

COLOUR THERAPY IN THE BATHROOM AT LANGHAM HOTEL, LONDON

Chomatherapy – a quick guide

According to research in the practice of chromatherapy, colour has a tangible effect on feelings of well being and comfort. Warm colours are stimulating; cool colours are calming. It is believed that colour can affect people's mental and emotional states. In addition, the water's warm temperature, combined with the gentle massage from the specially designed jets, relaxes the muscles, making the body even more receptive to the effects of colour.

If a guest using the chromatherapy bath in the new Infinity Suite at Langham Hotel, London, finds a colour to their liking, they just touch the button to stop on that colour. To continue the colour sequence, they touch the button again. The lights are easy to use and are maintenance-free.

The bather - submerged from shoulders to toes in the 66-inch, 34.5-inch basin - is also caressed by tiny effervescent bubbles created by 11 specially engineered air jets to complete the retreat. For the bather's ear, the gentle sound of cascading water dropping off the rim's horizon into the tub's re-circulating channel relaxes and comforts the mind.

The Light Sequence

- **White - pure and clarifying**
White is a soothing and relaxing colour that contains all the colours of the spectrum, representing purity and clarity.
- **Violet - inspiring and creative**
Violet is the colour of the sky at dusk and is positioned at the end of the humanly visible light spectrum. Inspirational and creative, it combines the vibrancy of red and peacefulness of aqua blue.
- **Indigo blue - serene and peaceful**
Believed to induce a feeling of peacefulness and tranquility, indigo is constant and symbolic of serenity and peace.
- **Aqua blue - self-assured and calming**
Thought to provide both calming and stimulating effects on the body, aqua blue resembles the sky or ocean waters.
- **Green - harmonious and balancing**
The balancing colour on the spectrum, green is a harmonious hue that represents hope, renewal and resolve. Green refreshes, restores and calms.
- **Yellow - hopeful and illuminating**
Characterised as the colour of spirit and intellect, yellow is favoured by adventurous people who seek new experiences. It symbolizes happiness and wisdom.
- **Orange - joyful and spontaneous**
An energising colour, orange represents youth and curiosity. It has been described as the colour of excitement, joy and pleasure.
- **Red - courageous and energizing**
Considered the colour of strength, good health and vitality, red is highly energised and said to stimulate physical activity.

Taking a bath may never be the same again...

Further information:

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NOTE: In May 2004, Langham Hotel, London – formerly The Langham Hilton – reverted to its original name and became the flagship of Langham Hotels International, a new 5-star hotel company with hotels in Hong Kong, North America and Europe. Duncan Palmer (formerly with The Connaught and The Savoy) was appointed Managing Director, and is currently overseeing a substantial schedule of change and renovation – including a new restaurant, two new bars, and a new spa -

which will take place over the next two years. www.langhamhotels.com