

12 CRYSTALS

for

HEALTH
& WELLBEING

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HEALING CRYSTAL

Amethyst

Amethyst has been referred to in the past as “nature’s tranquillizer”. It’s known as one of the most effective healing crystals

IT IS SAID IT CAN BRING COMFORT TO THOSE SUFFERING WITH INSOMNIA, PAIN & STRESS

Heals the Body, Mind & Soul

Positive attributes associated with this Gemstone are:

- Clarity
- Beauty
- Health

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WELLBEING CRYSTAL

Aquamarine

Aqua Aura is great for use whilst meditating as it raises your energy frequency.

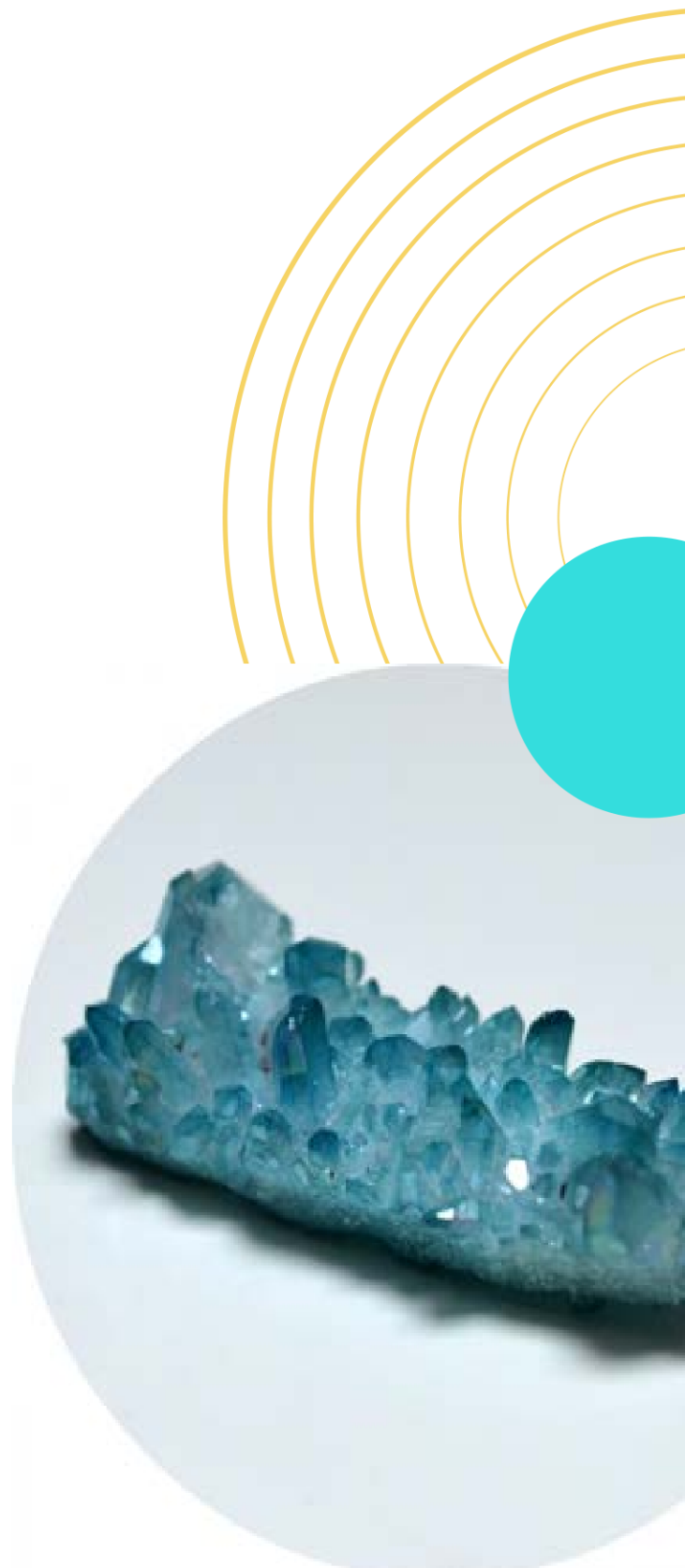
IT CAN BE USED TO
ACTIVATE THE ENERGY
OF OTHER MINERALS &
CRYSTALS

Aquamarines attributes are:

- Courage,
- Balance
- Peace

which in-turn benefits
ones well-being

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HEALTH CRYSTAL

Aventurine

Aventurine is said to stimulate your metabolism

IT IS ALSO SAID TO BALANCE BLOOD PRESSURE AND LOWER CHOLESTEROL.

Attributes that are linked to this stone are:

- Prosperity | Luck
- Wisdom
- Serenity

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DETOXING CRYSTAL

Bloodstone

Bloodstone is known to purify and detoxify the body.

SAID TO BE USED TO BOOST OUR IMMUNE SYSTEM, BY HELPING TO PURIFY OUR SYSTEM

Healing attributes are:

- Heightens Intuition
- Aids Creativity
- Motivation

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SUCCESS CRYSTAL

Citrine

Citrine is great for increasing your energy and is thought to help the thyroid.

