



COLOR & ESSENCE

The ChromaSteam™ & AromaSteam™ systems enable you to renew mind, body and spirit while transforming your shower into a personal sanctuary, providing you with the ultimate holistic steam bathing experience.

mr. steam®

www.mrsteam.com

Color & Essence

By Denise Turner, ASID, CID, CMG

Color and light have captured the imagination of some of the greatest thinkers in history most notably Hippocrates, the Father of Western Medicine. He is known to have incorporated Chroma and Aroma Therapy into his practice with the use of colored ointments and salves.

Mr.Steam® has now revitalized the healing powers of color and light in the ChromaSteam™ and AromaSteam™ Systems. The Mr.Steam Chakra blends are specially formulated essential oils extracted

from organic flowers and plant material designed to balance your body to its maximum wellness while working in conjunction with the corresponding ChromaSteam™ System light colors.

The use of essential oils and colored lights is a wonderful way to balance and cleanse the Chakras and attune oneself to love and light.

Let's explore the body's seven major Chakras or energy centers positioned along the spinal column which correspond to certain colors and essences.

mr.steam® chromasteam™ system



RED VITALITY

FIRST CHAKRA

MULADHARA

Located at the perineum



COLOR: *Red Vitality*

AROMA: *Cedarwood, Lavender, Clove Bud, Ho Leaf, Rosewood, Patchouli, Copaiba Balsam and Frankincense*

ELEMENT: *Earth*

*This Root Chakra is associated with survival instincts, strength, courage, health, vigor and sexuality.
Feeling a bit sluggish?*

*Combine the ChromaSteam™ light and essence
of Red Vitality and get ready to take off!*

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INVIGORATING ORANGE

SECOND CHAKRA

SVADHISTHA

Located below the navel



COLOR: *Invigorating Orange*

AROMA: *Ylang Ylang, Atlas Cedarwood, Clary Sage, Mandarin Orange, Palmarosa and Nutmeg*

ELEMENT: *Fire*

This Sacral Chakra is associated with passion, confidence, enthusiasm, striving and self-motivation.

Are you feeling inhibited?

Turn the ChromaSteam™ light to orange and introduce the essence of Invigorating Orange for a motivating experience that may help lessen sexual inhibitions.

Now let the party begin!

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YELLOW AWAKENING

THIRD CHAKRA

MANIPURA

Located behind the stomach



COLOR: *Yellow Awakening*

AROMA: *Clary Sage, Sweet Orange, Patchouli,
Ylang Ylang, Cardamon, Peru Balsam and Nutmeg*

ELEMENT: *Air*

This Sacral Chakra is associated with intellect and communication, confidence, attention to detail, academic achievement, discipline and mental discrimination.

Having difficulty staying Focused?

*Introduce the Yellow Awakening essence
into the steam room and activate your
ChromaSteam™ light to help improve
memory and concentration.*

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GREEN HARMONY

FOURTH CHAKRA

ANAHATA

Located in the middle of the chest



COLOR: *Green Harmony*

AROMA: *Rosewood, Patchouli, Geranium, Litsea
Cubeba, Sweet Orange, Pettigrain and Ylang Ylang*

ELEMENT: *Water*

*This Heart Chakra is associated with the heart, hope, healing,
compassion for others and for self-forgiveness and growth.*

Feeling stressed out?

*Turn your ChromaSteam™ System to Green Harmony
and infuse the steam with Mr.Steam's Green Har-
mony essence. Together this dynamic combi-
nation may help to reduce stress and
restore a sense of balance.*

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CELESTIAL BLUE

FIFTH CHAKRA

VISHUDDHA

Located at the throat



COLOR: *Celestial Blue*

AROMA: *Atlas Cedar, Lime, Vetiver, Grapefruit, Clove Bud, Lavender, Copaiba Balsam, Ginger, Spearmint, Lemongrass & Allspice*

ELEMENT: *Ether*

This Throat Chakra is associated with self-expression, creativity, inner peace, loyalty and truth.

Feeling nervous about a presentation?

Used in tandem, the Celestial Blue ChromaSteam™ light and essence will have you speaking more calmly and eloquently.

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MYSTIC INDIGO

SIXTH CHAKRA



AJNA

Located in the center of the forehead

COLOR: *Mystic Indigo*

AROMA: *Lavender, Tangerine, Cedarwood Virginia, Clary Sage, Peru Balsam, Tanacetum and Frankincense*

ELEMENT: *Light*

This Third Eye Chakra is associated with psychic awareness, intuitive thought, spiritual insight and clairvoyance... the ability to "see the big picture".

Having a creative block?

Turn your ChromaSteam™ System to Mystic Indigo and bring in the Mystic Indigo essence to get your creative juices flowing.

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VIOLET NIRVANA

SEVENTH CHAKRA

SAHASRARA

Located above the head



COLOR: *Violet Nirvana*

AROMA: *Orange, Mandarin Orange, Lime,
Lemon, Myrtle and Green Myrtle*

ELEMENT: *Air*

*This Crown Chakra is associated with spiritual connection,
inner voice, transcending of self and bliss.*

Looking for a way to unwind?

*Simply turn your ChromaSteam™ System to
Violet Nirvana and introduce the
Violet Nirvana essence to calm
your agitated nerves.*

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