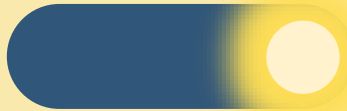


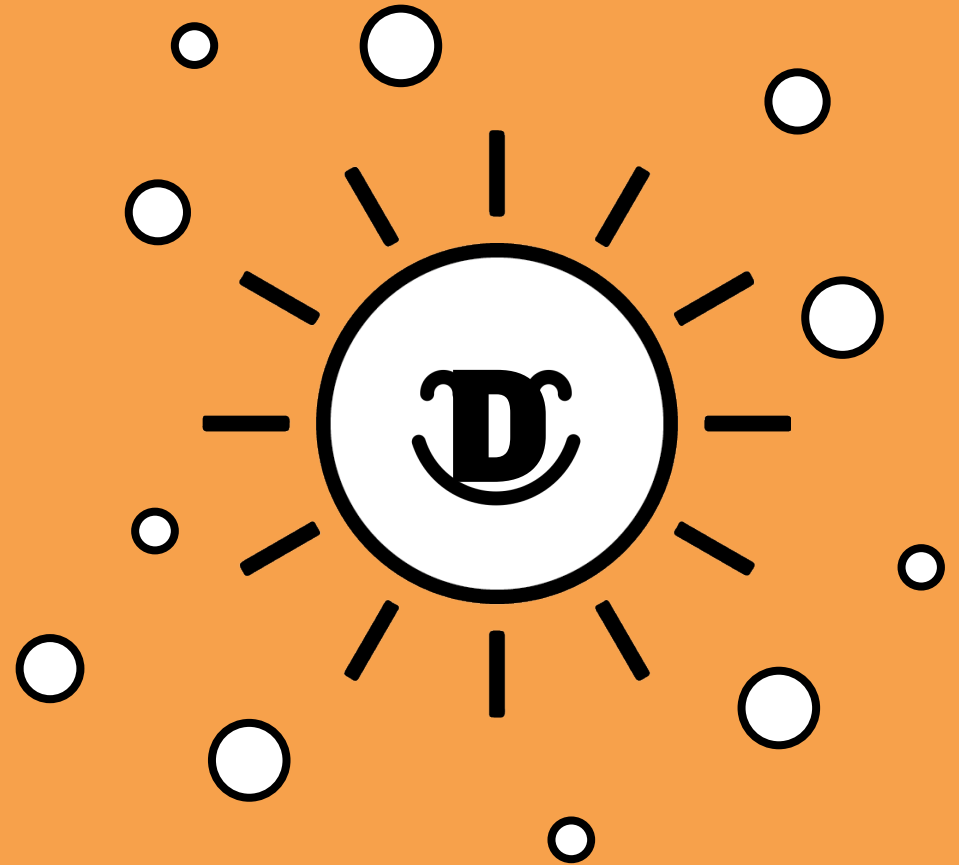
Natural light's **benefits:** everything you should know

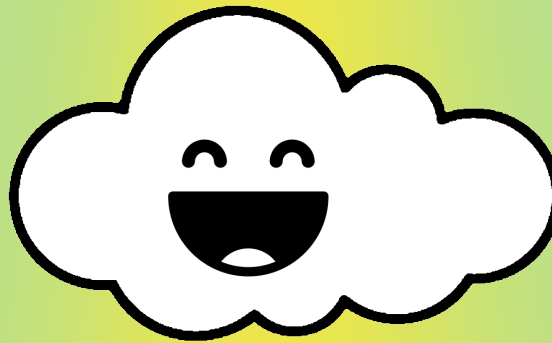
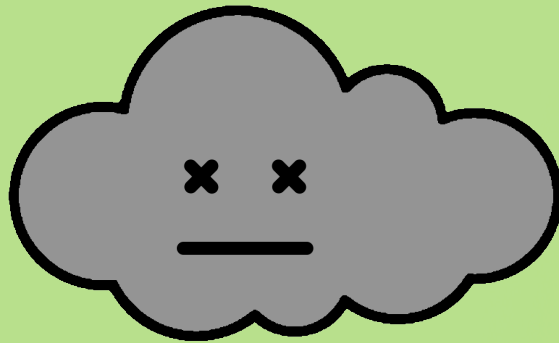


Sunlight is a true **vitamine D** booster

Vitamin D is not produced by the human body, we can only get it from the **sun**. However, it's essential for our health and body functions.

