



INSTRUCTIONS FOR USE

The **LUXOR** is a unique lamp. To the Egyptians, and many other early civilizations, pyramids were believed to promote healing and represented many of the positive aspects of their culture. Let your **LUXOR** bring you sunshine and well-being for many years to come. We recommend that you use the lamp **each day early in the morning, for 30 minutes at 12 inches (10,000 Lux), or 60 minutes at 16 inches (5,000 Lux)**, sitting as shown in the above photo. The light needs to shine in your eyes. Do not look directly at the light, but you may glance at it periodically. Keeping regular sleep/wake-hours and exercising (outdoor when possible) are also very beneficial.

Note: unit will achieve maximum brightness only 2 minutes after it is turned ON. Place the **LUXOR** on a hard flat surface to allow air into vented lower base plate.

PROBLEMS

1) UNIT DOES NOT LIGHT

Gently remove the single screw holding UV filter and the washer. Inspect the bulb to see that it is properly screwed into the socket, and that it is not cracked or broken. The bulb should last for 2,000 hours of use. In case you need a replacement bulb, please give us a call. When replacing UV filter make sure that the plastic washer is inserted between the filter and the lamp.

2) OTHER PROBLEMS

Bright light can cause eye and/or skin irritation and headaches. This is most prevalent in people with blue or green eyes, blonde or red hair, fair or sensitive skin. All these problems are usually resolved by gradually increasing use of the lamp. At the first sign of skin or eye irritation, stop using the lamp and wait until the irritation disappears. Then start using the lamp 2 minutes a day, trying different distances until you establish the greatest degree of comfort. Gradually, over a 2-week period, you should be able to lengthen your exposure time while shortening the distance until you achieve the original light regimen. If you still experience problems, call us. We will try to help you.

WARNING: *If you have a health problem, if you have been told you must wear sunglasses in sunlight, or if you have a history of eye problems, please consult a health-care professional first. MEDICATIONS such as lithium, melatonin, tetracycline, St. John's Wort, acne creams, creams with retinoic acid and some chemotherapy drugs can make you very sensitive to light.*

MAINTENANCE

The fluorescent bulb emits less light as it gets older. It should be replaced after 2,000 hours. These are unique bulbs, please contact us for replacements.

WARRANTY

Northern Light Technologies undertakes to repair or replace a defective lamp at no charge for a period of 7 years. Shipping costs to our plant must be paid by you. You **MUST** call us at **1-800-263-0066** before returning a unit.

GUARANTEE

For a period of 60 days after purchase we will refund the total paid, less \$35 for shipping and restocking. If the lamp was not purchased from us, please see vendor for return policy.

ASSEMBLY INSTRUCTIONS:

