

What is Colorology??

Colorology, also known as chromotherapy, is a type of alternative medicine which claims color can “balance” emotional, physical, spiritual, or cognitive “energy” that an individual may be deficient in.

According to research “chromotherapy provides colors to the electromagnetic body or the auro (energy field) around the body, which in turn transfers energy to the physical body. This makes chromotherapy the most effective among various therapies...Chromotherapy as a system of treatment can benefit people because of its harmony with nature. Everything that exists in this world is a combination of different colors.”



Colorology also suggests that color has multiple healing effects and certain colors can invoke a variety responses from cognitive, emotional, social, spiritual, and physical changes.

(Reference: Yousuf, A. & Raza, S., (2005). A critical analysis of chromotherapy and its scientific evolution. *Evidence-Based Complementary and Alternative Medicine*. 2(4), 481-488.)



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Colorology

A Recreation Therapy Intervention



Pink

- Confidence
- Passion
- Fun
- Loving

box.]

Red

- Enthusiasm
- Energy
- Action
- Protection

Gray

- Knowledge / Wisdom
- Authority
- Dignified
- Quiet

Orange

- Energy
- Warmth
- Socialization
- Stimulates

Purple

- Uplifts
- Spiritual
- Creative
- Calms

Black

- Authoritative
- Powerful

White

- Purity
- Clarity