



# ESTHER'S WELLHOUSE

STANFORD, KENTUCKY

## Far Infrared Sauna Therapy

Far Infrared Sauna therapy uses dry heat, instead of the steam heat most saunas use. This warming effect stimulates your cardiovascular, immune, and lymphatic systems. The increased depth of penetration provides pain relief, detoxification, and increased circulation. Regular sessions help with anxiety, immune system function, cardiovascular issues, and can assist with weight loss. In the winter, sessions are a great way to combat seasonal affective disorder.

### *Sauna Therapy Sessions*

Up to 45 minutes \$20 | 5 Visits up to 45 minutes each \$75 | 10 visits up to 45 minutes each \$135



# COLOR LIGHT THERAPY



Color light therapy restores balance by applying color to the body. It is also a popular treatment to combat the effects of aging. Light therapy energizes skin cells, which stimulates the production of collagen and elastin. This restores skin back to it's youthful look.

**RED** IS “THE GREAT ENERGIZER.” RED LIGHT PROMOTES CELLULAR GROWTH AND STIMULATES THE CIRCULATORY SYSTEM. IT IS RECOMMENDED FOR COLDS, AND OTHER SLUGGISH OR DORMANT CONDITIONS SUCH AS PNEUMONIA, ARTHRITIS, AND ANEMIA. IT IS ALSO A LIVER STIMULANT, ENERGY BUILDER AND INCREASES CIRCULATION.

**YELLOW** RAYS HAVE AN ALKALIZING EFFECT, WHICH STRENGTHENS THE NERVES. AWAKENING, INSPIRING AND VITALLY STIMULATING THE HIGHER MIND THAT PROMOTES SELF-CONTROL, YELLOW LIGHT IS ALSO GOOD FOR CLARITY OF THOUGHT, CONSTIPATION, GAS, DIABETES, ECZEMA AND NERVOUS EXHAUSTION.

**GREEN** IS THE UNIVERSAL HEALING COLOR. USED FOR PRIMARILY BALANCING OUR WHOLE BEING, IT HELPS TO RELAX MUSCLES, NERVES, AND THOUGHTS. IT HAS AN ENERGIZING, MODERATING, AND SOOTHING EFFECT. WHEN IN DOUBT, GO WITH GREEN LIGHT.

**BLUE** LIGHT TREATS MANY TYPES OF AILMENTS ASSOCIATED WITH SPEECH, COMMUNICATION, OR THE THROAT. BLUE LIGHT HAS A PACIFYING EFFECT ON THE NERVOUS SYSTEM, WHICH ENCOURAGES RELAXATION. SOOTHING BLUE RAYS BRING CALM AND PEACE TO A MIND THAT MIGHT BE WORRIED, EXCITED, OR IN A CONSTANT NERVOUS STATE.

**ORANGE** IS “THE WISDOM RAY.” THROUGH ORANGE LIGHT, WE ARE ABLE TO HEAL THE PHYSICAL BODY (RED LIGHT) AND STIMULATE GREATER UNDERSTANDING WITHIN THE MIND (YELLOW LIGHT). ORANGE LIGHT AIDS IN REPAIRING INFLAMMATION OF THE KIDNEYS, GALLSTONES, MENSTRUAL CRAMPS, EPILEPSY, WET COUGH AND SINUS CONDITIONS.

**VIOLET** LIGHT PURIFIES OUR THOUGHTS AND FEELINGS, OPENING US UP TO INSPIRATION. THE VIOLET ENERGY CONNECTS US TO OUR SPIRITUAL SELF, WHICH BRINGS GUIDANCE, CREATIVITY, AND INNER STRENGTH.