

CHROMA  
TRINITY  
USER GUIDE



# CHROMA

# TRINITY

## USER GUIDE

---

Important Safety Information	<b>5-9</b>
Mode Overview	<b>10-12</b>
Getting Started	<b>14-17</b>
Example Use Guide	<b>18-22</b>
Technical Specs	<b>23-24</b>
About Red & NIR Light	<b>25-26</b>
About Opsins	<b>27-28</b>
Care & Maintenance	<b>29-30</b>
Warranty	<b>31</b>
Disclaimer	<b>32</b>

# CHROMA TRINITY

---

You are holding in your hands the latest and greatest in light therapy. We designed the Chroma Trinity to offer an all-in-one solution to your light therapy needs. From potent, deeply penetrating Red/NIR exposure, to circadian entraining daylight stimulation, and even narrowband UVB. This device covers the key spectrums that drive a life full of vitality, focus, and deep restful sleep.

We consider light one of the most important inputs to human biology. Modern life has disconnected us from the natural cycles of light and dark that once shaped our ancestors' days from sunrise to midday to sunset. These rhythms guided sleep, energy, and our sense of time itself.

Rather than rejecting modern technology for its role in this disconnect, we choose to redeem it, using technology as a bridge between modern life and the natural world. Our devices exist to restore the relationship between people and what once defined human life: sunlight!

Nothing we create will ever replace sunlight. Even with our devices, we encourage you to step outside as often as you can. But since most people can't live in the tropics or spend their days outdoors, we've built what we believe is the next best thing: tools to bring natural light, and its benefits, back into daily life.

# IMPORTANT SAFETY INFO.

---

This device is not a toy. Misuse can cause permanent damage to your body. Please read the entire user guide and safety information to understand each operating mode before use. If you have any questions or concerns, please contact our support team before using this device. References to sunlight in this manual are descriptive analogies only and do not imply identical intensity, safety profile, or biological effect.

## **NEVER look directly into the light.**

This device is not intended to be looked or “gazed” into under any circumstances.

Brief pass-over use near the face is acceptable in IRONFORGE and LUX-VITAL modes only, provided you do not look at the light and avoid prolonged exposure in one area.

DO NOT use D-LIGHT mode on or near the face.

UV-protective safety glasses are required whenever Lux-Vital or D-Light modes are active. Closing your eyes is not a substitute for eye protection.

In all operating modes, the device is designed for indirect, non-ocular exposure only. No mode is intended for direct eye or facial treatment.

When using D-Light mode, everyone in the room is required to wear UV protective glasses. Off the shelf UV protective glasses with good coverage offer sufficient protection. Even with the protective glasses on, do NOT look into the device during use, and avoid use over the face.

## **Skin Safety:**

This is a high power density device, meaning it delivers a lot of energy over a short period of time. The skin will heat up during use - be aware of warming and reposition the device to avoid overheating. Much like a hairdryer, listen to your body and reposition the device before the heat becomes uncomfortable. Use over tattoos may cause more heat buildup. For best results, use the device directly over bare skin. Avoid synthetics and thick clothing.

Discontinue use if you feel uncomfortable during or after exposure. Never 'push through' uncomfortable heat while using the device. Use should always be comfortable.

Facial exposure guidelines are mode-specific; refer to the Mode Overview section before using the device near the head or face.

## **Pigmentation Changes:**

Some users may experience freckling or localized darkening of the skin following UV exposure. This can occur without pain, redness, or visible irritation and may appear hours or days after use. These effects vary by individual and skin type. If pigmentation changes are undesired, discontinue Lux Vital & D-Light mode and reduce future exposure times.

Individuals prone to freckling or hyperpigmentation should use Lux Vital & D-Light mode conservatively or avoid use if freckling is not desired.

## **Hair & Skin Products:**

Avoid use over hair or skin that has oils, gels, sprays, sunscreen, or cosmetic products applied. These may increase heat buildup or alter skin response to light.

## **Tattoos:**

Tattooed skin may heat more rapidly due to pigment absorption. Use increased distance, shorter exposure, and constant motion over tattooed areas.

## **Recently Treated Skin:**

Do not use the device on areas of skin that are healing, recently treated (e.g., chemical peels, laser, microneedling), irritated, or damaged.

## **Topical Actives:**

Use caution when applying light over skin treated with retinoids, acids, medicated creams, or other active topical agents. These may increase sensitivity to heat or light.

