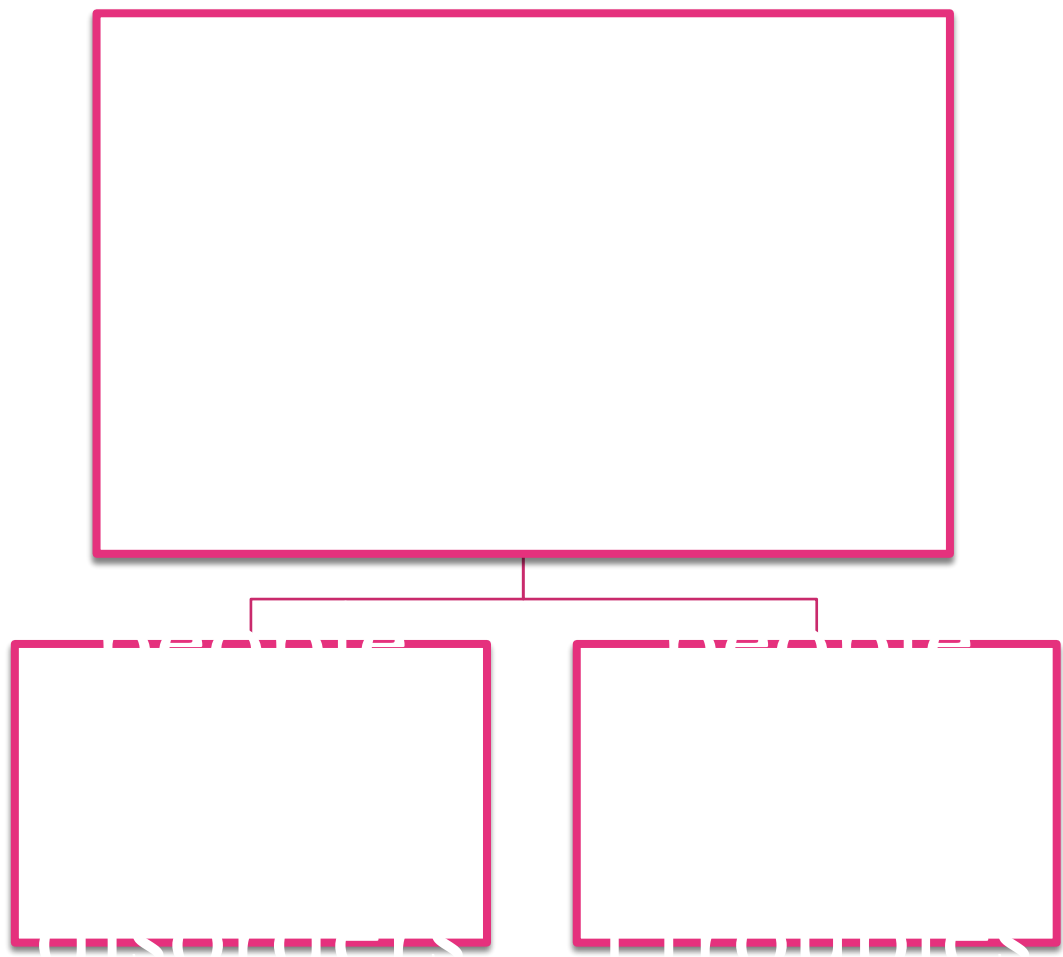


# What is colour therapy?



**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

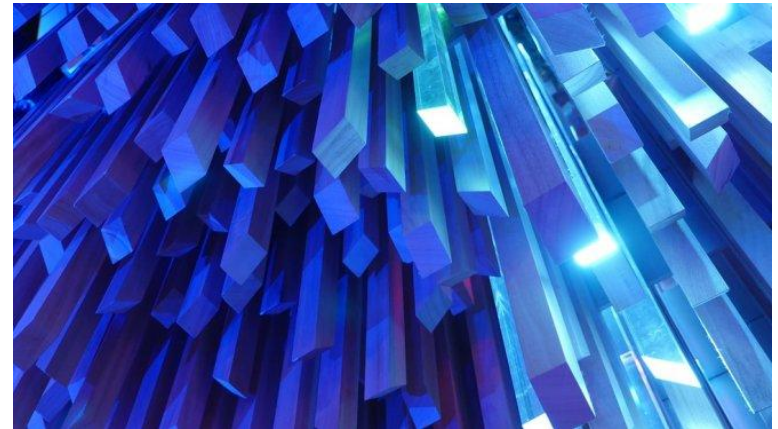
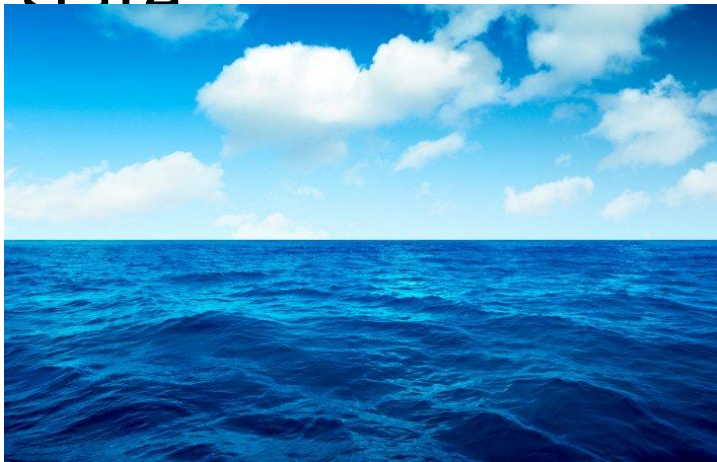






# BLUE

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.