


What is Chromatherapy?



Chromatherapy is a supportive therapy technique of restoring imbalances, and a method of treatment of diseases by the use of applying coloured lights to the body.

Pythagoras applied coloured light therapeutically 2500 years ago, and was used for healing in ancient Egypt, China and India

Chromatherapy for Wellness



PURPLE: Relaxing-Emotional Balance, Internal Relaxation, Generosity

Stimulates the spleen; cardiac depressor; nerve & lymphatic depressor; purifies the blood; maintains potassium & sodium balance in the body. Used to Treat: Bladder Disease, Kidney Problems, Skin Problems, Epilepsy, Tumors, Rheumatoid Arthritis



BLUE: Tranquility

Promotes growth; increases metabolism; builds vitality; reduces nerve excitement. Used to Treat: Insomnia, Chickenpox, Cholera, Epilepsy, Colds, Arthritis, Paralysis



INDIGO: Calming-Serenity, Internal Peace

Parathyroid stimulator; thyroid depressor; respiratory depressor. Used to Treat: Asthma, Nose Disorder, Bronchitis, Pneumonia



YELLOW: Stimulating-Cheerfulness, Mental Clarity, Confidence, Creativity

Excellent for nerve & brain; stimulating, cleansing/eliminating action for liver & lymph nodes; purifies bloodstream; activates lymph system. Used to Treat: Constipation, Indigestion, Kidney Problems, Diabetes, Diarrhea, Acute Inflammation, Fever



GREEN: Balanced-Peace, Harmony, Relaxation, Renewal

Emotional stabilizer & pituitary stimulator; sedative for muscle/tissue buildup; cooling-smoothing-calming effect. Used to Treat: Asthma, Bone Disorders, Heart/Cardiac Conditions; Insomnia; Digestive Disorder



RED: Energizing-Vitality, Strength, Confidence, Courage

Stimulates & excites the nerves; activates circulation; red acts as counter-irritant. Used to Treat: Anemia, Bronchitis, Constipation, Paralysis, Physical Disability