## **Metal Objects:**

Remove jewelry or metal accessories from treatment areas prior to use, as metal can heat rapidly. Heat-related discomfort is a sign to stop use immediately. Do not attempt to “build tolerance” through discomfort.

## **Safe Use Distances:**

**IRONFORGE mode:** The device can be used directly against the skin as a massage tool. Reposition the device every 10-15 seconds to avoid excessive heat buildup. Allow each target area to cool before further exposure.

**LUX-VITAL mode:** The device must be used at 6” or greater from the body to allow for even light blending and prevent overheating the skin. Keep the device in constant motion over your skin, using long sweeping motions. Aim for even coverage.

**D-LIGHT mode:** Safety glasses are required. The device must be used at a minimum of 6" from the skin in constant motion over the torso and legs. Avoid exposure to the face. Always use UV protective glasses when activating D-Light mode. Avoid overexposure, more is not better.

**Addressing LED Visibility Concerns:** NEVER "Gaze" or Look Into the device! If you notice that not all of the LEDs on your Trinity appear to be lit, don't worry. Light emitted above approximately 700nm and below about 400nm falls outside of the visible range of the human eye. Each device is tested for 12 hours before packing to ensure full function.

**Biological responses to light vary widely between individuals. No specific outcome, sensation, or physiological change is guaranteed.**

**Fire Warning:** NEVER leave device unattended. This device can burn or set fire to surfaces if left unattended or used improperly.

NEVER place the device face-down or leave it resting on any surface, in any orientation, while powered on.

**Use With Other People:** This device is intended for individual adult use. Do not operate the device on another person without their informed consent and direct supervision.

# MODE OVERVIEW & BEST PRACTICE

---

This device offers three distinct groups of light, each with its own best practices. As with any biological input, more is not always better – listen to your body and adjust your use time and duration accordingly.

In the event of any inconsistency, the STOP card and Full User Guide take precedence over summaries, examples, or illustrations.

**IRONFORGE mode** is always on when the device is powered up. This mode offers powerful Red & Near infrared light. This default mode is great for deep tissue work, and stubborn aches or tightness. Ironforge mode can be used any time of day up to 1-2 hours before bed.

**LUX-VITAL mode** is toggled on and off with the GOLD BUTTON. The output will visually change immediately. The button's state (on or off) is not reset when the device is unplugged. This mode is highly stimulating, telling your body it's daytime, that it is time to be awake and active. Lux-Vital mode can be used in the morning to the mid-afternoon. Using this mode too late in the day will disrupt sleep. Never use Lux-Vital mode after sunset. Use too early in the morning may cause early afternoon drowsiness. It is important to listen to your body and adjust your use

time and duration accordingly. Use times will vary with your schedule and how the device affects you. Aim to use the device at the same time each day for the greatest impact.

**D-LIGHT mode** is activated with the BLACK BUTTON. This mode offers narrowband UVB light, balanced with the red, deep red and NIR light found in the default mode, the key components of sunlight that make UV exposure safer. This does not eliminate the risks of UV exposure. Proper distance, motion, and conservative dosing are essential.

**Put on your safety glasses before pressing the black button.**

Each press of the black button will add 30 seconds to the D-Light dose timer, up to 300 seconds.

**START WITH ONLY 30 SECONDS EXPOSURE SPREAD EVENLY OVER YOUR TORSO & LEGS.**

**D-LIGHT mode must not be used on or near the face or eyes under any circumstances.**

The dose timer will blink for 5 seconds before activating the UVB light. When the indicator light on the power supply is lit, UVB output is active. There will be NO visual change to the output of the light device. D-Light mode is best used around mid-day

in conjunction with Lux-Vital mode, but can also be used on its own in the morning and evening if mid-day use is not possible. Avoid use of D-Light mode after sunset.

**CAUTION:** Overexposure with D-Light mode will cause a 'sunburn' - aim for even coverage over your skin and use the device with even long sweeping motions. If a 'sunburn' starts to develop the following day after use, discontinue use of D-Light mode and reduce future D-Light exposure times.

**CAUTION:** Even brief direct eye exposure to UVB light can cause permanent eye damage. NEVER look into the device during use, and never aim the device at another person. Everyone in the room must wear UV protective glasses while the device is in use.

NOTE: Individual vitamin D response varies widely and cannot be predicted or guaranteed.



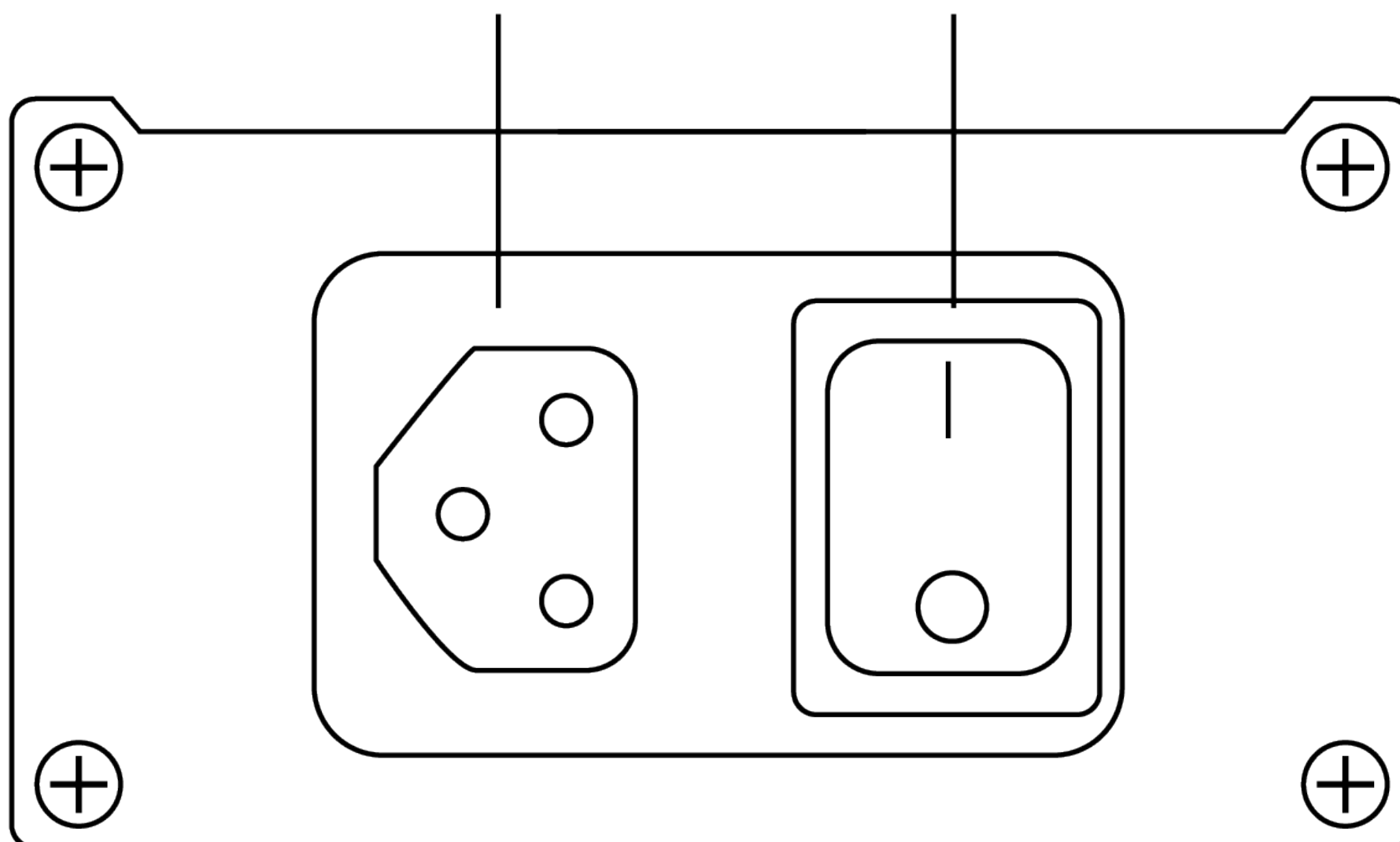
# GETTING STARTED

---

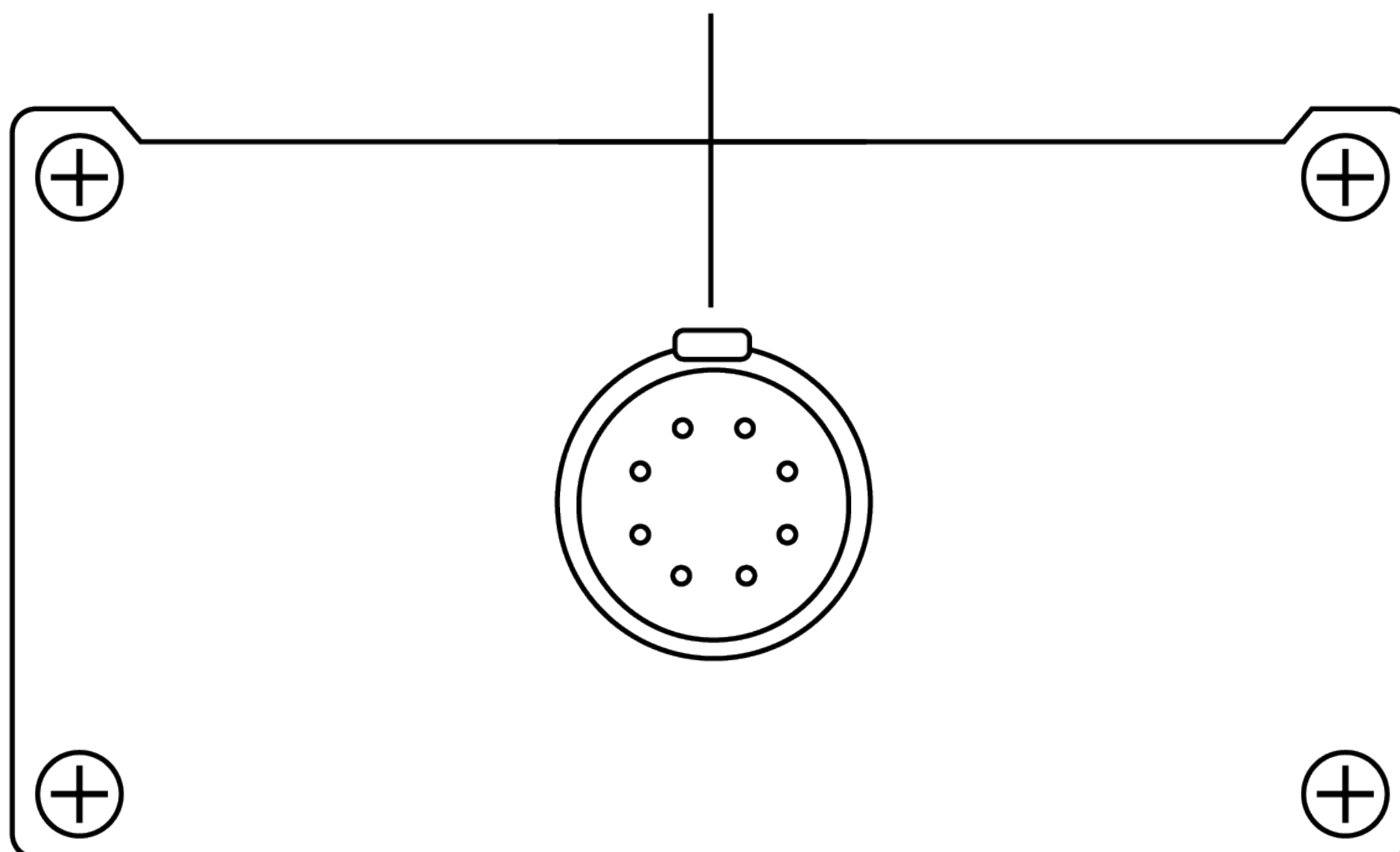
1. **Unpack Your Trinity device:** Carefully remove the Light Device and Power Supply from the case. Allow the red cord to untwist as needed, then connect the quick connect adapter to the right side of the power supply.
2. Set the Power switch on the left side of the power supply to the OFF "0" position.
3. **Put on your included safety glasses. NEVER LOOK INTO THE LIGHT WHILE IN USE.**
4. **Connect the Power Supply:** Plug the AC power cord into the left side of the Power Supply and into an electrical outlet. Use a standard travel adapter as needed. DO NOT use this device with a dimmer.
5. **Switch It On:** Set the Power Switch to the ON position while holding the Light Device away from your body. IRONFORGE mode will be active immediately. The other modes can be activated as described below.
6. **Adjust Distance and Duration:** Position the device 6-15 inches from the treatment area for targeted therapy. For broader coverage, increase the distance up to about 3 feet and increase the duration of use.

AC POWER  
CABLE CONNECTION

MAIN POWER  
ON / OFF



DEVICE QUICK CONNECT



### **Lux-Vital Mode:**

Gold button activates mode. LED light indicates mode is active.

