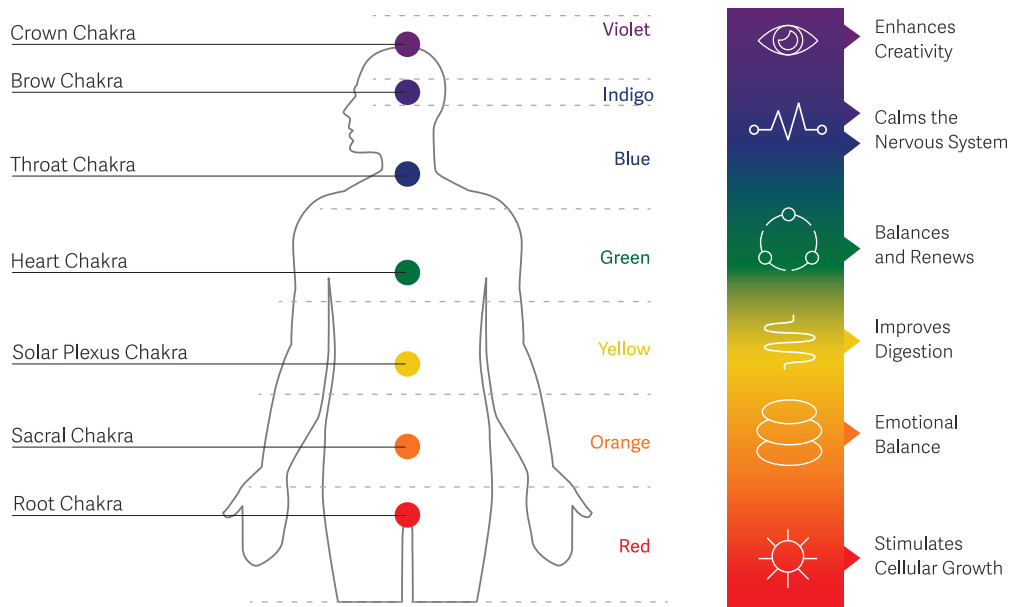


Heal with Colour.

Colour therapy, or Chromotherapy, is the science of utilising wavelengths of colour light frequencies to improve your mind, body and soul.



Violet

Violet animates and cleans the venous blood, and can also strengthen our connection with our true selves. Violet rays can be a remedy for physical ailments such as: neurosis, sciatica, tumors, rheumatism, cerebral meningitis, concussion, cramps, epilepsy.

Yellow

Yellow awakens and connects us to our mental self, fostering clarity, awareness, and happiness, as well as a strong sense of well-being. Yellow's wavelength has an alkalizing effect which can strengthen nerves, thus allowing for optimal healing in nerve-related conditions.

Blue

Blue is a soothing ray that calms the nervous system and mind. Blue is a beneficial ray for optimizing your sleep. Blue can also remedy ailments associated with speech, communication, or the throat. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech.

Orange

Often referred to as "the Wisdom Ray," Orange is a warm, emotionally stimulating color, with the ability to relieve stress. Due to its blend of red and yellow - Orange can heal the mind and body in tandem. The hues of red heal the physical body while the yellow hues energize the mind.

Green

Green is the healing colour, that energises and soothes. While relaxing muscles, nerves and thoughts, Green can cleanse and balance our energy. Utilising Green can help heal conditions surrounding the heart, in stabilising blood pressure and nervous system disorders.

Red

The Great Energiser, Red creates warmth and energy that promotes cellular growth for healing and rejuvenation, and boosts blood circulation. Red can be used for fighting fatigue, and for sluggish and passive metabolisms.