





Sunlight encompasses the color spectrum. Each color in the spectrum contributes an important element to the whole. When in a state of health and well-being, individuals experience the balance inherent in the spectrum. Without this spectral balance; physical, mental, emotional and spiritual harmonies are compromised.

*When our color spectrum is in harmony we experience physical, mental, emotional, and spiritual homeostasis*

	<p><b>Yellow</b> resonates with the brightness and luminosity of the sun. It enhances mental acuity and mobilizes creative thinking. It is located in the Solar Plexus and relates to the pancreas, adrenals, stomach, liver, gallbladder, nervous system, and muscles.</p> <p><i>Ocimum sanctum, Cedrus atlantica, Matricaria chamomilla, Eucalyptus globulus, Zingiber officinalis, Juniperus communis, Citrus limonum, Litsea cubeba, Citrus aurantium, Rosemarinum officinalis</i></p>
<p>Mental</p>	<p><b>Green</b> is associated with regeneration, fertility and rebirth due to its connections to nature. It is located in the heart center and alleviates stress, tension and emotional pain. It enhances creativity, prosperity, calm and balance.</p> <p><i>Cystus ladaniferus, Citrus bergamia, Abies alba, Helichrysum italicum, Kunzia ambugia, Mentha peperita, Ravensara aromatica, Thyme vulgaris</i></p>
 <p>Physical</p>	<p><b>Magenta</b> is an instrument of change and transformation. It helps release old emotional patterns and promotes compassion, kindness and self-respect in those who use it. Magenta energizes the adrenal glands, the heart action, and the reproductive system. It treats the auric bodies.</p> <p><i>Cananga odorata, Pelargonium roseum, Salvia officinalis, Santalum album, Nardostachys jatamansi</i></p>
 <p>Emotional</p>	<p><b>Purple</b> and violet are associated with serenity, beauty and spirituality. Purple acts as a physical anesthetic and purifier. It is associated with the pineal gland, which is located in the top of the skull, promoting gentle healing and cleansing the aura.</p> <p><i>Angelica archangelica, Cupressus sempervirens, Boswellia caterrri, Lavandula angustifolia, Melissa officinalis, Nelumbo nucifera, Myrtus communis, Rosa centifolia, Aniba rosaeodora, Salvia officinalis, Santalum album, Nardostachys jatamansi</i></p>
 <p>Spiritual</p>	