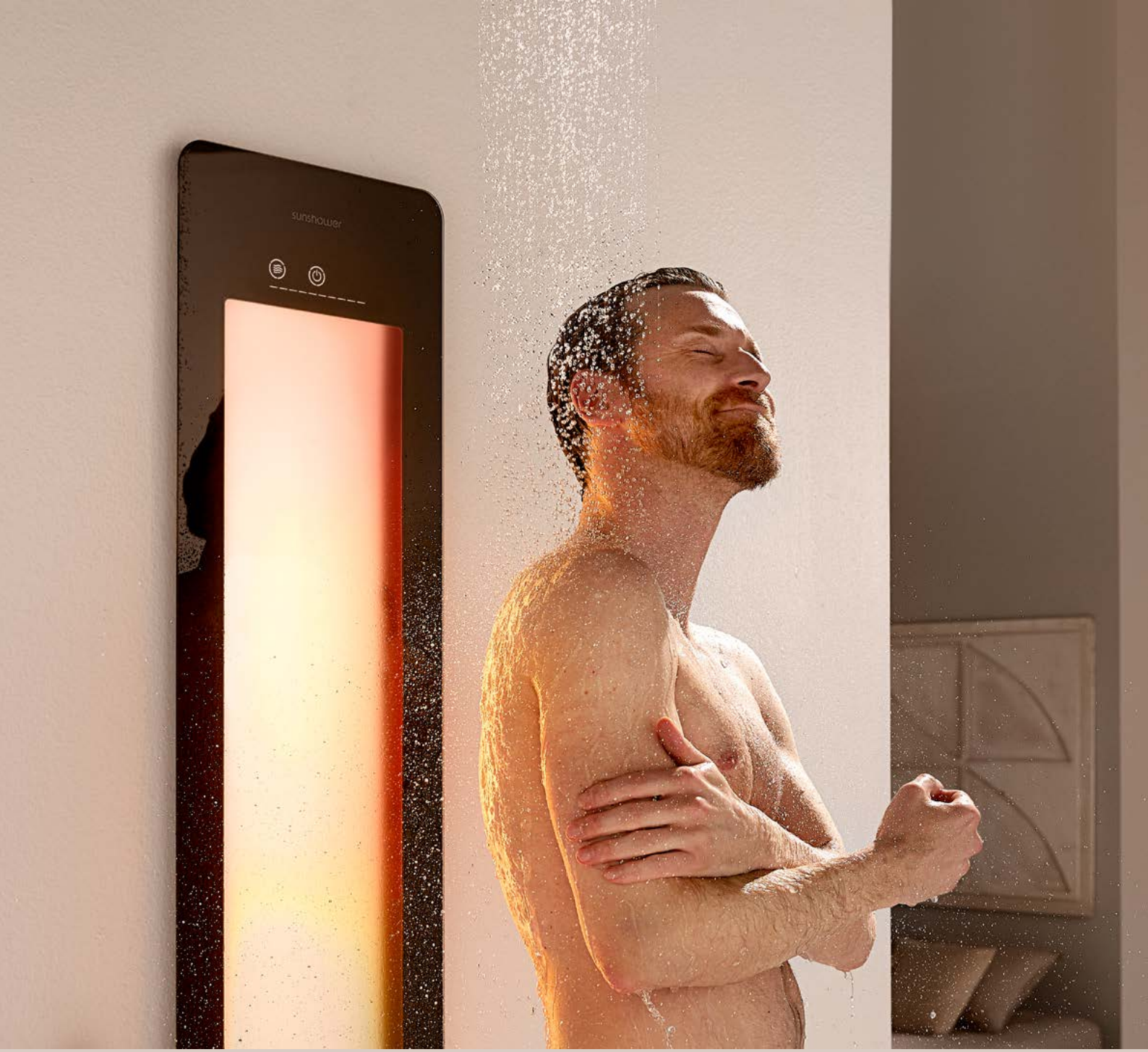

Feel
what light
can do.
sunshower®
health & wellbeing
EN



Experience

An Energising Shower Ritual

Contributing to a more energetic feeling; that's what we love to do most at Sunshower®. That's why we develop products that make the positive effects of sunlight part of the daily routine. Discover how the warming infrared and low-dose UV light make you feel fitter, more vital and energised. This brochure shows you more about the impact of our products.

Feel

The Benefit of Sunshower

Sunlight ensures optimal performance of our bodies. This makes it a source of energy. Sunshower® brings this energy into the bathroom. For example, the infrared light of our products offers a sense of well-being and warm relaxation. And the low-dose UV light ensures the natural production of vitamin D.



