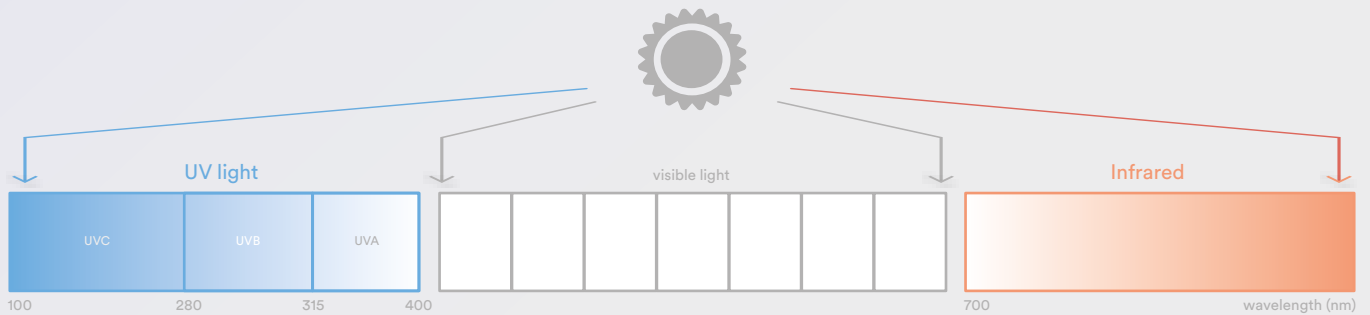
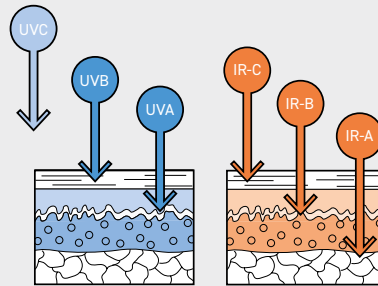


What is sunlight made up of?



UV light from the sun

- UVA light**
Penetrates the dermis
- UVB light**
Penetrates the epidermis
- UVC light**
Is absorbed by the atmosphere



Infrared from the sun

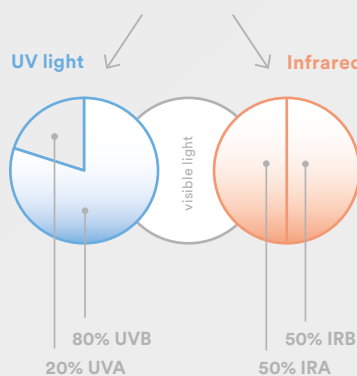
- Short-wave IRA**
Intense deep-penetrating heat
Penetrates deep into the skin (5 mm)
- Mid-wave IRB**
Heats the upper layer of the skin
- Long-wave IRC**
Ambient heat

Sunlight from Sunshower

UV light from Sunshower

- 80% UVB light**
20% UVA light*
- UVB light**
Vitamin D production
Indirect pigment production
Skin thickening
Preparation for the summer sun
- UVA light**
Direct pigment production
Winter complexion

*Erythema spectrum



Infrared from Sunshower

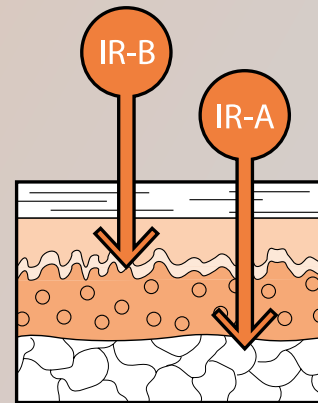
- 50% mid-wave IRB**
50% short-wave IRA
- IR-A and IR-B**
Penetrates deep into the skin up to 5 mm
Relieves painful joints
Relaxes muscles
Stimulates blood circulation
Improves sleep quality

Infrared

Infrared offers many benefits to the body: A wonderful feeling of relaxation, improved circulation and pain relief.

