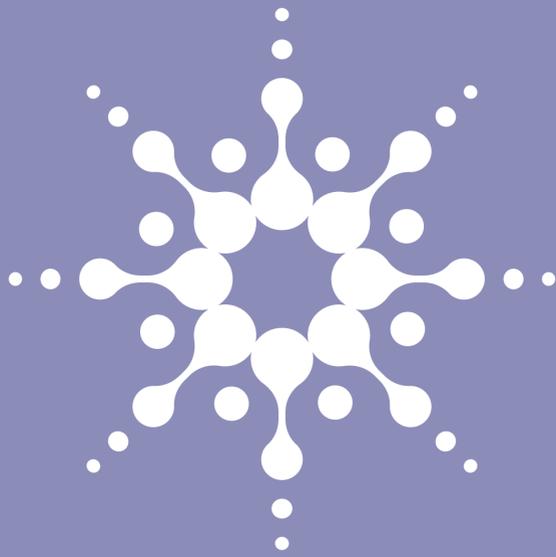


LUX THERAPY



CUEVA DE LA LUZ

LET YOUR SOUL SHINE

INTRO

The Luxtherapy method created by Cueva de la Luz puts at the centre of everything the beneficial effects that light brings into the life of each of us as a source of all wonders. We speak of liquid happiness when we see the little dewdrops glistening in the morning light. This is the effect that this method brings to your life: it will ensure you brilliant joy and scattered serenity.

And they are not just words but technique, study and experience.



THE LIGHT THERAPY

WHAT IS LUX THERAPY?

HOW DOES IT WORK?

WHO IS IT FOR?

THE LIGHT THERAPY

Scientific assumptions

Light therapy (or phototherapy) has been practiced for thousands of years, from the first light of the evolutionary morning of human history. Already in ancient Egypt, in glorious Greece, in traditional India and, also, in Ayurvedic culture there are luminous traces of the well-being that phototherapy gives to the individual. Elements relating to light as a source of life and energy have always been found in every religion and related iconography. Even in Caravaggio a quote is found when he states that if there is no energy there is no colour and there is no life.

The first to use, in the 10th century, colour as a tool for diagnosis and treatment for states of physical and psychological distress was the doctor Avicenna. Meanwhile, during the twentieth century, first Einstein with the recognition of light as electromagnetic energy, and then, through some studies conducted in the eighties and nineties, was proved that colours reveal and stimulate the internal dynamics of living organisms.

This occurs through the interconnection between the electromagnetic field, biochemical and biodynamic matter. Kirlian, Luscher, Ghadiali and Azeemi are just some of the scientists who have undertaken to prove - definitively, we can add, that the vibrations of the light waves, perceived by the optic nerve and the skin, act at a deep level on the organism. transforming its energy levels and acting on the brain.



WHAT IS LUX THERAPY?

The Luxtherapy method starts from the concept that light is life attributed to Pepimorgia. Some areas of our life are dark, somber and dull and therefore need to be brightened. Darkness damages us, the body- mind is strongly affected. When, on the other hand, we are in full energy balance, we feel that we really live in colours. On the contrary, when we go through particularly complex emotional states we seem to enter a dark tunnel whose end is never seen.

Yet, to begin to breathe life deeply, a photon of light is enough. This, in fact, is the amount of light needed to illuminate our brain, stimulate the pineal gland and allow the production of beneficial hormones for the body such as melatonin and serotonin. Lux Therapy is the first certified method that brings together ancient wisdom of holistic medicine (based on the balance of the chakras) and the most innovative and recent discoveries of quantum physics.

This method acts on the overall well-being of the body through a total immersion in the colours of the light inside our crystal cabin. The immersion in Cueva de la Luz allows the suspension of all judgment of the world, of all worries and malaise deriving from the outside world because there is total isolation, in a sanitized environment and a relaxed atmosphere. You will be comfortably dressed in your clothes, lying on a soft bed and you will immediately live an extraordinary experience. Awakening and energetic rebalancing will manifest themselves as a very sweet epiphany thanks to the skilful use of the beneficial properties of light and colour.



HOW LUX THERAPY WORKS

The treatment provides that the vibrational power of the light waves, in which the individual is immersed (inside the crystal cabin), is enhanced by the vibrational benefits of the sound waves associated with them.

The person is accompanied to the cabin, completely isolated and sanitized, to be literally immersed in the music at 432 Hz. The choice is soon explained: this is the harmonic frequency in tune with the frequency of the Earth (about 8 Hz) while the one we are used to is at 440 Hz and is disharmonizing.

This harmonization, on the other hand, brings great benefits to the whole body-mind system. An example of this theory is Verdi's famous tuning fork.

The composer, in fact, knew the difference between the two frequencies and always used 432Hz because the voices were clean, clear and crystalline and - even, they came out with less effort. At 432 Hz we enter into resonance with this frequency and we harmonize with it, finding the balance within our organism.

We tune into the universe and play authentic music, a truly genuine melody. In this way, in fact, the healing process is also and above all favoured for therapeutic purposes. Each organ of our body vibrates with its own frequency. When it is in a state of disharmony, the whole system suffers. Music at 432 Hz favours the normalization of frequencies by gradually returning the systems to their original frequencies.



WHO IS LUXTHERAPY FOR?

Luxtherapy is a treatment suitable for all ages, from children to the elderly. The method we have developed is a pleasant, fun and non-invasive therapy that improves any state of emotional misalignment and that can accompany any type of medical and psychological treatment.

This happens because Luxtherapy acts on increasing the immune defenses and restoring the psychophysical balance of the body-mind.

Take your time, your pampering for your body-minded well-being: the treatment lasts 2 hours and 30 minutes where you will rediscover the beauty of dedicating time to your soul and the regeneration of your body.

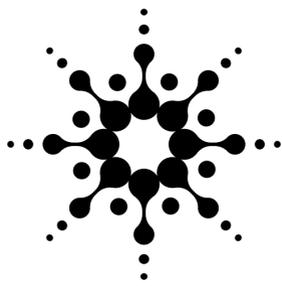


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Grazie.