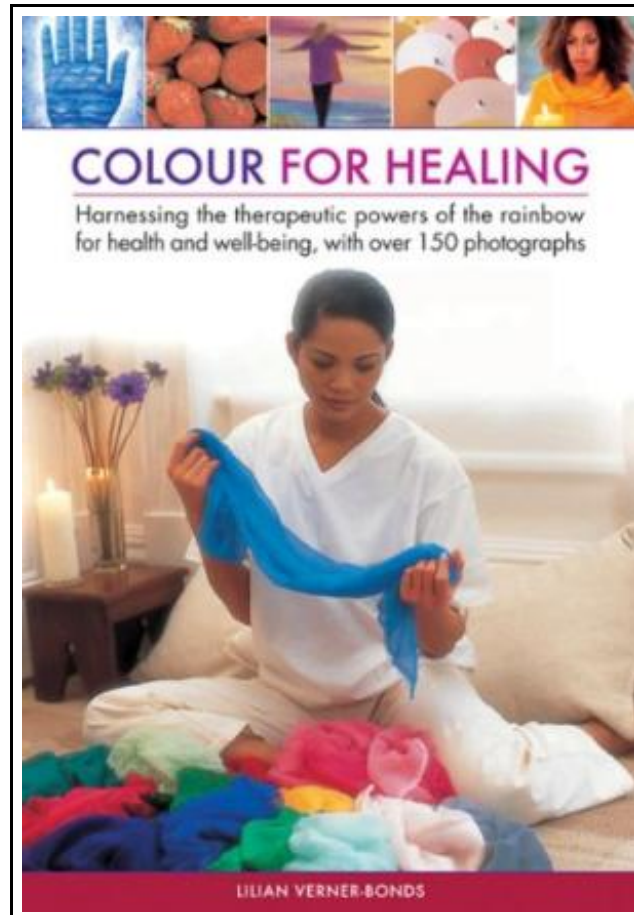


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(Ms. Ora Buckridge)

COLOUR FOR HEALING: HARNESSING THE THERAPEUTIC POWERS OF THE RAINBOW FOR HEALTH AND WELL-BEING, WITH OVER 150 PHOTOGRAPHS



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Colour for healing: Harnessing the Therapeutic Powers of the Rainbow for Health and Well-being, with Over 150 Photographs, Lilian Verner Bonds, This title deals with harnessing the therapeutic powers of the rainbow for health and well-being, with over 150 photographs. It explains the use of colour therapy for health and how to apply it to every aspect of your life, at work, at home, at play. It has special focus on the powers of the 13 fundamental colours of the spectrum and their shades, tones and tints and information on hidden colours. It includes clear instructions on how to apply each technique with a useful diagnostic guide to help you choose the colours you need quickly and efficiently. The power of colour has been recognized since ancient times, and can be used in many ways. It can subtly enhance the mood of a room so that it is restful or invigorating, or it may be applied directly onto the body to improve health and mood. A dose of sunshine-coloured light cures winter blues and blue light shined onto babies helps to cure neonatal jaundice. Healing with light and colour is one of the most gentle and easily applied forms of complementary therapies. If you are looking for an easy, effective and non-invasive therapy to improve your well-being, then this guide is the perfect start for you on your journey to health and happiness.

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