



CHROMOTHERAPY CHART

Chromotherapy refers to the visible light spectrum of color and the healing benefits that colors have on the body and mind.



ENERGY Red brings warmth, energy, and stimulation. Good for fatigue and energizes circulation.



SOOTHING Pink is calming, soothing, and eliminates impurities from the blood stream.



CALMING Blue reduces blood pressure and relieves headaches. Great for relaxing the mind and body.



UPLIFTING Turquoise rejuvenates the skin, relaxes the feelings of stress, and is cleansing to the body.



BALANCE Green helps reduce the symptoms of depression, stress, insomnia, and helps fight infection.



CHEERFUL Yellow stimulates happiness, gives mental clarity, inspires, and purifies the skin.



CLARITY White stimulates production of serotonin, regulating sleep and nervous system.