What is Aromatherapy?

Over 4,000 years ago, the ancient Egyptians and Indian cultures used aroma-therapy as a healing art. Derived from aromatic plants and trees, each essential oil has specific therapeutic and energetic balancing properties. The body and its chakras benefit from absorbing the unique “colour-coded” chemical composition of the selected essential oil. As well each oil has its own fragrance and directly stimulates the limbic system (the emotional force of the brain) via the sense of smell.

Your skin is your largest organ and therefore when oils are applied to your skin it acts as a sieve or sponge. It is believed to take less than 12 seconds for the oils to enter the blood stream and be carried throughout the body by the circulatory system. It is also stated that essential oils capture the very life force of a plant. Essential oils are used to treat a variety of symptoms without the inconvenience of side effects. The positive effect of aromatherapy on your mind, body & spirit can be enhanced by understanding each oil’s colour and chakra connection.

Introducing Colour Energy®’s Colour-Coded Oils...

Each Colour Energy® essential oil and blend is colour-coded to correlate with the body’s main chakra centres. Chosen for their therapeutic value, Colour Energy®’s oils are easy to use to help empower one’s various levels of energies physically, mentally & spiritually!

Also all Colour Energy® oils are tested in several ways to ensure Colour Energy®’s high quality standards. As well Colour Energy® oils are imported from their natural habitats to maintain their healing potency. (See How to Tell if an Essential Oil is Top Quality.)

You will find that since the quality of Colour Energy® oils is superior to most, only a few drops will accomplish what is necessary for maximum benefits. Therefore a bottle of Colour Energy® oil will last longer than other brands as less Colour Energy® oil is needed.

Colour Energy® is now offering their own synergy blend of Chakra Oils that are premixed with Jojoba oils for direct application, making these blends unique and exclusive to Colour Energy® customers! Ask about Colour Energy®’s new line of high quality oils!

Ways to Use Colour Energy® Oils:

In a Bath: Add 2-4 drops of essential oil to a full tub of tepid water. Correlate a Colour Energy colour-coded oil with a Colour Bath®.

In a Hand/Foot Bath: Add 1-2 drops of essential oil to a basin of warm water. Soak hands or feet for a maximum of 15 minutes. Also adding a few drops of Colour Bath can create a more powerful experience. For a nice relaxing foot soak add 1 or 2 drops Geranium, Lavender or Peppermint oil to a bowl with tepid water. Follow with a foot rub.

On a Tissue or Cotton Ball: Place a few drops of your favorite oil on a tissue or cotton ball and tuck into your purse, pillow, drawer or closet. Lavender or Orange oil help promote a peaceful sleep. Refresh oils when necessary.

Body Massage Oil: Mix 3-6 drops of essential oil(s) to 1 tablespoon carrier oil such as Olive oil, Sesame oil, Jojoba oil, etc.

Facial Oil or Body Lotion: Mix 3-6 drops of essential oil(s) to 1 tablespoon Sweet Almond oil or a natural body lotion. Apply to face or body.

Safety & Storage

• Always use essential oils diluted. Tea Tree and Lavender can be used neat (undiluted)–but only if a high quality grade such as Colour Energy®’s brand.

• Store oils in a cool, dry place and out of reach from children.

• Be aware of photosensitive citrus oils. Do not apply externally before going out in the sun as they can cause skin irritation or brown spots on the skin.

• If you have sensitive skin, do a patch test first by mixing oils with a non-sensitive carrier oil and apply to a small area of skin. Wait 24 hours for a reaction.

• If pregnant, high/low blood pressure, allergy prone, epilepsy or asthma: consult a qualified aromatherapist before using essential oils. Babies and children can use mild acting essential oils, but in a more dilute solution than adults.

• Consult an aromatherapist if on medication, homeopathic remedies or other alternative treatment.
Colour Energy®’s 100% Pure Essential Oils

How to Tell if an Oil is Top Quality...

Most aromatherapy importers conduct only basic quality tests that do not prove the authenticity of an oil’s purity. However, all Colour Energy oils are tested further, to ensure high quality oils for their customers. Colour Energy guarantees that all their oils surpass the normal aromatherapy standards!

Country of Origin plays a key role in an oil’s quality. While it is possible to grow plants in several different countries, the country of origin plays a significant role in the oil grade. This principle applies to other crops such as coffee, fruit and wine. The reason why different countries produce different quality plant products is that the soil and climate conditions are more suitable to some plants than others in different parts of the world. Plants tend to flourish in their natural country of origin and even the altitude at which a plant is grown can have a substantial impact on the properties of its oils.

