



11 CRYSTALS

for

**BETTER 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 CAN HELP WITH
AILMENTS SUCH AS
INSOMNIA,
FIBROMYALGIA AND
STRESS

Heals the body, mind and soul.



WELLBEING CRYSTAL

Aqua Aura

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

Aqua Aura is believed to help with depression, anxiety and general wellbeing.



HEALTH CRYSTAL

Aventurine

Aventurine is said to stimulate your metabolism which can help with weight loss.

**IT ALSO BALANCES
BLOOD PRESSURE AND
HELPS TO LOWER
CHOLESTEROL.**

It's also said to have anti-inflammatory properties which can help ease allergies, migraines and skin breakouts



DETOXING CRYSTAL

Bloodstone

Bloodstone is known to purify and detoxify the body.

IT CAN BE USED TO BOOST YOUR IMMUNE SYSTEM, AND PURIFY THE LIVER, KIDNEYS AND BLADDER.

It's the ideal stone for anaemia.



SUCCESS CRYSTAL

Citrine

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

IT CAN HELP WITH AILMENTS SUCH AS CHRONIC FATIGUE SYNDROME.

Citrine is also known as the 'success stone' it is said to promote and manifest success in your life.



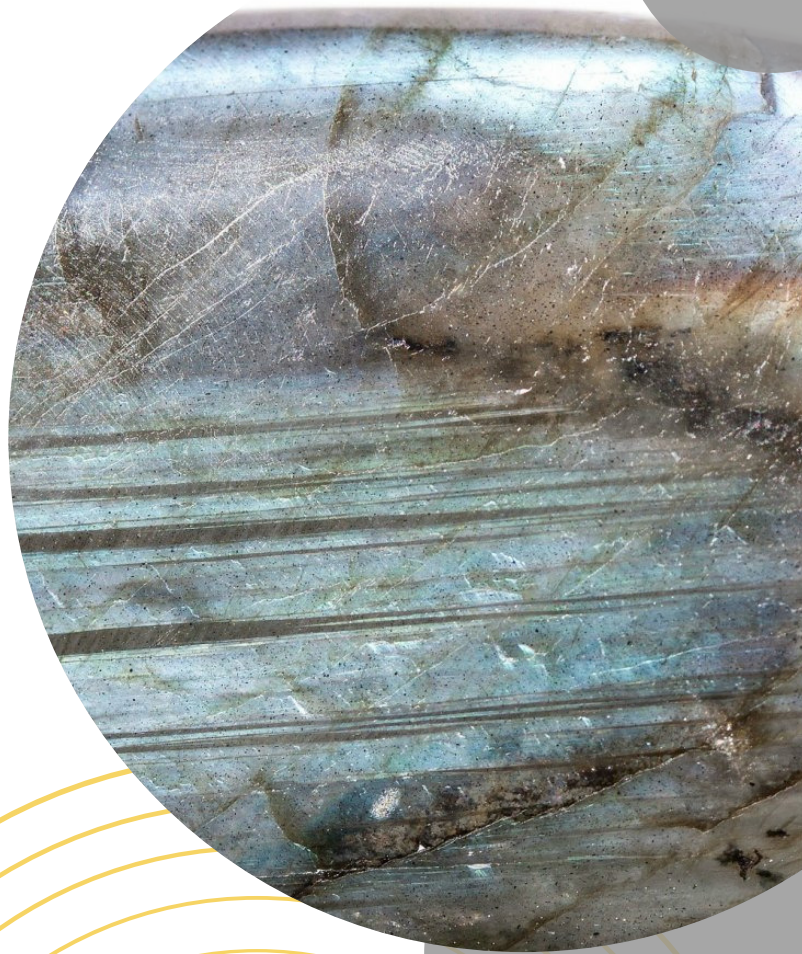
CHAKRA CRYSTAL

Labradorite

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

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

It's useful to the lungs and may help with colds and respiratory problems.



