

## Benefits + Clearlight

# The Healing Benefits of Chromotherapy

## What is Chromotherapy?

Chromotherapy is the science of utilizing wavelengths of color light frequencies to improve health benefits of the body and mind.

## Experience Chromotherapy Health Benefits

These colors can help to alleviate various issues. Chromotherapy is the science of using wavelengths of color light to affect your body and mind for improved health and happiness.



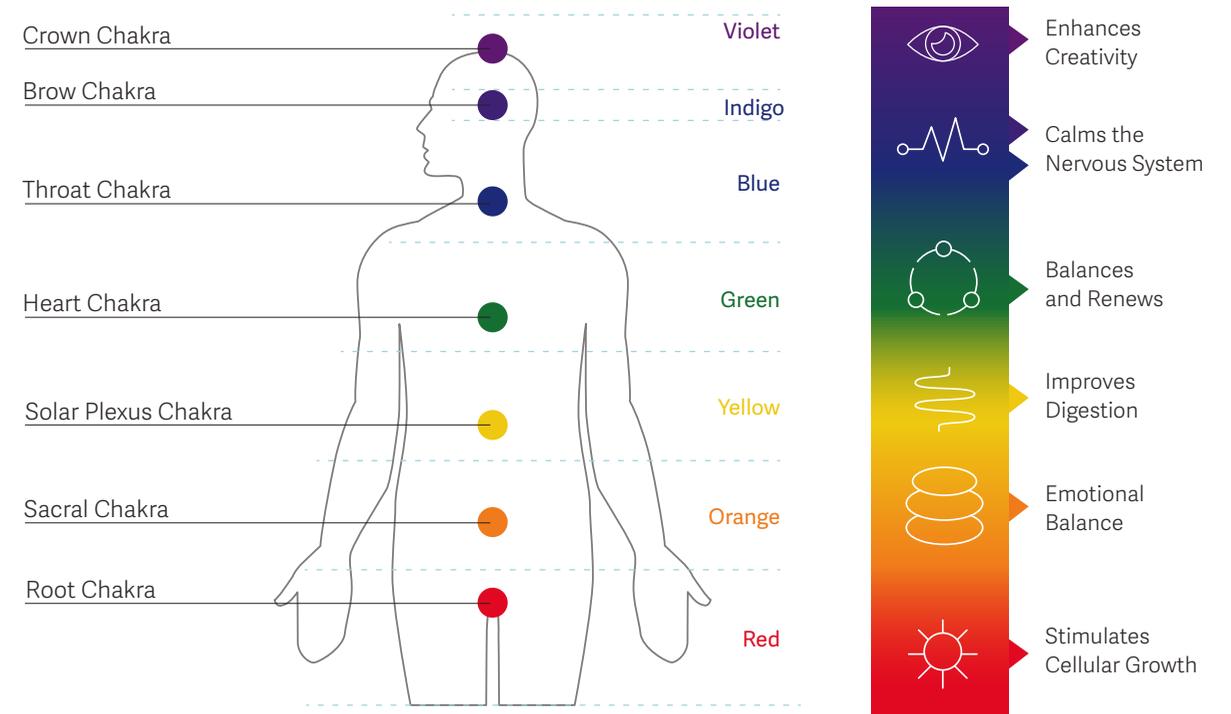
### Health Benefits

- Detoxification
- Reduced Inflammation
- Pain relief
- Wound healing
- Increased flexibility
- Improved circulation
- Treating SAD
- Improved sleep patterns
- Stress reduction



### Cosmetic Benefits

- Healthier Skin
- Anti-aging
- Age spots
- Acne and scar reduction
- Wrinkle reduction
- Stimulates collagen
- Decreased hair loss
- Improved varicose veins



## Two Types of Healing

Clearlight® Infrared Saunas come with two Chromotherapy options for our Clearlight® Premier and Sanctuary models. They are the ultimate compliment to an already rejuvenating infrared sauna experience.

