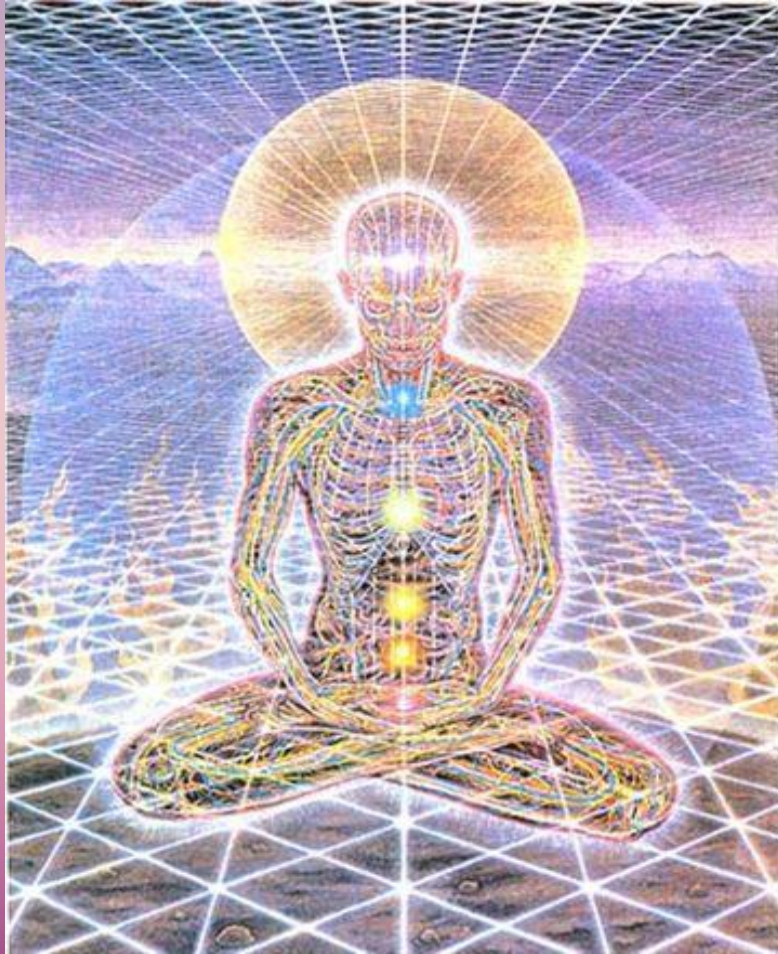


Chromotherapy



The definition of “chromotherapy”



Chromotherapy is a scientific method of using colored rays of light to treat physical and mental health disorders.

Chromotherapy has 2 types:

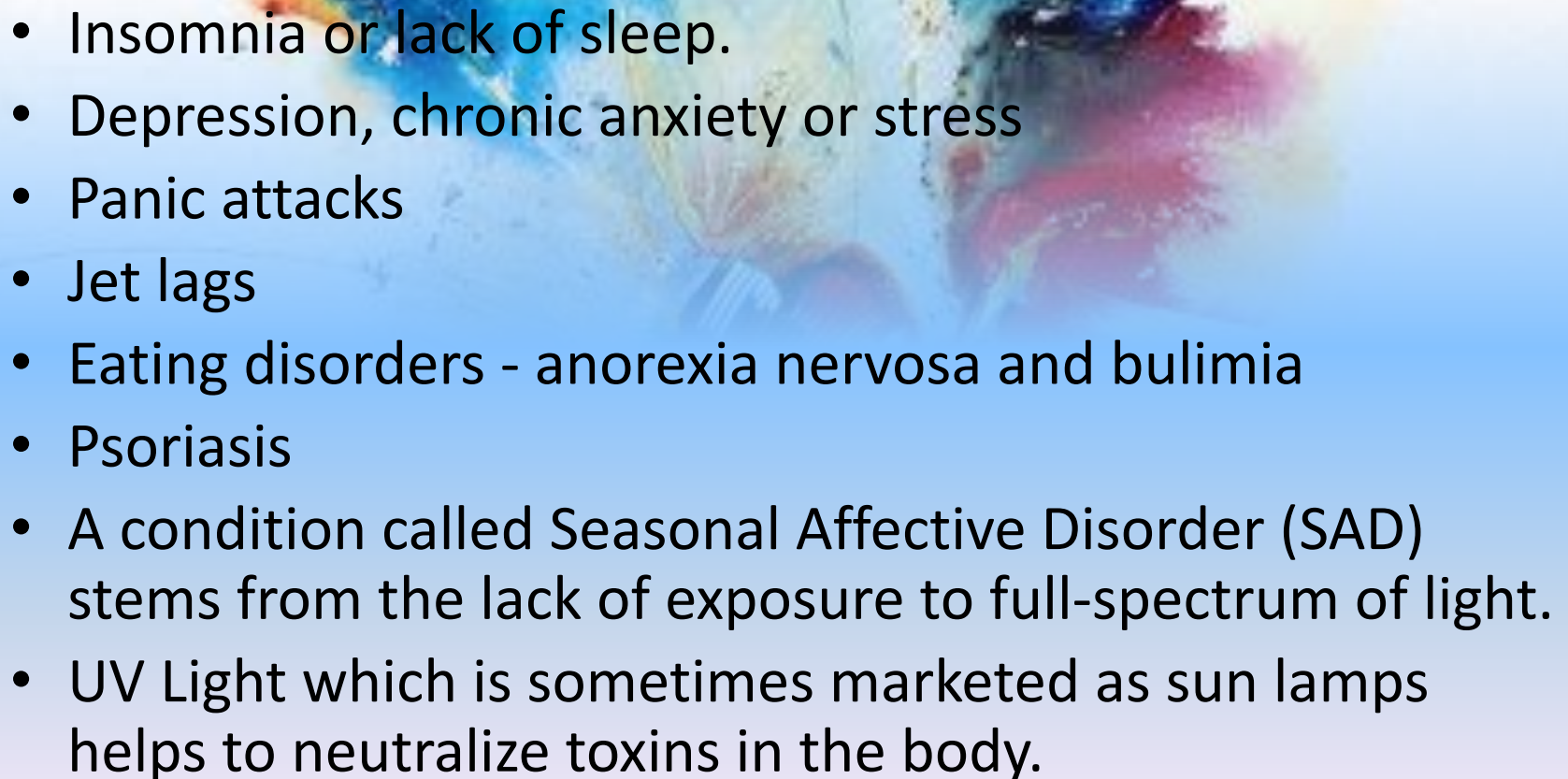
Chromotherapy has two types:

- 1. Luminous Chromotherapy*
- 2. Molecular Chromotherapy*

Colour therapy involves:

1. Colour Therapy Oils
2. Colour Therapy Bath Crystals
3. Colour Therapy Glasses
4. Colour Therapy Water



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- Insomnia or lack of sleep.
 - Depression, chronic anxiety or stress
 - Panic attacks
 - Jet lags
 - Eating disorders - anorexia nervosa and bulimia
 - Psoriasis
 - A condition called Seasonal Affective Disorder (SAD) stems from the lack of exposure to full-spectrum of light.
 - UV Light which is sometimes marketed as sun lamps helps to neutralize toxins in the body.



GREEN

supports Balance,
Harmony, Love,
Communication,
Social, Nature,
Acceptance

BLUE-INDIGO

increases Calmness,
Peace, Love, Honesty,
Peace, Kindness, Truth,
Inner Peace, Emotional
Depth, Devotion

YELLOW

increases Fun,
Humor, Lightness,
Personal Power,
Intellect, Logic,
Creativity

ORANGE

stimulates Creativity,
Productivity, Pleasure,
Optimism, Enthusiasm,
Emotional Expression

VIOLET stimulates
Intuition, Imagination,
Universal Flow,
Meditation,
Artistic
Qualities

RED

increases
Physical Energy,
Vitality, Stamina,
Grounding,
Spontaneity,
Stability
Passion