

Colour therapy

Learning objectives

This chapter covers the following:

- **a brief history of colour therapy**
- **the electromagnetic spectrum**
- **how colour therapy works**
- **consultation for colour therapy**
- **colour therapy treatments**
- **ascertaining colour needs**
- **colour in our environment**
- **colours used in colour therapy**
- **contra indications to colour therapy**
- **specific after care advice**

Colour therapy is the use of the vibrational frequency of the seven colours of the spectrum to correct imbalance or disharmony in the human body. It can be used for balancing energies or as a preventative to avoid possible problems. Colour therapy can also be a catalyst for the body's healing process. However, to be able to treat a person with colour, the therapist must be able to ascertain the colour required in order to balance the colour energies. Several ways of doing this will be explained below.

The impact of colour on mood is widely recognized and colour therapy is being incorporated into holistic treatments more than ever before. Some aromatherapists select essential oils by their colour as well as their therapeutic values. Colour reflexology is gaining recognition and as many treatments now incorporate working with the chakras, therapists are using colour therapy already.