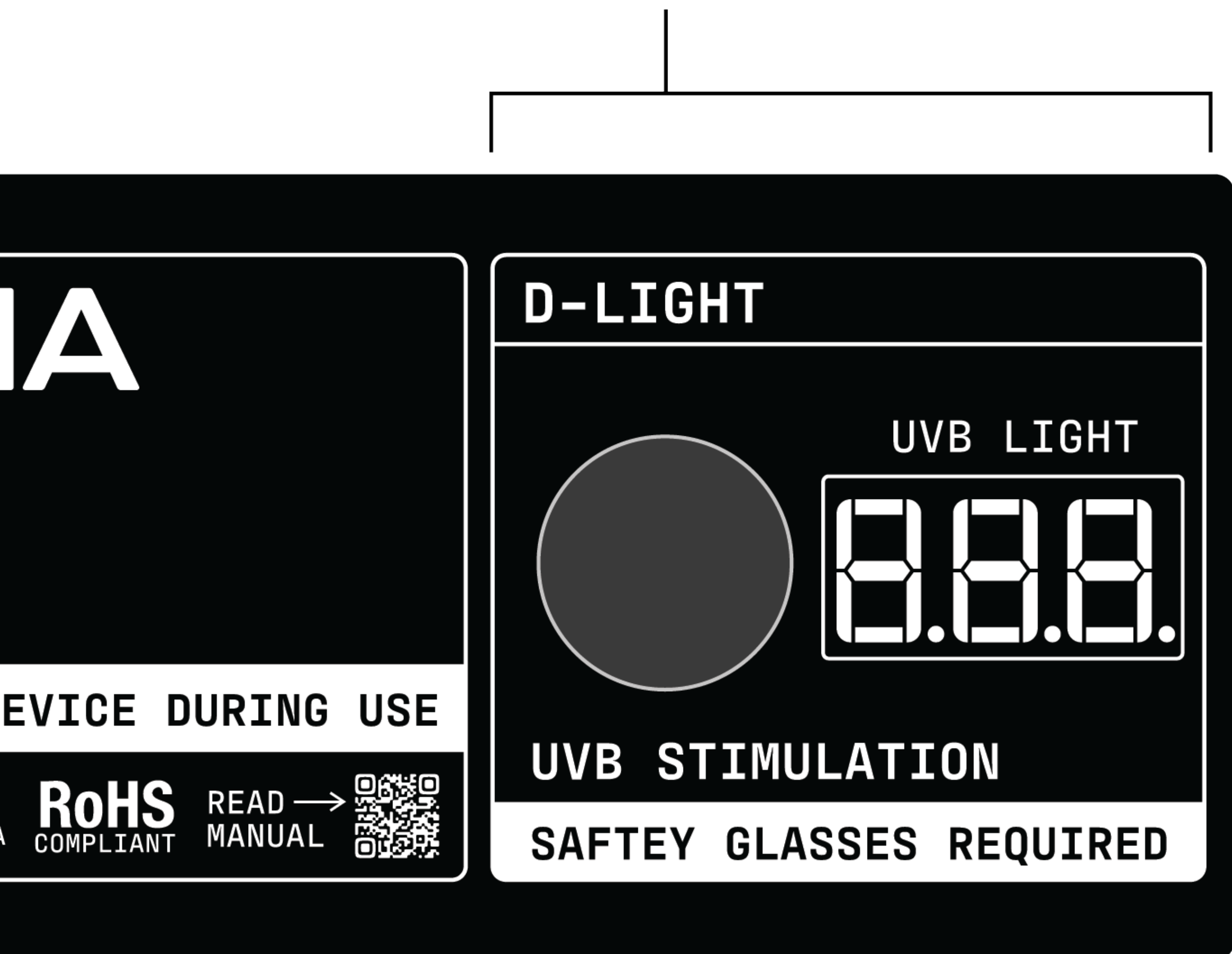


## D-Light Mode:

UVB Light indicates mode is active.

“OFF” is displayed when UVB output is deactivated.

Black button press adds 30 seconds to dose timer up to 300 seconds.



# EXAMPLE USE GUIDE

---

The following examples are provided for general illustration only and are not instructions or prescriptions for use. Individual tolerance varies. Always prioritize safety guidance over example durations. We build tools that deliver light, it is up to you to decide how to incorporate them into your life.

## **General Daily Use:**

Start your day with a brief 2-5+ minute session using the default IRONFORGE mode. Sweep the device evenly over your entire body. This exposure is similar to the first rays of sunlight in the morning, rich in red and NIR light. Add an additional 30-60 seconds over problem areas, or muscle groups before training.

