

Positioning Your goLITE BLU

Use the goLITE BLU at a slight angle to your face (see figure 1). It is not necessary to look directly into the light.

- For best results, place the goLITE BLU approximately 20–30 inches from your eyes. Allow the light to bathe your face from the side.
- You can read, eat, work at the computer, watch TV, put on makeup, or exercise while using your goLITE BLU.
- Use your goLITE BLU in a well-lit room to minimize eyestrain.
- For best results, place the goLITE BLU near you at eye level so it shines directly into your eyes.
- The proper response to light therapy occurs through the retina of the eyes, not through the skin. However, you do not need to stare at the light. If you are in front of the goLITE BLU and position it close enough, only an occasional glance is needed achieve the maximum benefits.



Figure 1

Your Eyes Should Be Open for Optimal Results

The hormonal response works through the eyes, not the skin. This is not a tanning light. In fact, our BLUEWAVE Technology creates specific wavelengths that produce a circadian response while eliminating UV hazards and minimizing eyestrain.