

RED – associated with life, power, passion, fire of emotion, protection, transformation, love and fertility. Great to use or wear on days where you need help feeling powerful, in charge of your life or going on a hot date! A GIFT colour of passion and power for someone in your life.

BEWARE – definitely not a great colour to use or wear if you are angry as red can create more anger in you.

PINK – the blending of white and red, the merging of the power of red energy with the softening of white of enlightenment and wisdom. It's the colour of compassion, love, beauty, kindness and a great healing colour for grief and sadness. A great colour to use and wear when you need to show compassion, love and kindness to yourself and others. A great GIFT colour for someone who is needing romance and love in their life.

BLUE – calmness, serenity, peace, finding your voice and expressing yourself. Great to use or wear when you want to communicate clearly and with clarity, find inner peace and calmness. Fantastic GIFT colour for anyone needing to express themselves, find peace and serenity in their lives.

YELLOW – the SUNSHINE colour – notice on grey days how you feel MEH and on sunny days you have HAPPY feels. Yellow brings in joy, sunlight, warmth, courage, clarity and wisdom. Great to use or wear for the days that you need courage or to feel joyful. Awesome GIFT colour for those needing joy and warmth in their lives.

ORANGE – confidence, nurturing, creativity, warmth, motherhood, enthusiasm and success. Use this colour to amp up your creativity or to nurture and mother yourself when feeling low. It's a great GIFT colour for a budding artist, new mother or anyone that wants to be more creative in their life.

GREEN – the colour of nature, abundance, wealth, growth, rebirth, spring, potential and knowing your heart. Great colour to use or wear when you are wanting to feel abundant or know your heart. Very useful GIFT colour for someone who want to feel wealthy, close to nature, grow within their heart and life.

TURQUOISE – a healing colour, a sea colour where lots of coral thrive, a colour of rebuilding, self-reliance, independence, recharging our spirit, emotional balance and emotional healing. Great to use when you feel the need to heal, to rebuilding and to become self-reliant. Wonderful GIFT colour for anyone who is wanting to discover their potential and truth and heal as they are doing this.

PURPLE – intuition, wisdom, enlightenment, dignity, true self, royalty, spiritual and feelings. Use this colour or wear when you want to access your intuition, be wise and gain clarity. An awesome GIFT colour for anyone who wants to be more in touch with their spirit, intuition and wisdom.

BROWN/TAN – stability, grounding, order, practicality, earth, nature. Great to use or wear when you are needing stability and order in your life. A stunning GIFT colour for someone who wants find their practical and orderly centre to work from.

WHITE – purity, spirituality, light, unity, new life, beginnings, creativity and clarity. A great colour to use or wear when seeking clarity or feeling a bit in the dark about something. Stunning GIFT colour for someone starting a new beginning or wanting clarity in their life.

BLACK – grounding colour, mystery, creating boundaries, maintaining power, transformation and birth. A great colour to use or wear when you need to be more grounded, setting boundaries and maintain your power. Awesome GIFT colour for someone seeking transformation in their life.