



African Turquoise (jasper) =

♥Brings Structure♥balance ♥Prosperity

Opens the mind to new ideas, new possibilities and new existence. This is a stone that awakens the soul to its intended purpose, encouraging the being to make positive impression while gaining and giving positive wisdom.

Agate = Supports you to feel grounded and balanced. Brings stability in times of change. Helps you feel happy in your own skin.



Amber Agate

♥ increased willpower ♥ Concentration♥ Memory and logic♥ Self-confidence

Help you gain more self-confidence as well as the ability to learn from your past mistakes. Help where issues of clarity and stability are concerned. Agate is also helpful in overcoming negative emotions

Healing Attributes It is said Amber Agate may help with digestive ailments, including food allergies and slow metabolism. It is also said to aid in skin problems, such as eczema.



Gray Agate

♥Self-Confidence♥Concentration♥ Depression ♥Love♥Stress

Gray Agate is a grounding stone, bringing about an emotional, physical and intellectual balance. They aid in centering and stabilizing physical energy. Gray Agate has the power to harmonize yin and yang, the positive and negative forces that hold the universe in place. It works slowly but brings great strength. Grey Agate is very calming and soothing to ones that have suffered any sort of trauma. Emotionally, it overcomes negativity and bitterness of the heart. It heals

inner anger, fostering love and the courage to start again **Healing Attributes** It is said Agate enhances cellular memory and multi-dimensional healing. Agate helps you overcome depression.



Green Agate

♥Self-confidence ♥Health ♥Fertility ♥Harmony

This is also a gemstone associated with prosperity, but it must be explained that the wealth attracted by this stone is not necessarily in the form of money. Prosperity exists in our lives in many ways, not just increasing our bank account numbers. The prosperity brought by this stone is the harmony and balance of all sectors of life, so that nothing is lacking: neither love, health, joy, money or friends etc

Healing Attributes It is said Green Agate helps in the healing process and treatment of various diseases, as it stimulates the immune system also inflammation of joints and pains in the bones. It is also indicated for pregnancy protection



Indian Agate (Fancy Jasper)

♥Luck♥Protection♥Anxiety♥Courage♥Healing♥Calming♥

Indian Agate (also known as fancy jasper) is a very powerful stone that promotes one's well-being and channels positive energy. It helps one to release stress and to make critical decisions. A good protection stone, India Agate gives physical strength & emotional security. It is also known in some circles as the "stone of eternity" because it helps to not fear the aging process. Also known as an "anti-stress" stone, its energy vibrations transmit serenity and patience.



Amazonite

♥ Inspires truth ♥ Sincerity ♥ Honour ♥ Self-love ♥ Communication ♥ Eloquence ♥ Integrity ♥ Trust ♥ Clairvoyance ♥ Clarity ♥ Prophecy ♥ Psychic vision

Amazonite is a soothing stone. It calms the brain and nervous system and aids in maintaining optimum health. Balances the masculine and feminine energies. Amazonite helps you to see both sides of a problem or different points of view. It soothes emotional trauma, alleviating worry and fear. Dispels negative energy,

Healing Attributes It is said Amazonite helps with osteoporosis, tooth decay, calcium deficiency and calcium deposits. It relieves muscle spasms.



Amethyst

♥ Increases nobility ♥ Sobriety ♥ Spiritual awareness ♥ Psychic abilities ♥ Inner peace and healing ♥ Healing of body, mind & soul ♥ Positive transformation ♥ Meditation ♥ Balance ♥ Relieves stress ♥ Communication. Amethyst is a powerful and protective stone. It guards against psychic attack, transmuting the energy into love and protecting the wearer from all types of harm. Amethyst is a natural tranquilizer, it relieves stress and strain, soothes irritability, balances mood swings, dispels anger, rage, fear and anxiety. Alleviates sadness and grief, and dissolves negativity. Amethyst activates spiritual awareness, opens intuition and enhances psychic abilities. It has strong healing and cleansing powers. Amethyst encourages sobriety, having a sobering effect on overindulgence of alcohol, drugs or other addictions. **Healing**

Attributes It is said Amethyst may help hormone production, tunes the endocrine system and metabolism. It strengthens the immune system, reduces pain and strengthens the body to fight against cancer. It destroys malignant tumors and aids in tissue regeneration. Cleanses the blood. Relieves physical, emotional and psychological pain or stress. Amethyst eases headaches and releases tension. It reduces bruising, swellings, injuries, and treats hearing disorders. Amethyst heals diseases of the lungs and respiratory tract, skin conditions, cellular disorders and diseases of the digestive tract.



