

## *Colors and scents*

---

*Yellow—fun, humor, intellect, logic, creativity*

Yellows: vibrant rays of sunshine stimulate the intellect; radiating outwards it is the colour of the self & the ego. It stimulates our sense of self worth & empowerment, waking us up to our feelings about others & ourselves.

Yellow ignites self-confidence helping us to realise our place within the world. It helps bring mental clarity & focus, strengthening our mind & ability to absorb knowledge. An energiser; it aids exhaustion, relieves arthritis, helps relieve water retention, acts as a stimulant & is even helpful to use when giving up smoking as it removes toxins from the body.

### **Yellow - The Intellectual - The Mind - To Understand**

Yellows, like oranges are also social butterflies, yet they find it more difficult than oranges to hold a secret, they have an illuminating quality, presentation is very important to them. They are very analytic and can be sarcastic. Their need to get to the top quickly and without too much effort other than taking from others, means they build their foundations on shaky soil sometimes. They have strong will power, a good sense of humour they are broadminded and have a clear logical mind.

**YELLOW** - lemon grass, basil, bergamot, grapefruit, camphor, lemongrass

**lemon verbena, sandalwood, lemon, vetiver, angelica, cedarwood, jasmine, helichrysum, and myrrh.**

---

*Orange—creativity, pleasure, optimism, emotional expression*

Lifts our spirit; freeing our emotions it encourages us to feel liberated & happy. It casts a spotlight on our creative impulses, nurturing them & providing us with the energy to put them into action. It works powerfully on the emotional self; releasing feelings which may be deeply buried or hidden.

Orange gives us the self-confidence & enthusiasm to live our lives with joyful independence. It has a milder effect than red on the circulatory & reproductive systems & is a good colour to use for menstrual problems or painful periods as it relieves muscular pain. It can give relief to sufferers of asthma & is an antidote to depression & loneliness. It enables us to release fear, tiredness & increase tolerance

### **Orange - The Entertainer - Social Butterfly - To Counsel**

Oranges are independent and have a good sense of humour; they have a positive outlook and love to live life to the full. They carry self-imposed insecurities, yet are good listeners and can become good counsellors. Oranges can hold a secret. They love to travel and meet new people; they are creative thinkers, spontaneous and happier in groups than alone.

**ORANGE** - mandarin, juniper, clary sage, ylang ylang, jasmine, calendula, neroli bergamot, geranium, jasmine, neroli, sweet orange, bitter orange and patchouli.

---

*Red—physical energy, vitality, passion*

Commands our every action; it is the colour of our physical self, our survival instincts & our connection to the earth.

Red activates, creates movement & arrests attention. It expresses passion, danger, anger, joy & celebration.

Creating warmth & excitement, red stimulates our senses; it has the longest wavelength & slowest frequency. Having the closest vibration to infrared, it creates a sensation of fiery heat & warmth.

Red boosts our circulation, raises blood pressure & gets our heart pumping faster. It raises our libido, increases determination & gives us the will to move forward. It pushes us to break free from the past & demands that we live in the here & now.

### **Red - The Motivator - The Leader - To Inspire**

Reds crave attention, they have a spirit for adventure are enthusiastic and see things through to completion. They can be a bit of a know it all! They are impulsive energetic and believe that ♦its my way or the highway!♦

**RED** - cedarwood, rose, geranium, black pepper, red cinammon, clover

**clove, cinnamon, rose, cedar, musk patchouli and sandalwood**

---

*Violet—intuition, imagination, meditation, art*

Violet links us to our divine will & our spiritual quest in which we desire to experience all that the universe has to offer. Violet inspires us to seek answers to philosophical questions & develop our ability to freely discuss our changing beliefs. It encourages us to aspire to our highest ideals; replacing creative blocks with inspiration. Violet purifies the blood, relieves skin problems, nervous headaches, eye & ear problems & sore gums. It restores calm to the body & mind, easing headaches & migraines.

### **Violet - The Idealist - The Seeker - To Give**

Violets are very easy going and genuine, they give freely to others. They are warm and friendly and can bring about many positive changes to peoples lives. They are gifted and teach by example; they need to focus on bringing order back into their lives.

**VIOLET** - frankinsense, myrh, white spruce, viola

**lavender, rosemary, mint, anise seed, mugwort and star anise.**

---

*Blue—calm, peace, love, honesty, truth*

Creates a feeling of peace, serenity, and trust & has a cooling & calming effect on our senses. It encourages us to communicate our needs, realise our souls purpose & express our creative self. Blue helps relieve insomnia, lowers high blood pressure, calms the nerves, eases the mind & soothes the entire being. It has an anti-inflammatory & anti-septic effect on the body; it relieves stings, itchiness & rashes. It calms, cools, reduces fevers, feeds the respiratory system & links to the throat & thyroid gland.

### **Sky Blue - The Communicator - The Inventor - To Know**

Sky Blues are inventive, talkative, witty and very communicative. They are very good at nurturing team spirit and have the ability to bring healing to many. They are the most likely personality type to enjoy working from home.

SKY BLUE - roman chamomile, german chamomile, marjoram

**elemi, sandalwood, clary sage, eucalyptus, hyssop, neroli and ylang ylang**

Indigo is linked to the higher mind & our centre of intuition, it gives us the ability to perceive beyond our five senses. It expands our consciousness, encouraging us to peer into unknown realms & gain insights into our everyday lives. Indigo has a calming sedative effect on the body & is a good colour to gaze upon before meditation. It is an antidote to insomnia, relieving night sweats, hot flushes & rashes. Its cooling calming effect can be used to relieve arthritis, eczema, bruising, boils, ulcers, chicken pox & shingles. Indigo purifies, helping us to release fears & calm an overactive mind.

