

MARCH 2024 IS COLOR THERAPY MONTH!

For many people, the color green means nature and brings to the mind memories of grass, trees, and forests. Green is often described as refreshing and soothing. Other commonalities synonymous to the color green are money, luck, health, and envy.

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Studies of the color yellow tells us that the bright color has traditionally been a symbol of joyfulness, happiness, and energy and is associated with summer. Although, to some individuals it also symbolizes a sense of caution, cowardice and can even be considered irritating to look at.

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Orange is a vibrant and energetic color that represents enthusiasm, creativity, and warmth. It's a shade that combines the passion of red with the joy of yellow, creating a hue that is often associated with fun, playfulness, and vitality.

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Blue is a color often found in nature, such as the pale blue of a daytime sky or the rich dark blue of a deep pool of water. This is perhaps why we often describe blue as calm and serene. Yet, as a cool color, blue can sometimes seem icy, distant, or even cold.

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Indigo is often associated with intuition, perception, and deeper consciousness. It's believed to promote concentration and insight, making it a popular choice for spaces designed for reflection and meditation.

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COLOR Therapy



COLOR IN EGYPT

Color is a universal language and a powerful communication tool. This practice can be found in many modern spas and wellness treatments today, but do you know the rich chromotherapy history behind this holistic practice? The use of color healing has been recorded as far back as the ancient Egyptians. Nature was an important factor in their culture, influencing their use of color in many aspects of their lives, including healing practices. Colors were also associated with gods and contained immense symbolism, especially specific colors like:

- *Black: meaning Life, fertility, reincarnation*
- *Blue: symbolizes Hair of gods, holy, water and the sea*
- *Gold: like the Flesh of gods, perfect, eternal, ever lasting*
- *Green: Healing, life, resurrection, growth, protection, well-being, Happiness*
- *Red: Chaos, destruction, life, protection*
- *White: Purity, simplicity, cleanliness, sacredness*

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COLOR IN CHINA

In Classical Chinese medicine, things such as health are connected to colors. The Five Colors of Chinese medicine intertwine the use of elements (earth, fire, water, etc.) with organ function and mood. It is believed that the colors you attract are alignments or imbalances with the cosmos and surrounding energy. Following a Traditional Chinese Medicine body clock is believed to improve the flowing of life through the body to help heal and maintain a harmonious existence.

The Five Colors of Chinese medicine include but are not limited to:

- *Black/Blue: Kidney organ system, bladder, water, fear*
- *Green: Liver organ system, gallbladder, wood, anger*
- *Red: Heart organ system, small intestine, fire, joy*
- *Yellow: Spleen organ system, stomach, earth, worry*

While these scientific advances may not have been completely accurate, they showed an uptick in interest in discovering how to bring the ancient practice of chromotherapy into modern lives.

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Red is a primary color. It represents passion, warmth, and sensuality, danger, violence, and aggression. Additionally, it is a symbol of power and strength. In many cultures, red is the color of royalty and is often worn by leaders to signify their status.

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The color purple is associated with a variety of meanings, including wisdom, creativity, royalty, power, ambition, and luxury. It can also represent magic, extravagance, peace, pride, independence, and wealth.

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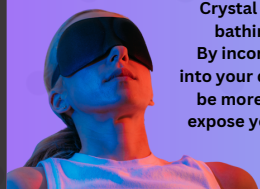
CHROMOTHERAPY



Chromotherapy, also known as Color Therapy, is an alternative holistic health treatment used to improve health and alter your mood.

Chromotherapy produces different color lights within an infrared sauna to create positive change within your body as a meditative aid. Each color used in chromotherapy has unique healing properties, so each person's treatment is different. The colors used will depend on what condition they're seeking to soothe. Just like any type of therapeutic treatment, color therapy must be conducted by a certified professional. The therapist may incorporate tools, verbal suggestions, or guided visualization techniques to treat the patient. Some of the tools and resources often utilized are Candles or artificial lights, Crystal wands, Glass prisms, Colored fabrics, water for bathing, Colored contact lenses, & Colored lasers.

By incorporating more positive and more vibrant colors into your day, you can feel better about yourself, and you'll be more productive and active. Rotating the colors you expose yourself to on a daily basis can help you maximize the benefits you'll enjoy as well.



PAINT THE TOWN MULTI-COLOR

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The color wheel was first invented in the 1600s by one of the most renowned scientists in western history, Sir Isaac Newton. The wheel can be applied and utilized in different methods to create visually appealing artworks. Artists like Piet Mondrian utilized primary colors in his abstract paintings, for example, in his *Composition with Red, Blue, and Yellow* (1930).



ADD COLOR TO YOUR LIFE!

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Color is a powerful tool in the world of fashion. It can evoke emotions, convey messages, and create a lasting impact. Whether it's a vibrant red dress that commands attention or a soft pastel ensemble that exudes elegance, color plays a crucial role in defining a fashion statement. Color can also affect how we perceive the fit and quality of clothing. Certain colors have the ability to make us appear slimmer or taller, while others can make us look broader or shorter. This optical illusion is often used by fashion designers to create flattering silhouettes and enhance the overall aesthetic of their designs.



OUTDOOR COLOR THERAPY

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When you combine the impact of color with the power of Mother Nature, the effects may be even greater than you realize. Blue can remind us of the sky and sea and spending time at the seaside or looking up at the clouds is known to boost our mental health. A green landscape or simply having pictures of forests around you can boost your wellbeing and is known to heal anxiety. Yellow reminds us of the sunlight, happiness, summer days, and can be known to uplift those in a depressive mental state.

Next time you're outside, take a moment and notice the abundance of color the world holds. Notice the environment around you and simply be present. What other colors may be hiding at the end of the rainbow that we have yet to discover?