

# Colour Tips for May & June

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## AROMATHERAPY & HOW TO DIFFUSE ESSENTIAL OILS

**Who doesn't love a pleasingly fragrant scent? Through the use of aromatic plant extracts, referred to as aromatherapy, you can easily create a positively charged odourous experience!**

**Aromatherapy is highly effective, because the sense of smell is by far the most powerful of all our senses.**

Your brain is influenced by all of your senses, but your sense of smell has the deepest effect as it is 10,000 times more sensitive than any of your other senses. It can quickly discriminate between thousands of different aromas. Your other senses like touch and taste travel through the body before reaching the brain to cause a response. Whereas, your nose exposes your brain and central nervous system directly and immediately to the scents and smells in your environment.

The perfume industry is built around your sense of smell, and so is just about every other industry. If a product has an unpleasant odour, companies know you will not buy it no matter how good the product is. One of the most well known aromatherapy products on the market for over 100 years is Vicks VapoRub. In fact, aromatherapy itself has been around for more than 6,000 years. Many ancient cultures, including the Egyptians, Greeks and Romans, used aromatherapy for bathing, massages, perfumes, incenses and even embalming.

### Aromatherapy Diffusers

A simple way to make a room fragrant is with the use of an aromatherapy diffuser. Diffusion is the process by which scents are emitted into the air similar to an air freshener. So why not just use an air freshener that you can buy at a grocery store? Well, if you wish to spray your environment with synthetic materials, rather than natural pure Colour Energy oils, then go for it. Remember pure essential

oils are derived from plants and are a safe way for you and your family to reap the benefits of plant life.

Depending on the essential oils you use, aromatherapy oil diffusers can enable you to:

- Relax or stay alert
- Sleep well
- Uplift your body, mind & spirit
- Create a mood
- Enhance the atmosphere, etc.

Aromatherapy diffusers are highly regarded by alternative health care practitioners, because the process is one of the safest and cleanest ways to disperse natural scents into the air. Room fresheners and potpourri often have synthetic fragrances. Heat diffusion units (such as a tea light burner or lamp ring) can scorch the oil, which can alter the composition of the oil and reduce its true effectiveness.

Colour Energy Diffusers utilize a cold air diffusion process or a low heat that release the fragrance into the air. Both methods preserve the integrity of the oils. When using Colour Energy's natural essential oils, the scent released by these types of diffusers are usually more aromatic and therefore more effective.

### Types of Aromatherapy Diffusers

The purpose of a quality aromatherapy diffuser is to disperse the scent and healing properties of different oils into the air; by doing so it allows you to get the benefit of the essential oils simply by breathing in the air. Colour Energy promotes several types of diffusers:

- Fan diffusers (electric or battery operated)
- Electric Heat Diffusers
- Nebulizers
- Ionizing diffusers
- Car diffusers



**FAN DIFFUSERS** – A fan diffuser uses a fan to blow the essential oils into the air. To use a fan diffuser, essential oils are usually placed onto a disposable absorbent pad or into a tray. The pad or tray is placed into the unit. The fan is activated when the system is turned in and blows air across this pad and carries the aroma throughout the room. Since fan diffusers come in a variety of sizes, choose a fan diffusers accommodate the room size. *Colour Energy's MIO*

*diffuser is an excellent portable personal fan diffuser.*



**ELECTRIC HEAT DIFFUSERS** – similar to a fan diffuser, heat diffusers use heat and a fan to gently heat the oil and disperse the aroma into a room. *Colour Energy's SpaScenter is ideal for home or spa use.*

**NEBULIZERS** – A nebulizer is a device that takes essential oils and breaks them into smaller molecules before dispersing them into the room.

It is said that the tiny molecule vapours can be more readily absorbed by your respiratory system and thus create greater therapeutic value than by use of other diffusion methods. *Colour Energy carries two different Nebulizers, both for home or office use.*




### HEAVENLY SCENT ULTRASONIC IONIZING DIFFUSER



This patented "instant vapour technology" is a heat-free method of essential oil diffusion. The advanced ionization process suspends the oil micro-particles in the air longer, helping to penetrate better

in the respiratory system. The Heavenly Scent also has a built-in interval timer. *Exclusive to Colour Energy customers and my personal favourite! Great for any application.*

**PLUG-IN DIFFUSERS** – Easy to use you simply plug them in a power or lighter outlet. The low heat disperses the aroma from the insert pad in which a few drops of oils where added. Many grocery stores carry the chemical version so don't be fooled by cost as they they generally can't be refilled. *Colour Energy carries a room Scentball as well as a Car Diffuser in two styles (including the new 'Mini' Heavenly Scent diffuser for small rooms or the car).* 

**FOR MORE INFORMATION ON COLOUR ENERGY'S COLOUR-CODED ESSENTIAL OILS & AROMATHERAPY PRODUCTS VISIT [WWW.COLOURENERGY.COM](http://WWW.COLOURENERGY.COM).**

## MAY IS FOR NURTURING—TREAT YOURSELF TO THE LOVING PINK ENERGY!

*Pink is known as the universal colour of love!*

When babies are born they radiate a beautiful Pink aura. A new Mother glows in the energy of the pink ray. This is the month we want to dedicate to giving back to ourselves – loving ourselves from the inside out.

