



INSTRUCTIONS FOR USE WELLNESS DIFFUSER VERS. 5.0

Index:

A) Contents of the packaging

B) Instructions and general rules for use

1. Introduction.
2. Instructions for assembling and posing.
3. Components
4. General instructions for use
5. Insertion and replacement of oils
6. Advices for the use of the programs.

C) Use and functioning of the remote control and the keys of reference:

7. Automatic safety controls.
8. Ipod Remote Control (optional)

D) AROMA GROUP:

9. Maintenance, notes and special instructions.

E) CHROMO GROUP:

10. Maintenance, notes and special instructions.

F) MUSIC GROUP:

11. Maintenance, notes and special instructions.

G) Certifications, technical features and safety

H) Warrantees and original security packing (assistance case)

I) Further personalizations

L) Short account on chakras, respiration and wellness programs

Concise bibliography

A) Contents of the packaging:

The packaging of the diffuser includes:

- nr. 1 diffuser body, assembled in each of its components (all inclusive)
- nr. 1 master remote control
- nr. 1 mechanic/electronic aluminum suspension hanger device (optional)
- nr. 1 power cables
- nr. 12 numbered test tubes and 5-12 substitute test tubes set with their related numbered caps
- nr. 12 containers of 20ml for pure essential oils and 500ml mixed in an Etoxydiglycol solution
- nr. 1 hereby instructions for use
- nr. 4 wall nogs and screws with a 6mm hole diameter plus 2 nuts for hanger steady fixing
- nr. 4 AA batteries
- nr. 1 Brief guide for use

+Kit Flying in bundle:

- nr.1 ceiling flat

Diffuser weight: 4, 30 Kg

Packaging total weight: 11 kg



Read the general rules carefully before using the diffuser:

B) Instructions and general rules for use

1) Introduction:

The MULTISENSORY WELLNESS DIFFUSER is a patented programmable technical application which can be updated and can supply four wellness applications simultaneously: **AROMATHERAPY, CHROMOTHERAPY, MUSICTHERAPY with applied CRYSTAL THERAPY.**

The holistic effect of this application of alternative medicine has been studied and implemented through various experimentations and tests to return the greatest efficiency of the four programs created for Relaxation, Sleep, Meditation and Energy.

Indeed the Wellness Diffuser can supply four wellness applications lasting about 30 minutes (Relaxation, Sleep, Meditation and Energy).

The diffuser can also be a LED STRIPE or led spot light, easily manageable by the user.

The product is advisable to everyone to rebalance Mind and Body, by averting the everyday disease, the "stress". It is ideal for wellness centers, also as a supplement to specific relaxation and/or energy treatments (typically massages, reiki sessions, yoga, etc.)

Medical Disclaimer:

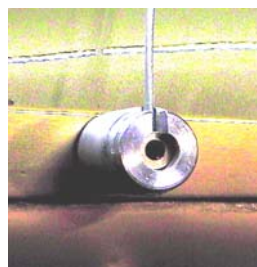
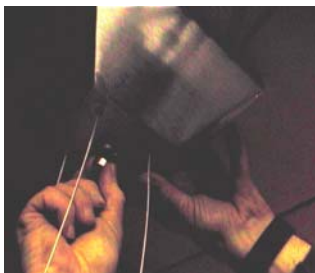
The following information has purely got an illustrative purpose: it is not related to medical prescription or advice.

The product is not conceived for medical use. The diffuser is not a medical treatment. Should the word "therapy" be used, it is referred to a supplementary wellness program, therefore it is not curative. For clinical pathologies see your doctor. NPS S.r.l. refuses all responsibility for an improper use of the machinery. It is important to know that the high concentration of active principles in the essential oils demands a careful and conscious use. The use of this information for medical purposes. is punished by art. Italian Cp 348, and the user - having acted contrary to the conditions of use specified by the manufacturer - is personally responsible

2) Instructions for assembling and posing:

"FLYING" CEILING (IN BUNDLE):

In case of a "flying" ceiling option, it is enough to insert the cables in the proper slides on the four fixing hooks (two front and two behind mounted on aluminum profile closing of shells), taking care to insert the two wires of low voltage power supply in the two rear hooks (red terminal in red hook) and then pull themselves toward each other to lock; can assure you all that in a stable manner simply screwing four hooks on the locking ring (see photo below) -. In case of removal, you can proceed with the opposite operation. From the flat ceiling it is possible to adjust the height of the DIFFUSER and to connect it to the simple power supply as for a ceiling lamp. It is advisable to adjust the height of the tie-rods and cables to the screw on the four hooks BEFORE Placing the ceiling flat (in order to have an easier screwing). Make sure of the solidity of the previously calculated for a safe ceiling fixing.





FLYING OPTION PLUS VERS. 5.0 CONTROL MECHANICAL OR ELECTRONIC (OPTIONAL):

It 'available, on request, the Plus version of the Flying M / A, which allows the control and regulation of electronic' height of the DB (using the brightness buttons on the remote control or with a mechanical device), in order to favor the optimal adjustment and an easy replacement for essential oils.



a) Wall Mounted



b) Network Connection



c) Removing Protections

Using the Vers 5.0 is available Chrystal View with component 26 Support multifunction utility for speaker support and support aromas set.

This support allows the positioning of the Diffuser securely to any specific needs, and should always be used to keep the speaker in the equilibrium position, when not installed on the ceiling (for example the case of routine maintenance and / or extraordinary and handling of various nature).

Ps You should always feel the original packaging (both for the validity of the warranty terms), both have an adequate package of safety in case of any movement of the device. For the observation of the rules of reference see the following instructions.



Figure 1 – Suspension Hanger

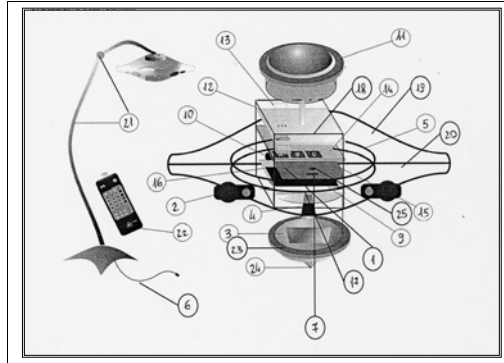


Figure 2 – Complete

To clean the mineral deeply in order to obtain a special brightness you can use a much diluted solution of hydrofluoric acid. You have to handle the acid with care because it is very dangerous.

We recommend placing the diffuser at a crystal height of 90-120 cm above your supine position and leveling with the 5th-6th chakra (level with the throat) so that the irradiation diameter is almost equal and perpendicular to the diffusion convex central diameter of the lens. It is important to remember that lux emissions are halved in proportion of the lamp distance and in the progressions (for example at a distance of 80 cm the lux emissions are halved as to the distance of 40 cm). **We recommend using the diffuser in semi-darkness or, better, in darkness, without external luminous or acoustic emissions. The optimal application is the personal “one-to-one” application** (or for two people in case of double bed) in order to reach a “man-machine symbiosis” which can stimulate and awake those positive memories often hidden in the unconscious.

The diffuser can be used both alone, above your bed, chaise longue or simply a sofa or an armchair, which can give you **a comfortable supine position (with your head turned towards the north, if possible)**; and as an integration of specific energy and/or relax treatments, supplemented with ad hoc peripheral devices (such as massaging couches, light application, etc.) and in settings (Wellness Diffuser® corners and boxes) created to increase the holistic efficiency of our product. However we recommend **not to put the product in spaces bigger than 20 square meters**, in order to avoid an excessive olfactory waste, and **not to put the product in settings subject to draughts, which can “shift the falling of oils” out of your olfactory range.**

The wall electrical connection has to be made according to the regulations in force and the safety rules in the subject. In the original version, the Wellness Diffuser has been conceived as a wall lamp in order to assure all the safety measures and as provided in L.626. For bath systems, the regulations are CEI 64-8/7. So we recommend wall chased passage of the power cables; however it is possible to use directly the Diffuser with a connection to an uncovered cable and plug (make sure of the safety level in case of multiple outlets). Besides the electrical cables we apply the rule CEI 20-35 related to “Electrical cables not fire-spreading”. All the electronic components are made of insulating material and declared self extinguishing by the constructor in conformity to the rules UL94 (level V0, V1 and V2). We recall that before every operation on the diffuser (such as the extraction/substitution of the test tubes, of the SD, of the led lamp as well as the tampering of every component), it is necessary to stop the power supply by disconnecting the plug or by switching off.

This machinery should be used exclusively with the vaporizing products sold with the diffuser or advice by the producer. The Diffuser has heated components to favour the vaporization of aromas; these surfaces must not be touched during the usage. In case of damage of the power cable, apply immediately to the Assistance Centre. For

the Diffuser cleaning, we recommend the use of a dry cloth (better if antistatic). For the oil loading, see the related following paragraph 5.

