

Skin Blends Rainbow of Color Therapies Chart

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COLOR	CHAKRA	LOCATION	ENERGY CENTER	MIND / BODY / SPIRIT APPLICATIONS	ESSENTIAL OILS
<i>Violet</i>	#7 Crown	Top of Head	Pineal Gland	<p><i>Beauty, Creativity, Inspiration, Wisdom</i></p> <p>PERSONALITY: inspirational leaders, kindly and just, humanitarians, self-sacrificing, visionary, creative, mentally strong</p> <p>MIND/SPIRIT: purifies thoughts and feelings; gives inspiration; good for mental and nervous problems</p> <p>BODY: helps with pain; used in deep tissue work to heal bones; assists rheumatism and epilepsy.</p> <p>OVEREXPOSURE: very tired and disoriented</p> <p>APPLICATIONS: connects to spiritual self for guidance, wisdom, and inner strength; enhances artistic talent and creativity.</p>	<p><i>Joy</i></p> <p><i>Ylang Ylang</i></p>
<i>Indigo</i>	#6 Third Eye	Between eyebrows	Pituitary Gland	<p><i>Intuition, Mysticism, Understanding, Imagination</i></p> <p>PERSONALITY: intuitive; fearless, practical, idealistic, truth seeker</p> <p>MIND/SPIRIT: clears congested head for clearer path to spiritual self</p> <p>BODY: diseases of ears, nose and eyes; sinuses; astringent/purifier</p> <p>OVEREXPOSURE: causes tiredness, headaches</p> <p>APPLICATIONS: increases dream activity, psychic powers.</p>	<p><i>Lavender</i></p> <p><i>Detox</i></p>
<i>Blue</i>	#5 Throat	Base of Throat	Thyroid	<p><i>Knowledge, Health, Truth, Serenity, Communication</i></p> <p>PERSONALITY: loyal “true blue”, tactful, affectionate, inspiring, decisive, inventive, caring, and cautious</p> <p>MIND/SPIRIT: mentally-relaxing color; pacifying effect on nervous system and brings great relaxation; connects to holistic thought, gives us wisdom and clarity enhancing communication and speech</p> <p>BODY: reduces bleeding, inflammation, fevers, nervous irritations</p> <p>OVEREXPOSURE: causes coldness, depression and sorrow</p> <p>APPLICATIONS: sleep problems; hyper-activity; heals burns.</p>	<p><i>Peace</i></p>

Green	#4 Heart	Center of Chest	Thymus	<p><i>Love, Balance, Harmony, Forgiveness, Compassion</i></p> <p>PERSONALITY: understanding, self-control, adaptable, romantic, sympathetic, compassionate, generous, humble, nature loving</p> <p>MIND/SPIRIT: balances emotions and brings about calmness</p> <p>BODY: good for tired nerves, heart conditions, and general healing. Stimulates growth – healing broken bones, tissue regrowth, etc.</p> <p>OVEREXPOSURE: may create negative energy if it is already present</p> <p>APPLICATIONS: helps relax muscles, nerves, and thoughts. Cleanses and balances energy to give a feeling of renewal, peace, harmony; Green connects us to unconditional love and is used for balancing our whole being. Helps pregnant women create an atmosphere of serenity and calm.</p>	<p><i>Balance</i></p> <p><i>Eucalyptus</i></p> <p><i>Geranium</i></p>
Yellow	#3 Solar Plexus	Above Navel	Pancreas	<p><i>Intellect, Clarity, Self Esteem, Personal Power</i></p> <p>PERSONALITY: good humored; optimistic, practical, intellectual</p> <p>MIND/SPIRIT: clarity of thought, increases awareness, stimulates interest and curiosity; clears head to lead to quicker thinking</p> <p>BODY: helps with dermatitis and skin problems</p> <p>OVEREXPOSURE: causes exhaustion and depression</p> <p>APPLICATIONS: connects to mental self to perceive and understand.</p>	<p><i>Focus</i></p> <p><i>Lemon</i></p>
Orange	#2 Sacral / Lower Abdomen	Below Navel	Adrenal Glands	<p><i>Happy, Relationships, Resourcefulness, Constructive</i></p> <p>PERSONALITY: enthusiastic, social, energetic, sporty, self-assured,</p> <p>MIND/SPIRIT: best emotional stimulant; connects us to our senses; helps to remove inhibitions and makes us independent and social. Helps build trusting relationships based on giving and receiving</p> <p>BODY: increases immunity and sexual potency, helps digestion, chest, and kidney diseases; provides energy and gentle warming</p> <p>OVEREXPOSURE: causes agitation</p> <p>APPLICATIONS: brings joy; strengthens appetite for life.</p>	<p><i>Comfort</i></p> <p><i>Orange</i></p>
Red	#1 Root	Base of Spine	Gonads – Ovaries / Testes	<p><i>Energy, Vitality, & Power! Material World Success</i></p> <p>MIND/SPIRIT: helps with depression; this is where you hold distrust</p> <p>PERSONALITY: courageous, confident, humanistic, strong-willed, spontaneous, honest, extroverted</p> <p>BODY: burns out cancer; dries up weeping sores or wounds; warms cold areas to reduce pain; powerful healing for blood and circulation</p> <p>CONTRA-INDICATIONS: high blood pressure, anxiety</p> <p>OVEREXPOSURE: causes agitation / aggressiveness.</p> <p>APPLICATIONS: demanding days or when drained of energy. Provides power from the earth and gives energy on all levels. Connects physically.</p>	<p><i>Motivate</i></p> <p><i>Rosemary</i></p>