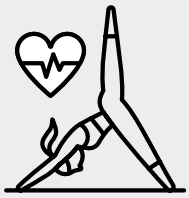
Feel great

Sunlight has a positive effect on your well-being, energy level and sleep rhythm. The result: more vitality and a better sleep rhythm.



Improve your mobility

Infrared light improves blood circulation and helps to get rid of waste faster. It restores sore muscles and encourages the body to relax deeper.



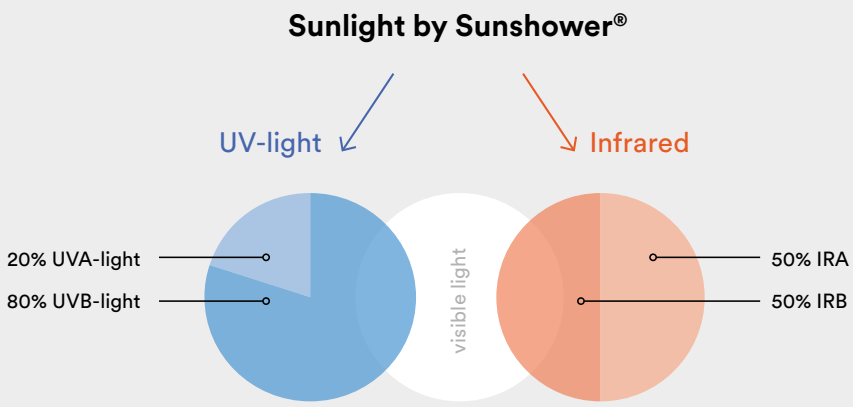
Stay healthy

Too much sunlight is not good for you, but too little is also unhealthy. Low-dose UV light induces natural production of vitamin D and contributes to a more efficient immune system, resulting in improved mental health.

Sunlight

Powered by light

Sunshower® is a Dutch invention, developed in close cooperation with medical health experts from LUMC and VUMC and scientists from TU Delft. Sunshower® light nourishes and cares for the body in two different ways: through warming infrared and cleverly dosed UV light.



Measured according to the Erythema Action Spectrum

Vitamin D

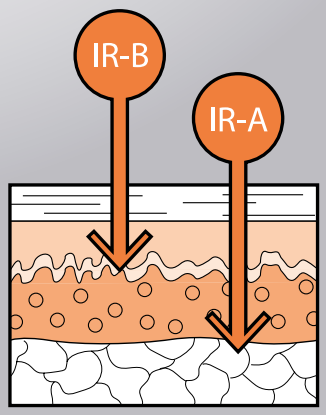
For an increase in vitamin D levels in the wintermonths, we recommend using 30 minutes of UV light per week.*