### **Indigo - The Sensitive - The Structured One - To Trust**

Indigos have a good sense of humour; they can however be a bit intense at times. They are natural counsellors and are able to communicate on any level. They ooze integrity, they are honest, sensitive, dramatic and creative they give endlessly.

INDIGO - lavender, sandalwood, marigold

**elemi, sandalwood, clary sage, eucalyptus, hyssop, neroli and ylang ylang**

---

*Green—balance, harmony, communication, social, acceptance*

Balances, creates harmony & brings us back to our natural centre. It connects us to feelings of love & compassion for one another & for the world we live in. It regulates & harmonises blood pressure, the nervous system, soothes & relaxes the heart & calms the whole physical & emotional body. Green encourages growth, self love, eases stress & strengthens our inner resolve. Fresh lime & vibrant apple green stimulate us to earth & bring about new ideas

### **Green - The Peacemaker - The Nurturer - To Regulate**

Greens are homemakers, they are mother earth types who love to look after and nurture others. They are trustworthy, good listeners and treat others how they wish to be treated themselves. They are good with money, they harmonise and regulate the energy within the home and further afield. Great mediators.

**GREEN** - geranium, rose, douglas fir, eucalyptus

**rose, geranium, palmarosa, tuberose, narcissus, chamomile, ylang ylang, jasmine, marjoram and orris root.**

---

### **Magenta - The Entrepreneur - Business Person - To Seek**

Magentas are natural business people, they are practical and down to earth and are able to bring a spiritual element to the work that they do - they are capable of making their ambitious dreams a reality and magenta's enjoy sharing all that they find and discover with others.

**PINK** - rose otto, rose absolute

---

### **Gold - The Counsellor- Powerfully Wise - To Find**

Golds tend to be unpaid counsellors, they have very good listening skills and are able to give people sound advice, they can however become restless and have the need to travel and visit different cultures. They are very knowledgeable and have a natural wisdom that they have developed over many lifetimes.

### **White—purity, beginnings**

**frankincense, lotus, sandalwood, jasmine, rose, elemi, myrrh, ylang ylang, galbanum and vetiver**

**RED** - cedarwood, rose, geranium, black pepper, red cinammon, clover  
**ORANGE** - mandarin, juniper, clary sage, ylang ylang, jasmine, calendula, neroli  
**YELLOW** - lemon grass, basil, bergamot, grapefruit, camphor, lemongrass  
**GREEN** - geranium, rose, douglas fir, eucalyptus  
**SKY BLUE** - roman chamomile, german chamomile, marjoram  
**INDIGO** - lavender, sandalwood, marigold  
**VIOLET** - frankincense, myrrh, white spruce, viola  
**PINK** - rose otto, rose absolute

**Red - The Motivator - The Leader - To Inspire**

Reds crave attention, they have a spirit for adventure are enthusiastic and see things through to completion. They can be a bit of a know it all! They are impulsive energetic and believe that it's my way or the highway!

**Orange - The Entertainer - Social Butterfly - To Counsel**

Oranges are independent and have a good sense of humour; they have a positive outlook and love to live life to the full. They carry self-imposed insecurities, yet are good listeners and can become good counsellors. Oranges can hold a secret. They love to travel and meet new people; they are creative thinkers, spontaneous and happier in groups than alone.

**Yellow - The Intellectual - The Mind - To Understand**

Yellows, like oranges are also social butterflies, yet they find it more difficult than oranges to hold a secret, they have an illuminating quality, presentation is very important to them. They are very analytic and can be sarcastic. Their need to get to the top quickly and without too much effort other than taking from others, means they build their foundations on shaky soil sometimes. They have strong will power, a good sense of humour they are broadminded and have a clear logical mind.

**Green - The Peacemaker - The Nurturer - To Regulate**

Greens are homemakers, they are mother earth types who love to look after and nurture others. They are trustworthy, good listeners and treat others how they wish to be treated themselves. They are good with money, they harmonise and regulate the energy within the home and further afield. Great mediators.

**Sky Blue - The Communicator - The Inventor - To Know**

Sky Blues are inventive, talkative, witty and very communicative. They are very good at nurturing team spirit and have the ability to bring healing to many. They are the most likely personality type to enjoy working from home.

**Indigo - The Sensitive - The Structured One - To Trust**

Indigos have a good sense of humour; they can however be a bit intense at times. They are natural counsellors and are able to communicate on any level. They ooze integrity, they are honest, sensitive, dramatic and creative they give endlessly.

**Violet - The Idealist - The Seeker - To Give**

Violets are very easy going and genuine, they give freely to others. They are warm and friendly and can bring about many positive changes to peoples lives. They are gifted and teach by example; they need to focus on bringing order back into their lives.

**Magenta - The Entrepreneur - Business Person - To Seek**

Magentas are natural business people, they are practical and down to earth and are able to bring a spiritual element to the work that they do - they are capable of making their ambitious dreams a reality and magenta's enjoy sharing all that they find and discover with others.

**Gold - The Counsellor- Powerfully Wise - To Find**

Golds tend to be unpaid counsellors, they have very good listening skills and are able to give people sound advice, they can however become restless and have the need to travel and visit different cultures. They are very knowledgeable and have a natural wisdom that they have developed over many lifetimes.

Resources

<http://www.coloursofthesoul.com/>

[www.directmailmarketing101.com](http://www.directmailmarketing101.com)

<http://www.suzannebovenizer.com/aromatherapy-essential-oils/color-and-essential-oils>