

Colour Therapy

Colour is simply light of varying wavelengths and, as such, is a form of energy that is used in Colour Therapy.

Colour Therapy is a totally holistic and non-invasive therapy for us all - adults, children, babies and animals. All we need to do is to heighten our awareness of the energy of colour and it can transform our lives.

Colour should be a part of our everyday life, not just something we experience for an hour or two with a therapist. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow without reason. Nature and its colours are not simply here by chance, everything in nature is here for a purpose. Colour is no exception.

Using colours well in the home is a way of creating a balanced environment.

Violet

This colour is known as one of the "cool" colours. It has a very calming effect on us and is, therefore, very helpful for those people experiencing sleep difficulties or stress. However, it can be contraindicated for those suffering from depressive disorders.

Indigo

Indigo is a sedative and it helps to open up our intuition. The colour of divine knowledge and the higher mind. Not suitable for areas for entertainment but for more 'quiet' places. Bedrooms or treatment rooms for example. Some people find indigo is helpful for studying so this colour could be used as part of the decor of a library or study

Blue

Blue is calming, relaxing and healing. Not as sedating as indigo. Also the colour of communication. Can be used in any rooms except those used for physical activity or play.

Green

Green is the colour of balance and harmony and can, therefore, be helpful in times of stress. If one has experienced a trauma, a green silk wrapped around the shoulders can have a very therapeutic effect.

Yellow

It is known as a "warm" colour and has a stimulating effect. It is the colour of the intellect and can be very helpful with study and where concentration is required

Orange

Orange is the colour of fun and sociability and can be used in any activity area and creative areas. It is not ideal for bedrooms or areas of possible stress.

Red

Red is energising and excites the emotions, and can stimulate the appetite.(Often used in restaurants). It can be used in any activity area but red needs careful choice of tone and depth and the space in which it is to be used as it can make a space look smaller and can be claustrophobic or oppressive. However, used well, red and its variations, can make a space feel warm and cosy.