



# Colour Therapy

B2-C1  
Module 6

Here's What  
We Will Be  
Learning in this  
Presentation:



## Summary

- ❑ What is Colour Therapy?
- ❑ How Can the Energies from Colours Around Us Be Used Effectively?
- ❑ One of the Bases of Colour Therapy.
- ❑ Colour Therapy Equipment.
- ❑ Exercises.

# Vocabulary

**Holistic:** Characterised by the treatment of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease. For example: Holistic healing is gradually becoming popular.

**Non-Invasive:** (Of medical procedures) not requiring the introduction of instruments into the body. For example: Non-invasive medical procedures have made things more comfortable for many patients.

**Subconscious:** Of or concerning the part of the mind of which one is not fully aware but which influences one's actions and feelings. For example: She subconsciously distrusted Mark, which made her hesitate to accept his marriage proposal.

**Connotation:** An idea or feeling which a word invokes in addition to its literal or primary meaning. For example: The words 'home' and 'house' mean the same thing, however, the connotations are different.