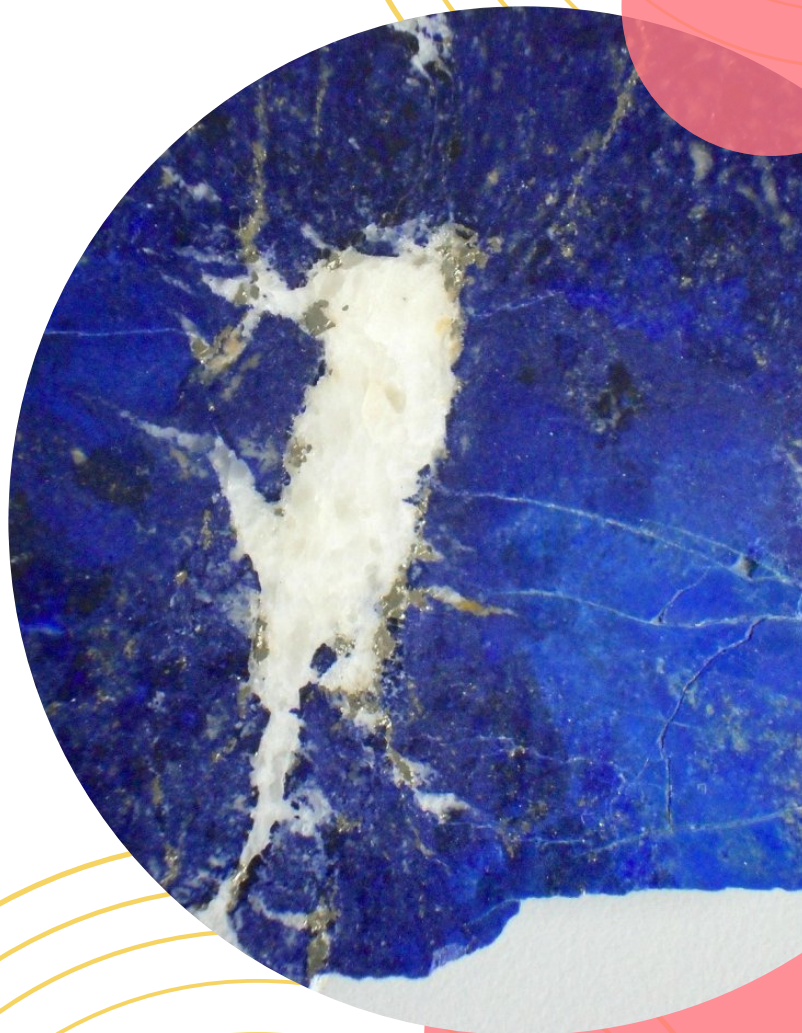
CLEANSING CRYSTAL

Lapis Lazuli

Lapis Lazuli cleanses
and purifies the body.

IT HELPS TO CONTROL
ANGER AND RAGE.
PEOPLE USE IT TO
ENHANCE THEIR
INSIGHT.

You can also use it to go
deeper into meditation.
Lowers blood pressure, boost
the immune system. Can
alleviate migraine headaches
and insomnia.



PROTECTIVE CRYSTAL

Pyrite

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

IT CAN HELP TO
PROTECT YOU FROM
ENVIRONMENTAL
POLLUTANTS AND
NEGATIVE ENERGY.

It aids in the treatment of
infective diseases and can
help with lung disorders.



HEALING CRYSTAL

Quartz

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

IT IS SAID TO INCREASE SPIRITUAL WISDOM. IT AIDS CONCENTRATION AND HELPS WITH YOUR MEMORY.

It's also been known to cleanse your organs.



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 HEAL A
BROKEN HEART AFTER
A BAD RELATIONSHIP.**

It can help with conditions such as anxiety as it lowers stress and tension.



IMMUNITY CRYSTAL

Turquoise

Turquoise is one of the crystal healing master stones.

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

It's great for ailments of the immune, waste and respiratory systems.

