply the Balancing Gel on the top and sole of your feet	
<b>3 - KNEES</b> <i>Inner and outer surface</i>	
• Apply Light Fluid	
• Use the BLUE color filter, - on the left and right inner surfaces	1 min
- on the left and right outer surfaces	1 min
<b>4 - NAVEL</b>	
• Apply Light Fluid	
• Use the GREEN color filter	1 min
• Apply Crystal Cream	
<b>5 - BREASTBONE</b> <i>1 hand's width below the collarbone notch (thymus gland)</i>	
• Apply Light Fluid	
• Use the BLUE color filter	1 min
• Apply Crystal Cream	
<b>6 - NECK</b> <i>Throat, above the throat pit (thymus gland)</i>	
• Use the YELLOW color filter	
<b>7 - BACK OF THE HEAD, MIDDLE</b>	
• Use the RED color filter	
<b>8 - HEAD, EYES, EAR TO EAR ACROSS THE TOP OF THE SKULL</b>	
• Use the ORANGE color filter:	
- keep your right eye closed	1 min
- left to right ear across the top of the skull	1 min
- keep your left eye closed	1 min
- right to left ear across the top of the skull	1 min
<b>9 - FACE, NECK, COLLARBONE</b>	
• Apply Balancing Gel	
• Apply Crystal Cream	



**Schedule 3:**  
**RESTORING INNER HARMONY**

You will feel good, relaxed and energetic.

See application note H (see page 16)

APPLICATION STEPS	Length
<b>MORNING SESSION</b>	8 min
<b>1 - LEFT AND RIGHT SOLE</b>	
• Apply the Light Fluid on the sole of your feet	
• Use the INDIGO color filter, on the left and right sole	1 min each
• Apply the Balancing Gel on the sole of your feet	
<b>2 - NAVEL</b>	
• Apply the Light Fluid from the navel to the middle of your neck	
• Use the GREEN color filter	1 min
• Apply the Balancing Gel from the navel to the middle of your neck	
<b>3 - TOP OF BLADDER</b>	
• Apply Light Fluid	
• Use the ORANGE color filter	1 min
• Apply Balancing Gel	
<b>4- SPINE OPPOSITE SOLAR PLEXUS</b>	
• Apply Light Fluid	
• Use the VIOLET color filter	1 min
• Apply Balancing Gel	
<b>5- THROAT</b> <i>in the middle of the base</i>	
• Use the YELLOW color filter	1 min
<b>6 - TOP OF FIRST SPINAL VERTEBRAE</b>	
• Apply Light Fluid	
• Use the RED color filter	1 min
• Apply Balancing Gel	
<b>7 - BASE OF SKULL</b>	
• Use the BLUE color filter	1 min



APPLICATION STEPS	Length
<b>EVENING SESSION</b> (before bedtime)	7 min
<b>1 - MIDDLE POINT ON HAIRLINE</b>	
• Apply the Light Fluid on your forehead	
• Use the ORANGE color filter	1 min
• Apply the Crystal Cream on your forehead	
<b>2 - TOP OF FIRST SPINAL VERTEBRAE</b>	
• Apply Light Fluid	
• Use the BLUE color filter	1 min
• Apply Crystal Cream	
<b>3 - HALF WAY DOWN THE STERNUM</b> <i>(middle of chest)</i>	
• Apply Light Fluid	
• Use the GREEN color filter	1 min
• Apply Crystal Cream	
<b>4- TAILBONE</b>	
• Apply Light Fluid	
• Use the RED color filter	1 min
• Apply Crystal Cream	
<b>5- HALF WAY BETWEEN STERNUM AND NAVEL</b> <i>(solar plexus)</i>	
• Apply Light Fluid	
• Use the YELLOW color filter	1 min
• Apply Crystal Cream	
<b>6 - SPINE OPPOSITE SOLAR PLEXUS</b>	
• Apply Light Fluid	
• Use the VIOLET color filter	1 min
• Apply Crystal Cream	
<b>7- MIDDLE OF FOREHEAD</b>	
• Apply the Light Fluid on your face, neck and collarbone	
• Use the INDIGO color filter	1 min
• Apply the Crystal Cream on your face, neck and collarbone	



# PROGRAMME 3: INNER WELL-BEING (5 Schedules)

## Schedule 1: LENGTH 12 MIN INNER BALANCE

You will feel more balanced, serene and self-assured.

