IDA-TALLINNA KESKHAIGLA

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Light therapy

Light therapy is a form of an artificial sun which relieves springtime lethargy and winter depression, which is very prevalent here in the North.

Light therapy affects the organism's biological circadian rhythm by regulating the level of the happiness hormone serotonin. When it is dark, melatonin regulation is often disrupted with the level also remaining above the norm during the day. Light therapy somewhat inhibits the secretion of this hormone during the day and brightens the mood.

This special artificial sunlight also reduces the manifestations of the ageing of skin since the light rays increase the production of collagen in the skin. Depression may be expressed in the form of irritability, numbness, lack of motivation, tiredness, moodiness and vague health complaints. These problems may also be relieved by light therapy.

A physician's referral is not necessary to receive the service. We recommend consulting your family doctor or specialist physician beforehand. For the treatment to be effective, you would need a 1–3 week course of everyday light therapy sessions and repeat this after 1–2 months if necessary.

Duration: 30 minutes

The service is paid.

Appointments can be booked:

- by phone 666 1900 **Mon-Fri 7:15-18:00**
- at the reception