

THE APEX CODE



The Apex Code – Colour Bath

Vibrate. Align. Transform.

Your body is light. Your mind is color. Your soul is sound.

The Apex Code Colour Bath invites you into a full-spectrum experience using **frequency-specific colors** to elevate your vibration, calm your nervous system, and unlock deeper potential.

Color Frequencies & Their Vibrational Effects

Color	Frequency (THz)	Effect on Body/Mind/Spirit
Red	400–484	Energy, grounding, physical strength
Orange	484–508	Joy, creativity, emotional release
Yellow	508–526	Confidence, mental clarity, digestion
Green	526–606	Balance, heart opening, immune support
Blue	606–668	Peace, expression, throat & communication
Violet	668–789	Intuition, connection, pineal activation
White	Full Spectrum	Total alignment, divine consciousness
Black	Absorbs light	Detox, mystery, shadow integration

Mini Self-Check: Your Colour Bath Needs

Answer what you feel **today**, not what you wish.

1. I feel **exhausted** or disconnected from my body →
☐ RED needed
2. I lack **joy or emotional flow** →
☐ ORANGE needed
3. I feel **mentally foggy or indecisive** →
☐ YELLOW needed
4. I'm craving **peace or deeper self-love** →
☐ GREEN needed
5. I'm not able to **speak my truth or rest deeply** →
☐ BLUE needed
6. I want to access **intuition or spiritual clarity** →
☐ VIOLET needed
7. I want to feel **cleansed or fully reset** →
☐ WHITE or Sound Bath recommended

How to Take an Apex Colour Bath

- **LED Light Devices** or **Crystal Light Beds**
 - **Guided Visualization** with colored meditation
 - **Coloured Bath Salts & Aromatherapy**
 - **Chromotherapy Room** + Solfeggio Frequencies
 - **Sacred Ritual Setups** (candles, oils, breathing)
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“You don’t just wear color. You absorb it. You radiate it.”

That’s The Apex Code.