See application note C (see page 16)

APPLICATION STEPS	Length
<b>1 - FACE, NECK, BACK OF THE NECK</b>	
• Apply Light Fluid	
<b>2 - FEET</b> inner marginal bones (foot reflex zone of the spine)	
• Apply Light Fluid	
• Use the VIOLET color filter, from the heel to the big toes of your left and right feet	1 min each
• Apply Crystal Cream	
<b>3 - NECK, BACK OF THE HEAD, MIDDLE</b>	
• Use the VIOLET color filter	2 min
<b>4 - FACE, NECK, BACK OF THE NECK</b>	
• Apply Balancing Gel	
<b>5 - FEET</b> inner marginal bones (foot reflex zone of the spine)	
• Use the YELLOW color filter, from the heel to the big toes of your left and right feet	1 min each
• Apply Crystal Cream	
<b>6 - SOLAR PLEXUS</b>	
• Apply Light Fluid	1 min
• Use the GREEN color filter	
• Apply Crystal Cream	
<b>Plus!</b> Apply Crystal Cream across the solar plexus twice a day!	

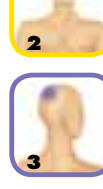
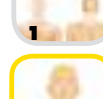


## Schedule 2: LENGTH 10 MIN THE VITAL SPARK

The Vital Spark will recharge your batteries, supplying you with mental and spiritual energy!

See application note G (see page 16)

APPLICATION STEPS	Length
<b>1 - FACE, NECK, BACK OF THE NECK, BREASTBONE</b> 1 hand's width below the collarbone notch (thymus gland).	
<b>NAVEL</b> within a radius of 4 cm (1.5 in).	
<b>HARA VITAL CENTRE</b> 3 fingers width below the navel.	
<b>TAILBONE.</b>	
• Apply Light Fluid	
<b>2 - MIDDLE OF THE FOREHEAD</b>	
• Use the YELLOW color filter	1 min
<b>3 - CROWN OF THE HEAD</b> The highest point on the top of the skull	
• Use the VIOLET color filter	2 min
<b>4 - NECK</b> throat, above the throat pit (thymus gland)	
• Use the ORANGE color filter	1 min
<b>5 - NAVEL</b> within a radius of 4 cm (1.5 in)	
• Use the RED color filter	1 min
<b>6 - TAILBONE</b>	
• Use the RED color filter	1 min
<b>7 - HARA VITAL CENTRE</b> 3 fingers width below the navel	
• Use the GREEN color filter	1 min
<b>8 - BREASTBONE</b> 1 hand's width below the collarbone notch (thymus gland)	
• Use the BLUE color filter	1 min
<b>9 - SOLAR PLEXUS &amp; FACE, NECK, BACK OF THE NECK</b>	
• Apply Crystal Cream	

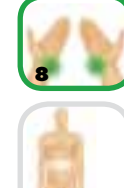
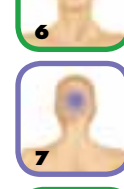


## Schedule 3: LENGTH 13 MIN RELAXING TO RELIEVE FEAR

You will increasingly find spiritual peace, regain inner stability and feel safe again.

See application note D (see page 16)

APPLICATION STEPS	Length
<b>1 - FACE, NECK, BACK OF THE NECK &amp; EARS</b>	
Ears within a radius of 2 cm (0.8 in)	
• Apply Light Fluid	
<b>2 - LEFT EAR</b> Within a radius of 2 cm (0.8 in)	
• Use the BLUE color filter	3 min
<b>3 - RIGHT EYE, CLOSED</b>	
• Use the BLUE color filter	1 min
<b>4 - TOP OF THE NOSE</b> 1 finger's width above (third eye)	
• Use the VIOLET color filter	1 min
<b>5 - RIGHT EAR</b> Within a radius of 2 cm (0.8 in)	
• Use the GREEN color filter	1 min
<b>6 - LEFT EYE, CLOSED</b>	
• Use the GREEN color filter	1 min
<b>7 - BACK OF THE HEAD, MIDDLE</b>	
• Use the GREEN color filter	2 min
<b>8 - HANDS</b> Articular fold, outer edge	
• Use the GREEN color filter on the left and right hand	1 min each
<b>9 - SOLAR PLEXUS, FACE, NECK, BACK OF THE NECK &amp; EARS</b> Within a radius of 2 cm (0.8 in)	
• Apply Crystal Cream	





**Schedule 4: LENGTH 15 MIN**  
**UNBLOCKING TO RELIEVE STRESS**

Your energy will improve, fortifying your physical awareness and gradually breaking through the shell that stress has locked you in.

