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## Art and Colour Therapy

### Definition

**Art therapy** is based on the belief that the creative process involved in the making of art is healing and life-enhancing.

**Colour therapy** is based on the use of the colours that make up light i.e. not the colours applied to material objects but rather the pure colours of the spectrum. Each colour has a distinct set of vibrations with its own particular part to play i.e. establishing a balance. Each colour stimulates or calms the mind, body and spirit. Special equipment is used. Harmony is the result.

### Benefits

With cancer patients in particular, Art therapy has the great advantage of offering a distraction and also focusing on a new outlook. Concentration is such that time goes by in a flash. No previous art skills are necessary.

Colour therapy can bring energy, relaxation or peace of mind and is much appreciated by the patient.