

Color Code: The Healing & Rejuvenating Effects of Color by Elina Fedotova



A better understanding of the healing and rejuvenating properties of color and the ways to use it in an aesthetic practice can accelerate results without the use of invasive procedures. Chromotherapy is a centuries-old method of healing that uses the visible light spectrum of electromagnetic radiation, from red to violet, to stimulate the body's natural healing processes.

COLOR SPECTRUM

Each color of the spectrum has a different effect on the mind, body, and emotions. For example, wearing a light-colored blouse on a hot summer day helps one stay cool because light colors have the physical ability to reflect the sun's rays. By contrast, darker colored fabrics absorb light and pull heat towards the body.

When staring at a computer screen all day, the eyes will naturally try to locate the color green to rest and restore them. Studies show that green is very soothing to the eyes. Meanwhile, yellow can have a positive effect on the lymphatic system, helping to purify the body and reduce swelling. Blue and other cool colors are calming and reduce tension and anxiety, whereas red and other warm colors have a stimulating effect on the body. Different colors can also assist in balancing the seven major energy centers of the body called chakras.

COMBINING COLOR & LIGHT

Combining a color with a light source intensifies the biological effect. Nonthermal, nonablative skin rejuvenating chromotherapy devices demonstrate and prove the healing power of color without any additional modalities. Low-level laser therapy (LLLT), or cold laser therapy has been used for many years to treat a wide variety of conditions, from hair loss to wounds and acne. The mono-chromatic light emitted from the cold lasers does not heat skin like other high-intensity laser devices such as those used for hair removal and surgical procedures.

Lasers are the only devices that can generate mono-chromatic colors (pure color) by creating a direct line of photons, which are light particles. The photons are absorbed by mitochondrial

chromophores into cells and improve every complexion by firming skin and reducing hyperpigmentation and acne scars. All other phototherapy devices like LED and others don't have the ability to do that. The pure color emitted by lasers has the most significant biological impact on skin and is essential for visible results.

COLD LASER THERAPY

Noncoherent chromotherapy equipment includes filtered lamps, or light-emitting diodes (LED). When used in skin care, LED light therapy devices, like the light lamp, can be used to improve various skin conditions. However, they are less effective compared to cold lasers because they cannot produce pure color but offer only a disorganized range of photons.

Each color has its own unique properties and emits a unique wavelength of photons which are measured in nanometers (nm). For example, violet-blue chromotherapy devices have a shorter wavelength of 405 to 445 nanometers and work on top of skin. They reduce acne-causing pathogens like bacteria, heal inflamed acne lesions, regulate sebaceous glands, and visibly improve skin's texture. Violet-blue devices can be used to sanitize skin after extractions, especially for acne and rosacea-prone complexions.

Green and yellow light devices with wavelengths between 525 to 580 nanometers assist in fading skin discolorations by targeting melanocytes to inhibit excess melanin production and reduce hyperpigmentation. They can also be used to deliver treatment serums and masks into the basal layer of skin to intensify results.

Devices with longer wavelengths in the red spectrum can reach deeper layers of skin. A study published in the "Journal of Cosmetic and Laser Therapy" showed the positive effects of cold laser therapy with wavelengths of both 665 and 808 nanometers on people with alopecia. Studies have also shown that red light devices are beneficial for any complexion and can firm skin by stimulating the creation of collagen and elastin. They also produce antioxidant effects which makes them very helpful for all aspects of skin restoration and rejuvenation.

When one thinks of the color spectrum, skin rejuvenation may not immediately come to mind. However, there is a spectrum of shades and lights that can be of assistance with skin health. Because of this, chromotherapy and cold lasers are worth exploring to bring clients the best results.

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