See application note F (see page 16)

APPLICATION STEPS	Length
<b>1 - HANDS</b> <i>Articular fold, outer rim</i>	
• Use the GREEN color filter on your left and right hands	2 min each
<b>2 - BREASTBONE</b> <i>1 hand's width below the collarbone notch (thymus gland)</i>	
• Apply Light Fluid	
• Use the GREEN color filter	2 min
<b>3 - SOLAR PLEXUS</b>	
• Apply Light Fluid	
• Use the YELLOW color filter	2 min
• Apply Crystal Cream	
<b>4 - RIM OF UPPER JAW</b> <i>below the middle of the eyes</i>	
• Use the VIOLET color filter on the left and right side of the face	1 min each
<b>5 - LIVER AND GALLBLADDER</b>	
• Apply Light Fluid	
• Use the BLUE color filter	1 min
• Apply Balancing Gel	
<b>6 - KIDNEYS</b>	
• Apply Balancing Gel	
<b>7 - FACE, NECK AND BACK OF THE NECK</b>	
• Apply Light Fluid	
• Apply Crystal Cream	



**Schedule 5: 20 MIN**  
**A GOOD NIGHT'S SLEEP (1 hour before bedtime)**

Your nights will bring you restful sleep and sweet dreams again.

See application note D (see page 16)

APPLICATION STEPS	Length
<b>1 - SOLAR PLEXUS BELT</b> <i>Liver - Gallbladder - Stomach - Spleen</i>	
• Apply Light Fluid	
• Use the GREEN color filter on the solar plexus	2 min
<b>2 - SPLEEN</b>	
• Apply Light Fluid	
• Use the VIOLET color filter	2 min
<b>3 - LIVER AND GALLBLADDER</b>	
• Use the ORANGE color filter	2 min
<b>4 - SOLAR PLEXUS BELT</b> <i>Liver - Gallbladder - Stomach - Spleen</i> <b>BREASTBONE</b> <i>1 hand's width below the collarbone notch (thymus gland)</i>	
• Apply Crystal Cream	
<b>5 - HANDS</b> <i>Articular fold, outer rim</i>	
• Use the BLUE color filter on your left and right hands	1 min each
<b>6 - LEGS AND FEET</b>	
• Apply Balancing Gel	



**APPLICATION NOTE A**

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 4 times a week, ideally once a day
- Recommended duration: 2 weeks

**APPLICATION NOTE B**

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 4 times a week, ideally once a day
- Recommended duration: 3 weeks

**APPLICATION NOTE C**

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 5 times a week, ideally once a day
- Recommended duration: 2 weeks

In low-stress situations, sporadic and short-term therapy may also be helpful.

**APPLICATION NOTE D**

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 5 times a week, ideally once a day
- Recommended duration: 3 weeks

In low-stress situations, sporadic and short-term therapy may also be helpful.

**APPLICATION NOTE E**

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 5 times a week, ideally once a day
- Recommended duration: 4 weeks

In low-stress situations, sporadic and short-term therapy may also be helpful.

**APPLICATION NOTE F**

In highly stressful situations you may follow this schedule several times at 1-hour intervals until you relieve the pressure. You can also follow

- it regularly for both short and extended period of time
- 5 times a week, ideally once a day

**APPLICATION NOTE G**

The vital spark schedule is a part of your spiritual medicine and may be implemented whenever and for as long as you need.

**APPLICATION NOTE H**

Ideally every day or evening, as part of your daily hygiene routine or whenever you don't feel well.

Morning and evening sessions could also be used independently.



## PROGRAMME 4: METABOLISM (2 Schedules)

### Schedule 1: LENGTH 15 MIN DISCHARGING AND PURGING

You will feel relieved, renewed and rejuvenated. People will compliment you on how much better you look.