*Scientific research by VU Amsterdam, 2014

Infrared

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

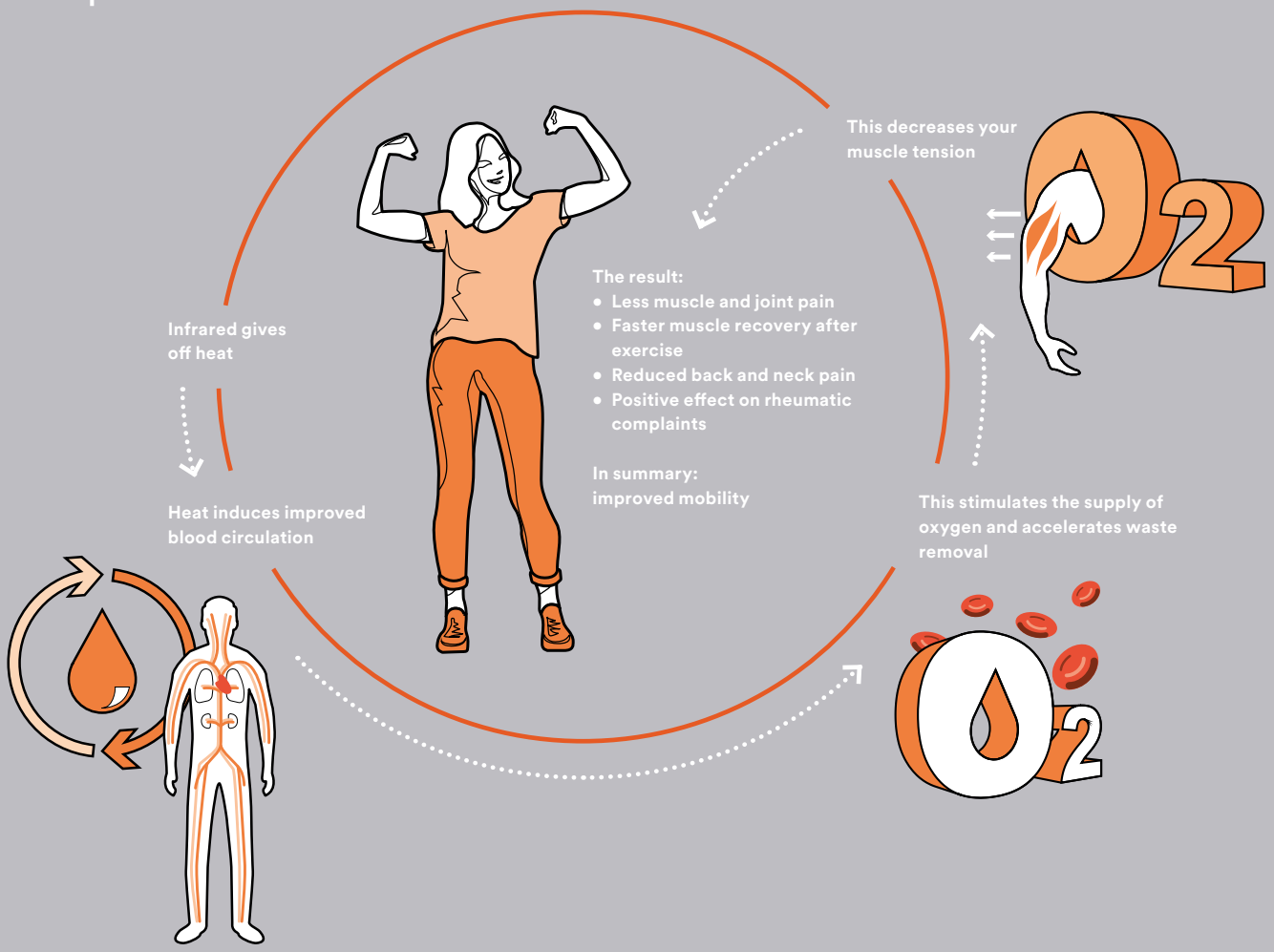
Infrared Spectrum
Sunshower® infrared consists of two wavelengths: short wave (IRA) and medium wave (IRB). IRA warms and penetrates deeply into the body. It improves blood circulation, making it easier to break down waste. This decreases both muscle tension and joint pain. IRB is almost completely absorbed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

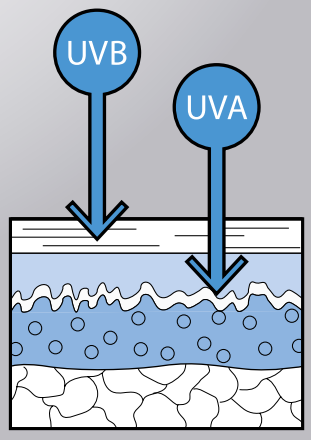


UV light

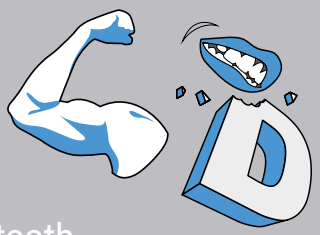
Low-dose UV light supports the immune system and promotes pigmentation of the skin.

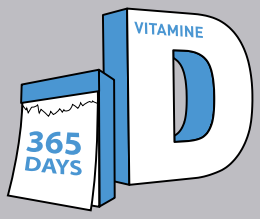
Types of UV light
Sunshower®'s UV light consists of two wavelengths, UVA and UVB. Sunshower® emits 80% UVB light and 20% UVA light. UVB light plays a major role in the production of vitamin D. UVA light penetrates deeper into the skin and converts the pigment present into a light complexion.

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

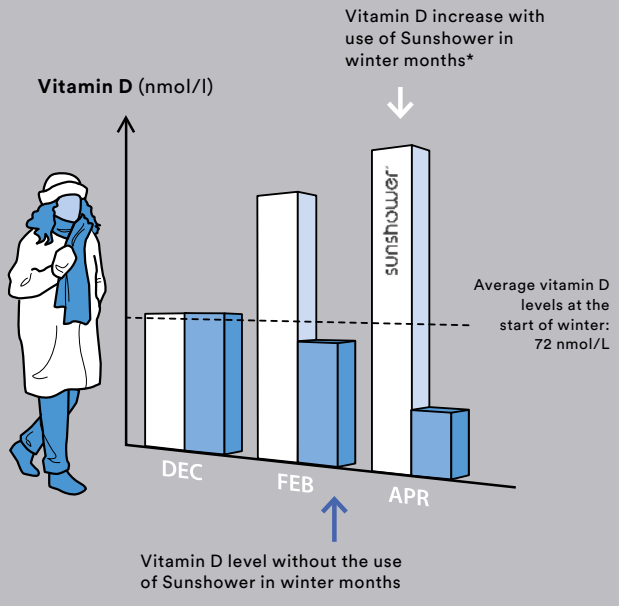
Vitamin D helps activate and suppress immune cells. This way, it plays a central role in regulating the immune system. If your vitamin D is maintained at a good level, it helps prevent respiratory infections, flu and colds.

