

Chromotherapy, or Color Light Therapy, is the use of colored lights to stimulate the senses, the body, and the mind. The spectrum of color usage is endless, with its ability to elevate moods, produce soothing mindsets, stimulate cell regeneration, and help in healing. When used with our infrared sauna, the healing benefits are endless.



Red and Pink are called “The Great Energizers” They will help loosen and release stiffness and constrictions. They’re excellent for areas that have become stiffened. The color red as passionate is not just a cultural association. Red light has been shown to enhance libido and increase energy. Additionally, red activates collagen cells and helps stimulate skin to reduce the appearance of lines and wrinkles. It energizes organs and promotes faster healing when used in conjunction with infrared therapy. Affects the heart by increasing pulse rate, and the muscles by increasing their tension. Influences vitality, and increases body temperature. Can be used to develop excitement and sensuality. Brings warmth, energy and stimulation, therefore good for energy, fatigue, colds, chilly and passive people. Red energizes heart and blood circulation, it builds up the blood and heightens a low blood pressure. It energizes all organs and the senses. Pink helps activate and eliminate impurities from the blood stream. Pink acts as a cleanser, strengthening the veins and arteries.



Orange light therapy is traditionally used to stimulate mental activity and induce cheerful emotions. Orange has a freeing action upon the mind, relieving repression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing transformation between lower physical reaction and higher mental response. Through orange, we are able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding. Orange helps assimilate new ideas. Orange is the best emotional stimulant, helping to remove inhibitions paving independent social behavior. Bring joy to your workday and strengthen your appetite for life. Orange aids in repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and all sinus conditions. Orange hues can increase energy levels and improve a person’s mood. Associated with resourcefulness, enthusiasm, sociability, happiness, success, sexual stimulation. Can benefit social confidence, joyfulness, enjoyable relationships, expanded interests and activities. May be useful in easing digestive system discomforts (e.g. flatulence, cramps)



Yellow color light therapy can be used to help a person feel spiritually grounded while maintaining a positive outlook. Yellow helps awaken mental inspiration arousing higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments, fueling the solar plexus. It may help individuals feel more optimistic and lighthearted. Mental clarity, inspiration, stimulating curiosity and interest. Increases neuromuscular tone. Purifies blood, helps digestion, and has a cleansing effect. Strongly stimulates happiness, brings on a sense of security, as well as a strong feeling of well-being. Used to ease depression, raise self-esteem, empowerment, and confidence. Yellow helps strengthen the nerves and the mind. Yellow can be used for conditions of the stomach, liver, and intestines. It can help the pores of the skin by repairing scarred tissue. Awakening, inspiring and stimulating the higher mind promoting self-control. Typical diseases treated by yellow are constipation, gas, liver troubles, diabetes, eczema and nervous exhaustion.



Green is the universal healing color. Green is midway in the color spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony. Thus, green can be used for just about any condition in need of healing. When in doubt, green will always work. Green will help relax muscles, nerves and thoughts. The color green cleanses and balances our energy, to give a feeling of renewal, peace and harmony. In a more practical sense, green affects blood pressure and all conditions of the heart. Having both an energizing effect, moderating, or soothing effect. Green can help heal many illnesses of this nature, specifically including heart troubles, decreasing and stabilizing blood pressure, ulcers, headaches, nervous disorders and influenza, and acts as a general tonic. We depend on the color green to feel calm. Individuals who suffer from Seasonal Affective Disorder (SAD) or the “winter blues” may consider using green to restore a sense of vividness. Green also regulates the pituitary gland, fights depression, bulimia, and other psychosomatic conditions affecting the gastric system. It is useful in calming the nervous system, fights irritability, insomnia and can be used to assist in recovery from nervous breakdowns along with stress reduction.



Blue

Blue on the other hand, is at the opposite end of the visible spectrum. Blue can be used for any type of ailments associated with speech, communication, or the throat. This is a mentally relaxing color. Blue has a pacifying effect on the nervous system encouraging great relaxation. It is ideal for sleep problems. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech. Relaxing, soothing blue rays bring great calm and peace to the mind that is worried, excited, or in a constant nervous state. It is a very positive color, indicating loyalty and reliability, as expressed in the sentiment of being "true blue." Blue also stimulates the parasympathetic system, reduces blood pressure and calms both breathing and heart-rate. It has anti-inflammatory and muscle relaxing effect. Can be used to develop personal expression, clear communication, confidence in speaking, mental relaxation, and knowledge. Blue is cooling; electric, astringent The Blue Ray is one of the greatest antiseptics in the world." Cools down inflammations (don't forget rheumatic inflammations), fever, high blood pressure, stops bleedings, relieves the bursting headaches, calms strong emotions like anger, aggression or hysteria.



Purple

Violet is the last color we can see before light passes on to ultra-violet. This color is an excellent remedy for neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebral-spinal meningitis, concussion, cramps and epilepsy. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain. Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self, bringing guidance, wisdom and inner strength, and enhances artistic talent and creativity. Leonardo da Vinci proclaimed that you can increase the power of meditation ten fold by meditating under the gentle rays of violet, as found in church windows. Purple also helps individuals maintain a sense of "mind over matter" when dealing with chronic pain. It is often recommended for neurological pain caused by conditions like multiple sclerosis and fibromyalgia. This color slows down an overactive heart, and stimulates the spleen and white blood cells. It promotes a true sense of tranquility, reduces anxiety, and detoxifies.