Being responsible for the absorption of **calcium** works as a **stabiliser** for our body.





Sunlight has a significant impact on our mental health and stimulates us to be **productive**.

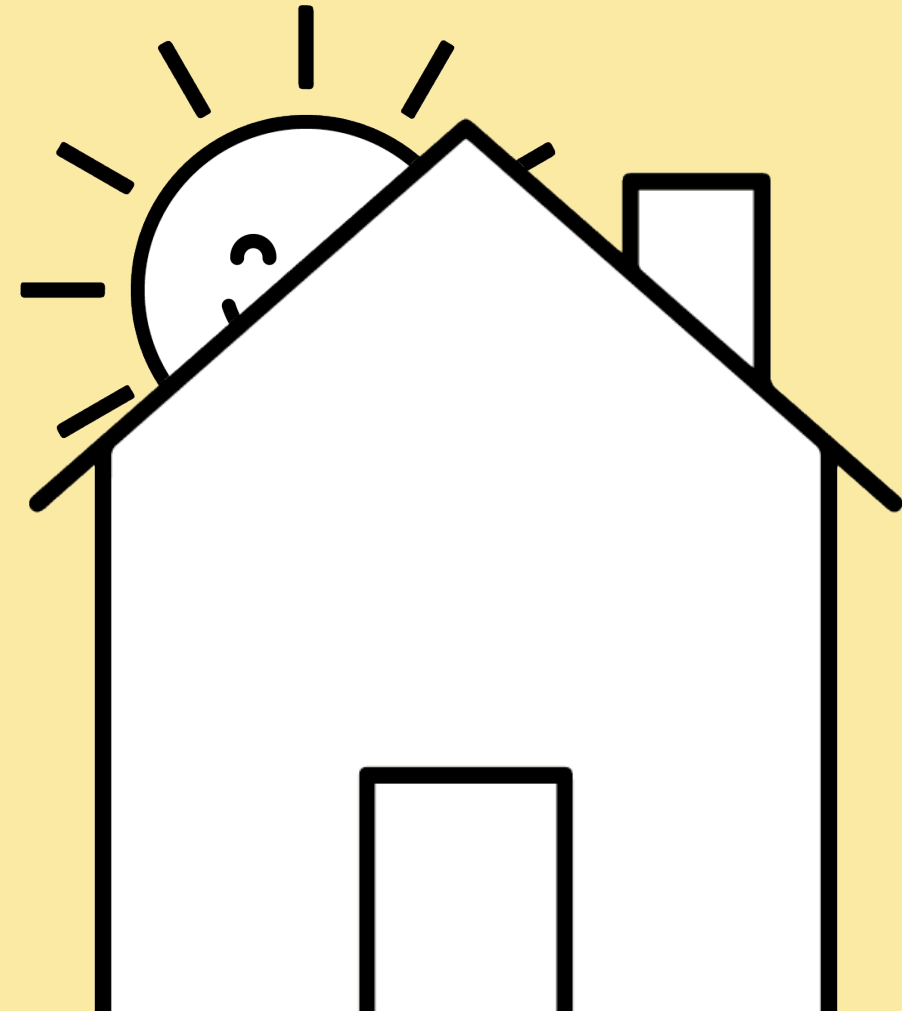


The consequence of this productivity... is an excellent night's rest!

