

Healing U

The Healing benefits of Crystals

Agate... Balancing & cleansing, strengthening ... Reportedly strengthens sight ... Stimulates analytical abilities... Brings vitality & harmony.

Amazonite... Soothes worries and fears... Enhances love communication... General health maintenance... Helps relieve muscle spasm.

Amber... Transforms negative to positive energy ... Calms nerves ... Used for throat, kidney & bladder ... Cleanses environment.

Amethyst... Calm & tranquillity... spirituality & contentment... meditation, harmony, and abundance... insomnia, menopause, headaches..

Ametrine... Dispels negativity from every level... Eases & releases pain... Clears the mind/helps concentration... M.E. & digestive problems.

Angelite... Communication of love... Protection, telepathy & astral travel... Dispels anger, brings compassion... Relieves pain e.g. Sunburn

Apache Tears... Comforts in times of sorrow/grief...Spontaneity... Removes self-limiting beliefs... Promotes forgiveness.

Apophyllite... Connects physical & spiritual realms... Facilitates astral travel... Reflection... Energy stimulation.

Aqua Aura... Soul expression... Acts as a shield for negativity... A 'Master' crystal... Helps you find 'space'.

Aquamarine... Releases suffering... Soothing, calming, cooling... Good for relationships... Throat, glands, teeth and jaw.

Aventurine... Activates the heart chakra... Balances male/female energies... Enhances creativity, leadership... A comforter & supporter.

Azurite... Stone of Heaven, vision enhancer... Psychic development... Helps eliminate worries / fear... Skin, bone, teeth, throat, thyroid, ears.

Azurite in Malachite... Meditation... Flexibility... Gives comfort.

Black Tourmaline... Grounding & protecting... Repels negativity... Increases vitality & emotional stability... helps people after operations.

Bloodstone... Balancing, grounding and centering... Can dispel obscure thought... be here now'... spleen, blood, kidneys, liver.

Blue Lace Agate... Heightened awareness... Used in the treatment of arthritis... Good for bones and nails.

Calcite... Energy amplifier & cleanser... Macrocosmic awareness... Great for studying arts/science...Kidneys,pancreas, de-calcification of bones.

Carnelian... Awakens ones talents & creativity... Protecting & stimulating... Dispels apathy... Neuralgia, gall stones, pollen allergies, colds.

Celestite... Mental activities... Balance & communication... Angelic connections... Dream recall.

Chiolite Cross... Releases hurt, anger & aggression...Works with the heart chakra - cleansing...Very protective...Balances immune system.

Charoite... Balances crown chakra... Helps peaceful sleep... Releases fears... Eyes, heart & mind.

Chrysocolla... Cleanses & energises... Detoxifies... Disperses negativity... Helps arthritis.

Chrysoprase... Brings balance, compassion, forgiveness... Heals the inner child...Tunes into the devic realms... Heals thymus, heart- lungs, shoulders, chest.

Citrine... Tones & cleanses the system... The Merchant's Stone... Assists in acquiring & maintaining wealth... Good for M.E & menopause.

Diopase... One of the best Healing Stones... Clears & stimulates the chakras... Furthers spiritual attunement... Helps relieve pain.

Fluorite... Discernment & aptitude... Brings order to chaos... Mental abilities & concentration... Purifying & cleansing.

Garnet... Stone of Health & Life-Force... Protective influence... Calming, brings vitality... Strength, courage and endurance.

Golden Topaz... Enlightenment... Healing on all levels... Attracts happy 'coincidences'... Beneficial to meridian system - clears blockages.

Hematite... Stone of the mind, grounding... Dispels self-limiting beliefs... Calms nerves, good for headaches...Peace, self-control, happiness.

Howlite... Calm communication... Emotional expression... Helps eliminates pain & stress... Balances calcium levels.

Iolite... Awakens inner wisdom... Rids body of toxins... Releases anger & pain... Psychic understanding

Jade... Dream Stone... Helps you remember dreams... Devotion to purpose... Bringing dreams to reality.

Jasper... Brings joy & sustenance... Provides protection... Aligns & balances chakras... Keeps energy levels high.

Kunzite... Loving thoughts & communication... Powerful peace... Removes obstacles. Brings compassion... Ideal for babies.

Kyanite... Aligns chakras... Tranquillity & Calm... Moves energy blockages... Facilitates Meditation.

Labradorite... Protects the aura... Understanding your destiny... Strength & perseverance... Enhances patience & inner knowing.

Lapis... Stone of Total awareness... Enhances serenity & self-acceptance... Very Protective... Gives insight into dreams.

Lepidolite... Excellent stone for business pursuits... Reduces stress... Transforms energy to bring hope... Helps with life transitions.

Malachite... Stone of Transformation... Clears & activates all chakras... Enhances psychic abilities... Asthma, arthritis, swollen joints,

Moldavite... The extra-terrestrial stone ... Connection to higher planes... Helps you to 'see' more clearly... Spiritual transformation.

Moonstone... The travellers stone... New beginnings... Enhances perception & discernment... Confidence & composure.

Obsidian... Focuses inner vision... Grounding... Transforms negativity... Protecting.

Peridot... Enthusiasm for life... Auric protection and strength... Dispels negative emotions... Helps you release anger & resentment.

Pyrite... Dispels gloom & despair... Helps you honour yourself... Strengthens meridians... Talisman for health.

Quartz... Stone of Power... Amplification of energy... Calmness & clarity. Mental energiser... Removes blocks, brings light.

Quartz Cluster... Enhances harmony & peace in groups... Good for the family... Business environments... Activates & cleanses other stones.

Rainbow Obsidian... Stone of Pleasure... Brings light and love... Spiritual.

Rainbow Rocks... Energising & enlivening... joy and light... Helps heal relationships... Life flows smoothly.

Rhodochrosite... Stone of Love & Balance... Connects you with higher self... Balances the emotions... Boundless energy & enthusiasm.

Rhodonite... Stone of Love... Stone of potential... Generosity... Good for skin problems.

Rose Quartz... Stone of gentle & unconditional love... Calming and Cooling... Heals emotional wounds... Dissolves stress & tension.

Ruby... Stone of Nobility... Protection... Wealth... Following your bliss.

Rutilated Quartz... Illumination... Restores vibrancy & vitality... Helps you to conquer fears & phobias... Very healing & uplifting.

Selenite... Communication & telepathy... Flexibility & strength. ... Clarity of mind... Brings light & healing.

Smoky Quartz... Stone of co-operation... Grounding and Protecting... Pride & joy in living... Balances & re-aligns.

Snowflake Obsidian... Stone of Purity... Serenity & meditation... Love & beauty.

Sodalite... Lightness of Heart... Logic, eliminates confusion... Fellowship, solidarity.

Sugilite... A love stone... Self belief... Psychic perception... Headaches, immune system, nervous system.

Sunstone... 'Brightens' the chakras... Alleviates stress... Increases vitality... Energy of leadership & action.

Tanzanite... Used for journey work... Communication with higher beings... Raises your vibration... High healing potential.

Tektite... Meteoric glass from space... Knowledge gathering... Balances masculine & feminine... Strengthens your energy field.

Thulite... Stone of Entertainment... Gives direction... Reduces aimlessness.

Tiger's Eye... Brightness & optimism... Clarity & Psychic abilities... Balances yin-yang... Soothing & Calming.

Tourmaline... Master healer... Helps balance polarities... Good for balancing hormonal system... A favourite of crystal therapists.

Turquoise... Healer of the spirit/emotion... Strengthens & aligns chakras & meridians... Channelling/meditation... Induces wisdom & kindness.

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