



Secrets of Colour Healing (Paperback)

By Stephanie Norris

The Ivy Press, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. The power of colour to energise, soothe, and heal has been recognised for thousands of years; this accessible and highly visual introduction will be your guide as you embark on your own colour-healing journey. Secrets of Colour Healing provides a comprehensive explanation of the theories behind the effects of colour on the human body, discussing each colour in detail and exploring how the therapy works in practice. From advice on practicing colour healing at home, including visualisation, to light therapy and nutritional colour therapy, this accessible guide will teach you all about the power of colour and how it can be harnessed to balance your environment, body, and spirit.



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