

What is claimed is:

1. A light filter comprising

- a) at least one layer of binder matrix; and
- b) a multitude of transparent crystals;

wherein the multitude of transparent crystals being irregularly and laterally dispersed in the at least one layer of binder matrix ;

whereby light passing through the light filter is separated into different wavelengths and/or polarized into different orientations.

2. The light filter of claim 1, wherein the light passing through the light filter is highly scattered and/or refracted, including multiple internal reflections and multiple polarization.

3. The light filter of claim 1, wherein the transparent crystals have various shapes and sizes.

4. The light filter of claim 1, wherein the thickness of the light filter is in the range of 0.01mm to 20mm.

5. The light filter of claim 1, wherein the thickness of the light filter is in the range of 0.1mm to 2mm.

6. The light filter of claim 1, wherein the transparent crystals have a particle size between 0.01 mm to 5 mm.

7. The light filter of claim 1, wherein the transparent crystals are made of glass, crystals or plastic.

8. The light filter of claim 1, wherein the transparent crystals are made of silicon dioxide.

9. The light filter of claim 1, wherein the binder matrix is made of a transparent polymer.
10. The light filter of claim 7, wherein the transparent polymer is selected from the group consisting of polycarbonate, PMMA, polyethylene terephthalate, PETG, PVC, liquid silicone rubber, cyclic olefin copolymers, polyethylene, polystyrene, MABS, ionomer resin, polypropylene, FEP, SMMA, SAN, epoxy or a combination thereof.
11. A lighting device comprising
- a) a light source adapted to illuminate in at least one direction; and
 - b) at least one light filter disposed in the at least one illumination direction of the light source, wherein the light filter comprising at least one layer of binder matrix and a multitude of transparent crystals;
- wherein the multitude of transparent crystals being irregularly and laterally dispersed in the at least one binder matrix;
- whereby light passing through the light filter is separated into different wavelengths and/or polarized into different orientations.
12. The lighting device of claim 11, wherein the light passing through the light filter is highly scattered and/or refracted, including multiple internal reflections and multiple polarization.
13. The lighting device of claim 11, wherein the transparent crystals have various shapes and sizes.
14. The lighting device of claim 11, wherein the thickness of the light filter is in the range of 0.01mm to 20mm.
15. The lighting device of claim 11, wherein the transparent crystals have a particle size between 0.01 mm to 5 mm.

16. The lighting device of claim 11, wherein the binder matrix is made of a transparent polymer.
17. A method of treating an acute or chronic pain in a subject in need thereof, comprising
- shining light towards the subject using a lighting device;
 - separating the light into different wavelengths and/or polarizing the light into different orientations using a light filter; and
 - shining the light of different wavelengths and/or orientations onto the subject.
18. A method of improving blood circulation in a subject in need thereof, comprising
- shining light towards the subject using a lighting device;
 - separating the light into different wavelengths and/or polarizing the light into different orientations using a light filter; and
 - shining the light of different wavelengths and/or orientations onto the subject.