

CHROMOTHERAPY 101

(AKA LIGHT THERAPY)

Studies show that different colours in the light spectrum can have positive impacts on physical and emotional states. Affecting hormones, heart rate, respiration, blood pressure, brain waves, and other physiological functions.

PURPLE - Calming

- Soothes nerves.
- Reduces anxiety and depression.
- Improves immunity, inflammation and cell regeneration.

BLUE - Soothing

- Kills acne producing bacteria.
- Relieves migraines and headaches.
- Can help with sleep, stress and anxiety.

RED - Energizing

- Increases blood flow.
- Helps with fatigue.
- Improves heart health.
- Stimulates skin cell repair.

GREEN - Balance

- Promotes relaxation.
- Reduces symptoms of anxiety, depression, stress and insomnia.
- Helps fight infection.

ORANGE - Positivity

- Brings enthusiasm and confidence.
- Provides mental clarity.
- Aids with digestive health.

YELLOW - Positivity

- Stimulates happiness and enthusiasm.
- Alleviates skin conditions promoting healthy skin.
- Helps with indigestion.