Let's see how we can use the natural light **at its best**

While we work or we are simply around the house, sunlight can help us to **enjoy** better our environments.

We'll reveal some **tips** to you!



Strategic positioning when you're **inside**

If you are working at a desk, make sure that the **light is directed exactly at your working area**; otherwise, light coming from behind you may cast **shadows on your workstation**.

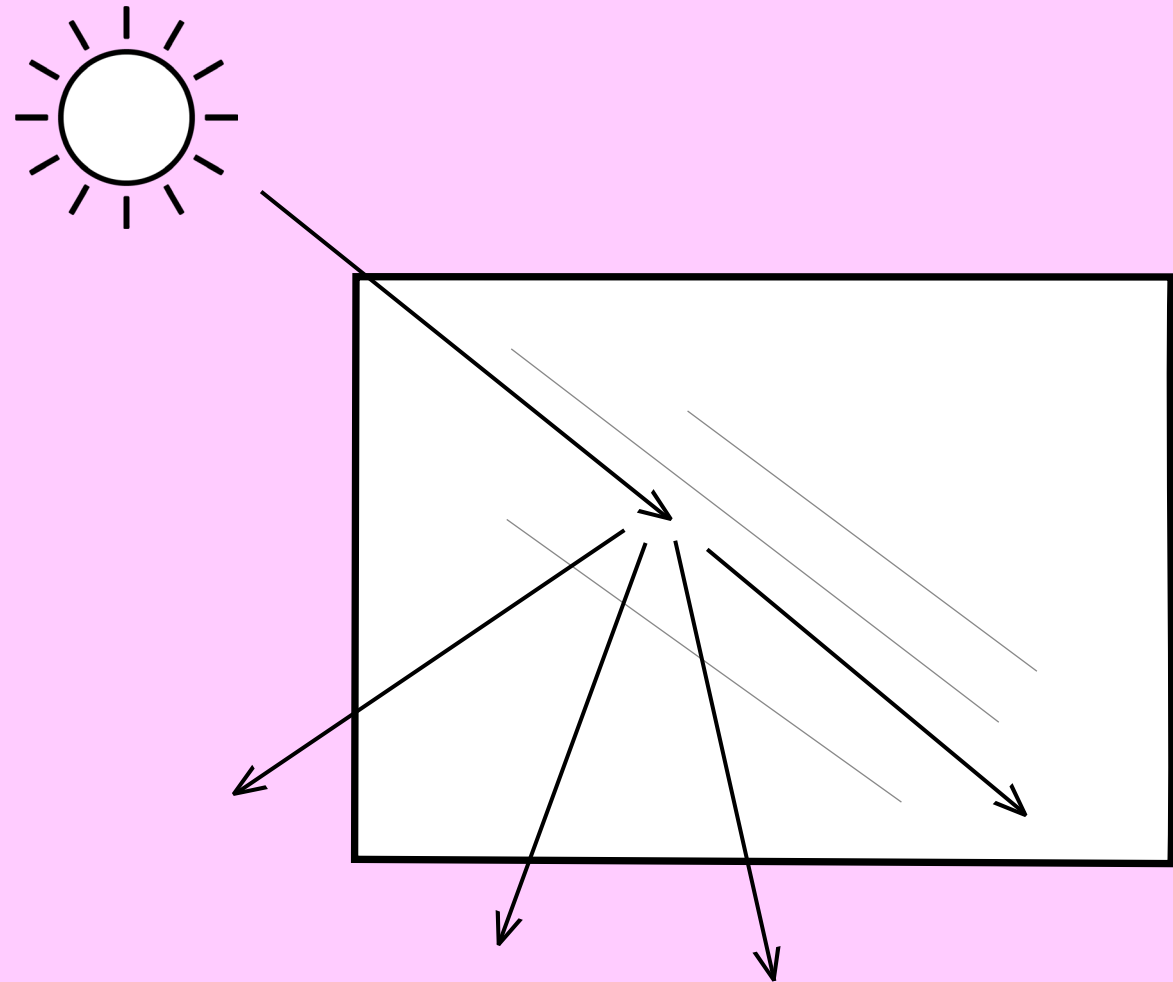
If you're working with a computer you should have the **screen perpendicular to the windows** so as not to generate glare.



