

Color Therapy Eyewear

Color is a powerful mood regulator. Color Therapy Eyewear is an easy, non-intrusive method to create the mood you desire. These lightweight acrylic glasses have comfortable frames and lenses that block 95% UVB and 60% UVA rays. Glasses are available in red, orange, yellow, green, blue, indigo, violet, turquoise and magenta.

How often should they be worn?

Many people like to wear these glasses for 30-60 minutes a day. It is best to base the actual use time on personal experience and choose a time that works best for you.

How does Color Therapy Eyewear work?

Color enters the eyes through the lens and is then sent to receptors in the retina called rods and cones. These receptors send the color frequencies through the optic nerve to the brain and to the pineal glands, which convert nervous system signals into endocrine signals. The pineal gland regulates melatonin, the primary force behind the body's circadian rhythms (waking/sleep cycle), and the endocrine system is instrumental in regulating mood. Thus, the different wavelengths have different effects on psychological as well as physical functions. Color therapy eyewear immerses you in a particular color to enhance the impact of that color on the body.

What are the qualities of each color?

Red

The color red is associated with energy, power, courage and self-confidence. Red is the color of the root chakra. When this chakra, or energy center, is balanced, one feels settled, secure and safe. The stimulating color red can help to provide the energy we need to take care of those things in life that provide us with security. A comfortable home, an adequate income and good food are all associated with the root chakra. Red can help give us that extra spark to get going in our process of gaining security and physical comfort.

Orange

The color orange is associated with sociability, creativity, and happiness. Orange is the color of the sacral chakra, the energy center of procreation, pleasure, feeling and emotions. The warming color orange can help to encourage free expression of enjoyment and more pleasure in our relationships. It can also help us let go of negative thought patterns.

Yellow

Yellow, the color of the solar plexus chakra, symbolizes health, cheerfulness, and mental clarity. This energy center, which is associated with the digestive system, involves confidence, empowerment and self-esteem. A balanced solar plexus chakra helps us value ourselves and helps us trust others and ourselves. Yellow helps to give us the courage to let go of negative views we may hold about ourselves. A balanced solar plexus also can help us manifest what we need and want in life.

Green

Green is the color of harmony, healing, peace and love. Green is associated with the heart chakra, which can provide a feeling of unconditional love. Working with the heart chakra helps one to let go of resentment, become more forgiving and experience an overall feeling of cleansing. Exposure to the color green often has a calming effect that allows us to be more open to positive experience. A good example is to think of the wonderful feeling that one gets from taking a walk through a forest.

Blue

Blue is a soothing color that also symbolizes sensitivity, loyalty and integrity. It is the color of the throat chakra, the center of language, communication and personal expression. When the throat chakra is in balance, we are better able to perceive and express the truth, and manifesting our ideas becomes easier. We are more confident speakers, and our ideas are heard more readily. Blue can help us to develop flowing, easy expression.

Indigo

Indigo, the color of the third eye chakra, encourages intuition, meditation, awareness and perception. Indigo can help us achieve the clarity needed to let go of ideas and experiences that prevent us from perceiving accurately. Indigo can enhance intuitive powers as well. It is a serene color, which helps provide the stillness we need in order to access the meditative states and the subtleties that allow us to expand our life experience.

Violet

Violet is considered the most spiritual of the colors. Violet is associated with the crown chakra, the seventh energy center. A balanced crown chakra leads to spiritual fulfillment and a conscious awareness of life. Violet encourages generosity, selflessness, wisdom and inspiration.

Turquoise and magenta are not associated with a chakra, but they have powerful properties of their own.

Turquoise

Combining the properties of green and blue, turquoise is both purifying and calming. It can be beneficial for the immune system and enhances concentration, communication and confidence. It also can heighten creativity and sensitivity.

Magenta

This color is associated with spirituality, meditation and letting go. Magenta is useful for attracting something or someone, speeding up a process, and providing extra power. Whenever you need immediate action and/or great spiritual power, magenta is the color to use.