3) COMPONENTS/DESCRIPTION:

- 1 Fan
- 2 160W RMS Power speakers: >40 Watt Resonant pressure level Livello di pressione sonora: 91 dB (2,83 V/m) Frequency reponse : 70 - 20.000 Hz
- 3 Fresnel lens, convex, polycarbonate, sepia-coloured
- 4 16 colours RGB led lamp
- 5 2 led stripes high luminance
- 6 Power supply
- 7 D-flash card
- 8 Electrical cables
- 9 Electronic card and central processing unit (=cpu), MP3 player, connections and sensor for comp. NR.22
- 10 Feeder **Structural components**
- 11 nr.1 Upper plug with network and protective filter for fine particles and spray (with tightening keys)
- 11bis nr.1 Upper plug with aroma clogging network
- 12 nr.1 Aroma case plaque and extraction support
- 13 nr.12 glass test tubes
- 14 nr.1 support with 12 resistances/ heating cells
- 15 nr.1 support with fan-protective network with related fan
- 16 nr.1 support for electronic card comp. 9
- 17 nr.1 support for optical group for led bulb (comp.4)
- 18 Parallelepiped hollow tower with support stems (summarized components)
- 19 Upper shell bodywork
- 20 Lower shell body work equipe with headphones jack out
- 21 Wall hanger with connection screws
- 22 Remote control for diffuser functions and therapic groups
- 23 Opal glass disc
- 24 Crystal natural pyramid for diffusion/refraction of led light and opalescent glass disc
- 25 IRDA receiver with led panel endings for consumption control
- 26 Support Multi-function utility support and support for diffuser September aromas set

4) General instructions for use:

Before each substitution of any element or component of the Wellness Diffuser, or in case of a careful clearing, we recommend disconnecting the AC power cable from the plug. We recommend the same advice in case of a long interruption in the use of the Diffuser.

When you disconnect the cable you have to seize it by the plug (or using the two-way switch) and take it out of the electrical plug (using the other compatible connection). Never draw the cable and do not take it out obliquely.

Use only original and advised components for the specific product and do not modify in any way the Wellness Diffuser structure. Do not dismantle the fittings (in these cases the warrantee is annulled).

The features of the led stripes are: high luminous efficiency and great flux maintenance, extra long life product, loading temperature from -30 to +80 °C, great chromatic output, minimum percentage of stripes even at low temperature, top class power efficiency.

Concerning the electromagnetic compatibility (EMC 89/336/CE), we refer to the Certifications page.

5) Oil loading and substitution:

Standard procedure:

1) Remove the clogging/protective plug (comp. 11 where present, and **comp. 11 bis, making sure that its band is positioned in the longitudinal sense in comparison with the frontal view**).

2) Examine the number of the effective supplies; when the related leds (yellow-orange, blue, white, orange-red) flash for more than 10 times and then they are fixed, it is necessary to substitute the corresponding aromas as indicated in the following schedule.

3) Unplug the power cable.

4) Place carefully the Diffuser on a stable surface in order to proceed easily to the extraction of the container with the related test tubes.

5) Empty carefully (since the oils are corrosive) and later fill the 12 test tubes, as indicated in the following schedule, observing the number specified on the container/test tubes.

6) Replace the container and the 12 test tubes paying attention there is not any upsetting or dripping (which could reach the electronic card and the CPU).

7) Set again the heating counter at zero, clicking on the key related to the wellness program(s) whose oils have been substituted while the WD has the red light on and it makes the first lighting test (in this way the light which was fixed turns off and it restart to count the number of the supplies made per program).

8) Allocate again the plug we referred to at point 1.

To load the oil sit is therefore enough to remove the Upper plug with network and protective filter for fine particles and spray (with tightening keys) and to fill the test tubes observing the following quantities indicated in the schedule 1, the number of the heating cell and the oil which must correspond. In particular for the aroma substitution, it is necessary to follow the instructions given by the status leds.

Besides the two status leds (green led for the stand by and red led in case of problem to the ventilation machinery), there are other 4 leds which are in conformity to the 4 programs of reference.

Quick procedure:

It is possible to simplify the procedure and the reloading times using the pre-reloading single-dose set.

These reloadings, purchasable from our website, allow a quick oil substitution, without the manual reloading, and allow the supply of 30 therapies.

At the first power connection the leds flashes 10 times (because the test tubes are surveyed as lacking in oils); it is necessary to load the test tubes which correspond to the programs of reference and press the relative keys while the WD makes the lighting test, in order to set at zero the heating count and to start the supply numeration.

In this case, when you have reached the 10th heating, **it is necessary to set the status counters at zero, pressing the key related to the program of reference, while the Diffuser starts the lighting test (red light of the optical group) after the power connection.**

After the reloading, the status leds show with the number of flashes how many wellness cycles have been made. From the 10th cycle, the leds stay with a fixed light showing the number of cycles till the 15th one. For the substitution of the aromas corresponding to the leds of reference, see the following aroma schedule 1:

**OIL AROMATHERAPY/CHAKRAS AND NOMENCLATURE
CONTROL LED STATUS_[Ivan1]**

RELAX (yellow-orange led) White 5.0	
Lavander (cell 5)	
Juniper (cell 4)	
Ylang ylang (cell 10)	
Rose (cell 7)	
SLEEP (blue led) Red-Orange 5.0	
Orange blossom/ Neroli (cell 3)	
Lavander (cell 5)	
Tangerine (cell 8)	
Ylang ylang (cell 10)	
MEDITATION (white led) Yellow-Orange 5.0	
Sandal (cell 9)	
Cinnamon (cell 2)	
White thyme (cell 1)	
Incense (cell 6)	
ENERGY (AWAKENING) (red-orange led) Blue 5.0	
Rose (cell 7)	
White thyme (cell 1)	
Mint (cell 11)	
Cacao (cell 12)	

Schedule1- aromas



6) Advices for the program use:

We recommend to use harmonically all the wellness programs.

In particular we recommend to alternate the energy program and the meditation one, since the related master series have been studied to stimulate the first three and the last four chakras, without over-treating the upper chakras to the disadvantage of the lowers, and vice versa.

We recommend not having the holistic treatment (especially for sleep and relax) before doing any activity demanding lucidity and attention (such as driving, using potentially dangerous machineries, etc.).

Before the use, especially for the meditation program, it is advisable to practice 5-10 minutes to relax yourself by deep and complete breathings in a comfortable position (for details see Short account on chakras, respiration and wellness programs). Besides, before doing a wellness program, we advise to observe the Diffuser at some meters distance to appreciate and totally enjoy the aroma diffusion and the color refraction made by the pure crystal and by the particular patented material of the bodyworks.

If you use the Meditation program it is highly recommended the position indicated in the fig. 5- "advised position for the Meditation program".

We recommend to not using perfumes and/or cosmetics which could alter the aroma yield.

In case of allergies, irritability or hypersensitiveness towards the essential oils or some of them, we recommend removing or keeping the related test tubes empty.

For a correct working of the Diffuser, the optimal room temperature is between 10° and 38° (however the diffuser has a thermometer to interrupt the supply in case of an excessive temperature).

It is possible to deactivate each of the therapeutic groups: the musictherapy through the volume control, the chromotherapy through the optical group control and the aromatherapy through the removal of one or more test tubes containing the oils listed in the former aroma schedule.

In case of substitution and/or upgrade of the SD it is necessary to switch off the Wellness Diffuser and to interrupt the power supply. To raise the upper shell is sufficient to remove the label side and unscrew the screws underneath.

The master series are always know-how in progress, therefore although it is necessary a short time before considerable effects linked to the WD use can be noticed, it is true that after some months you can observe the effective adaptation of the senses involved.

For this reason NPS studies, tests and issues recurrently new master series, which can be updated through an online purchase (or at the authorized resellers) concerning the SD upgrades (Current [Upg. Firmware 4.5](#)).

We wish to offer a constant commitment to produce better and better results in the research applied to the WELLNESS DIFFUSER.

C) Use and function of the remote control and the keys of reference:

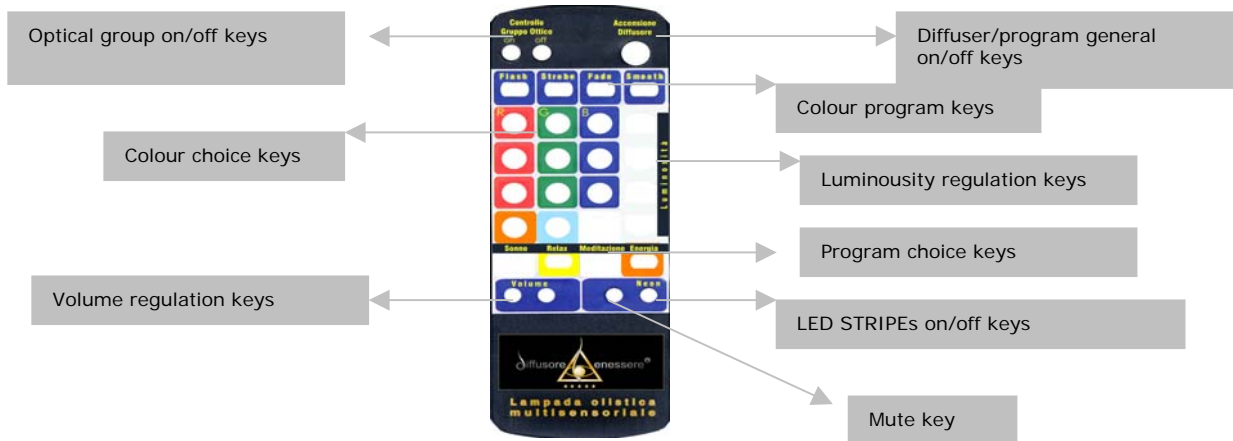


Figure 3 – Remote Control

Introduction: because of the many receivers, the accomplishment time of the instruction could be not instantaneous (in particular for the HCL/CL luminosity control); therefore we recommend a firm and quick pressure of the keys and a 1-2 second wait for the instruction reception.

