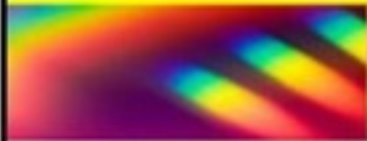


March 1 - 31



COLOR THERAPY MONTH

31 Ways You Can Celebrate

- 1.** Paint a room in your house.
- 2.** Dye your hair a primary color.
- 3.** Listen to *Color Healing Radio*.
- 4.** Eat a salad that contains all 7 colors of the rainbow.
- 5.** Visit an art gallery or museum.
- 6.** Attend a color therapy workshop online or offline.
- 7.** Change the color of your toothbrush.
- 8.** Book an appointment with a color therapist.
- 9.** Get out your crayons and coloring books.
- 10.** Buy a colorful outfit.
- 11.** Create a colorful collage.
- 12.** Plan a Color Therapy party with color readings.
- 13.** Bake a batch of Rainbow Cupcakes.
- 14.** Change the color of your curtains.
- 15.** Take a color therapy bath.
- 16.** Book an aura photography session.
- 17.** Watch *The Color Channel* on YouTube.
- 18.** Treat yourself to a colorful mani-pedi.
- 19.** Post colorful photos on your blog.
- 20.** Create a rainbow scavenger hunt.
- 21.** Wear a different pair of color therapy glasses each day.
- 22.** Mix and drink your favorite colorful cocktail or fruit smoothie.
- 23.** Write a poem with different colored pens or pencils.
- 24.** Sit under a green light for 5 minutes.
- 25.** Create your own Fruit Loops necklace.
- 26.** Paint a silk scarf in beautiful colors.
- 27.** Create a flower display of all the 7 rainbow colors.
- 28.** Paint a child's face (or your own!).
- 29.** Listen to colorful music.
- 30.** Sew a colorful quilt.
- 31.** Blow bubbles and enjoy the rainbows!