After breakfast or morning rituals, resume use at 6" to 8" above the skin with Lux Vital mode activated for another 2-5+ minutes, sweeping over your whole body, with a little more focus on the head. This exposure is similar to UVA rise, mid morning to mid-day sun.

Around mid-day or solar noon, activate Lux Vital mode, (and optionally D-Light mode) for a mid-day boost of calm tranquil energy. Use the device at a minimum distance of 6" above the skin in long sweeping motions. Exposure with all three channels activated is similar to mid-day tropical sunlight. When D-Light mode is activated, avoid use over the face.

If the device briefly passes near the face in IRONFORGE or LUX-VITAL modes, do not look at the light and avoid lingering in one area. **D-LIGHT mode must never be used on or near the face.**

## **Targeted Exposure to Tight Muscles or Stiff Joints**

Ironforge mode is our go-to for deep tissue work and targeted exposure on joints, stiff or cramping muscles, and tight or damaged connective tissues. In Ironforge mode, the device can briefly be placed directly against the skin and used as a massage tool if desired. For sore joints, start with 60-90 seconds of total exposure over each target area, split into multiple angles to ensure even coverage. Reposition the device regularly to prevent overheating. Practitioners using our Ironforge device report positive results from sweeping along the facial lines of any target area or tightness, in addition to local exposure.

## **Managing Pain On Injured Knee**

Use in IRONFORGE mode at the faceplate, to 6 inches for 45 - 200 seconds total over each knee. Spread the treatment out into equal sessions of approximately 15-20 seconds over multiple angles, or sweep over and around each knee in constant motion.

During the daytime: Increase use distance to at least 6" over the skin and add 15-45+ seconds sweeping along the length of each leg with Lux-Vital mode enabled.

## **Hair Growth & Brain Targeting**

Use in Ironforge mode at arm's length (~12" to 18" from the head") for 20 seconds total. Sweep the device from side to side over the top of the scalp and back of the head. Keep the device at arm's length and in constant motion to avoid heat buildup. Do NOT allow hair to enter the fans.

During the daytime: Keep the device at arms length over the head and add 15-20 seconds using Lux-Vital mode with the same motions.

This guidance refers to non-ocular scalp exposure. No operating mode is intended for direct facial or eye exposure.

### **Hair & Heat:**

Dark, dense, or coarse hair may absorb more heat during use. When using the device near the scalp, maintain greater distance, keep the device moving, and discontinue use if excessive warmth is felt.

### **Nerve & General Pains:**

The Lux-Vital output is often reported by practitioners to help with nerve pains, tingling, and general mobility in addition to overall wellbeing, mood and sleep. For targeted exposure with Lux-Vital mode, keep the device moving at a distance of 6-8" over the skin using long sweeping motions across the target area to avoid excessive heat buildup. Allow each area to cool briefly before further exposure. For targeted deep

tissue issues, combine this with more exposure with Ironforge mode as needed.

## **Vitamin D Support:**

D-Light mode is the only operating mode that may support Vitamin D production through UVB light exposure. This mode uses narrowband UVB only in the exact range needed to stimulate the production of Vitamin D in the skin. Exposure times are highly personal and will depend on skin type, diet, and your existing relationship with the sun. On your first use, start with a 30 second exposure spread evenly over your torso and legs. To be effective, the device must be used directly over bare skin, as even a thin layer of clothing will block most of the UVB light. Keep the device in constant motion 6+ inches off the skin. Even coverage is essential as overexposure in any one area will cause a 'sunburn' in that area. Evaluate your skin the following 12+ hours after use, if skin reddens, or starts to express early signs of a sunburn, discontinue use of D-Light mode, and reduce future exposure times. Note: D-Light mode is well balanced by the output of the default Ironforge mode, as the default output includes red, deep red, and near infrared light, the components of sunlight studied to make UV exposure safer.

## **Hands Free Use:**

The Trinity device is designed for handheld as well as hands free use. While many stands are available that can be used with your Trinity device, we recommend

using our Hands Free Device stand, available at [getchroma.co](http://getchroma.co). This articulating stand allows for easy hands free use, allowing easier coverage of the back of the body. When using the device hands free, be aware of use time, as the device will run continuously after turned on (with the exception of the D-Light mode). More exposure is not always better. Listen to your body and avoid excessive exposure.

Hands-free use still requires active supervision. Never leave the device unattended while powered on.