Diffuser lighting (on key): it switches on the diffuser and it keeps it in Stand By (the white led is on)

7) Automatic safety controls:

Automatic test before every program.

Before using the remote control and type in any key it is necessary to wait that the diffuser does the general functioning test, switching on and testing the fan, the sound, the MP3 drivers and the RGB bulb, the final temperature in order to make sure of a correct functioning. If the result is positive, the status green led switches on with 5 flashes on the bulb and becomes stable with fixed white light (device in stand by), ready to receive the instructions, otherwise if the result is negative the led could flash red or orange.

In the first case (typically after a long lighting time of the LED STRIPE), the orange led switches on and the led lamp flashes for few seconds to become a fixed/flashing orange light (WD in lock status, waiting for a new test); the result shows that the inner temperature is $>38^{\circ}$ or $<10^{\circ}$. Therefore it is necessary to wait that the WD temperature returns within the functioning standards. **In the second case the red led switches on and the led lamp flashes for few seconds to become a fixed red light (WD in lock status, contact the Assistance Centre);** the result shows that the fan or the SD card are out of order.

We recommend not using the remote control during the test in order to let the sensors verify all the functionalities.

Automatic switching off

The WD has been conceived to satisfy the entire customer's comfort exigences; therefore it is planned to switch off automatically after every program if it does not receive any instruction for at least five minutes.

Inner temperature control:



In case of temperature $>38^{\circ}$ observed on the sensor placed at the centre of the electronic card, the diffuser sets automatically the fan in action in order to bring the temperature back within the optimal values, in a range between 10° and 38° (out of these values some programs might not be totally efficient).

In any case, once the acceptable range has been overcome, the diffuser enters the lock reversible status, showing the problem with an orange light.

*Because of this safety control, if the diffuser LED STRIPES are on for a long time, it could demand some minutes to be cooled through forced ventilation before allowing the activation of the programs. **If the Diffuser is in a place with a temperature lower to 10° , it is enough to keep the LED STRIPES on for 20-30 minutes in order to remove the reversible lock and to bring the Diffuser back to an optimal functioning temperature.***

Controls of the essential oil heating cycles (also see the paragraph OIL LOADING AND SUBSTITUTION)

See also General instructions for use, paragraph "oil substitution".

Optical group control: it switches on/off the entire optical group (RGB led)

Flash, Strobe, Fade and Smooth are programs which reproduce different colour combinations with different series

LED STRIPES key: it switches on/off the LED STRIPES allowing using the diffuser as a lamp

MUTE key: it allows setting the sound at zero (for example in case of the use of headphones or for specific demands).

R, G, B and the following 12 keys allows choosing different colour frequencies

Luminosity keys: the long keys on the right side of the remote control allows to choose the luminous intensity of the optical led group (the upper keys reduce the brightness, while the lower keys increase it).

In particular the side keys regulating luminosity allow a second important function capable to manage two different luminosity levels:

1. high chromo light (acronym HCL), which can reproduce the chromotherapy series with three levels of light.
2. low chromo light (acronym LCL), which can reproduce the chromotherapy series with a lower luminous emission at two intensity levels (in case of intolerance of the highest luminous level, which has been studied not to cause any damage to the visual apparatus).

The efficiency of this key can be observed reducing the intensity of the luminous emission when this is at the maximum level (level IV).

MEDITATION, SLEEP, RELAX AND ENERGY keys ("energy" means a stimulating, anti-depressive, lighting program which can be used also in the awakening phase): they allow to operate automatically cycles of 30 minutes, activating the wellness series immediately and autonomously.

To stop a program it is necessary to work on the general on key and to proceed to a new selection.

Volume regulation keys: they control the sound emission of the musical group.

Warning: to activate a program it is necessary that the LED STRIPES are off in order to not compromise the output of the selected program. Similarly during a program it is not possible to switch on the LED STRIPES and to modify its light series (unless you want to change its intensity).

8) Remote Control Ipod (OPTIONAL)

Click on the icon dijit application:



Select one of the three remotes:

- projector (epson)
- wellness diffuser
- light controll (anche secondarie)

To change your remote just scroll your finger up and down in order to shift to the upper and down to up for the lower.

Screen wellness diffuser:



Press the red button to turn on the speaker and then select one of the 4 available programs, led on and led off are used to turn on / off the LED bulb diffuser, to stop the program, just press the red button.

The volume button is used to raise or lower the volume of the music in the background, while mute is used to disable it.

Control LED lights and diffuser lights secondary Pyramid:



If you use the cab version: Aura (base), Vison (with projector) or HydroVision (projector + pool) to control lights secondary not-centralized, in this screen, the button light turns on / off the light placed over the diffusor. Press the button with the name of the color you want to select ,the keys strobe, fade, flash, smooth need to create different visual effects, creating gradients or alternation of the LED lights and the key ch is used to increase or decrease the brightness.

Projector:



Press the red button to turn on the projector, after that press to select the source device such as ipod video, ipod now via select the preinstalled video / the video from the app or, having a wireless connection, you can edit and view the selected videos from youtube . The volume button is used to raise or lower the volume of the video and mute to turn it off.

D) AROMA GROUP

9) Maintenance, notes and special instructions:

The aroma group is the only application which demands the oil periodic substitution. To substitute the aromas it is enough to remove the upper plug and to extract the test tube support, through the specific extraction bar. See the following figure:

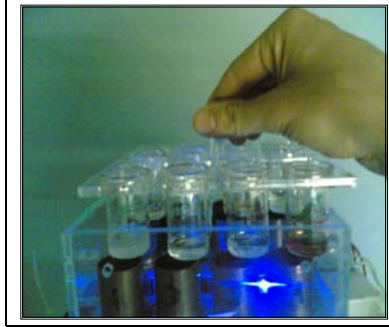


Figure 4 – Aroma Substitution

Once you have removed the support you can proceed with the substitutions or to verify the intensity and freshness of each kind of oil, smelling them.

To insert again the support make sure that each test tube is placed in the specific heating cells before to leave the support itself (**in order to not spill the corrosive oils over the electronic components and to compromise the Diffuser functioning**).

We recommend reading carefully the general instructions for the arrangement of the aromas (position, quantity, mixture); it is necessary to put the test tube nr. 1 level with the heating cell nr. 1 and to fill it with the essential oil of reference (see *Schedule 1- aromas*).

The essential oils are provided pure or already mixed (in small bottles of 20 ml with stactometer), in order to spare mixture times and to improve the olfactory yield.

The advised measure is about 55 drops for the essential oils, pure or mixed with the special diluent with greater output (equal to about 2.8 ml and, for quick reloadings, to 4 stactometers of essential oils) [= each stactometer is equal to 15-16 drops [0,7 ml] and 80 drops for the essential oils with lower output (equal to about 3,5 ml and, for quick reloadings, to 5 stactometers of essential oil).**

*For reloadings see the following Schedule 2- aroma nomenclature** (1 ml of essential oil = 20 – 25)*

Since each reloading allows 10 supplies for program, it is clear that each reloading set allows totally 280 supplies. The temporal length is of course changeable according to the aroma “freshness” the customer wants to use and to the number of utilizations. **However we recommend the oil substitution after two-three weeks, also according to the temperature and the degree of humidity of the place (make sure that the component 11bis upper plug with aroma clogging network is correctly placed and sticks to the test tube rim, that is with the central crossbar which is put in the longitudinal sense as regards to the diffuser) because of the oxidative effects derivable by the exposure to air.**

- Because of the olfactory and oxidative degree, the quantity and the substitution of some essential oils could vary in conformity to the places and the personal demands of the customers.
- **The perfumes are intentionally soft** because they must not saturate the setting, but shroud it gently. The ideal positioning is decided by the room architecture. The Wellness Diffuser is conceived for a topical application (one to one) but it can spread the aromas in rooms with a surface of 20-25 square meters: therefore if the room is large or if it has many openings you can need more than one diffuser. Having more diffusers you can create "olfactory routes" (you can spread energy aromas in an area and relax aromas in another one, for example).

The aroma choice as well as the inner structure (test tube exposure, airing templates, closing support of the parallelepiped tower) has been purposely studied to spread a minimum ambient scent also when the Diffuser is off. This fragrance is related to the freshness of the essential oils and to the measure of the rooms where the Diffuser is placed.

