



# Colour Therapy: An introductory Guide to the Healing Power of Colour

*Pauline Wills*

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We all know what a strong effect colour has on us. In fact, colour healing has been used by mankind throughout history. The ancient Egyptians, Greeks and Romans all used colour in a variety ways to treat different ailments. This accessible introduction gives practical advice on how to make the most creative use of colour in what we wear, our surroundings and how certain colours can be effective in treating particular health conditions.

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