

Chromotherapy / Color Therapy

Colours have always been known to affect people's behavior in different ways. Some have a calming effect, while others are known to stimulate both, mental and physical activity. It may not seem very obvious, but colours play a greater role in our lives than most of us realize. In fact, colours can be so influential on the human mind and body, that they are even considered to have healing properties. Like many other alternative treatments, Colour Therapy has grown in popularity over the years and is one of the most sought-after treatments today.

Red - Red links with & stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. Orange - Orange stimulates the lungs, the respiration and the digestion. Increases the activity of the thyroid. Relieves muscle cramps and spasms. Yellow - Yellow can be used for conditions of the stomach, liver, and intestines. Speeds up the digestion and assimilation. Green - Green links with and stimulates the heart chakra. Green affects blood pressure and all conditions of the heart. Blue - Blue links with and stimulates the throat chakra. The throat chakra is often referenced as the "power center" and "the greatest center in the body". Indigo - Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. Violet / Purple - These are colors of transformation. They heal melancholy, hysteria, delusions and alcohol addiction and bring spiritual insights and renewal. White - White is the perfect color; for it is all colors, in perfect balance and harmony. Magenta - Scorpio-energy. Magnetism, to attract or speed up things, extra power, when immediate action and great spiritual power are needed, life purpose, life path. Turquoise - Increases intuition and sensitivity. Works as disinfectant and antiseptic. Brown - Elemental earth. The planet-spirit Saturn. Grey - Neutralizing negative influences, erasing or cancelling situations, causing stalemates. Black - Deities of the underworld. Repel/banish evil and negativity, protection, banishing, binding, breaking free from bad habits/addictions, deep meditation.