Infrared Spectrum

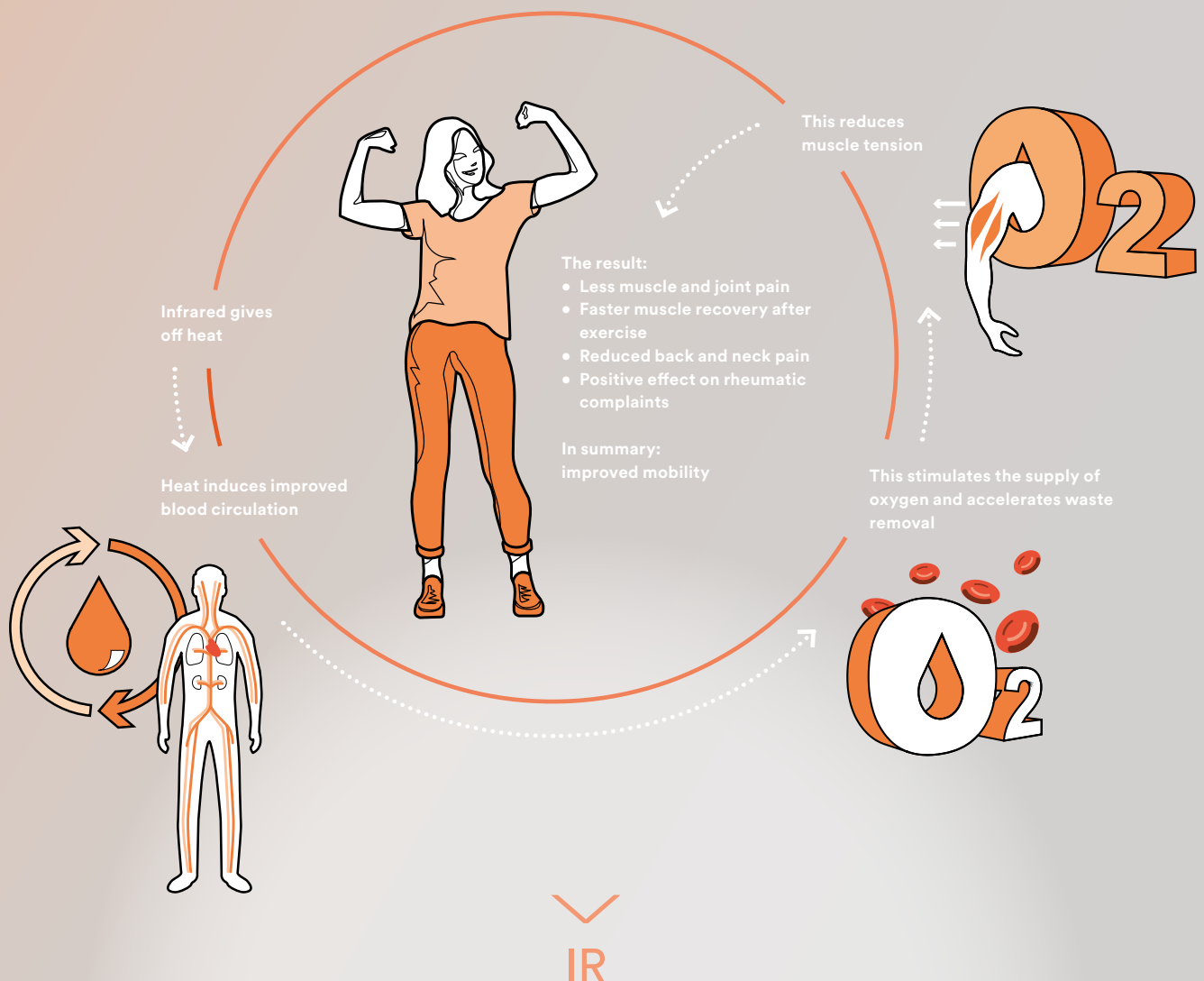
Sunshower® infrared consists of two wavelengths: short-wave (IRA) and medium wave (IRB). IRA warms and penetrates deeply into the body. It improves blood circulation, making it easier to break down waste. This decreases both muscle tension and joint pain. IRB is almost completely absorbed by the top layers of the skin, creating a warm feeling.



Cross-section skin

Feel better in your skin

Improved blood circulation and pain relief





Relax and enjoy

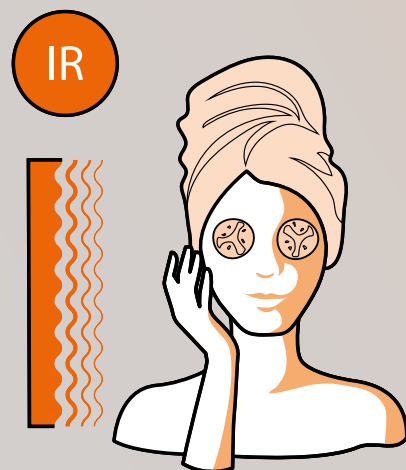
A pleasantly warmed-through feeling

Infrared light penetrates the body and supports the removal of waste. Moreover, it helps the muscles to relax more deeply, with better sleep as a wonderful result.

Radiant skin

Deep cleansing with infrared

Infrared heat causes pores to dilate. This ensures better and more effective deep cleansing of the skin. The result is radiant skin.