ALSO KNOWN AS THE "SUCCESS STONE", AS IT IS SAID TO PROMOTE & MANIFEST SUCCESS IN YOUR LIFE

Other attributes are:

- Encourages Self-Expression
- Motivation
- Creativity

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CHAKRA CRYSTAL

Labradorite

Labradorite clears and opens all of your chakras. It can help to purify your energy.

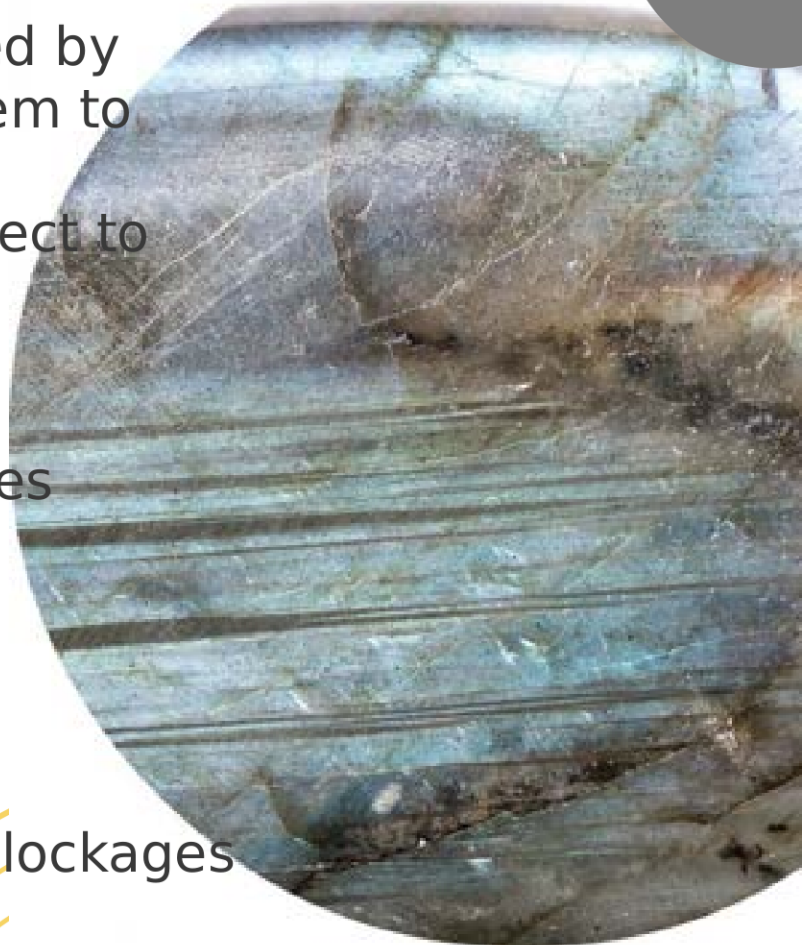
CALMS AN OVER ACTIVE MIND AND HELPS YOU TO FILTER YOUR THOUGHTS

It's useful Stone to be used by Psychics, as it enables them to channel their energy - which helps them to connect to the spirit world.

Furthermore, this stone holds many other attributes which helps you on your Spiritual journey.

- Imagination
- Intuitive stone
- Clears Mental | Energy Blockages

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CLEANSING CRYSTAL

Lapis Lazuli

**Lapis Lazuli cleanses
and purifies the body.**

ITS SAID TO HELP TO CONTROL ANGER & RAGE.
PEOPLE USE THIS STONE WITH
THE AIM TO ENHANCE THEIR INSIGHT.

This is another Stone said to aid with Insomnia
and assist with Migraines.

Positive attributes are:

- Helps with deeper meditation
- Wisdom
- Confidence

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PROTECTIVE CRYSTAL

Pyrite

Pyrite is also known as 'fools gold'. It's a powerful protective stone.

IT CAN HELP TO PROTECT YOU FROM
NEGATIVE
ENERGY

Positive attributes:

- Wealth
- Energy
- Strength

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HEALING CRYSTAL

Quartz

Clear Quartz, also known as rock crystal or Crystal Quartz, energises and activates your chakras. It's called the 'Master Healer'.

IT IS SAID TO INCREASE SPIRITUAL WISDOM

Attributes consist of:

- Revitalisation
- Energy Amplifier, Regulator
- Adaptive Stone with Multi-purpose uses

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LOVE CRYSTAL

Rose Quartz

Rose quartz is believed to raise self-esteem and balance emotions. It's also known as the 'love stone' and can be used to attract love.

ALSO USED TO ASSIST WITH HEALING A BROKEN HEART - FROM A RELATIONSHIP, LOSS OF A LOVED ONE.

It can help with conditions such as anxiety, stress relief and tension.

Positive attributes are:

- Unconditional Love | Self Love
- Harmony
- Bring Positivity

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PROTECTION CRYSTAL

Turquoise

Turquoise is famous as being the protection stone whilst travelling and is also known as the “stone of hope”.

THE HEALING POWERS
OF THE STONE CAN
BENEFIT THE ENTIRE
BODY.

Positive attributes are:

- Calming
- Grounding
- Hope
- Connects you with Nature
- Enhances Spiritual Energy

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