

THE LIGHT OF YOUR LIFE

BENEFITS OF CHROMOTHERAPY

Since ancient times, cultures from around the world have recognized the healing powers of light and color. Chromotherapy, also known as color therapy, is the use of colored light to enhance emotional, mental and spiritual healing. Although treatment is commonly achieved through targeted light exposure by a professional, you can safely recreate a color oasis at home.

Pink

- Cleansing
- Blood Health
- Relaxing

Red

- Anti-Aging
- Confidence
- Metabolism

Orange

- Ambition
- Energy
- Emotions

Yellow

- Mood Health
- Digestion
- Clarity

Green

- Openness
- Harmony
- Balance

Blue

- Calming
- Focus
- Healing

Purple

- Inflammation
- Creativity
- Nerves

1

Accelerated Healing

Color light treatment can help accelerate the body's ability to heal itself. Rejuvenative LED light therapy is used to promote the healing of post-surgical scars, burns, wounds and more.

2

Reduced Inflammation

Applying color light therapy to swollen or inflamed areas can help soothe discomfort and accelerate healing. This treatment helps muscles relax and reverses irritation.

3

Anti-Aging Benefits

Chromotherapy reinvigorates and energizes skin cells. This results in a collagen production boost, giving skin a smoother appearance and improved elasticity.

4

Decreased Muscle Tension

When applied to tight and tense muscles, light therapy helps dissolve tension, a stress-relieving benefit that leads to relaxation.

5

Better Movement

Light therapy treatments may help lubricate joints and relax the surrounding muscles, resulting in increased range of motion.

6

Regulated Mood

Using light to stimulate our endocrine systems can naturally regulate hormonal imbalances, mood changes and even depression.

7

Improved Circulation

Color exposure and heat therapy have similar affects on the body's circulation. When paired together, the benefits multiply.