UV light

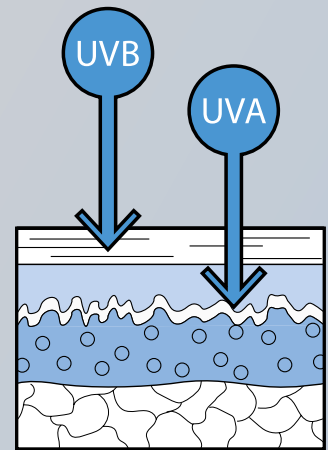
Low-dose UV light supports the immune system and promotes pigmentation of the skin.

Types of UV light

Sunshower®'s UV light consists of two wavelengths, UVA and UVB. Sunshower® emits 80% UVB light and 20% UVA light. UVB light plays a major role in the production of vitamin D. UVA light penetrates deeper into the skin and converts the pigment present into a light complexion.

Safety

At Sunshower®, safety comes first. That's why we have been working closely with medical specialists to conduct research on the effects of UV light since 2007. Sunshower® always delivers a smart low dose of UV light while showering.



Cross-section skin



Vitamin D

The right vitamin D level in the winter months

20% of vitamin D comes from food and 80% from UVB light. So sunlight plays an important role. Because of the position of the sun in the Netherlands, it is not possible to make sufficient vitamin D for half of the year. Scientific research has shown that Sunshower® maintains vitamin D levels in the winter months.

Improve immune system function

Vitamin D helps activate and suppress immune cells. This way, it plays a central role in regulating the immune system. If your vitamin D is maintained at a good level, it helps prevent respiratory infections, flu and colds.

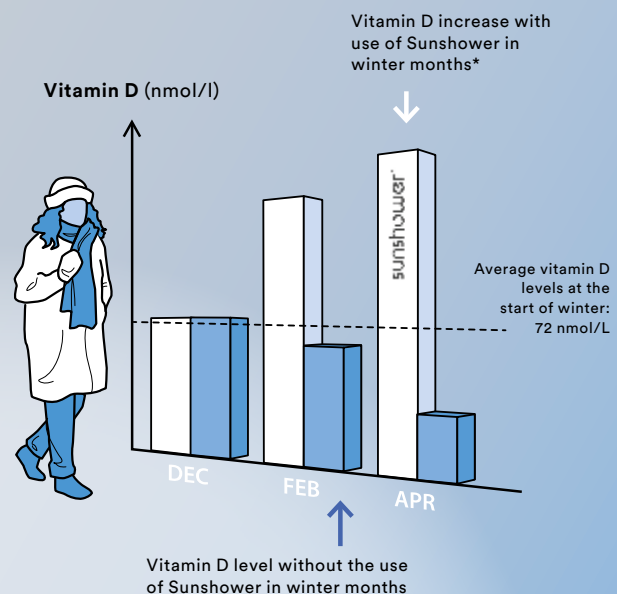


Stronger bones and teeth

Vitamin D improves the absorption of calcium and phosphorus, which makes for stronger bones and teeth.

Maintaining muscle strength

Vitamin D enhances the movement of muscle fibres, which in turn cause the muscle to contract. The result: improved muscle strength, fewer injuries, better sports performances and a reduced fall risk for the elderly.





Better rhythm and energy

UV light and its positive effect on hormones

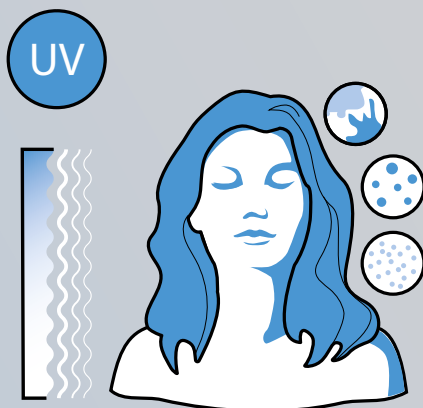
UV light has a positive effect on the production of endorphins, the 'happiness hormone'. As a result, you experience less stress, and you feel fitter and more vital. Sunlight has also been shown to help achieve a better day-night rhythm.*

Recent research
Sunshower® / Vattenfall 2019

Conditioning of the skin

Well prepared for the summer sun

A structural low dose of UVB light causes the production of indirect pigment and thickens the skin, reducing the penetration of UV rays into the skin. This will prepare the skin for the summer sun and reduce the risk of deeper skin damage. The UVA light stimulates the production of instant pigment and creates a light complexion.



Light therapy helps

UVB light therapy for chronic skin complaints

Light therapy using low-dose UVB light can have a positive effect on skin conditions such as psoriasis, eczema, sun allergy and vitiligo. Our subsidiary Dermasun Medical offers this form of daily light therapy for home use, under medical supervision.

