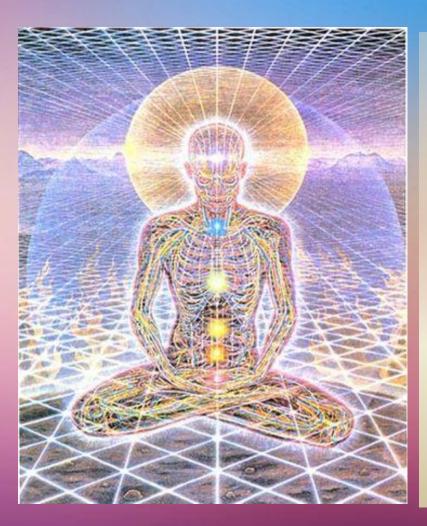


The definition of "chromotherapy"



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









- 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.

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

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

BLUE-INDIGO increases Calmness. Peace, Love, Honesty, Peace, Kindness, Truth Inner Peace, Emotional Depth, Devotion

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

RED increases Physical Energy, Vitality, Stamina, Grounding, Spontaneity, Stability. NEVIEWS

Passion(

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