Aventurine Green, Red & Rose

♥ Luck ♥ Creativity ♥ Imagination ♥ Independence ♥ Prosperity ♥ Calmness ♥ Career success ♥ Balance. Aventurine is a stone of prosperity. It reinforces leadership qualities and decisiveness. Promotes compassion and empathy. Encourages perseverance.

Healing Attributes It is said Aventurine May help the thymus gland and nervous system, balance blood pressure and stimulates the metabolism, lowering cholesterol. It is said Aventurine has an anti-inflammatory effect and eases skin eruptions, allergies, migraines, and soothes the eyes. May help lungs, sinuses, heart, muscular and urogenital systems.



Bronzite

♥Courtesy♥Protection♥Harmony♥Compassion♥Forgiveness

Bronzite is used for protection, as it not only repels, but also sends back the negative energies to the sender. Bronzite is a “stone of courtesy”, especially helpful to people who greet and assist the public. These stones have powerful metaphysical properties that are helpful to use for meditation

Healing Attributes it is said Bronzite can be used to bring an alkaline body state to the acid condition, helping to fight off infections. It can increase the assimilation of iron and provides an improved duration of iron within the physical body. It aids the body in the normal transformation of cycles.



Carnelian

♥ Emotional warmth ♥ Sociability ♥ Creativity ♥ Individuality ♥ Memory ♥ Appreciation of nature ♥ Harmony ♥ Courage ♥ Happiness ♥ Self-esteem ♥ Rebirth ♥ Reincarnation ♥ Past life recall.

A stabilizing stone, **Carnelian** restores vitality and motivation, and stimulates creativity. It gives courage, promotes positive life choices, dispels apathy and motivates for success. Carnelian is useful for overcoming abuse of any kind. It helps in trusting yourself and your perceptions. It overcomes negative conditioning and encourages steadfastness. Carnelian improves analytic abilities and clarifies perception. It sharpens concentration and dispels mental lethargy. Protects against envy, rage and resentment. Calms anger, banishes emotional negativity and replaces it with a love of life. Carnelian boosts fertility and stimulates sexuality. **Healing Attributes** It is said Carnelian May help lower back problems, rheumatism, arthritis, neuralgia and depression. May help the kidneys, and accelerates healing in bones and ligaments. Improves vitamin and mineral absorption and ensures good blood supply to organs and tissues.



Citrine

♥ Happiness ♥ Prosperity ♥ Generosity ♥ Creativity ♥ Pleasure ♥ Protection ♥ Strength ♥ Alignment ♥ Confidence ♥ Stability ♥ Moderation ♥ Energy ♥ Comfort ♥ Success ♥ Truth ♥ Goodness ♥ Warmth ♥ Digestion ♥ Enjoyment of life ♥ Spiritual growth. Citrine energizes every level of life. It cleanses the chakras and opens the intuition. Citrine attracts wealth, prosperity and success. It imparts joy, wonder, delight and enthusiasm. Raises self-esteem and self-confidence. Stimulates the brain and strengthens intellect. Citrine promotes motivation, activates creativity and encourages self-expression. Enhances concentration and revitalizes the mind. It releases negative traits, depression, fears and phobias and Emotional balancing. **Healing Attributes** Energizing and recharging It is said Citrine may help degenerative disease and helps balance chemical imbalances in the body. Beneficial in the treatment of diabetes, it stimulates digestion, the spleen and pancreas. May help kidney and bladder infections, eye problems, increases blood circulation, detoxifies the blood, activates the thymus and balances the thyroid.



Fluorite

♥ Truth ♥ Consciousness ♥ Aura cleansing ♥ Intellect ♥ Protection. Fluorite cleanses and stabilizes the aura. It absorbs and neutralizes negative energy and stress. An excellent learning aid, Fluorite increases our powers of concentration, self-confidence and helps us in decision-making. It encourages positivity, balances the energies, and improves balance and coordination, both physically and mentally. **Healing Attributes** It is said Fluorite boosts the immune system and stimulates the regeneration and restructuring of cells and DNA, particularly in the skin and respiratory tract, and heals ulcers and wounds. Fluorite strengthens bone tissue, and alleviates rheumatism, arthritis and spinal injuries. It improves the discomfort of shingles and other nerve-related pain.



