

## Therapy in Owen Sound

Therapy in Owen Sound - Chromotherapy or colour therapy, happens to be a therapeutic approach that uses colours to better well being and alter the mood or atmosphere. The basis of chromotherapy employs the principle that each colour of the spectrum invokes a different feeling in individuals. This kind of holistic therapeutic dates back 1000's of years. There's evidence that it was utilized by both the ancient Egyptians and the Mayans as a way to enhance healing and well being. Colour therapy has enjoyed a revival through the 20th century.

Self-worth, brilliance and knowledge are associated with the colour Yellow. Yellow is known to be utilized to help memory and provide courage. Orange is connected with happiness and accomplishment and has been utilized as a source for hopefulness and as a source of vision. The colour red is linked with thoughtfulness, strength, aim and courage. It has been utilized to promote emotions of security and to provide more self-confidence. The colour blue can be used to promote individual expression, well being and ingenuity. It can enhance clear thinking as well as interaction expertise whilst offering quietness. Violet is associated with beauty and ingenuity and it is found to promote relaxation, self-sacrifice, and openhandedness. Indigo is related to imagination and comprehension. It is stated to offer better consciousness and to generate originality.

Colour therapy can be used in a number of ways. One of many strategies is to let a person envision and focus on a particular color whilst breathing deeply. One other method includes utilizing a coloured lamp that produces different colours. These lamps can be narrow enough to focus on a selected body area or enhance the atmosphere of an entire room. Some individuals select to put on eyeglasses that permit only a selected colour of the spectrum to filter in. Light that goes into the eyes promotes the creation of hormones which have an effect on the body's biochemical system. Yet one more method includes making use of various colours of the spectrum on acupuncture points on the skin by using an instrument that appears just like a pen light. Receptors on the skin then take in the light.

The usage of different colours has been proven to enhance emotion. Light boxes have been established to help people who are struggling with seasonal affective conditions. This situation is related to the shortage of sunlight in the winter months. Nap and temper issues have also been efficiently remedied with the usage of color therapy. Consultants suggest that chromotherapy ought to be used in conjunction with medication or remedy suggested by a physician while treating severe conditions such as cancer malignancy and other essential diseases. Some other methods of using color therapy include clothes, bath crystals, paints, as well as soap and remedy oils.