

# Chakras & Colors

The lights inside our saunas can provide important medical benefits. There are 7 centers in our body in which energy flows through called Chakras. Blocked energy in our 7 Chakras can often lead to illness so it's important to understand what each Chakra represents and what we can do to keep this energy flowing freely.

Color therapy is a type of vibrational or energetic therapy that uses color to affect energy and emotional well being. It can be used to balance your individual Chakra energy centers. Positively stimulating any Chakra yields a plethora of specific health benefits.

The colour therapy lights used in our saunas correspond to the following Chakras:

**Crown Chakra** (Sahasrara)  
*Connection to the divine*



**CROWN CHAKRA** - Represents our ability to be fully connected spiritually.

**Location:** The very top of the head.

**Emotional issues:** Inner and outer beauty, our connection to spirituality, pure bliss.

**Physical association:** Pineal gland, brain, nervous system.

**Third Eye Chakra** (Ajna)  
*Intuition, sense of purpose  
and direction in life*



**THIRD EYE CHAKRA** - Our ability to focus on and see the big picture.

**Location:** Forehead between the eyes. (Also called the Brow Chakra)

**Emotional issues:** Intuition, imagination, wisdom, ability to think and make decisions.

**Physical association:** Pituitary gland, eyes, sinuses.

**Throat Chakra** (Vishuddha)  
*Self-expression*



**THROAT CHAKRA** - Our ability to communicate.

**Location:** Throat.

**Emotional issues:** Communication, self-expression of feelings, the truth.

**Physical association:** Thyroid, respiratory system, teeth, vocal cords.

**Heart Chakra** (Anahata)  
*Love, relationships and  
self-acceptance*



**HEART CHAKRA** - Our ability to love.

**Location:** Center of chest just above heart.

**Emotional issues:** Love, joy, inner peace.

**Physical association:** Heart, thymus, lower lungs, circulatory and immune systems.

**Solar Plexus Chakra** (Manipura)  
*Personal power  
and ability to channel*



**SOLAR PLEXUS CHAKRA** - Our ability to be confident and in-control of our lives.

**Location:** Upper abdomen in the stomach area.

**Emotional issues:** Self-worth, self-confidence, self-esteem.

**Physical association:** Central nervous system, pancreas, liver, digestive tract, skin.

**Sacral Chakra** (Swadhisthana)  
*Sexuality and pleasure*



**SACRAL CHAKRA** - Our connection and ability to accept others and new experiences.

**Location:** Lower abdomen, about 2 inches below the navel and 2 inches in.

**Emotional issues:** Sense of abundance, well-being, pleasure, sexuality.

**Physical association:** Reproductive organs, kidneys, bowels, immune system.

**Root Chakra** (Muladhara)  
*Career, money mindset  
and sense of belonging*



**ROOT CHAKRA** - Represents our foundation and feeling of being grounded.

**Location:** Base of spine in tailbone area.

**Emotional issues:** Survival issues such as financial independence, money, and food.

**Physical association:** Spine, rectum, legs, arms, circulatory system.

Celebrate Life-Celebrate Health!