

Can Colors Help with Depression and Emotional Issues?

Have you ever walked into a yellow room and, somehow, felt a little bit happier? Or had a soft blue room enhance a feeling of calm in you? [Chromotherapy](#), also known as color therapy, is actually a popular Complementary and Alternative Medicine (CAM) technique. It involves the use of color and light to balance energy wherever our bodies are lacking – whether physical, emotional, mental or spiritual.

Our bodies need the sun's light to live. And that light can actually be broken down into a seven color spectrum. An imbalance of any of those colors can manifest itself in physical and mental symptoms. The Luscher-Color-Diagnostic®, developed in the first half of the 20th century by Dr. Max Luscher, measures a person's psychophysical state, and their ability to withstand stress, to perform, and to communicate. The diagnostic is used to uncover the cause of psychological stress, which can lead to physical symptoms. Sounds a little wild, right? In fact, color and light have been utilized by healers for thousands of years. Color therapy possibly has roots in Indian medicine (Ayurveda), ancient Egyptian culture and traditional Chinese healing. Alternative medicine practitioners who use chromotherapy often relate the seven colors of the color spectrum to specific body areas known as chakras. As with yoga, the chakras are specific spiritual energy centers at different spots on the human body. The therapeutic actions of the colors correspond to the chakra they represent.*



A Brief Overview of Colors and Chakras

Red – First Chakra: base of spine

Red is believed to increase the pulse, raise blood pressure and increase the rate of breathing. Red would be applied to support circulatory and nervous functions.

Orange – Second Chakra: pelvic area

Orange is a mixture of red and yellow, and improves mood and alertness.

Yellow – Third Chakra: solar plexus (just above belly button)

Yellow, the brightest color used in chromotherapy, has been used to purify the skin, help with indigestion, strengthen the nervous system, treat glandular diseases, hepatitis and lymphatic disorders and assist metabolism.

Green – Fourth Chakra: heart

Green, a color associated with harmony, provides a neutral, positive calming effect.

Blue – Fifth Chakra: throat

Blue promotes relaxation and calm. Blue exhibits tranquilizing qualities often used to relieve headaches and migraines, colds, stress, nervous tension, rheumatism, stomach pains, muscle cramps and liver disorders. Blue is thought to have a positive effect on all kinds of pain.

Indigo – Sixth Chakra: lower part of forehead

Indigo is used to address conditions involving the eyes, ears and nose. It has a calming, sedative effect.

Violet – Seventh Chakra: top of the head

Violet is used to calm the nervous system, soothe organs and relax muscles. Violet has meditative qualities and is often used to treat conditions of the lymphatic system and spleen, as well as urinary disorders and psychosis.



The optional Chromotherapy lighting system can be added to our wooden saunas at anytime. The easy-to-use remote actually has fifteen color combination options with adjustable intensity as well as fade and strobe capabilities. **Very affordable, Chromotherapy lighting is one of our most popular infrared sauna options.**

Chromotherapy has been practiced throughout the world for centuries, and remains one of the most popular CAM therapies available.**

*[What is Color Therapy?](#), *Insight Journal*, October 16, 2006

**[A Critical Analysis of Chromotherapy and its Scientific Evolution](#), Samina T. Yousuf Azeemi and S. Mohsin Raza, *Evid Based Complement Alternat Med.* 2005 December; 2(4): 481–488.