Colour Therapy Instructions

What You Need

1. Use good quality brush pens or permanent markers.
   Recommended brands:
   Camel Brush Pens/Doms Brush Pens/Sharpie Permanent Markers

2. These sets usually contain 12 essential colours:
   Violet, Indigo, Sky Blue, Green, Yellow, Orange, Red, Black, Pink, Brown







Hand Diagram & Application

3. You will receive a picture of both hands (front and back) showing where and which colour to apply.

4. Apply the colour dots **exactly at the same location and in the same way** as shown in the diagram.

Timing & Frequency

5. You can apply colours **at any time of the day**.

6. Keep the colour dots on for at least **4 hours a day**.
   Reapply **before bedtime** for best results. If the colour fades during the day, feel free to refresh it.

Duration of Use

7. Relief may be felt **within minutes or a few hours**, depending on the issue.

8. For complete healing, continue the therapy for:
   Minimum **12 days** — Ideally **21 days**

Who Can Apply

9. You can apply the colours yourself or ask someone to help you.

Important Notes

10. There are **no restrictions** on food or activity.

11. Colours are **natural energy tools** and support healing **safely and effectively**.