Pamper yourself with a home spa... enjoy the solitudes of a peaceful evening in a gorgeous “pink” bath. Pink is able to uplift, calm and soothe. Pink connects to self-respect and self-love and is ideal for people who are perfectionists or very hard on themselves.

*The Law of Resonance says that what you radiate out is what you will attract back... so when you radiate the loving pink energy, you attract beautiful things into your life*

Enjoy a luxurious Pink energy bath with Colour Energy's beautiful rose essential oil and Dead Sea Salts. Other pink oils include Palmarosa, Petitgrain and Helichrysum or try our Pink Chakra Oil Blend.

*Pink can be used to protect, give peace of mind, and remove unwanted aggression and irritation. It helps to ease grief, tension, depression and hostility. Bathing in the pink energy nurtures the mind, body and soul!*

The gemstones Rose Quartz, Moonstone, Opal & Rhodonite are associated with the pink ray. Charge a pink stone with our Unconditional Love or Pink Chakra Light Essence or apply directly to your heart chakra.

Our pink silk eye pillow and rose floral water (hydrosol) spray make a perfect Mother's day gift. Other suggestions are pink beeswax candles, rosehip tea and books on motherhood, love, anger management and the heart chakra. ☘

### COLOUR ENERGY

#### ❁ 2-DAY WORKSHOP ❁

**October 2nd & 3rd, 2010**

**BACK BY POPULAR DEMAND!!!**

This exciting 2-day workshop will be led by the renowned colour & aura specialist Susanne Murphy

**Learn more about your colour blueprint and how you can achieve greater success in your life through the conscious use of colour!**

#### ❁ FREE 1-DAY WORKSHOP ❁

Join us on October 4th, 2010 for a one-day **FREE Colour Energy product training.**

**CALL 1.800.225.1226 FOR MORE DETAILS**

## Colour Vibration & the Zodiacal Signs

### TAURUS – ORANGE/RED APRIL 20th - MAY 20th



**THE FUNCTION OF OUR RED/ORANGE ENERGY IS TO LEARN TO EQUALLY INTEGRATE BOTH OUR PHYSICAL AND EMOTIONAL BODIES!**

Taurus are strong-minded individuals who are incredible at overcoming any hurdles. They are the most powerful of all the earth signs and therefore very connected to earthly materials. The keynote of Taurus is “I love” and their life journey is often to transmute the love of personal possessions into a self-sacrificing service. Their strength is to cultivate and increase productivity to bring peace and plenty to humanity. If they resist their birth “right” and only go after life's pleasures for themselves, they may become stubborn and stuck.

RED/ORANGE is the best energy to stimulate your enthusiasm for life so that you can manifest in the present moment.

RED is the energy of passion, whereas ORANGE is the energy of your sensing abilities. When combined, these two energies help you to feel life with enthusiasm and vitality. The RED/ORANGE energy is found in foods such as blood oranges. The RED/ORANGE ray is also reflected in gemstones such as RED coral and oils that, when combined, make an uplifting powerful blend. Mix the RED and ORANGE Colour Bath® and experience the frequency that gives you the confidence you need to release any anger and emotional blockages. Make an energizing morning beverage with beets, carrots and red apples. ☘



### GEMINI – ORANGE MAY 21st - JUNE 19th

Gemini is the sign of duality and the energy that represents opposite polarities. As the sign of the twins it signifies the present phase of evolution (alternating between life and death, happiness and sadness, health and sickness, plenty and poverty, yin and yang, black and white, etc.).

The Gemini energy can be very persistent and enthusiastic and it has the ability to think outside of the box. However, when unbalanced it can be very demanding and act childish.

**THE FUNCTION OF OUR ORANGE ENERGY IS TO FIND THE HARMONY IN OUR CREATIVE, FEELING AND SENSING CHAKRA CENTRE. THIS CAN BE ACCOMPLISHED BY ALLOWING OUR FEMININE ENERGY TO BE EXPRESSED AND NOT REPRESSED!**

ORANGE is cheerful, spontaneous, and playful, allowing you to be in your creative flow! Use ORANGE tools to bring out the joy in life, as it is the colour of our inner child. The carnelian gemstone has been used to release negativity. COLOUR ENERGY's ORANGE Blend, Melissa, ORANGE or Neroli are oils that have an uplifting and invigorating aroma. Imagine the power when added to an ORANGE COLOUR BATH together with happy music and a glass of pure carrot juice. Wearing our ORANGE colour therapy glasses daily as regular sunglasses will help you to see the world more positively and joyfully (ideal to combat depression and emotional instability). ☘