Special Instructions:

Loss: from the 11th application you can discover an average of olfactory loss >55%.

You can have the same loss if you do not change the oils after three weeks.

The percentage of the evaporation of oils at full capacity or at rest is extremely reduced for all the substances except the juniper, whose volatility demands a more frequent reloading.

With regard to deposits, olfactory yields and probable allergies (in very sensitive subjects), see the following schedule 2 "aroma nomenclature".

*Schedule 2 Aroma nomenclature**.*

Cell	Notes	Oil Aroma*	Drops**
1		White Thyme	50>60
2	It can cause slight irritations to mucosas.	Cinnamon (suspended particles)	50>60
3	It can cause some allergies.	Neroli (suspended particles)	75
4		Juniper (highly suspended particles, high degree of oxidation and evaporation)	90
5		Lavender (highly suspended particles)	70>80
6		Incense (high degree of evaporation)	80
7	It can cause some allergies.	Rose (medium suspended particles)	70>80
8		CITRUS RETICULATA (mandarin) (medium suspended particles, high degree of oxidation)	70>80
9	It can cause some allergies.	Sandal (medium sedimentation; medium suspended particles, high degree of evaporation)	60
10		Ylang Ylang (low suspended particles, high degree of oxidation)	70>80
11		Mint (medium suspended particles)	50>60
12		Cacao or Lemon essence	60

* Keep out of the reach of children. Only for a use combined to our WD Vers. 5.0. Do not swallow. In case of contact with eyes or skin, rinse immediately with plenty of water. Avoid contact with eyes or skin. Avoid contact of oils with perishable surfaces (such as enamellings of washbasins) because **oils have a high degree of corrosion.**



**** Advised doses for rooms of 20 square meters. The quantity and typology of essential oils can be personalized in relation to the specific demands (such as preferences, positioning, possible allergies, etc.) or mixed with specific stabilizers to soften the olfactory effect (you can contact us for any demand at our website assistenza@diffusorebenessere.it). In case of use in Pyramid Energy Module, the e.o. may require the addition of a solvent component stabilizer in bundle, to be used according to specific environments and their state of ventilation.**

Notes and special instructions:

If you are not going to use the diffuser for a long time, we recommend changing the oils in the test tubes (or asking for the 11bis comp. upper plug with aroma clogging network or closing the test tubes with the numbered corks given together with the Diffuser).

In case of allergies it is possible to suspend the aroma function removing the related containers; **in case of specific allergies you can demand a professional advice to personalize the series and the oils to use.**

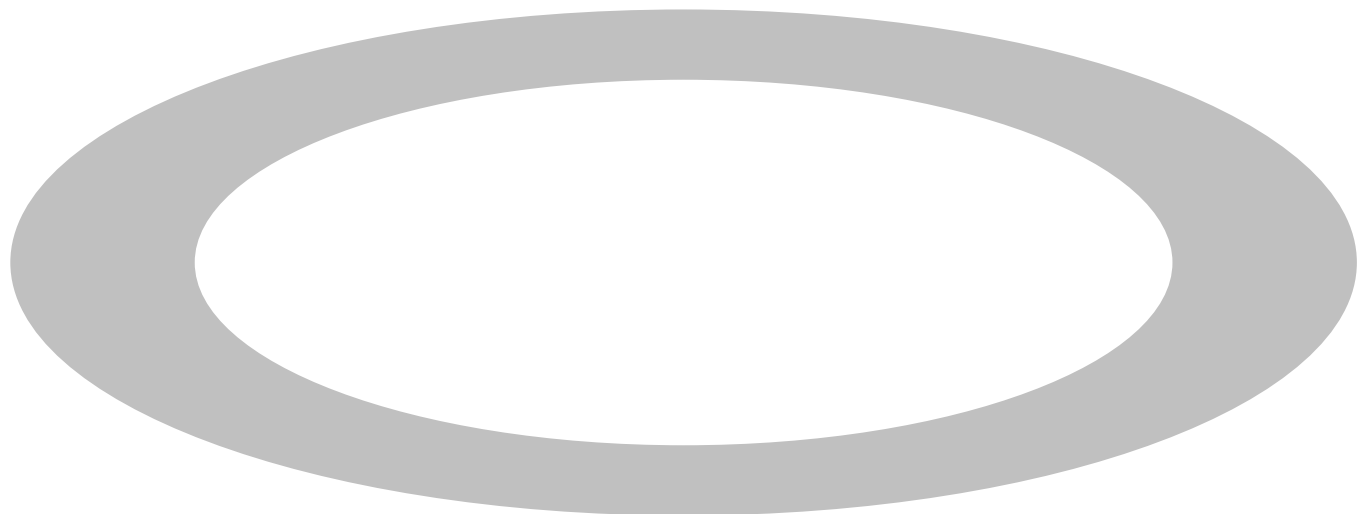
Besides during tests we noticed a space of 2 hours where the aromas suspend, causing a delayed and progressive perception of the scents.

We remember that an immoderate use of oils can causes headaches, nausea and malaise; in this case we recommend drinking a lot of water and breathing in the open air.

In this sense we recommend to regulate the frequency when you use the essential oils. Keep the essential oils out of the reach of children. Do not put the reloadings in a place easy to be reached by a child.

Do not use directly or near eyes. Many essential oils, even if diluted, are irritating for eyes. In case of contact with eyes or skin, rinse immediately with plenty of water. To remove essential oils from your hands, use cold cream or vegetable oil, wash your hands with warm water and soap. You might repeat the operation.

We advise against the removal of the Diffuser with oils in the test tubes in order to avoid dangerous loss in the mechanical and electronic structure.



E) CHROMO GROUP:

10) Maintenance, notes and special instructions:

The emission of light has been studied not to give any damage to the visual apparatus, using the homeostatic diffusion (and partially the indirect retinal irradiation) of the spectrum of light. We recommend not to watch directly the luminous source, but to observe it only indirectly.

For a better chromotherapy (for the osmotic principle) we recommend to bare the bust where there are the chakras of reference and to lie down on a bed or a couch in a comfortable position. The luminous diameter reaches the third chakra, which is the navel.

In case of working problems (flashing red led), we recommend to turn off the Diffuser and to contact the Assistance Centre.

We recommend reading the general directions carefully to set the chromo group and to check the efficiency of lights using the "test" of the lighting order.

In case of "ENERGY" program, we recommend supplying the application over the first three chakras (therefore starting the treatment from the chakra which corresponds to the sacrum till the navel chakra); in case of "MEDITATION" program we recommend to bare the last four chakras (therefore starting the treatment from the heart to the crown chakra).

As regards the natural crystal pyramid, its measurements have been cut following the golden ratio of the Pyramid of Cheops. Besides the pair of lenses has been studied to improve the reflection and diffusion of the spectrum of light, also using the crystal birefringence.

F) MUSIC GROUP:

11) Maintenance, notes and special instructions:

The music group allows a hi-fi performance of our music series in Mp3 format and with high quality speakers.

It is possible to reduce or to eliminate the music source simply using the Volume and/or Mute key.

Besides there is a jack out with wireless headphones with an enter impedance >10k Ohm.

G) Certifications, technical features and safety:

The product has been certified according to:

- directive 89/336,
- directive 73/23,
- 98/37/ce, low voltage directive.

Therefore it can be considered as:

lighting device owing to all the tests concerning the illumination, LED (EN 60598-1 e EN 825) for the emission of LED, household electrical appliance owing to the heating aspect(EN 60335-2-101:2002).

Concerning the electromagnetic Compatibility (lead and irradiating emissions, electrostatic discharges), the product is certified in conformity to the rules of reference EN 55014-1:2000, EN 55015:2000 e EN 61000-4-2:1995.

It useful to remember that for the plumbing and bathroom system, the rule of reference is the **CEI 64-8/7**.

Avoid the assembly (and the depositing) of the WD in ambiances with the following features:

1. Relative dampness 85%,
2. Hard vibrations or collisions,
3. Exposure to seepages or spouts of water,
4. Exposure to aggressive and polluting atmospheres (sulphuric and ammoniac gas, salty fog, smokes) to avoid any oxidation and corrosion
5. Magnetic interferences (avoid the positioning near transmitting antennas) which might influence the transreceiving operations.
6. Exposure of the controls to direct sunbeams and to temperatures >38 C°.



