

Chromotherapy Sauna Lights

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It is a well-known fact that color plays a major role in establishing a particular mood or state of mind.

Colors are certain wavelengths of electro-magnetic energy seen through our eyes. The actual color that we see is the part of the visible spectrum that is reflected back by a certain object.

When all the colors of the rainbow are combined, the result is white light. Working with the different spectrums of White Light can create completeness, or a harmony and union of all complementary parts.

Colors affect us in different ways:

Color is one of the languages of the soul.

- Color influence our mood and emotions.
- Colors have an impact on our sense of well-being or un-easiness.
- Using and avoiding certain colors is a way of self-expression; it reflects an aspect of our personality or mood.
- Colors affect our sense of perception (light colors make a space look big, a high ceiling looks less high when painted in a dark color, etc.)
- Colors have a symbolic meaning which is recognized by our subconscious mind.
- Colors influence the flow and amount of energy in our bodies.

True healing comes about when the cause of the condition or illness is addressed and transformed. Our Body is an outward expression of that which is taking place within the mind, the soul (subconscious) and the spirit (super-conscious) of the individual. In healing, colors act as balancers: we administer the color(s) someone needs more of, or we give the opposite of the

color someone has too much of.

At Rocky Mountain Saunas we utilize the seven colors of chromotherapy light in our saunas:

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Green:	<p>Healing properties: Green is the color of Nature and the Earth. It is bala essence and possesses a soothing influence upon both mind and body. It is neit astringent in its impact. Green can be used for just about any condition in need</p> <p>Green rings psychological and emotional harmony and balance. Green links with heart chakra. Green affects blood pressure and all conditions of the heart. It has and a moderating or soothing effect. It helps restore hormonal imbalances. Stim and rejuvenation. Cleans and purifies from germs, bacteria and rotting materia digestion, stomach, liver, gall. Has a healing effect on kidneys. Increases immu: bones and tissues. Stimulates inner peace. Strengthens the nervous system.</p> <p>Preference for green: Green brings peace, rest, hope, comfort and nurturing, ca Interest in nature, plants, fellowmen, children and animals, health and healing. Longing for a safe home and family-life. A dislike of conflicts.</p>
Blue:	<p>Healing properties: Blue is cooling, electric, astringent. Cools down infla blood pressure, stops bleedings, relieves headaches, and calms strong emotions hysteria. Brings tranquility. Anti-itching. Anti-irritation (for instance redness o Soothes suffering.</p> <p>Blue can be used for any type of ailments associated with speech, communicati for laryngitis or inflammation of the larynx. Blue links with and stimulates the t chakra is often referenced as the “power center” and “the greatest center in the primary center of expression and communication, through speech.</p> <p>Preference for blue: Cool and soothing, dreamy and magical. Peace and rest. Fc certain distance, but give calm and practical help; they are faithful and loyal, he and rational thinking. Flying in day-dreaming, ideals or nostalgia when felt mis more severe and can be melancholic. Blue is also the color of truth.</p>
Indigo:	<p>Healing properties: Indigo is a great purifier of the bloodstream and al problems. It is a freeing and purifying agent.</p> <p>Indigo combines the deep blue of devotion with a trace of stabilizing and object electric, and astringent. Indigo links with and stimulates the brow chakra (third pineal gland. It governs both physical and spiritual perception.</p> <p>It can be of great assistance in dealing with ailments of the eyes and ears.</p>
Purple:	<p>Healing properties: Purple is the color of transformation. Purple helps to hysteria, delusions and alcohol addiction and bring spiritual insights and renev slow down an over-active heart; stimulate the spleen and the white blood cells (bring sleep. Soothe mental and emotional stress. Decrease sensitivity to pain. T</p> <p>Leonardo da Vinci proclaimed that you can increase the power of meditation te under the gentle rays of Violet, as found in Church windows. Preference for viol meditation, contemplation, mysticism, spirituality and religion power.</p>

	A longing to ascend and dissolve polarities (purple consists of the active red and the passive blue). Purple is a color of the future. It is a color that improves the world. Reservation, mystery and dignity. Soft, sensitive people with abilities.
Red:	<p>Healing properties: Red brings warmth, energy and stimulation. Red is for colds, chilly and passive people. Red energizes heart and blood circulation, it brightens a low blood pressure. Energizes all organs and the senses hearing, sight and touch. Increases sexual desire and activity. Stimulates ovulation and menstruation.</p> <p>Red links with and stimulates the root chakra, at the base of the spine, causing the release of adrenalin. This results in greater strength. Red causes hemoglobin to move and energy and raising body temperature. It is excellent for anemia and blood-related conditions. It opens up clogs, releases stiffness and constrictions. It is excellent for areas that are constricted.</p> <p>Preference for red: Red is associated with passionate love, sex, great energy, inner stimulation, assertiveness and aggression, courage, strength and power, adventure, revolt and revolution. Temperamental and ambitious people with a need for people.</p>

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