## **Notes On Use Distance:**

As light spreads out from this device, the intensity of the light drops off about 4x for every doubling of distance. This means at a greater use distance, more of the body can be exposed at one time, at a lower irradiance (intensity). This allows for longer sessions to achieve the same exposure as a shorter use time at close range.

# TECHNICAL SPECS

---

Each of the three channels in this device are designed with intention. Understanding the output of each mode will help you to get the most out of your device.

## **IRONFORGE MODE 200 Watts (Always On):**

High Power Density Classic Red/NIR Light Therapy:

- 32% 630nm Red
- 32% 670nm Deep Red
- 12% 760nm NIR
- 12% 810nm NIR
- 12% 850nm NIR

## **LUX-VITAL MODE +100 Watts (Gold Button):**

High Power Density Daytime Stimulation:

- 50% 385nm Deep Violet (UVA) (OPN5 Stimulation)
- 25% 405nm Violet (OPN5 & OPN3 Stimulation)
- 15% 485nm Cyan (OPN4 Stimulation)
- 5% 935nm NIR
- 5% 1050nm NIR

## **D-LIGHT MODE +10 Watts (Black Button):**

Narrowband UVB for Hormone Support:

- 100% 297nm UVB (Vitamin D Support)

# Power Requirements:

- Voltage: 110V-260V AC Power
- 310W total power draw +/- 5W
- Plug: Comes with a USA plug; a basic adapter is needed for other plug types. DO NOT attempt to use the device with a dimmer.

# HOW RED & NIR LIGHT POWER OPTIMAL WELLBEING

---

Red and Near-Infrared (NIR) light have many well studied wide-ranging benefits likely due to their profound interaction with mitochondria, the photosensitive powerhouses (and much more) of our cells. Red and Near Infrared light are well studied to:

## **Enhanced Cellular Energy Production:**

Red and NIR light penetrate deep into tissues, stimulating the mitochondria to produce ATP more efficiently. This

increased energy production powers all cellular activities, from repair and regeneration to their daily functions.

## **Improve Tissue Repair and Regeneration:**

By boosting mitochondrial activity, red and NIR light may accelerate the repair of damaged tissues, aiding in faster recovery from injuries and enhancing overall tissue health.

## **Reduce Inflammation and Pain:**

Red and NIR light has been well studied to modulate inflammatory processes, helping to reduce chronic inflammation and associated pain. This may be particularly beneficial for conditions like arthritis and muscle soreness.

Ionforge mode harnesses the power of red and NIR light to deliver targeted therapy that revitalizes cells from within, promoting systemic wellbeing. By focusing on the mitochondria, this device provides a foundational boost to your body's natural recovery processes.

# OPSIGNS & WHY IS STIMULATING THEM IMPORTANT FOR OPTIMAL WELLBEING?

---

Opsins are specialized proteins found throughout the body that respond to specific wavelengths of light. These non-visual photo-receptors, including OPN3, OPN4, and OPN5, play crucial roles in various physiological processes. Lux-Vital mode is designed to stimulate OPN3, OPN4, and OPN5, studied to have influences on the the body, including:

## **OPN3 (Encephalopsin)**

- Enhanced fat-burning / thermogenesis (improved metabolism)
- Better insulin sensitivity / metabolic flexibility
- Skin pigment regulation (healthy barrier & tone)

## **OPN4 (Melanopsin)**

- Stronger alertness / cognitive performance
- Proper circadian alignment (better sleep, melatonin rhythm)
- Mood & brain regulatory circuits optimized

## **OPN5 (Neuroopsin)**

- Local tissue clock alignment in skin & eye
- Natural ocular development / refractive health
- Supporting peripheral repair/healing processes

Stimulating these opsins with specific wavelengths of light, included in Lux-Vital mode can help synchronize your body's circadian rhythm, enhance cognitive function, improve mood, and promote overall health and wellbeing. By targeting these non-visual photo-receptors, and balancing that stimulation with the well studied effects of Red and NIR light, this device offers a comprehensive approach to light therapy, addressing both physical and mental aspects of health.

**The Importance of POMC:** The pro-opiomelanocortin (POMC) system is stimulated by Lux-Vital mode and has wide-ranging effects on our health and wellbeing. POMC is cleaved into several important peptides that play crucial roles in regulating various biological processes in the body.

**The Lux-Vital Mode Feels Amazing:** Known as the body's natural painkillers, endorphins reduce pain perception and promote a sense of well-being and euphoria. Elevated endorphin levels are associated with enhanced mood, reduced pain, and overall improved mental health.