Rated voltage-frequency: __90-264 VAC (wide range) 127 - 300 VDC Frequency: 47-440 Hz

Rated wattage: _____30-60 W

Lamp cap: _____Power cable + plug 2P + T



Protection degree: IP20

Classe di isolamento / class: I

Rated ambient temperature: 10...38°C

Minimum distance of lighted object: _____ 1 mt

Type of installation:

recessed [on request] **wall** **ceiling** [flying version] **suspension**
 floor
 table **track system**

pole:

provided with appliance
 not provided with appliance – see instructions

Indoor use:

able
 unable

Mounted on :

normally flammable
 isolating ceiling (only recessed)
 non combustible

Special Features:

* Medical safety approvals
* CE Mark EMC & LVD
* Universal AC input
* Fully regulated output
* Overload and short circuit protection
* Internal remote sense to the output plug * Constant voltage * High efficiency * High MTBF * IEC320 AC receptacle, 3 pin (type C14) * Built in EMI filter (CISPR 22 Class B) * LED power good indicator * Input power <74 watts * Complies with EN61000-3-2 * Meets Energy Star * WEEE & CeC IV compliant



H) Warrantees:

The Diffuser is warranted for 12 months after the purchase in conformity to the following details:

Customer service: +39.02.22477330 or info@wellnessdiffuser.com

The Diffuser is guaranteed by the producer and for 12 months for compliance defects, according to the law by decree 24/02.

In order to have assistance during the warrant period, the customer has to keep the invoice (or the delivery note), which will be sent with the Diffuser or by e-mail in PDF. By accepting the purchase order, the customer asserts to give notice of the warrant conditions in force at the moment of the assistance request.

The producer's agreed warrant is provided in conformity of the conditions which are explained in the document inside the product package. If, after an intervention of the entitled Assistance Centre, the defect is not covered by the producer's agreed warrant, the customer will be debited with incidental test and restoration charges demanded by the Assistance Centres and with carriage, if it is beared by NPS S.r.l.

12-Months Warrant

According to the law by decree 24/02, the 12 months warrant enforced to the product with a compliance defect, as long as the product itself is used correctly, in observance to its purposes and to what is described in the technical documentation enclosed in the package. This warrant is addressed to the professional consumer (a physical person who buys the product for aims which are connected to his/her own professional occupation, that is when the person buys the product specifying the reference to the Value added tax identification number, or VATIN, in the purchase form). In case of compliance defect, NPS supplies the restoration of the product compliance, by reparation/substitution or price reduction or the cancellation of a contract. The customer will have to send the property to the operative seat of competence. In default of return of a warranted product (restored or substituted), NPS will be able, to its discretion, to decide for the restitution of the aggregate amount or for the substitution with a product with equal or superior qualities. If, after an intervention of the entitled assistance Centre, the fault is not related to a compliance defect, in conformity to the law by decree 24/02, the customer will be debited with incidental test and restoration charges demanded by the Assistance Centres and with carriage, if it is beared by NPS S.r.l.

If the warrant provides for the restitution of the product, the property will have to be returned in its original package, with all its pieces (including wrapping, documentation, additional equipment, handbook, integral material, cables...). In order to avoid damages, we recommend to put the original package in another box, however you must not affix sticky labels or adhesive tapes on the original package.

ZApplicable law

The contract between the customer and NPS is concluded in Italy and subject to the Italian Law. For any civil or penal causes, the ordinary Law Court of Monza is the referent.

The product must be sent from Italy.

The product is restored or, when the restoration is not possible, changed with another one, equal or superior as value.

In case of problem for finding, NPS must obey the conditions of warrants through Credit Note and the refund of the current price of the product to the buyer.

If the customer is a consumer as indicated in the art. 1519 bis paragraph 1, the articles 1519 bis and following of the Italian Civil Code must be applied.

All the following shipments will be returned to the sender:

a) without original packages, accessories and instructions.

b) received in an unsuitable master package and damaged during the shipment.

Formally any right to refund or indemnity is excluded for direct or indirect damages to human beings or things.

Original security packing (assistance case)

For the validity of the insurance in case of sending to the producer of the Diffuser, it's necessary to send the product packed with the original material and as it was received. As an example there are some pictures in order to prepare the sending:



1

2



3



4

The first photo shows how to prepare the box (with lateral jumps and suspension parapets); the second photo shows the correct and stable position of the diffuser body; the third photo shows the correct distribution of the parts and the cover with corrugated Mondaplen material; the fourth photo shows the packing in security box (also for eventual sending of the tripod, over the box).

Every Wellness Diffuser licensed by NPS S.r.l. is numbered progressively. Besides they have the product name and the progressive number on one side of the master box.

I) Further personalizations:

It is possible to improve the holistic effect of the WD using the hardware upgrades provided in the version 5.0.

For example **using a wireless headset** (with an enter impedance >10k Ohm, advised models: Sony MDR-RF800RK or Bose), you can improve the listening of the music series (we recommend to keep the maximum of volume with the Diffuser in Mute status and to turn down the headset volume).

Using more than one led slave, purchasable on the website www.diffusorebenessere.it, you can reproduce chromatic series parallelly, doubling the chromatic effect and creating new sceneries and full-experience atmospheres (for example placing them in other lamps or demanding specific settings to our technical staff in order to have more complex and personalized settings where you can insert greater luminous sources).

L) Short account on chakras, respiration and wellness programs:

The Diffuser aims to awake senses and to stimulate, also through memories (for example by the aroma influences on the hypothalamus), music and colours, the positive unconscious which step by step conquers its own identity if the Diffuser becomes a constant application and when the user can utilize it consciously.

When you reach a symbiosis man-machine which can stimulate our hidden energies, a holistic astral sphere appears and shrouds our body, our breathe and our essence.

So we recommend to breathe correctly to favour a conscious wellness series and, if possible, to do some simple physical training and stretching.

In succession the chakras which are stimulated by the bioresonance of the acoustic frequencies:

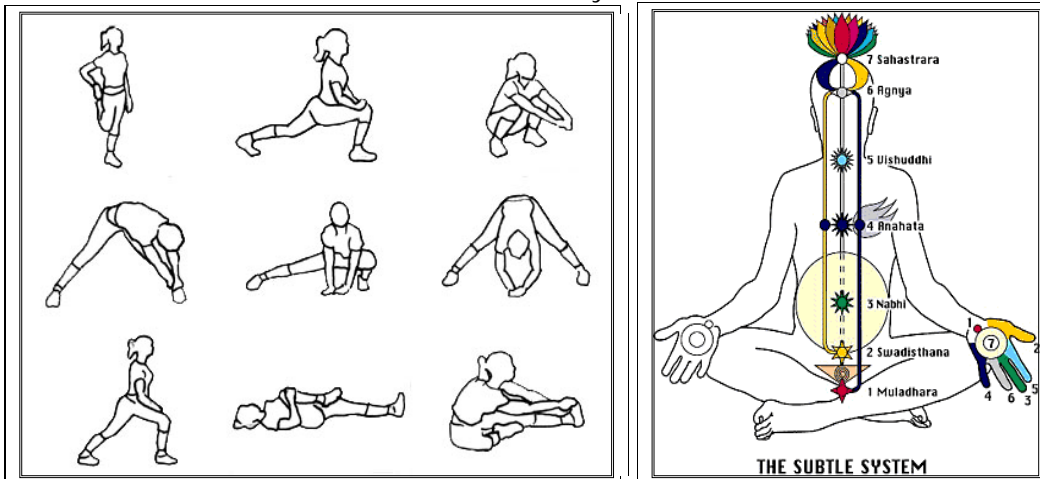


Figure 5- Common stretching exercises and advised position for the meditation program

Mooladhara Chakra

The first chakra is under the sacrum. Its feature is innocence, through which we perceive pure and childish joy, without the prejudice of adult and modern life.

Swadisthan Chakra

The second chakra is the chakra of creativity and enthusiasm. It links to the inner source of inspiration and allows seeing the beauty around us. It is in the liver and the kidneys.



Nabhi Chakra

The chakra gives us generosity, happiness and complete satisfaction. It gives us peace and by purifying this chakra you can relieve stress. It is in our liver.

Around the second and third chakra there is the Void, the guru principle which is in everyone. In many cultures this area is the ocean of illusions which must be crossed with a spiritual guide. So you must become the guru, the spiritual guide of yourself in order to perceive all your problems and treat them. This centre helps us to eliminate all the negative habits and laziness.

The Heart Chakra or Anahat Chakra

The fourth chakra is where our soul and our Self are, as pure as a diamond, witness of all our actions. This chakra is in our heart and in the lungs and if it is blocked it can cause asthma.

Vishuddhi Chakra

The fifth chakra is the one of diplomacy, of pure relationships and the distance. It removes our senses of guilt and it gives us a gentle voice.

Agnya Chakra

The sixth chakra is the one of forgiveness and mercy. It dissolves the ego, the prejudices and racism.

The Sahasrara Chakra

The seventh centre combines all the chakras and their qualities. It is the last step of the development of the human consciousness. Today we are at this level. It gives us the idea of reality on our central nervous system.

Further advice:

Breathing is vital for man. Breathing deeply makes you get vital energy for the body.

Conscious breathing is on the basis of the breathe control.

Through vital breathing you can rejuvenate your mind and face, thanks to the hyper-oxygenation.

Energy canals:

The left canal (the yellow one in the figure) is related to our past and emotions. It ends in the superego, which is the deposit of our memories. The right canal (the blue one) is related to our actions, to our mental and physical activity. It ends in the ego which gives us the individuality and separation from the world. The central canal is the ascent canal which leads us towards the highest consciousness of the seventh chakra, Sahasrara.

