



COLOUR TIPS

SEAHORSE WELLNESS AND LASER CENTER 738-2400

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- Seahorse Wellness carries a large variety of essential oils and blends, as well as carrier oils, unscented bath and body products and other "energy" tools. Seahorse Wellness is your one stop chakra shop!

Inside this issue:

Introduction to colour 2

Ways to absorb colour 2

What does each colour mean 2

What does each colour mean cont. 3

Biopulsar 3

Reflexology

Laser Therapy 4

Smoking, Stress,

Weight Loss

Essential oils in the home

When guest first enter your home the first thing that greets them, other than you, is the aroma. Essential oils can be used to create a specific ambiance, including a homey energy. Following are some of our favorite household aromatherapy tips:

Create your own air fresheners.

Add 6-8 drops of your favorite essential oil(s) to 8oz/250ml of water in a spray bottle. Simply spray into air and towards carpets and curtains. Do not spray directly onto fabric or wood furniture. Excellent deodorizing oils are Lavender, Tea Tree, Peppermint, Lemon, Eucalyptus and Lime.

Or try putting 6-8 drops of your favorite scent in a diffuser (Seahorse Wellness carries a wonderful one called Heavenly

Scent)

Other ways oils can be used around the home include:

- When cleaning your fridge, add one drop of a citrus oil such as Bergamot, Grapefruit, Lemon, Lime, Mandarin or Orange oil to the final rinse water.
- When washing down surfaces in the kitchen, place a few drops of Eucalyptus, Lavender, Lemon, Palmarosa, Pine or Thyme oil directly on a cloth or add several drops to the rinse water.
- Essential oils that are known for their anti-viral properties can be used to clean the air rather than just masking smells in the home. To rid a room of pet, tobacco or cooking odours use

- Cinnamon, Clove, Eucalyptus, Grapefruit, Lavender, Lemon, Lime, Orange, Pine, Rosemary, Tea Tree, or Thyme oil for their ability to freshen and cleanse the air of stagnant smells. Saturate cotton balls or fabric swatches and place in the corners of a room or in a cupboard to create fragrance in living or work areas throughout the house or office.
- Keep Geranium, Lavender and Tea Tree oil in your first aid kit for cuts, burns and insects bites/stings.
- Hallways are the place where we typically greet our guests. Use Bergamot, Grapefruit, Lemon, Lavender, Lime or Geranium to create a warm and inviting aroma.

COLOUR HEALING

Colour healing has been practiced for over 5,000 years. The ancient Egyptians, Chinese, Native Americans, Aborigines & Tibetans, as well as present day healers and practitioners, have used colour to help balance and harmonize people. Colour therapy involves the use of colour to treat physical, emotional, mental and spiritual imbalances.

The effects of colour therapy are noninvasive and can occur at a deep cellular level. We absorb colour in many simple ways....



INTRODUCTION TO COLOUR

What is Colour?

Colour is light split into different wave-lengths, vibrating at different speeds. Colours are wavelengths of energy that appear to us as colours because of the potential and capability of an object to either absorb or reflect the energy. An object that absorbs all wave-lengths and doesn't reflect any is black, whereas a white object reflects all the colours. An apple is red because it absorbs all the colours except red. Sir Issac Newton discovered the colours of light through the prism. We can see the seven colours in a raindrop, rainbow

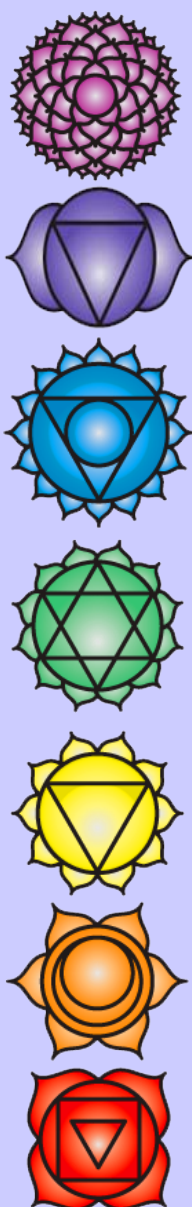
or snowflake.

Visible light is comprised of seven colours. In the winter the sun is further away from us, so we get less of the orange and yellow rays and more of the blue. This is why a lot of people end up with seasonal affective disorder. It would help if they brought in more yellow and orange colours.

How colour works

Colour enters the eyes and stimulates the pituitary and pineal glands which release substances that affect the endocrine system, glands and various body parts. If the

pituitary and pineal glands do not get a balance of every colour, the hormone production can be inhibited or accelerated. In order to be healthy we require energy from all the spectral colours. An easy way to get all the colour energies is from the sun.



