

Chromotherapy Color Guide



Red

Increases respiration rate. Enhances metabolism. Raises blood pressure. Activates circulatory and Nervous systems.



Strong Green

Regenerative stimulation. Fights infections. Slows metabolism and produces calming effect.



Orange

Energizes body. Reduces localized fat and eases digestive system discomforts. Used to treat asthma and bronchitis.



Blue

Calms breathing and heart rate. Lowers blood pressure. Helps insomnia and headaches. Reduces overall pain.



Yellow

Has a cleansing effect. Purifies blood and increases neuromuscular tone. Stimulates happiness.



Indigo

Reduces stress and nervous tension. Helps eye inflammation. Cataracts. Glaucoma and Ocular fatigue.



Green

Acts as a relaxant and fights depression. Regulates pituitary gland. Calms nervous systems and insomnia.



Violet

Relaxes muscles, relieves headaches and arthritis pain. Purifies body and assists with detoxification.