A 4-IN-1 CHROMOTHERAPY, AROMATHERAPY, LIGHT THERAPY, MUSIC THERAPY PRODUCT FOR WELL-BEING OF PEOPLE

Clency Chappaz BSc, Antonin Gall BSc, Chloé Nuzzo BSc, Laurent Billonnet PhD

Faculty of Sciences and Techniques, University of Limoges, France

Abstract
We present a novel concept of an all-in-1 system to recover well-being at home. The concept is based upon a playful and configurable combination of aromatherapy, light therapy, chromo therapy and music therapy to allow a “do-it-yourself” approach. These classical therapies are today usually sold separately in drugstores and we intend to integrate them into a single device which becomes a well-being centre. We introduce the concept of atmosphere and ambiance capsules that can be selected in the same manner as is done with a coffee machine. From the design point of view, the “CALM” system is built as a stone in reference to the Scandinavian design style. Several commercial packs are derived that will allow the user to select a panel of predefined atmospheres and even to build his own ones.

Keywords: senses; capsules; well-being; 4-in-1; e-technology

Introduction
Depending on seasons and daily stress, everyone feels a lack of energy and motivation at some time and thus needs to recover well-being. Products and services already exist to overcome this problem, but they are mostly seen as therapeutic solutions since they are sold in drugstores or specialised health centres. Use of light therapy is very common. In Scandinavian countries, in winter, the days are very short and this favours the lack of energy, and depression due to work and seasonal affective disorder. In these countries they have for example set up bus shelters which are equipped with light therapy lamps which replace the advertising posters and compensate for the lack of sunlight. Other therapeutic products exist based on aromatherapy or chromo therapy, but they are sold separately from each other. Our idea started from the fact that for many applications used in daily life some all-in-1 products are now available and are intended to make life simpler. In addition more and more products are connected together through the Internet and also allow playful experiences with online resources. For example, multifunctional cooking devices are now available on the market that enable cooking almost anything and even inventing recipes.

Figure 1. The CALM concept representation.
served by someone and the fact that you can do it yourself. First, when you do it yourself, you can choose the coffee flavour you prefer depending on the moment of the day (light coffee in the morning, or strong coffee for lunch) and on your own feelings (correlated to stress or ambiance). Also, the user can get the satisfaction of having done it himself, which is more playful and interactive.

So, the key element of our product is the capsule. A capsule will contain an atmosphere scenario that will combine light, smells, colours and music. In our product, about 30 different capsules of predefined atmospheres will be available. Example of their logos are shown in figure 2.

![Logos showing some of the predefined atmospheres.](image)

Returning to the coffee machine example, when you wake up in the morning, you may want a hot drink with your jam or with your croissant. Then, you choose a "coffee with milk" capsule, you introduce it into the machine and you get your coffee done. After lunch, you may prefer an espresso, so you choose the "espresso" capsule that you introduce into the machine and you get your coffee done.

Our system is based upon the same way of use. If you want a summer beach atmosphere then you can select the "seaside" capsule which will simulate iodine smells, wave sounds, soft and bluish light. You just introduce this capsule in the CALM and get the desired atmosphere. If you prefer the mountain then you can choose the "pine sap" capsule that will simulate pine odours, warm light and forest sounds.

### The CALM device

The design of our main device has been inspired by several universes. On the one hand, well-being is often linked to a Zen atmosphere and on the other hand that the objects relative to this atmosphere often take their shape from stones. Then, referring to Scandinavian countries, our device is designed through hexagonal and purified shapes. (Figure 3)

The main device is composed of the hexagonal...
further version, the user will be able to create his own capsules. CALM will be sold as a pack with several possible options and different numbers of capsules.

![Figure 5. The pack composed of CALM and capsules.](image)

**Conclusions**

In this paper, we have integrated four different therapies (aroma, chromo, light and music) that are usually sold separately, into a 4-in-1 connected system. The philosophy has been to emphasise as much as possible the interactive and configurable capabilities of the global package first in terms of possible atmospheres that can be simulated, and secondly in terms of object design and ergonomics. The object can be moved to different places as the main device (the CALM stone) has its own batteries that can be recharged through an induction base system. A set of about 30 predefined atmospheres is already under construction. In a next step, several other features will be integrated such as an alarm clock that will simulate a slow wake up process using a selected scenario through the adequate capsule. The system will also provide the possibility of automatically reacting to the weather or the ambient light.

**References**


**Corresponding author:**
Laurent Billonnet PhD
Faculty of Sciences and Techniques
University of Limoges
France
Email: Laurent.billonnet@unilim.fr

**Conflict of interest.** The authors declare no conflicts of interest.