Stronger bones and teeth

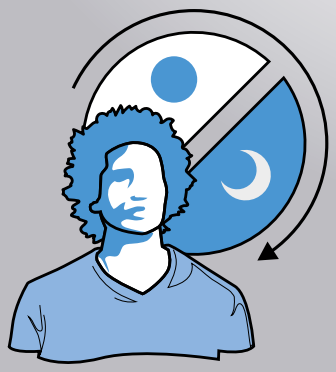
Vitamin D improves the absorption of calcium and phosphorus, which makes for stronger bones and teeth.

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.



*Scientific research by VU Amsterdam, 2014



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.*

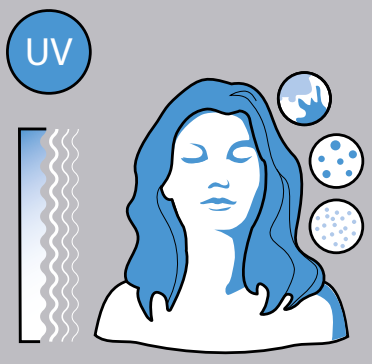
Recent research
Sunshower® / Vattenfall 2019

Habituation 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.



Safe

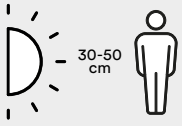
UV light & responsible use

Sunshower® stands for: a low, useful dose of UV light for the production of vitamin D. Too much sunlight is not good for you, but too little sunlight is also unhealthy. Sunshower® emits the minimum dose of UV light so that vitamin D is at a healthy level, even in the winter months. Without additional risk of skin damage. The safety of Sunshower® has been proven with scientific research.*



Wear the glasses

Don't look straight into the UV light and wear the provided goggles. This prevents unnecessary eye damage.



Keep your distance

Keep a distance of 30-50 cm. That way you will build up you vitamin D level and tan responsibly.



Check your skin type

The safe dose of UV light differs for every skin type. However, thanks to the safe low dose, Sunshower is suitable for skin types 2 through 6.

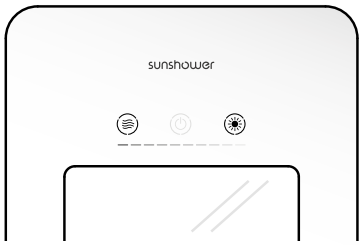
*Scientific research Amsterdam UMC, 2021

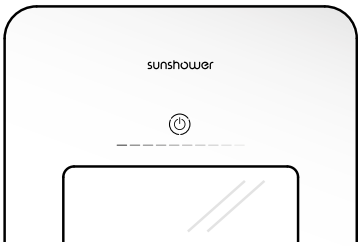
Everywhere

In every bathroom

Sunshower® has a suitable model for every bathroom. And there's a match for every space, because we offer both surface-mounted and built-in variants.

PLUS





ONE

functions UV light + infrared (PLUS) | Infrared (ONE)
options Built-in | Surface mounted | Corner mounted
colours Black | Organic Grey | Sand White | White
designs Rounded corner
sizes Round in S | M | L

Quality

Safety and high quality go hand in hand with us. Each Sunshower® is certified and meets all strict EU installation guidelines.

Team

Our team consists of 50 colleagues in Amsterdam. In addition, about 45 people with low employability work in Dordrecht to contribute to the assembly of the Sunshower® products.

Customer Satisfaction

Customers have rated us an average score of 9.1 out of 10.

Healthy light, happy people

Our Mission:

Making the world aware of the sun's benefits during the daily shower.

Discovering Sunshower®

Sunshower® products are available in more than 1.800 specialist bathroom stores throughout Europe. Our sales staff will be happy to let you experience how Sunshower® can contribute to a more vital feeling on a daily basis.

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T +44 208 089 36 30, info@sunshower.eu, www.sunshower.eu

sunshower®
health & wellbeing