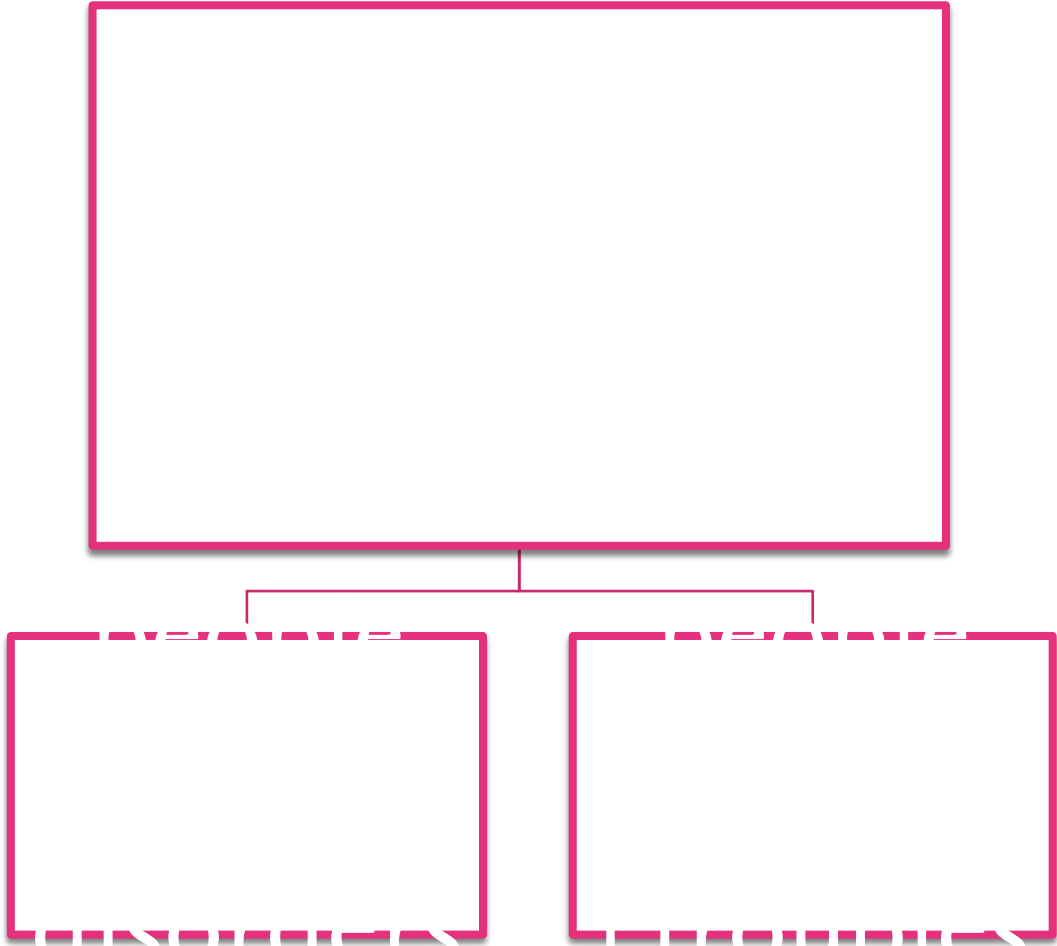


What is colour therapy?



Colour therapy and healing (also known as chromotherapy or light therapy) is a type of **holistic healing** that uses the visible spectrum of light and colour to affect a person's mood and physical or mental health.



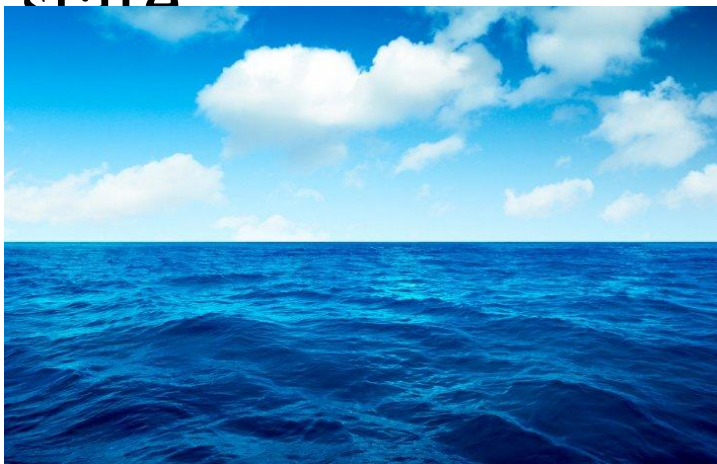
Each colour is connected to various areas of our body and will affect us differently emotionally, physically, and mentally





BLUE

Relaxing blue rays will bring great calm and peace to the mind that is worried, excited, or in a constant nervous state.



GREEN

Green is the colour of
balance, harmony,
nature, neutrality
and of
non-resistance



INDIGO

Indigo is a great purifier of the bloodstream and also benefits mental problems



YELLOW

Yellow is stimulating
the nervous system
and the intellect



RED

Red colour increases
blood circulation



ORANGE

Orange has a freeing
action upon the
body and mind,
relieving
repressions



VIOLET

Violet should be used only for spiritually-related problems



CONCLUSION

Colour therapy or chromotherapy is one of the most ancient healing therapies that have been used in several parts of the world. When used right, it can help to boost natural healing ability of the body, not only to cure diseases but also prevent them.