

WHAT IS CHROMOTHERAPY?

Establish natural balance with color & light therapy.



WHAT ARE THE BENEFITS?

Enjoy the healing benefits of color and light therapy in your Sunlight Sauna.



Chromotherapy is available in our Infrared Sauna at no additional cost to you!

COLOR	BENEFIT*
Red	Activates the circulatory and nervous systems.
Strong Pink	Acts as a cleanser, strengthening the veins & arteries.
Pink	Activates and eliminates impurities from the blood stream.
Orange	Energizes and eliminates localized fat. Helps address asthma and bronchitis.
Strong Yellow	Strengthens the body and acts on internal tissues.
Yellow	Reactivates and purifies the skin. Helps with indigestion and bodily distress.
Green	Acts as a nerve relaxant.
Strong Green	Provides anti-infectious, anti-septic and regenerative stimulation.
Strong Blue	Lubricates joints. Helps address infections, stress and nervous tension.
Blue	Stimulates muscle & skin cells, nerves and the circulatory system.
Indigo	Helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
Violet	Relaxes the nerves & lymphatic system. Addresses inflammation and urinary illness.