Use of pesticides and herbicides varies among countries. As well, currently there is no reliable certification for international organic quality. It is best to use oils made from plant farms grown in a country where the plant flourishes because they will have a certain degree of natural resistance to the native pests and will not require pesticides to survive. Avoid “wildcrafted” oils as they may be sprayed with fairly hazardous chemicals and the removal of plants from the wild can disturb surrounding eco systems.

Time of harvest affects the percentage and proportions of various chemical constituents in the plant and therefore the quality of the oil will differ, depending on when the plant is harvested. Distillation should occur immediately after harvest and if possible right in the field to ensure the highest quality oils.

Age of oil can affect the quality over time. Most oils are not affected by the passage of time; however, the citrus oils suffer from a decrease in quality over time and should always be as fresh as possible.

Type of distillation also influences the oil’s quality. Good quality oils should be steam distilled, expressed (i.e. citrus oils) or CO2 extracted. A true “essential oil” by definition should be steam distilled. Where oils are chemically extracted, solvent residues will be present in the oil.

Temperature at which steam distillation is carried out plays an important role for the quality. If the steam distillation is done at too high of a temperature, some of the valuable chemical constituents will literally be “burned out” of the oil. High heat distillation is done to yield more oil in a shorter time span. This process produces a lower quality oil that can be sold at a less expensive price.

Method of storage matters. All quality oils should be bottled in dark glass bottles and stored in a cool dry place with minimal contact with oxygen.

How Do I Know if a Colour Energy® is Affecting Me?

To fully understand the power of colour energy and Colour Energy® tools, we suggest that you keep a journal of how you feel after using any colour therapy modalities. For example, after using a Colour Energy® product note if you felt more emotional, mentally alert, physically energized, spiritually uplifted, etc. Also we have found that the more senses you are able to stimulate at any one time using only one colour energy, the more likely you will notice a colour’s affect!

You can easily do this by taking a Colour Bath combined with a correlating Colour Energy® essential oil added to the coloured water; thereby, simultaneously stimulating your sense of sight, touch and smell. Also by listening to music that connects to that chakra centre you enhance the experience even more. Now imagine taking it a step further when you also eat, drink and wear that colour for that day. You have just increased the colour power ten-fold! Your whole being will feel the energy on a deep cellular level as your body, mind & spirit resonate and become that energy. Generally, if you focus on one colour for a complete day, you will feel a difference. However, take it a step further and try using one colour energy predominantly for a full week!

To Learn More About Colour...

The Colour Energy® book, An Introduction to Colour Energy®booklet and the Colour Energy® pocket colour card and chart are easy to read and use educational materials to start with. You can also purchase the Colour Energy® Personality Test (CEPT), which is an accurate method of analyzing your colour (chakra) strengths and weaknesses.

Colour Energy® also offers workshops several times a year. 2-Day workshops include: Basic Colour Energy, Chromalive Colour Light Therapy, Crystal Light Therapy, Holistic Aura Counsellor and Medical Intuition. As well, we are still offering our 3-Day Intensive Biopulsar Training. If you are interested in becoming a colour educator or if you would like to learn the basics of colour for your own personal development call us for more details at: Toll free 800.225-1226. Or visit www.colourenergy.com/pdf/courses08 for program details.

Colour Energy Corporation is the world leader in offering a complete line of colour and aromatherapy tools and education. Other Colour Energy® tools include: colour-coded essential oils, blends and high vibrational essences; chakra music therapy CD; colour therapy eye glasses; gemstone jewellery; colour light therapy and much more. Watch for Colour Energy®’s growing line of colour healing tools!

Facts About Colour Energy® Essential Oils

Highest Quality: Therapeutic grade, 100% pure essential oils.

Pure & Clean: Colour Energy oils are neither adulterated with any synthetic agents, nor do they contain any material other than pure plant essences! Sensitive people have negative reactions to poor quality oils– Colour Energy® oils is quality you can trust!

Inexpensive: Compared to other quality suppliers of essential oils, Colour Energy®’s line matches or surpasses competitors’ quality and pricing.

Colour-Coded System: Each aromatherapy oil is colour-coded to correlate with the main energy centres and specially chosen for its therapeutic value to support the body, mind & spirit.

Easy to Use: All Colour Energy® oils are colour-coded to the chakra system, therefore CE’s unique colour system allows you to easily match a Colour Energy® oil to other Colour Energy® or chakra products. E.g. match the “colour” of an essential oil to a Colour Bath®.

Support Material: Descriptive labelling and packaging make Colour Energy products easy to use. Also CE offers free information sheets that further discuss the healing attributes of each oil and methods of use.