Lux Vital mode with its advanced spectrum of light, directly supports the activity of the POMC system. This not only supports skin health and pigmentation, but may also enhance your body's stress response, immune function, and mood regulation.

# CARE INSTRUCTIONS

---

**Clean with Care:** Use a soft, dry lint free cloth to clean the exterior of your Trinity device. Do not use abrasive cleaners or immerse The device in water. If the device or power supply becomes wet, discontinue use immediately and allow it to fully dry before reconnecting to power.

**Store Safely:** When not in use, store your Trinity device in its protective carry case in a cool, dry place away from direct sunlight and extreme temperatures. Avoid tight bends and excessive twisting or bending of the red wire, especially where it connects to the light device.

**Handle with Care:** Avoid dropping or subjecting the device to strong impacts. Handle your Trinity device with care to maintain its functionality and longevity. Avoid excessive bending and twisting stress where the Red Wire connects to the Light Device, guide the Red Wire during use to avoid excessive bending and twisting.

**Power Supply:** Ensure the power supply and cord are not subjected to excessive bending or twisting. Gentle handling will help extend the life of the device for many, many years.

Do not modify, open, or attempt to alter the device, power supply, or wiring. Doing so may result in injury or death, and voids the warranty.

## **Cord Care and Handling:**

The most critical part of your Trinity device is the connection point where the red cord meets the Light Device. To ensure longevity and optimal performance, it's important to handle this area with care:

**Avoid Excess Bending and Twisting:** Repeated bending or twisting at the connection point can lead to wear and potential failure. Always handle the red cord gently to prevent unnecessary stress on the connection. Never wrap the Red cord around the device, or allow the wire to bend sharply.

**During Use:** While using the device, keep the red cord pointed downward or guide it with your other hand to reduce bending stress. This practice will help maintain the integrity of the internal wires and greatly extend the lifespan of your device.

This device features military spec wires that can handle quite a bit of abuse, these tips are here to help you get many years of use out of your device before any repair may be required. This device is designed to be easily repairable by any electronics repair shop in the event the wire happens to fail years down the line.

By following these instructions and handling your device with care, you can look forward to many years of effective light therapy and improved well-being with your Trinity device.

# WARRANTY

---

## **One-Year Parts Warranty**

Your Trinity device is built with the highest quality materials and craftsmanship, designed to provide you with years of reliable service. We offer a one-year parts warranty on your device. This warranty covers any manufacturing defects or failures that may occur during normal use within the first year of ownership.

## **Quality Build and Longevity**

Each LED in your Trinity device is designed to last over 50,000 hours, ensuring many years of use even with daily sessions. For instance, with 20 minutes of use each day, your device is built to serve you for decades.

## **Repair Instructions**

In the unlikely event of a failure, the Trinity device is designed to be straightforward to repair. Please seek assistance from a qualified technician. Please contact us for more detailed repair instructions.

## **Contact Us**

If you experience any issues with your device or need further assistance, please don't hesitate to contact our customer support team at [hello@getchroma.co](mailto:hello@getchroma.co). We're here to help ensure you get the most out of your device.

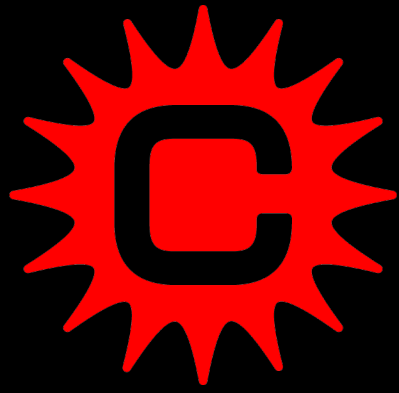
# DISCLAIMER

---

The user is responsible for ensuring a safe operating environment, including adequate ventilation, clear surroundings, and attention during use. Chroma is not responsible for injuries resulting from unsafe environments or failure to follow safety guidance.

The user is responsible for ensuring a safe operating environment, including adequate ventilation, clear surroundings, and attention during use. Chroma is not responsible for injuries resulting from unsafe environments or failure to follow safety guidance. The information provided in this manual is for informational and educational purposes only and is not intended as medical advice. This product is not a medical device. The statements made herein have not been evaluated by the U.S. Food and Drug Administration (FDA). This product and manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Always consult with a qualified healthcare professional before beginning any new wellness, fitness, or health-related program.





GETCHROMA.CO