Garnet

♥ Passion ♥ Sensuality ♥ Sexuality ♥ Romantic love ♥ Intimacy ♥ Positive thoughts ♥ Energy ♥ Past life recall ♥ Inspiration ♥ Success ♥ Social popularity ♥ Self-confidence

Garnet cleanses and re-energizes the chakras. It revitalizes, purifies and balances energy, bringing serenity or passion as appropriate. Inspires love and devotion. Garnet balances the sex drive and alleviates emotional disharmony. It activates and strengthens the survival instinct, bringing courage and hope. Stimulates past-life recall. Sharpens perceptions of oneself and others. Garnet removes inhibitions and taboos. It opens the heart and bestows self-confidence. **Healing Attributes** It is said Garnet regenerates the body and stimulates the metabolism. It treats disorders of the spine and spinal fluid, bone, cellular structure and composition. Purifies the heart, lungs, blood and regenerates DNA. Garnet boosts the immune system and energy levels.



Gold Stone – Blue

♥ Vitality ♥ Drive ♥ Ambition ♥ Healing ♥ Increase self-acceptance

Goldstone is said to be the stone of ambition. It builds energy, courage and a positive attitude. Increases drive and confidence. A gently uplifting stone, Goldstone promotes vitality.

Healing Attributes It is said Goldstone helps to reduce stomach tension and benefits arthritic conditions. It is helpful to bones, painful joints and circulation.



Howlite

♥ Inspiration ♥ Creativity ♥ Artistic expression ♥ Relives stress and anxiety

Howlite is an aid to insomnia, especially when caused by an overactive mind. Formulates ambitions and aids in achieving them. Howlite strengthens memory and stimulates desire for knowledge. It teaches patience and helps to eliminate rage, pain and stress. A calming stone, Howlite calms communication, facilitates awareness and encourages emotional expression. **Healing Attributes** It is said Howlite balances calcium levels in the body. It aids teeth, bones and soft tissue. Helpful in cases of osteoporosis.



(Peace Jade) Peace Jade is a mix of green serpentine, lavender or pink stichtite, and white quartz. It is not actually a jade.

♥Divine Guidance♥ Tranquility♥Healing♥Protection

The overall effect is a gentle comforting presence that increases your intuitive abilities and inspires peace and serenity. Promotes positive behavior and gentle handling of self and others. A stone of love and compassion and can foster forgiveness and letting go of what overwhelms and limits us. It is a wonderful stone for those that have the tendency to allow others to take advantage. As a combination stone, it carries and enhances the energies of each one of these separate stones. Serpentine, Stichtite and White Quartz



Jasper Picasso and Zebra Jasper, Leopard Skin Jasper & Pink Zebra Jasper

♥ Relaxation ♥ Contentment ♥ Compassion ♥ Nurturing ♥ Creativity ♥ Tranquility ♥ Healing ♥ Completion

Picasso Jasper is known as the “supreme nurturer”. It sustains and supports through times of stress, and brings tranquility and wholeness. Jasper provides protection and absorbs negative energy. It balances yin and yang. Picasso Jasper often resembles a beautiful painting. It is a stone that reminds us to celebrate and enjoy life. Picasso Jasper assists in the transformation of relationships. It attracts likeminded people who become loyal and trusted friends, as well as helping to renew old friendships that had been lost. It has strong grounding and calming qualities and helps to engender strength and self-discipline.

Zebra Jasper energy is very motivating, mood lifting and energetic. It carries within it a reminder to the bearer that it is impossible to lose all of one's **energy** and love by giving it away. It is said to be good for grounding during meditation. Zebra Stone helps you to find your balance in life.

Leopard Skin Jasper helps you to connect with your spiritual animal totem. It is associated with spiritual discovery and shaman travel. It assists in self-healing. It also produces healthful vigor and energy within the body of the wearer and creates effects. As an emotional healer, **Leopard Jasper** is considered to bring the emotional balance into the wearer's life. By promoting harmony and stability, **Leopard Jasper** helps an individual to boost his self-confidence and self-esteem.

