

Sauna Chromotherapy

The [Sauna Chromotherapy](#), also called color therapy, is the use of color and light to gently bring about homeostasis. Color and light is applied to specific areas and accupoints on the body.

(Source: Institute for Chromotherapy)

"The earth, the oceans, in fact every living thing, is dependent upon light for its very existence. A recent scientific study disclosed that each cell in the body emits light. We live in a sea of energy and our bodies are composed of energy. Color works through and in us, in every nerve, cell, gland and muscle. Within our body, our organs, muscles, cells and nerves all have a level of vibration. When our body becomes out of balance, disease occurs. Each color has its own frequency and vibration. Through extensive research, we know that color and light will help bring our physical and emotional systems into balance." (A. Cammilleri, Trainer)

At Montreal Sauna we use seven different types of lights in our saunas:

Orange: Orange is warm, cheering, and non-constricting. It stimulates creative thinking and enthusiasm.

Yellow: Yellow helps strengthen the nerves and the mind.

Green: Green is the color of Nature and the earth. Green affects blood pressure and all conditions of the heart.

Turquoise: Increases intuition and sensitivity. Works disinfecting and antiseptic. Tones the general system. It builds the skin and relaxes sensations of stress.

Blue: Blue is cooling; electric, astringent The Blue Ray is one of the greatest antiseptics in the world." Cools down inflammations (don't forget rheumatic inflammations), fever, high blood pressure, stops bleedings, relieves the bursting headaches, calms strong emotions like anger, aggression or hysteria.

Purple: These are colors of transformation. These colors slow down an over-active heart; stimulate the spleen and the white blood cells (immunity).

Red: Brings warmth, energy and stimulation, therefore good for energy, fatigue, colds, chilly and passive people. Red energizes heart and blood circulation, it builds up the blood and heightens a low blood pressure. It energizes all organs and the senses.