Aromatherapy:

The aromatherapy is the treatment of illness through the use of the essential oils extracted from aromatic plants; and it is one of the technique of natural, alternative, holistic medicine.

Till **the dawning** of human history, Nature has always been a **remedy** for man, and in particular the plant, mother of almost magic substances for a culinary, medical and even religious use, still goes on to charm. Human passion for herbs dates back straight away to the **Paleolith**.

The utilization of the aromatherapy was already known and appreciated 5.000 years ago in **China**, **India** and **Egypt**. The oils were used not only for their therapeutic property, but they also had a significant task both in the holy and profane domain. They were also utilized by Priests to heal ill people and to worship gods during religious ceremonies. In **Egypt**, in Heliopolis, a mix of 16 herbs, including incense, myrrh, mint and cumin, gives rise to the famed Kiphi, a compound which was burnt at sunset in honor of Ra, the god of Sun, to pray him to let the sun rise the following day. Later, essential oils were also employed in cosmetics and medicine(in particular to heal wounds) even by Greeks and Romans. Oils also played an important role from the Middle Age to the XIX century to prevent epidemics. In 1928 **Gattefosse's** coins the word aromatherapy, which takes a more prevailing role thanks to Jean **Valnet's** studies. In the Sixties, the work of this doctor promoted the reborn of the scientific interest in pharmacological powers of aromatherapy, which is taught in some French universities today.

The aromatherapy is both preventive and curative; and it heals, that is, it re-balances the alternated conditions. The essential oil is obtained by the steam distillation of an aromatic plant; this process also gives origin to another product: the floreal water. The essential oil which pours out from the alembic is natural oil. In aromatherapy we always refer to essential oils which are totally natural and pure, and not synthetic or blended. These oils come from selvatic plants or from biological farming, but it is also possible to use the active principles of various plants (=phytotherapy).



Thanks to the relaxing and antispasmodic powers, essential oils gain a predominant part in healing many psychosomatic and psychological diseases. The aromatherapy is a medical treatment with flavors, volatile principles drawn out from medicinal plants. Among our five senses, olfaction is the most deeply linked to emotions and memory, as the extraordinary evocative power of smells can show.

When the brain is stimulated by a flavor, nerve endings in the nose send a message to the system which regulates memory and emotions, and then to the hypothalamus, which rules the hormonal system. Some essences produces a considerable effect on the emotional and psychic balance, able to soothe anxiety, sadness and stress.

12 essential oils, guaranteed pure and wholesome, have been chosen to warrant the effect of the four expected programs, as well as a further issued flavor, in order to offer to our customers specific flavors which can therefore be created following their demands!



FLAVOR ESSENCE FOR RELAX

Relaxing and antidepressant essences are **rosewood, ylang ylang, rose**. In the living room, the essences which bring relaxation and comfort are spices and woods. People who look for **serenity and calmness** should prefer **lavender and sandal**. You can use antiviral and immuno-stimulating essences (juniper, thymus) for preventing infective diseases.

FLAVOR ESSENCE FOR SLEEP

Sedative essences which aid the sleep of nervous children and of under-stress grown-ups are orange flours; ylang ylang ecc...). **For a good sleep**, you could use the **lavender essential oil**. The essential oils which compose this scent are used in aromatherapy to re-balance the stress symptoms such as insomnia, anxiety and hyper-sensitiveness.

For example the **vetyver** is called "the oil of quiet" and the neroli is used for babies and children who have difficulties in falling asleep. Its celestial and light scent reminds us the blue sky. The lavender is a good solution for people who suffer insomnia, headache and vertigos. In this perfume, the dominant essence is tangerine, with its typically fruited flavor. It has a relaxing effect, giving optimism and energy to people who can be afraid and sad, while it soothes the bad temper of severe and irritable people. Tangerine is also loved by children. That is because it is perfectly connected to childhood feelings. In fact, if a human family was compared to the citrus family, dad would be a grapefruit, with its bitter and strong taste; mum would be a sweet and reassuring orange; the teenager would be a lemon, extreme and revolutionary; while the child would certainly be a tangerine, with its sweet and soft taste. As a matter of fact, in aromatherapy tangerine is often used alone to heal nervous disease during the childhood.

FLAVOR ESSENCE FOR MEDITATION AND VIGOUR

Essences chosen for meditation have been purposely studied to help reflection. Therefore these flavors touch man at the deepest level, bringing peace and joy to his soul. In the ayurvedic philosophy, meditation is one of the three components for a wholesome life, together with a balanced diet and yoga exercises.

If you are not very expert, you can make the therapy more effective by learning the basic techniques of Kriya Yoga science to focus your mind and reach higher degrees of consciousness. Instead if you already practice meditation, you will quickly understand the benefits of our aromatic series (which are also linked to other therapies).

Meditation, according to our psychophysical needs, can therefore be a valid support to overcome every day's problems.



Nevertheless, you can obtain rapid and effective benefits without your commitment: you must fit a new concept of life.

This holistic therapy is particularly suitable for applications during the sunset, even if it can be done every time you need.

Energizing essences mostly have a floreal and/or citrus origin. This kind of essences do not act as medicines, whose molecular structures are united to particular receptors of body cells; on the contrary these oils influence the fine energetic structures which give vital energy to mind and body. In fact floreal and citrus oils modify the energy stream through meridians, chakras and thin bodies, acting on energetic structures which, in their turns, operate on conscience.

This holistic therapy is particularly advised for the awakening, but it can be applied every time you need an energetic impulse (for example, before a physical or a intellectual work).

Musictherapy

Principles where Musictherapy has its origin dating back to the dawning of human history everywhere and every time, every people organized music manifestations which strengthen the power of sound, and therefore of music, on the human being. We can mention the myth of Orpheus or David's harp to testify the therapeutic use of music. Everyone has acknowledged and still acknowledge the music power to influence emotions.

EFFECTS

Using music listening to prevent and heal means besides feeding the body thanks to the sound, utilizing it to discover new dimensions hidden at the bottom of our soul and to accelerate the consciousness evolution.

Particularly, for the purposes of the **WD 5.0**, we have considered the relationship between music and listener, analyzing the phenomenon of music when it is consciously listened; and the relationship between subject and setting.

The therapeutic effects of sound and music can modify the activity of the vegetative nervous system. Music can be an effective therapeutic addition in different situations, in particular where there is chronic pain, because music can modulate complex nervous activities which generates in quantifiable neuro-vegetative alterations.

As well as these physiologic effects, music can stimulate the imagery and generate creative reactions. In fact hearing and listening to sounds is not a state of passivity at all, the listening is not so different from the other music productions. The listener is not a simple passive sound-receiver; on the contrary he/she is an authentic maker since he/she makes the music piece (or the reproduction of specific sounds and noises) live again inside him/her and he/she interprets the music in accordance with his/her culture and sensitiveness.

It is in the XIX century that luminaries started the first real scientific researches concerning the physiological modifications induced by music by the observations of its effects on the breathing, the cardiac rhythm, the blood circulation and pressure.



Principles where Musictherapy has its origin dating back to the dawning of human history Everywhere and every time, every people organized music manifestations which strengthen the power of sound, and therefore of music, on the human being. We can mention the myth of Orpheus or David's harp to testify the therapeutic use of music. Everyone has acknowledged and still acknowledge the music power to influence emotions.

EFFECTS

Using music listening to prevent and heal means besides to feed the body thanks to the sound, utilising it to discover new dimensions hidden at the bottom of our soul and to accelerate the consciousness evolution.

Particularly, for the purposes of the **WD 5.0** we have considered the relationship between music and listener, analysing the phenomenon of music when it is consciously listened; and the relationship between subject and setting.

The therapeutic effects of sound and music can modify the activity of the vegetative nervous system. Music can be an effective therapeutic addition in different situations, in particular where there is chronic pain, because music can modulate complex nervous activities which generate in quantifiable neurovegetative alterations.

As well as these physiologic effects, music can stimulate the imagery and generate creative reactions. In fact hearing and listening to sounds is not a state of passivity at all, the listening is not so different from the other music productions. The listener is not a simple passive sound-receiver; on the contrary he/she is an authentic maker since he/she makes the music piece (or the reproduction of specific sounds and noises) live again inside him/her and he/she interprets the music in accordance with his/her culture and sensitiveness.

In particular, also in the musictherapy (or phonotherapy), as in the chromotherapy, we can notice the importance of the same vital and energy centres, which in Yoga Tantra are named chakras and which resonate (and therefore bi-resonate) with energy vibrations, colors and sounds. The music employed by the diffuser is based on seven different keys (reproduced by the *tuning fork*) and on a specific resonant tone. This music can be helpful to stimulating meditation and energy, respectively for the four upper chakras and the first three lower ones) and it resonates in sequence with each of the seven chakras starting from Muladhara, the centre of sexual energy, till Sahasrara, which governs the centre of spiritual energy. In this way, the music spurs energies and harmonizes the chakras.