Pink Zebra Jasper is a heart chakra stone and is said to bring contentment and joy. Its gentle and calming affect can decrease anxiety and promote relaxation. Like all jaspers, it is a protective stone that can bring stability, security and grounding.

Healing Attributes It is said **Picasso Jasper** is useful for eye problems and can promote weight-loss. And it is said Zebra Jasper helps strengthen bones and teeth, also improves stamina and helps prevent degeneration of the gums, muscles and circulatory system.

It is said **Zebra Jasper** helps strengthen bones and teeth, also improves stamina and helps prevent degeneration of the gums, muscles and circulatory system.

Leopard Jasper It is said it is known for its healing energies and is of immense benefit for those experiencing chronic health conditions. It is often used to help eliminate toxins from the body, and as a breathing-aid during meditation.



Labradorite

♥ Transformation ♥ Promotes psychic abilities ♥ Strengthens our will ♥ Stimulates imagination ♥ Calming A stone of transformation, Labradorite is a useful companion through change, imparting strength and perseverance. It balances and protects the aura, raises consciousness and grounds spiritual energies. Excellent for strengthening intuition - promoting psychic abilities. Powerful in revealing the truth behind illusions, Labradorite banishes fears and insecurities, and strengthens faith in the self and trust in the universe. It stimulates the imagination and calms an overactive mind, developing enthusiasm and new ideas. **Healing Attributes** It is said Labradorite treats disorders of the eyes and brain, stimulates mental acuity, and relieves anxiety and stress. It regulates metabolism, balances hormones and relieves menstrual tension. It is said Labradorite treats colds, gout, and rheumatism, lowers blood pressure, and aids in digestion.



Lapis Lazuli

♥ Inner truth ♥ Inner power ♥ Love ♥ Purification ♥ Intuition ♥ Positive magic ♥ Self-confidence ♥ Manifestation ♥

Friendship A stone of protection that may be worn to guard against psychic attacks, Lapis Lazuli quickly releases stress, bringing deep peace. It brings harmony and deep inner self-knowledge. Encourages self-awareness, allows self-expression and reveals inner truth, providing qualities of honesty, compassion and morality to the personality. Stimulates objectivity, clarity and encourages creativity. Lapis Lazuli assists to confront and speak one's truth and inspires confidence. It bonds relationships, aiding in expression of feelings and emotions. **Healing**

Attributes It is said Lapis Lazuli boosts the immune system, purifies blood, lowers blood pressure, cooling and soothing areas of inflammation. It alleviates insomnia and vertigo, and overcomes depression. Lapis Lazuli benefits the respiratory and nervous systems and the throat, vocal cords, and thyroid, cleanses organs, bone marrow and thymus.



Lepidolite

♥Transition♥ Awareness ♥Emotional Balance ♥ Meditation ♥Prayer ♥Goodness

A “stone of transition”, Lepidolite assists in the release and reorganization of old behavioral and psychological patterns, gently inducing change. It brings deep emotional healing, soothing and reducing stress and depression. Lepidolite dissipates negativity and insists on being used for the highest good.

Attributes Lepidolite clears electromagnetic pollution. Strengthens the immune system, soothes the nervous system and can be used to restructure DNA. Lepidolite relieves exhaustion and aids in the relief of tension and related disorders. It can relieve allergies and greatly help with epilepsy and Alzheimers. It numbs sciatica and neuralgia, and overcomes joint problems. Lepidolite stabilises mood swings and is excellent for the menopause. It treats illnesses caused by “sick-building syndrome” or computer stress. Excellent for bipolar disorders.



Moonstone

♥ Happiness ♥ Good fortune ♥ Nurturing ♥ Mothering ♥ Unselfishness ♥ Humanitarian ♥ Love ♥ Hope ♥ Spiritual insight
♥ Easy childbirth ♥ Safe travel ♥ New beginnings ♥ Abundance ♥ Ancient wisdom.

A stone for “new beginnings”, Moonstone is a stone of inner growth and strength. It soothes emotional instability and stress, and stabilizes the emotions, providing calmness. Moonstone enhances intuition, promotes inspiration, success and good fortune in love and business matters. Moonstone aids the digestive system, assimilates nutrients, eliminates toxins and fluid retention, and alleviates degenerative conditions of skin, hair, eyes, and fleshy organs such as the liver and pancreas. It stimulates the pineal gland and balances hormonal cycles, being excellent for PMS, conception, pregnancy, childbirth, and breast-feeding. **Healing Attributes** It is said Moonstone is also beneficial to men in opening the emotional self.



