

CHROMOTHERAPY

Chromotherapy, or color therapy, is a healing practice that uses different colors to improve health and well-being. It believes each color has unique effects on the body and mind. It's often used with methods like massage or meditation to balance energy and address health issues.

ONE OF OUR MANY OPTIONS



Green light therapy promotes balance, relaxation, and muscle relief, offering effective solutions for headaches, stress, and digestive issues. It also provides benefits for skin health, wound healing, pain relief, and circadian rhythm regulation. By closing small blood vessels beneath the skin, green light diminishes their appearance and soothes skin conditions like rosacea and erythema. Additionally, green light exposure enhances visual attention and supports overall cognitive function.

CHROMOTHERAPY GUIDE

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RED

Increases respiration rate. Enhances metabolism. Raises blood pressure. Activates circulatory and Nervous systems.

ORANGE

Energizes body. Reduces localized fat and eases digestive system discomforts. Used to treat asthma and bronchitis.

YELLOW

Has a cleansing effect. Purifies blood and increases neuromuscular tone. Stimulates happiness.

GREEN

Acts as a relaxant and fights depression. Regulates pituitary gland. Calms nervous systems and insomnia.

STRONG GREEN

Regenerative stimulation. Fights infections. Slows metabolism and produces calming effect.

BLUE

Calms breathing and heart rate. Lowers blood pressure. Helps insomnia and headaches. Reduces overall pain.

STRONG BLUE

Reduces stress and nervous tension. Lubricates joints, and fights infections.

INDIGO

Helps eye inflammation. Cataracts. Glaucoma and Ocular fatigue.

PURPLE

Relaxes muscles, relieves headaches and arthritis pain. Purifies body and assists with detoxification.

PINK

Eliminates impurities in the blood stream. Cleanses body. And strengthens veins and arteries.

WHITE

Stimulates production of serotonin. Regulating sleep and nervous system. Provides energy and helps reduce effects of seasonal affective disorder (SAD).

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LOS BENEFICIOS

Los beneficios de la cromoterapia incluyen la relajación mediante colores calmantes como el azul y el verde, el mejoramiento del estado de ánimo con tonos cálidos como el amarillo y el naranja, la mejora de la calidad del sueño al regular los ritmos circadianos y el alivio del dolor con colores analgésicos como el azul y el violeta. También aumenta los niveles de energía con tonos vibrantes como el rojo y el naranja, acelera la curación mediante la regeneración celular y la mejora de la circulación, y promueve efectos antienvjecimiento estimulando la producción de colágeno y la rejuvenecimiento de la piel. Además, mejora la claridad mental, mejora la salud de la piel al dirigirse a longitudes de onda específicas y apoya la liberación emocional mediante terapia de asociación de colores.

Una de nuestras muchas opciones: La terapia de luz verde promueve el equilibrio, la relajación y el alivio muscular, ofreciendo soluciones efectivas para dolores de cabeza, estrés y problemas digestivos. También proporciona beneficios para la salud de la piel, la cicatrización de heridas, el alivio del dolor y la regulación del ritmo circadiano. Al cerrar los pequeños vasos sanguíneos debajo de la piel, la luz verde disminuye su apariencia y calma afecciones cutáneas como la rosácea y la eritema. Además, la exposición a la luz verde mejora la atención visual y apoya la función cognitiva general.

**SOME PRICES
INCREASED
AS OF
MARCH 1ST**

THE BENEFITS

Promotes Relaxation: Calming colors like blue and green induce relaxation, reducing stress and anxiety.

Enhances Mood: Different colors positively influence mood; warm tones like yellow and orange promote happiness and vitality.

Improves Sleep Quality: Chromotherapy regulates circadian rhythms, aiding in restful sleep.

Pain Relief: Analgesic colors such as blue and violet alleviate pain.

Boosts Energy Levels: Vibrant colors like red and orange stimulate energy levels, combating chronic fatigue.

Supports Wound Healing: Chromotherapy accelerates healing by stimulating cellular regeneration and improving circulation.

Anti-Aging: Promotes collagen production and skin rejuvenation, reducing fine lines and wrinkles.

Enhances Mental Clarity: Chromotherapy aids in mental clarity and concentration.

Improves Skin Health: Targeted color wavelengths address skin conditions like acne, eczema, and psoriasis.

Encourages Emotional Release: Facilitates self-expression and releases pent-up emotions through color association therapy.

Improved Skin Tone: Stimulates collagen production, potentially reducing wrinkles and blemishes.

Weight Loss: Infrared saunas aid weight loss by boosting heart rate and metabolism through heat exposure, facilitating calorie burn and detoxification.

Improves Cardiovascular Function: Infrared sauna dilates blood vessels, effectively increasing circulation throughout the body.



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