Ways To Absorb Colour

- **Colour bath– Relax in the bathtub, have a foot bath during your shower or soak your hands and feet in colour.**
- **Essential oils– Can be used in diffusers, applied diluted on your skin, or in bath water, body misters or room sprays.**
- **Gemstones– Radiate energy to you. Put them in your bath, in your pocket or purse, on your desk, or hold them when you meditate.**
- **Food and drink– Eat a selection of rainbow foods for balance. Drink cranberry, tomato or beet juice to kick start your day with**

some red vitality. Drink grapefruit or lemon juice to stimulate the digestive system with yellow energy.

- **Clothing– Choose your clothing colours according to what you want to experience that day. Coloured socks and underwear are a easy way to absorb an energy.**

What Does Each Colour Mean?

RED-ROOT CHAKRA

is connected to our physical body and action. Some of its qualities are motivation, passion and strength. Red helps to give us vitality, courage, inner strength and self confidence. Red encourages us to achieve our goals. It gives us the power and inner strength to pursue our dreams. Use red if you are tired, cold, anemic or have lower back pain. Red also

eases rheumatism and arthritis and stimulates circulation.

ORANGE- SEXUAL CHAKRA

is connected to our emotional and feeling self. Some of it's qualities are joy, happiness and sociability. Orange helps relieve depression by releasing anxiety. Orange increases the intake of oxygen and heals and stimulates the lungs– ideal after an operation as an increase in

oxygen intake helps you heal quicker. Use orange for allergies, yeast infections, hiccups, menstrual cramps and problems with the spleen.

YELLOW- SOLAR PLEXUS CHAKRA

is connected to our mental and thinking self. Some of its qualities are optimism, mental creativity and mind power. Yellow helps with memory,

What colours mean continued

Mental fatigue, nervousness and mental clarity. Use yellow for digestive and liver problems, diabetes, weight problems (overweight & underweight) and parasites.

GREEN- HEART CHAKRA is connected to our loving self. Some of its qualities are harmony, kindness, sensitivity, emotional balancing, unconditional love, understanding and growth. Use green to calm down and bring peace into your life. Works on the heart, lungs, thymus gland, immune system and blood circulation. Helps to relax muscles, and nerves. Also helps calm thoughts and aid in

prosperity.

BLUE- THROAT CHAKRA is connected to our expressing self. Some of its qualities are honesty, politeness, creative self expressions and will, detailed planning and organizing. Use blue to soothe stressed nerves and reduce insomnia and hyperactivity. Blue helps with communication, holistic thoughts, stability, fevers and menstrual issues. Blue is mentally relaxing and gives you peace of mind.

INDIGO- BROW CHAKRA is connected to our universal seeing self. Some of its quali-

ties are wisdom, universal truth and intuition. Indigo is related to the pineal gland, inner vision and the imagination. It is used to heal the etheric body/ aura. It helps with hearing and sleeping disorders and can be used to increase dream activity or for remembering dreams. Indigo purifies the blood system and the lymphatic system. It also calms nerves and relieves pain and skin problems.

VIOLET- CROWN CHAKRA is connected to our knowing and spiritual self. Some of its qualities are inspiration, charisma, being able to see beauty in life and purifying thoughts and feelings. It increases artistic and creative abilities- Da Vinci & Einstein used the violet energy for inspiration. It used to stimulate the endocrine system, lymphatic system and central nervous system. It helps kill bacteria and heal skin rashes.

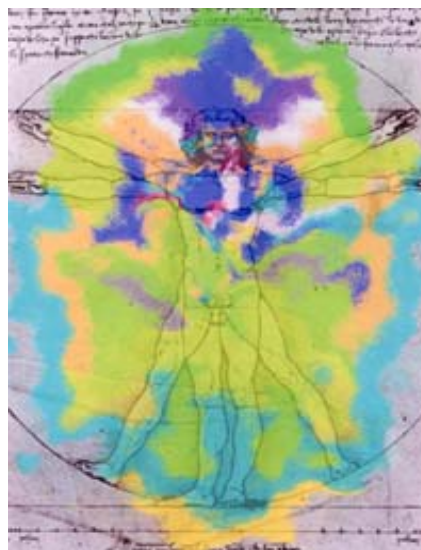


WHAT MATTERS THE MOST IS HOW WE SEE OURSELVES.

Biopulsar Reflexology

Making the Mind, Body & Spirit Connection.

What happens when you take a Aura picture? Your left hand is placed on a sensor device that measures the vibrations of energy emitted from the different reflex zones of your hand. This information is transferred from the sensor electrodes and displays the colours of your aura that are currently around your body. When these colours are shown tells us what energies you are using at that moment.



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My name is Wendy Spencer and I'm the owner of Seahorse Wellness and Laser Center. I would like to say Thank you for taking the time to read my first newsletter. I hope you found the information useful. If there is any way I can be of service to you please feel free to call and we will talk or set you a appointment .

Thank you

Wendy Spencer nd.

www.seahorsewellness.ca

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