Electroencephalograms prove that our brain produces different wavelengths according to what we are doing in a particular moment. These wavelength can be assembled in four groups of frequency:

- **BETA waves:** from 14 to 30 Hertz (cycles per second);
- **ALFA waves:** from 8 to 13 Hertz (cycles per second);
- **TETA waves:** from 4 to 7 Hertz (cycles per second);
- **DELTA waves:** from 1 to 3 Hertz (cycles per second);

When we are awake and conscious, when our senses are caught by the surrounding world, we are in BETA state, that is, when our brain works within the frequencies described above, the highest ones. Instead ALFA waves are connected to meditation and relax. TETA frequencies are related to dreamy and inventive states, while we find DELTA waves during a deep sleep.

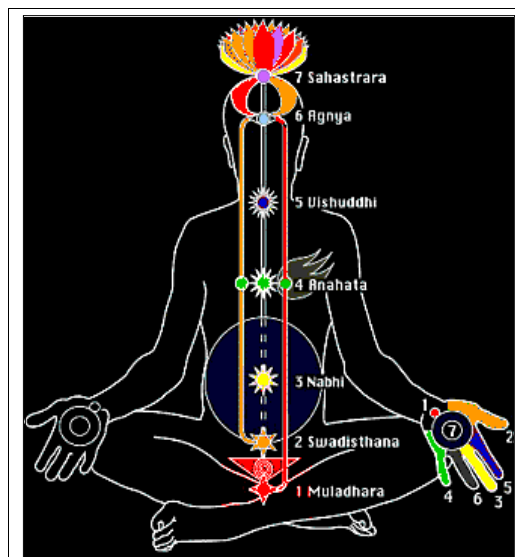
Therefore theoretically to induce our brain within a particular frequency field means to modify our state of consciousness.

Bioresonance can be practiced for different purposes, such as to re-balance chakras and to renew our vital energies, but it can also be used as a support for a deep loosening, together with the autogenous training.

Our body is composed of water for 75%, but it also consists of electromagnetic energy fields. These fields, which are strictly joint to emotions and thoughts, form what it is usually named subtle body or etheric body. Chakras are the areas where we can find these electromagnetic fields in order to do some peculiar functions in specific parts of our body.

Chakras coincide to nervous plexus.

In order to have a benefic effect it is therefore enough to let yourself go and cradle by listening to the sound waves of the Diffuser. The effect on chakras is obtained thanks to the sounds themselves and to the vibrations which will be easily absorbed in a peaceful condition. Indeed the employment of these sounds combined with autogenous training is an authentic therapy. This technique helps people to abandon materialness in favour of spirituality. Besides, thanks to the specific relation between frequencies and chakras, this practice helps the harmonization of the organs connected to the chakras themselves.



Remarkable effects of musictherapy have been highlighted in the following cases:



Alzheimer, Anaesthesia, Brain activity, Dyslexia, Pain, Mental handicap, Intelligence, Birth, Oncologic patients, Immune system

In the light of these mechanisms just resumed, musictherapy series have been studied, tested and created to give separately and holistically the best efficiency for the programs among which the user can choose.

You can buy on line the updatings and the upgrades with the new music thematic series created by our composers.

You will find all the information on the website and/or you will receive updatings in our newsletter, if you have bought the product, in order to profit by new releases and to own a music collection where you can choose the music thematic compositions.

Chromotherapy:

Nowadays it is very important for our health to be able to take advantage of lighting systems equipped with specific intensesness and shades and with an emission of a peculiar quantity of light. Indeed an adequate lighting system in houses, in offices, in aggregation places and in nursing places helps people to live better. International studies and researches assert that man spends most of his time in closed ambients with an inadequate quantity of light. In many people this insufficiency can cause depression, anxiety and weariness and it can also weaken the immune system.

Moreover it has been noticed that these diseases increase in autumn and winter, when the weather is often cloudy, rainy or foggy and the hours of light are reduced.

NPS aims to create a range of lighting systems which can represent an effective support for human wellness and health.

Light, primeval source of energy, thanks to its refraction, gives us the spectrum of the primary colors, the rainbow colors.

The main studies with the Therapy of Light have been done with an illuminance of 2.500 – 3.000 lux at the eye level. Following tests have pointed out that the therapeutical effect does not change by exceeding 10.000 lux (it is helpful to remember that in a sunny day it is possible to survey an illuminance between 50.000 and 100.000 lux).

Striking the eyes, light comes to the retina where it is converted in electrical impulses by millions of cells named photoreceptors. These impulses go along the optic nerve and arrive to the brain where they stimulate the hypothalamus. The hypothalamus sends its chemical messengers, the neurotransmitters, to regulate the autonomous functions of the organism.

Each organ has its own vibration. When one of them is exposed to a colour irradiation it is possible to remark an absorption of electromagnetic waves, with a different oscillating frequency according to the colour. Besides cells, consisting of atoms, resonate with the frequencies of light waves and recover their balance. In particular, some studies show important connections between light waves and ductless glands. Some researchers assert that the best way to take advantage of colours is to sunbathe without the hindrance of clothes (if possible). In fact the sun has the whole spectrum of colours and in this way our body can absorb the colours it needs and reject the rest. Maybe it is also for this reason that our mood gets better during the summer.

How the Diffuser acts:

Therefore chromotherapy is a therapeutic technique which employs different colours in order to make "vibrations", passing through the body producing biochemical variations in the cells and in the blood. What marks chromotherapy is that for this method disease is there an alteration of the specific vibration typical of substance.

Human body is an energy and electromagnetic whole where the different parts vibrate in total harmony, even though they preserve their energy specific identities and vibrations.

Colours are sensory experiences, which interact with the experiences caused by the other senses and create chain sensations, also renowned as synesthesia. For example looking at an acid yellow we stimulate the taste which reminds us the sour and pungent flavor of lemon or we stimulate the olfaction with its fresh fragrance.

Intense light (> 3000 lux) influences human circadian system. It is important how the power of the light which touches the retina is intense, even if there is an indirect irradiation. Light density directly measured in the eye ($candle/m^2=cd/m^2$), can be a better unit of measurement to compare clinical studies.

The unit of measurement universally utilised in literature is the lux.

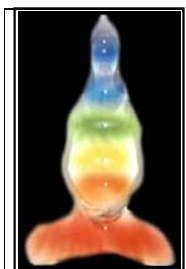
Light has also a therapeutical effect on seasonal affective disorders (SAD).

Light exposure has to last at least half an hour every day for a week.

Another helpful use of light is in case of interrupted surveillance, such as senility; addiction, delirium. In case of night shift, intense light improves surveillance and helps the adaptation of the circadian system.

But the mechanism of the light therapy has not been totally disclosed yet. Probably melatonin acts as mediator but at the moment there are not definite criterions for the medical employment of this hormone or of its antagonists.

Scientists are discovering we are beings of Light, of an energy which vibrates at different levels. Each vibration level is combined with a colour of the rainbow. All the substance is nothing more than colour which vibrates at different frequencies! We are alive because a vital force flows through us. This force is regulated by the centres of energy, also named chakras.



Nowadays it is very important for our health to be able to take advantage of lighting systems equipped with specific intenseness and shades and with an emission of a peculiar quantity of light. Indeed an adequate lighting system in houses, in offices, in aggregation places and in nursing places helps people to live better. International studies and researches assert that man spends most of his time in closed ambients with an inadequate quantity of light. For many people this insufficiency

can cause depression, anxiety and weariness and it can also weaken the immune system.

Moreover it has been noticed that these diseases increase in autumn and winter, when the weather is often cloudy, rainy or foggy and the hours of light are reduced. NPS aims to create a range of lighting systems which can represent an effective support for human wellness and health.

Light, primeval source of energy, thanks to its refraction, gives us the spectrum of the primary colours, the rainbow colours.

The idea that colour positively influences physical and psychic wellness dates back to the origin of natural medicine. During the prechristian age, ancient cultures in Egypt, China and India already knew the therapeutic use of colours. Later, in his 'De Medicina' Aulus Cornelius Celsus, a Roman physician of I century, talks about some poultices coloured of red to heal wounds. In XI century, Avicenna, renowned doctor from Baghdad, gave a lot of importance to the colour, useful both for the diagnosis and the treatment. In Europe, during the Middle Age, colour had significant value in the official medicine at the English and French courts; for example in 1300 Edward II, King of England, was told to stay in a red room to fight smallpox. During the Modern Age, in 1666, Isaac Newton proved the existence of the chromatic spectrum made up of the 7 fundamental colours (those of the rainbow: red, orange, yellow, green, blue, indigo, violet). In the last century, scientists highlighted the fact that colours are light energy which can be quantified and measured in wavelength (angstrom) and frequency (hertz). In this way the frequency of each colour, just as that of crystals or flowers, can interact with the electromagnetic fields of human body (but also of animals and plants), causing an energy re-balancing.

Scientists are discovering we are beings of Light, of an energy which vibrates at different levels. Each vibrational level is combined with a color of the rainbow. All the substance is nothing more than color which vibrates at different frequencies! We are alive because a vital force flows through us. This force is regulated by the centers of energy, also named chakras.