See application note B  
See Important - Note 1 (see page 18)

APPLICATION STEPS	Length
<b>1 - TONGUE AND THE BASE OF THE TONGUE</b>	
• Use the ORANGE color filter, - on your tongue	2 min
- on the base of your tongue (lift your tongue)	30 sec
<b>2 - ARMS</b> <i>From your fingertips across the upper side of the arm to the shoulder joint</i>	
• Apply Light Fluid	
• Use the BLUE color filter on your left and your right arms	2 min each
• Apply Balancing Gel	
<b>3 - LIVER AND GALLBLADDER</b>	
• Apply Light Fluid	
• Use the GREEN color filter	2 min
• Apply Balancing Gel	
<b>4 - BODY MIDLINE</b> <i>From navel to bladder</i>	
• Apply Light Fluid	
• Use the ORANGE color filter	2 min
<b>5 - ABDOMEN, GROIN, KIDNEYS AND SPINE</b>	
• Apply Balancing Gel	1 min

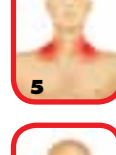


### Schedule 2: LENGTH 15 MIN DIGESTION

Your digestion (and your well-being) will be greatly improved, making you feel light and unencumbered.

See application note D  
See Important - Note 1 & 2 (see page 18)

APPLICATION STEPS	Length
<b>1 - STOMACH AND SPLEEN</b>	
• Apply Light Fluid	
• Use the ORANGE color filter	2 min
• Apply Crystal Cream	
<b>2 - FEET</b> <i>Inner marginal bones (foot reflex zone of the spine)</i>	
• Apply Light Fluid	
• Use the ORANGE color filter from the heel to the big toe of your left and right feet	1 min each
• Apply Crystal Cream	
<b>3 - ABDOMEN (intestine)</b>	
• Apply Light Fluid	
• Use the GREEN color filter	3 min
• Apply Balancing Gel	
<b>4 - HANDS</b> <i>Between the basic joints of the thumb and index finger (soft triangle)</i>	
• Apply Light Fluid	
• Use the GREEN color filter on the top of your left and right hands	1 min each
<b>5 - SHOULDERS</b> <i>From neck to shoulder joint</i>	
• Apply Light Fluid	
• Use the RED color filter on the top of your left and right shoulders	1 min each
• Apply Balancing Gel	
<b>6 - BACK OF THE HEAD, MIDDLE</b>	
• Use the RED color filter	1 min



## PROGRAMME 5: SKIN AND BODY

### Schedule 1: LENGTH 10-15 MIN FACIAL OR BODY SKIN PROBLEMS

Your skin will regenerate, making blemishes, wrinkles and signs of aging disappear. Your new good look will be noticed!

See application note D  
See Important - Note 1 & 2 (see page 18)

APPLICATION STEPS	Length
<b>1 - FACE, NECK, COLLARBONE AND SOLAR PLEXUS BELT</b> <i>Liver - Gallbladder - Stomach - Spleen. Navel within a radius of 4 cm (1.5 in). Feet with backs and soles</i>	
• Apply Light Fluid	
• Apply Crystal Cream	
<b>2 - FEET</b>	
• Use the ORANGE color filter on the transverse section below the balls of your left and right feet (foot reflex zone of solar plexus belt and kidneys)	1 min each
<b>3 - SOLAR PLEXUS BELT</b> <i>Liver - Gallbladder - Stomach - Spleen</i>	
• Use the ORANGE color filter	2 min
<b>4 - HEAD</b> <i>From hairline across top of the skull to the back of the neck</i>	
• Use the VIOLET color filter, 3 cm (1,18 in) to the left and right of the midline of the head	1 min each
<b>5 - PROBLEM ZONE(S)</b>	
• Apply Light Fluid (unless already applied according to step 1)	
• Use the BLUE color filter, depending on the size of the area to be treated	1-3 min
• Apply the Balancing Gel (unless already applied according to step 1)	
• Use the YELLOW color filter, depending on the size of the problem area to be treated	1-3 min
• Apply the Crystal Cream, if your skin is dry several times a day!	



# TISSUES (3 Schedules)

## Schedule 2: LENGTH 20 MIN HEAVY FEELING IN LEGS AND FEET

Your body will feel so light and relieved that you might think you're walking on clouds!

See application note D (see page 18)

APPLICATION STEPS	Length
<b>1 - GROIN, LEGS, FEET</b>	
• Apply Light Fluid	
<b>2 - SOLAR PLEXUS BELT</b> <i>Liver - Gallbladder - Stomach - Spleen</i>	
• Apply Light Fluid	
• Use the ORANGE color filter	1 min
<b>3 - GROIN</b>	
• Use the RED color filter on the left and right sides of your groins	1 min each
<b>4 - LEGS</b>	
• Use the YELLOW color filter, from the ankle up	2 min each
• Apply the Balancing Gel on your groin, legs and feet	
<b>Plus!</b> One additional daily application of Balancing Gel on your groin, legs and feet!	
<b>5 - FEET</b>	
• Use the ORANGE color filter on the middle base of your left and right feet	1 min each
• Use the VIOLET color filter on the transverse section below the balls of your left and right feet	1 min each
• Use the GREEN color filter on the back of your left and right feet	1 min each
<b>6 - BUTTOCKS</b>	
• Apply Light Fluid	
• Use the YELLOW color filter on the left and right buttocks	1 min each
• Apply Balancing Gel	