Strategic positioning when you're **inside**

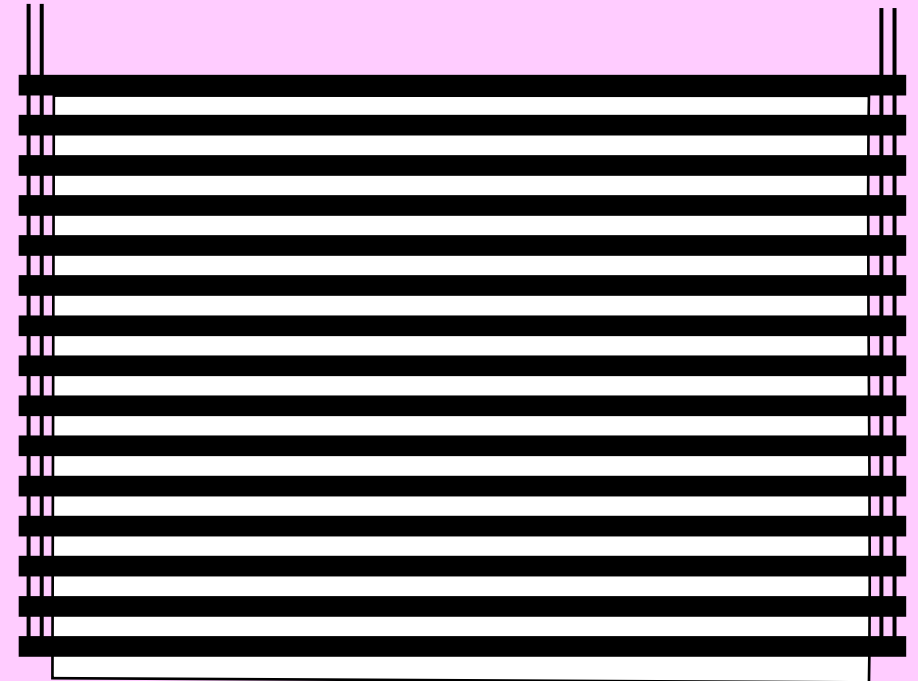
Position your mirrors so that the sunlight **reflects** on them: you will illuminate the whole room!

Furthermore, a well-lit room can look like **more spacious and welcoming.**



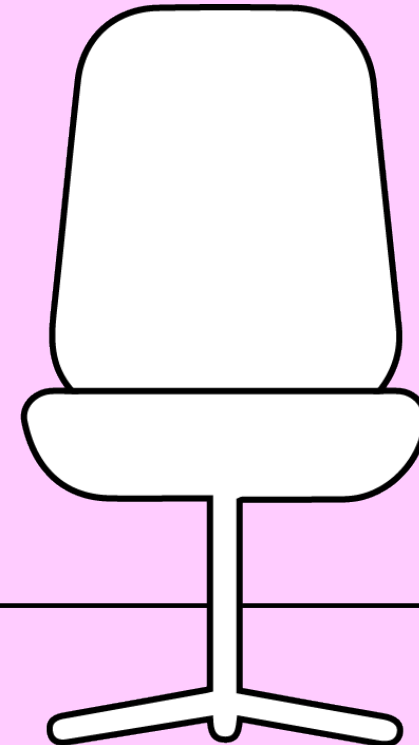
Strategic positioning when you're **inside**

Remember to use **solar screens** when the light is too strong: it will help you to enjoy a softer light.



Strategic positioning when you're **inside**

Choose **light colors** to furnish your home:
they will make the room even **brighter**.



espica 

Brighten your future