We also react unconsciously to colors, because sight is mainly an unconscious stimulation of colour vibrations.

Chromotherapy is an alternative medicine which employs colours to aid human mind and body to find their natural balance.

Colors can be absorbed in different ways: by food, by bath, by meditation, by visualization. In particular chromotherapy with electromagnetic waves is the utilization of coloured light, which, within a precise wavelength, seeps in tissues and interacts with cells to re-establish the electric and chemical balance of the cellular homeostasis, improving its biological functions.

Blue is thought to be an excellent natural sedative and an effective remedy for insomnia. For this reason blue is often advised for bedroom walls.

A blue room stimulates the slowdown of breathing and of heartbeats which gives rise to deep loosening, peacefulness and a better concentration.

The vibration which each colour provokes in an organism makes the re-balancing of altered psycho-physical conditions possible (this alteration can be caused both by bad behaviour in everyday life, such as improper food, smoke, alcohol, sedentary life; and by external factors, such as accidents, negative emotions, sorrows). In this way the natural process of self-recovery is stimulated. Indeed this is the aim of chromotherapy and of other natural therapies: to stimulate the organism to the supplementary reaction, and therefore not to the curative ones.

More precisely:

- **yellow** gives energy to the digestive system and tone to muscles. It helps with eczema and it stimulates mind. It is also helpful for mental stress and melancholy. Red is useful to increase, green to relax.
- **green** relaxes and strengthen the sight, it reduces blood pressure and relieves insomnia, irritation and anger.
- **blue** is antiseptic, astringent and refreshing. It helps for asthma and Overweight. It gives broadmindedness and a peaceful sensation.
- **violet** has good effects on sciatica, epilepsy, cramps and anaemia. It reduces anxiety and fears.

In the light of these mechanisms just resumed, musictherapy series have been studied, tested and created to give separately and holistically the best efficiency for the programs among which the user can choose.

Crystaltherapy:

The Diffuser has been conceived to increase the benefits of chromotherapy thanks to a play of reflections using a pair of specific glasses.

The Diffuser uses a particular natural crystal fixed on a glass which reproduces the light of the seven colours usually referred to chakras. This technique is highly recommended to meditate on chakras since it couples the crystal's capacity and the chromotherapy's potentiality.

Each natural crystal is sought carefully and checked to evaluate its pureness and its potentials. Then it is optimized during the cutting process following the golden section. That's why each crystal is always unique of its kind, just as the care we have for each and every one of our customers!

Since the classic era and the Middle Ages our literature is full of evidences concerning the magical employment of stones and we can find the ritual using of particular gems almost in all the traditional cultures all over the world. This widespread use of gems and stones provides a further confirmation of the more and more common idea that, at an inner level, human perceptions can get the same message everywhere.

Except for some simple superstitions, almost all the magic uses of precious stones have been strengthened by the nowadays esoteric interpretation, which sets a link between the stone (including its specific characteristic) and the particular energetic relationships found between crystals and chakras, related to their psycho-physical functions. Indeed some gems have the power to positively influence our magnetic field. The very distinctiveness of crystals is its authentic balance in material, structure and energy. Its pure



power is its capacity to re-order and re-balance every form of energy which passes through it. This power concerns both the traditional energies which are usually included in modern physics (such as pressure, heat, electricity) and human electromagnetic centers and fields, well-known to be closer to a spiritual energy rather than a material one.

Besides the Diffuser has been conceived to spread the chromotherapy by the principles of the crystaltherapy, thanks to a pair of specific glass which allows particular reflections and diffusions. Indeed the Diffuser has a special natural crystal, fixed on a glass which reproduces the lights of the seven colours of chakras. This method fits perfectly the meditation related to chakras because it combines the potentialities both of the crystal and of the chromotherapy.

Furthermore, we already know the **POLARIZATION OF THE LIGHT**, but however it is opportune to mention it briefly. The quartz is not only transparent to the ultraviolet light, but it is also birefringent, that is when a ray of light passes through the crystal in a different direction in relation with the optical axis, the ray itself is divided in two and polarized by the crystalline rock on two orthogonal planes. This feature is easy to discover without any equipments, in particular in clear crystals with inclusions; in fact, owing to the **different refraction of the two fronts of the ray of light**, its inclusions are blurred in certain directions because images are split (if the crystal is thick enough). The quartz is also piezoelectric, two different aspects of the same feature: the deformation of the network generates electricity, induced both by a mechanical and thermic action. This produces the crystal deformation through a dilation which can be differentiated dependent on vectorial directions (when you cut a crystal, you can see clearly the emitted light even if you act with a blade in the water). If you heat the crystal, you develop positive electricity on the edges of the hexagon where there are the faces of the bipyramid and of the trapezohedron.

The quartz has also the peculiarity to rotate the light which crosses it parallelly to the axis proportionally to the thickness of the crystal section of reference (concerning to the yellow light of sodium there will be a 20° rotation per millimetre) and with an opposite direction in conformity with its crystal rotation way. **Remarkable differences in the rotation of the light Wavelengths have been observed. Thanks to this feature, with the appropriate conditions and the utilization of the white light (which includes the entire spectrum), it is possible to obtain vivid inference colours, which make the original luminous spectrum more complex and unequalled!**

Crystal system: trigonale

Lithogenesis: primary

Mineral Class: oxides, quartz group

Colour: transparent, colourless

REFRACTIVE INDEX: $n_e=1.543-1.545$, $n_w=1.552-1.554$ (birefringence 0.0090)

Hardness: 7

Chemical Formula, composition: SiO₂

Main Deposits: Madagascar, Brazil, India, United States, Austria

Transparent Quartz has been always considered the crystal par excellence. Its crystals are naturally generated in different shapes.

The most common configuration is a single termination with six faces which are united at the ends in order to model a point.

The Transparent Quartz is one of the purest and the most versatile crystal shapes. Therefore it is natural that it brings a high and vivid recollection of the energies of Mother Earth.

Its distinguishing marks are its clearness and brightness because the quartz energy frees and spurs the mind.

The Transparent Quartz is normally used to favour the mental and energetic balance, without forgetting

the mental pureness. This precious ally will render you more helpful towards other people, it will aid you to live with no deception or insincerity. The high vibration of the Transparent Quartz helps to dispel mental fog and bright the material darkness.

This crystal assistant cherishes the memory of the Earth experiences and it was considered by the ancients as a casket where secrets and knowledge are kept. Maybe it is for some characteristics of this crystal that shamans (but even the ancient Romans, which shows the universality of certain beliefs) assert that the quartz is frozen light, which contains the spirit of a dead shaman. Indeed even what we call light is made of personal beings. Besides after death, the most important shamans fly towards the Powers of Light, towards the People of Stars; and they come back on Earth to help us through the quartz crystals, as pieces of frozen light.

Concise bibliography

- Linda Clark, *Cromoterapia*, ed. Red 1989
 - Reuben B. Amber, *Cromoterapia colori e qualità della vita*, ed. Xenia 1993
 - Roberto Alcide, *La Cromoterapia*, ed. Xenia 1996
 - Waldo Bernasconi, *Cromoterapia*, ed. La casa verde 1994
 - Osvaldo Ponzilli, *Iniziazione alla Cromoterapia*, ed. Mediterranee 1998
 - Paoline Wills, *Riflessologia e terapia dei colori*, ed. Armenia 1998
 - Peter Mandel, *Manuale pratico di Cromopuntura*, ed. Ipsa 1993
 - Jack Allanach, *Il colore che guarisce*, ed. Natura e salute 1999
-
- Randall McClellan, *Musica per guarire* - Editori Riuniti 1993.
 - C. G. Jung, *La Sincronicità* - Biblioteca Bollati Boringhieri 1980.
 - Modelli d'improvvisazione in musicoterapia - 2002 - Bruscia Kenneth E. - Ismez - SCIENZE MEDICHE
 - Musicoterapia - 2001 - Postacchini P. Luigi - Ricciotti Andrea - Borghesi Massimo - Carocci
 - Sentieri del cuore. Musicoterapia iniziatica - 2001 - Alfano Jorge - Verdechiaro
 - La musicoterapia - 2000 - Cabutto Marco - Xenia
 - Suoni, colori, chakra, omeopatia in musicoterapia - 1999 - De Monte Teresa - SEPTEM
 - Iniziazione alla Musicoterapia. Esercizi di rilassamento, tonificazione ed equilibrio con la Biomusica - 1999 - Corradini Mario - Edizioni Mediterranee
 - Price S, Price L 1999 - *Aromatherapy for health professionals*. Churchill Livingstone. London.
 - Schnaubelt K 1998 - *Advanced aromatherapy*. Healing Arts Press. Roachester, Vermont.
 - Tisserand R. 1977 — *The Art of Aromatherapy*. The CW Daniel Company. London.
 - Wildwood C 1996 - *The encyclopedia of aromatherapy*. Healing Arts Press. Roachester, Vermont.
 - Worwood V A 1990 - *The complete book of essential oils & aromatherapy*. New World Library. California.