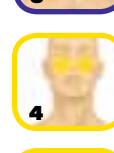
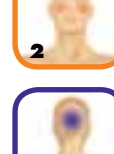


## Schedule 3: LENGTH 8-10 MIN LOOKING GOOD

You will look calm, refreshed and glowing.

See application note I (see page 18)

APPLICATION STEPS	Length
<b>1 - IN THE MIDDLE OF THE FOREHEAD</b> <i>(third eye)</i>	
• Apply Light Fluid on face	
• Use the VIOLET color filter	1 min
• Apply Balancing Gel on face	
<b>2 - UNDERNEATH THE EYEBROWS ON EACH SIDE OF THE NOSE</b> <i>(eyes closed, left then right)</i>	
• Use the ORANGE color filter	1 min each
<b>3 - ON THE BACK OF THE HEAD,</b> <i>at the centre just above the ears</i>	
• Use the INDIGO color filter	1 min
<b>4 - MIDDLE OF THE CHEEK IN LINE WITH PUPIL OF THE EYE, LEFT THEN RIGHT</b>	
• Use the YELLOW color filter	1 min each
<b>5 - TOP OF EYEBROWS,</b> <i>line between the two pupils</i>	
• Apply Light Fluid	
• Use the YELLOW color filter	1 min
• Apply Crystal Cream	
<b>6 - BETWEEN TOP LIP AND NOSE</b>	
• Use the GREEN color filter	1 min
<b>7 - INSIDE THE WRISTS,</b> <i>first left then right (optional)</i>	
• Apply Light Fluid	
• Use the ORANGE color filter	1 min each
• Apply Crystal Cream	



### APPLICATION NOTE B

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 4 times a week, ideally once a day
- Recommended duration: 3 weeks

### APPLICATION NOTE D

It is important to follow this schedule regularly, particularly in highly stressful situations:

- 5 times a week, ideally once a day
  - Recommended duration: 3 weeks
- In low-stress situations, sporadic and short-term therapy may also be helpful.

### APPLICATION NOTE I

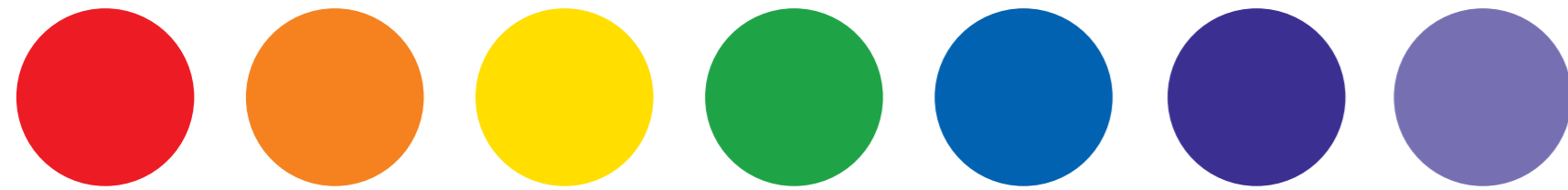
Whenever you feel drained or tense and your face looks tired, this treatment will make you feel look calmer and great! This schedule is appropriate for daily use.

### IMPORTANT - NOTE 1

Drink 2 to 3 litres (quarts) of liquid a day. Beverages such as herbal tea, water or fruit juice will stimulate excretory processes and rid your body of detrimental metabolic products.

### IMPORTANT - NOTE 2

Eat light and healthy food. Eliminate sweets as well as fatty and indigestible food from your diet. Eat only a small amount in the evening.



## COLOR IS ENERGY, COLOR IS LIFE, COLOR IS THERAPY



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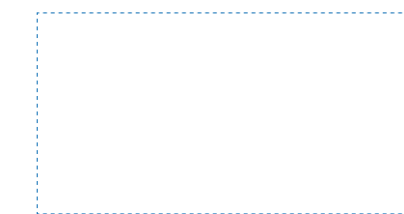
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