

## Visible Light Sandwich

Notice where these two types of light are on the electromagnetic spectrum. They are on either side of visible light. While we can't see these types of light, they are there and affect us in different ways.

<b>Infrared</b>	<b>Ultraviolet</b>
Infra = below    below red	Ultra = above    above violet
Invisible to humans	Invisible to humans
Makes us warm	Sunburn / suntan
Lower frequency and wavelength	Normal exposure can be dangerous
An electromagnetic wave	Higher frequency and energy
Longer wavelength	An electromagnetic wave
Helps improve circulation	Shorter wavelength
Helps with healing	Reacts with and energizes
Can damage eyes and body tissues (extreme)	Helps us make vitamin D (good for moods and your immune system)
	Reduces blood pressure
	Can age skin
	Can cause cancer