

# CHROMOTHERAPY

also known as colour therapy, is the practice of using colour and light to improve your mental and physical state.



RELAXATION	<ul style="list-style-type: none"> <li>• headaches and migraines</li> <li>• tranquillising qualities</li> <li>• colds and stress</li> <li>• nervous tension</li> </ul>	<ul style="list-style-type: none"> <li>• stomach pains</li> <li>• rheumatism</li> <li>• muscle cramps</li> <li>• liver disorders</li> </ul>
CLARITY	<ul style="list-style-type: none"> <li>• calm the nervous system</li> <li>• meditative qualities</li> <li>• soothe organs</li> </ul>	<ul style="list-style-type: none"> <li>• relax muscles</li> <li>• clear brain fog</li> </ul>
ENERGY	<ul style="list-style-type: none"> <li>• liver disorders</li> <li>• enhances metabolism</li> </ul>	<ul style="list-style-type: none"> <li>• increases respiration rate</li> <li>• raises blood pressure</li> </ul>
FOCUS	<ul style="list-style-type: none"> <li>• incites enthusiasm</li> <li>• incites determination</li> <li>• refocus your mind</li> </ul>	<ul style="list-style-type: none"> <li>• eliminate localised fat</li> <li>• assist with asthma</li> <li>• assist with bronchitis</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>• positive calming effect</li> <li>• balance mood and energy</li> <li>• anti-infectious</li> </ul>	<ul style="list-style-type: none"> <li>• antiseptic</li> <li>• regenerative stimulation</li> </ul>
POSITIVITY	<ul style="list-style-type: none"> <li>• strengthens the nervous system</li> <li>• assists metabolism</li> <li>• positive effect</li> </ul>	<ul style="list-style-type: none"> <li>• purifies the skin</li> <li>• treats glandular diseases</li> <li>• assists indigestion</li> </ul>