

Therapy in Regina

Therapy in Regina - Colour therapy or chromotherapy, is a healing approach that uses colours to better well being and alter the mood or atmosphere. The basis of chromotherapy uses the principle that every colour of the spectrum invokes a distinct sensation in people. This sort of holistic therapeutic dates back hundreds of years. There is proof that it was used by both the ancient Egyptians and the Mayans as a technique to enhance healing and health. Colour therapy has enjoyed a revitalization through the twentieth century.

The colour Yellow is associated with inventiveness, self-worth, and understanding. Yellow has actually been utilized to offer courage and to assist memory. Orange is related with a happy mood and achievement and has been utilized as a source for hope and as a source of inventiveness. The colour red is connected with attentiveness, strength, aspiration and braveness. It has been utilized to promote emotions of security and to supply extra self-assurance. The colour blue can be utilized to further individual expression, well being and creativity. It could possibly enhance clear thinking as well as communication skills while offering serenity. Violet is affiliated with beauty and creativity and is found to promote relaxation, unselfishness, and generosity. Indigo is connected to thoughtfulness and awareness. It is said to promote better awareness and to generate creativeness.

Colour therapy can be used in quite a lot of ways. One technique has a person envision and focus on a specific colour whilst breathing deeply. Another approach involves using a coloured lamp that produces different colours. These types of lamps can be slim enough to focus on a particular body part or improve the atmosphere of an entire room. Some people select to put on glasses that enable only a particular colour of the spectrum to filter in. Light that goes into the eyes furthers the formation of hormones which affect the body's biochemical system. Yet one more method includes applying numerous colours of the spectrum on acupuncture points on the skin by using a tool that appears much like a pen light. Receptors in the skin then take up the light.

The use of different colours has been proven to enhance mood. Light boxes have been proven to assist people who are coping with seasonal affective conditions. This condition is connected to the shortage of sun in the winter months. Nap and mood issues have additionally been efficiently remedied with the use of color therapy. Consultants recommend that chromotherapy ought to be used together with medication or remedy suggested by a doctor while treating severe conditions like cancer and other important ailments. Some other strategies of utilizing color therapy include clothes, bath crystals, paints, and soap and remedy oils.