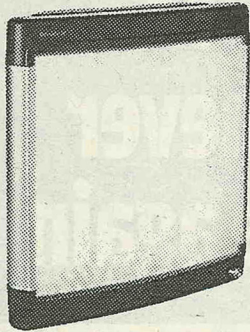


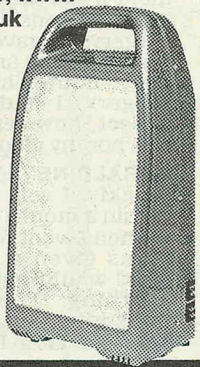
GoodHealth

5 OF THE BEST LIGHT THERAPIES

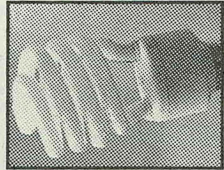


Pharos-Max Lightbox, £292:
Same brightness as a spring morning on a clear day. Mail order: 01954 780 500; www.outsidein.co.uk

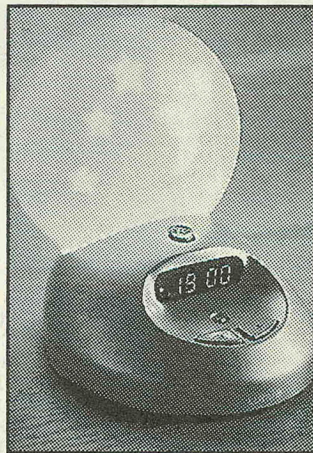
Silver-Lite, £235:
Easy to carry round. Use for just 20 minutes a day. Mail order: 01494 484 852; www.sad.uk.com



Inspiration, £149:
Combined dawn simulator for dark winter mornings and light therapy treatment. Mail order: 0800 052 8228; www.allergymatters.com



BioBulb, £14.95:
Simulated daylight bulb. Mail order: 08707 455 002; www.allergybestbuys.co.uk



Lumie Bodyclock Junior, £59.95:
Can help babies and toddlers to establish a good sleep routine. Mail order: 01954 780 500; www.lumie.com