## Premier® Saunas

15 LED Lights

### Standard Intensity

The Standard Chromotherapy comes complete with 15 LED lights in an array of 6 colors. Your session will relax and rejuvenate you with a moderate intensity while still providing therapeutic benefits.

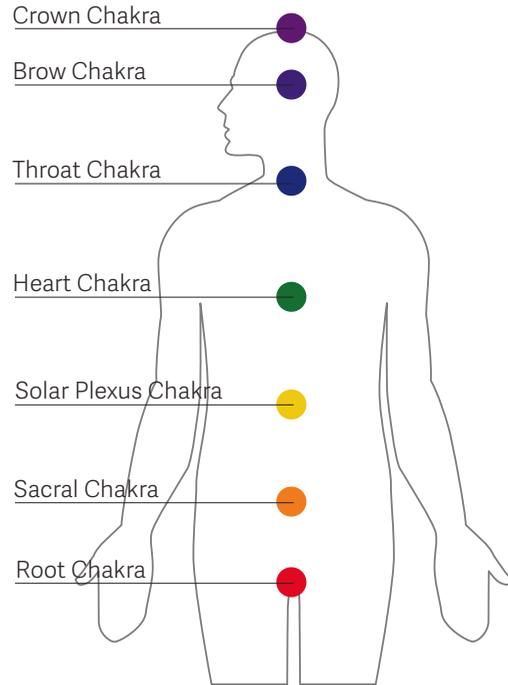
## Sanctuary® Saunas

96 LED Lights

### Medical Grade Intensity

For the greatest results, choose the Medical Grade Chromotherapy with its 96 LED lights and wide array of 12 colors. Monitor the intensity of your session with your own remote dimmer switch.

## Benefits + Clearlight



## The Chakras

The chakras are a system of energy centers in the body. There are 7 chakras located along the spine.

Let's take a closer look at the healing benefits of color as they correlate to the chakras.

# Healing with Color

## Violet

Violet animates and cleans the venous blood, and can also strengthen our connection with our true selves. Violet rays can be a remedy for physical ailments such as: neurosis, sciatica, tumors, rheumatism, cerebral meningitis, concussion, cramps, epilepsy.

## Blue

Blue is a soothing ray that calms the nervous system and mind. Blue is a beneficial ray for optimizing your sleep. Blue can also remedy ailments associated with speech, communication, or the throat. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech.

## Green

Midway on the color spectrum, Green is the healing color, with an energizing and also soothing effect. While relaxing muscles, nerves and thoughts, Green can cleanse and balance our energy. Utilizing Green can help heal conditions surrounding the heart, in stabilizing blood pressure, ulcers, cancer, headaches, nervous disorders and influenza.

## Yellow

Yellow awakens and connects us to our mental self, fostering clarity and awareness. Yellow rays have an alkalizing effect which can strengthen nerves. Thus, this color allows for optimal healing in nerve-related conditions. Yellow can also be used for conditions of the stomach, liver and intestines such as constipation, gas, liver troubles, diabetes, eczema, repairing scarred tissue and nervous exhaustion.

## Orange

Often referred to as "the Wisdom Ray," Orange is a warm, emotionally stimulating color, with the ability to relieve stress. Due to its blend of red and yellow - Orange can heal the mind and body in tandem. The hues of red heal the physical body while the yellow hues energize the mind. Orange can also help aid in repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and many sinus conditions.

## Red

"The Great Energizer," Red loosens and releases stiffness and constrictions. It promotes cellular growth and the circulatory system. Red can be used as a healer for sluggish or dormant conditions, such as pneumonia, arthritis, anemia. In these cases, Red acts as a liver stimulant by increasing circulation and activating metabolism.

A Critical Analysis of Chromotherapy and Its Scientific Evolution [www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/)  
Chromotherapy in the regulation of neurohormonal balance in human brain--complementary application in modern psychiatric treatment. [www.ncbi.nlm.nih.gov/pubmed/19138024](http://www.ncbi.nlm.nih.gov/pubmed/19138024)