

Color Guide



Red

Warmth, energy and stimulation. Enhances metabolism and energizes heart and blood circulation.



Orange

Reduces localized fat and eases digestive system discomforts. Treats asthma and bronchitis.



Terra Cotta

Activates the circulatory and nervous system.



Tangerine

Strengthens the body and activates internal tissues.



Yellow

Has a cleansing effect, purifying the blood and skin. Increases neuromuscular tone and stimulates happiness.



Green

Cleansing and purifying. Provides anti-infectious, anti-septic, and regenerative stimulation.



Light Green

Acts as a relaxant and fights depression. Regulates pituitary gland and calms the nervous system.



Sky Blue

Increases intuition and sensitivity. Relaxes your sensation of stress.



Cerulean

Stimulates muscle and skin cells, as well as the circulatory and nervous system.



Ocean

Lubricates joints, treats infections, stress, and nervous tension.



Blue

With anti-inflammatory and muscle relaxing effects, it fights both physical and mental tension.



Denim

Treats eye problems, cataracts, glaucoma, and nasal bleeds.



Indigo

Addresses conditions involving the eyes, ears and nose. It has a calming, sedative effect. Controls the pineal gland.



Violet

Transformation, healing, brings spiritual insights and renewal. Stimulates the spleen and immunity. Assists with detoxification.



Pink

Aids in emotional stress and restores youth. Heals grief and sadness. Brings emotional healing.



White

White is the perfect color, for it is all colors, in perfect balance and harmony. Stimulates production of serotonin, regulating sleep and nervous system. Provides energy and helps reduce effects of Seasonal Affective Disorder.