

# CHROMOTHERAPY

Color light therapy can benefit your well-being. Chromotherapy or light therapy is the science that uses the seven colors of the light spectrum. The seven colors have the ability to affect the vibrations of the body various frequencies. For optimal health, we all need the light of the sun. We receive light from the sun which is divided into 7 main groups of rays which are absorbed by our bodies

<b>RED</b> Activates circulatory and nervous system	<b>ORANGE</b> Energizes, eliminates localized fats, addresses asthma and bronchitis	<b>YELLOW</b> Purifies skin, helps indigestion and stress
<b>GREEN</b> Acts as a relaxant	<b>STRONG GREEN</b> Anti-infectious, anti- septic, and regenerative stimulation	<b>STRONG YELLOW</b> Strengthens body and internal tissues
<b>STRONG BLUE</b> Lubricates joints and helps address infections, stress, and tension	<b>BLUE</b> Stimulates muscles, skin cells, nerves, and circulatory systems	<b>STRONG INDIGO</b> Helps eye inflammation, cataracts, glaucoma, and ocular fatigue
<b>INDIGO</b> Eliminates impurities from blood stream	<b>VIOLET</b> Relaxes nerves and lymphatic system. Targets inflammation and urinary illness	<b>STRONG PINK</b> Strengthens veins and arteries