

Color Therapy in Lady Fabrics Printed Design And its Glass Accessories

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Abstract:

Color Therapy is a [complementary therapy](#) dating back thousands of years to the ancient cultures of Egypt, China and India. The effects of color on our moods, health and way of thinking have been studied by scientists for years. Even an individual's preference for one color over another may be related to the way that color makes him feel.

Colors are visible light energy of certain wavelengths. Photoreceptors in the retina, called cones, translate this energy into colors. The retina contains three kinds of cones: one for blue, one for green, and one for red. We perceive other colors by combining these colors. When the energy of color enters our bodies, it stimulates the pituitary and pineal glands. This in turn affects the production of certain hormones, which in turn affects a variety of physiological processes. This explains why color has been found to have such a direct influence on our thoughts, moods and behavior. Even blind people can sense color as a result of energy vibrations created within the body.

Chakras are our body's energy centers. If these energy centers are out of balance, we may become ill or our emotions may be affected. Each color has a corresponding energy center and can be used to bring it back into balance.

The current research aims to shed light on color therapy, clarify the colors associated with the [chakras](#) which are energy points of the body and therefore potentially powerful healing centers, and make use of that in lady fabrics printed design and its glass accessories, which enrich not only the fields of textile printing and glass in general but also women fabrics printing and glass accessories in particular.

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