Obsidian Mahogany

♥ Purification ♥ Transformation ♥ Fulfilment ♥ Metamorphoses ♥ Manifestation ♥ Practicality ♥ Psychic ability

Mahogany Obsidian has a gentle energy, resonating with the earth it grounds and protects. It is a stabilizing stone that strengthens a weak aura. **Healing Attributes** It is said Obsidian aids the digestion and detoxifies. It reduces arthritis pain, joint problems and cramps. Warms the extremities.



Obsidian Snowflake

♥ Balance during changes ♥ Purification ♥ Transformation ♥ Fulfilment ♥ Metamorphoses ♥ Manifestation ♥ Practicality

♥ **Psychic ability** In addition to the generic healing properties of [Obsidian](#), Snowflake Obsidian is calming and soothing. It teaches you to value mistakes as well as successes. A stone of purity, Snowflake Obsidian provides balance for body, mind and spirit. It helps you recognize and release “wrong thinking” and stressful mental patterns. Promotes dispassion and inner centering. Snowflake Obsidian empowers isolation and loneliness, aiding surrender in meditation.

Healing Attributes It is said Snowflake Obsidian aids in disorders of the veins and the skeletal structure. It improves circulation and alleviates muscular aches and spasms. Treats joint pain (arthritis) and hardening of the arteries.



Onyx

♥ Strength ♥ Stamina ♥ Constancy ♥ Permanence ♥ Firmness ♥ Durability ♥ Self-control. Onyx gives strength. It promotes vigor, steadfastness and stamina. Imparts self-confidence, helping you to be at ease in your surroundings. Onyx banishes grief, enhances self-control and stimulates the power of wise decision-making. It encourages happiness and good fortune.

Healing Attributes It is said Onyx treats disorders of the bones, bone marrow and blood. It is beneficial for teeth and the feet.



Qinghai Jade

♥ Relaxation ♥ Balance ♥ Wisdom ♥ Protection ♥ Harmony ♥

Jade is a symbol of serenity and purity. It signifies wisdom gathered in tranquility. It increases love and nurturing. A protective stone, Jade keeps the wearer from harm and brings harmony. Jade attracts good luck and friendship. It stabilizes the personality and promotes self-sufficiency. Soothes the mind, releasing negative thoughts. Stimulates ideas. A “dream stone”, Jade brings insightful dreams. It aids emotional release, especially of irritability. Jade encourages you to become who you really are.

Healing Attributes It is said Jade aids the body’s filtration and elimination organs. It is excellent for treating kidney problems and adrenal glands. Jade removes toxins, rebinds skeletal and cellular systems, and heals stitches. It assists fertility and childbirth. Jade balances body fluids."



Rhodonite

♥ Calmness ♥ Self-confidence ♥ Refinement ♥ Gratefulness ♥ Elegance ♥ Forgiveness ♥ Courtesy ♥ Unconditional love ♥

Alternatives ♥ Inner path Rhodonite is a stone of compassion, an emotional balancer that clears away emotional wounds and scars from the past, and that nurtures love. It stimulates, clears and activates the heart. Rhodonite grounds energy, balances yin-yang, and aids in achieving one's highest potential. It heals emotional shock and panic. Rhodonite aids in cases of emotional self-destruction, codependency and abuse. It encourages unselfish self-love and forgiveness. Promotes remaining calm in dangerous or upsetting situations. Builds confidence and alleviates confusion.

Healing Attributes It is said Rhodonite relieves insect bites and can reduce scarring. It aids bone growth and the hearing organs. Rhodonite stimulates fertility. It treats emphysema, auto-immune diseases and stomach ulcers. Eases inflammation of joints and arthritis.



Rose Quartz

♥ Unconditional love ♥ Self-love ♥ Mother love ♥ Caring ♥ Kindness ♥ Friendship ♥ Romantic love ♥ Platonic love

Rose Quartz is the stone of universal love. It restores trust and harmony in relationships, encouraging unconditional love. Rose Quartz purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace. Calming and reassuring, it helps to comfort in times of grief. Rose Quartz dispels negativity and protects against environmental pollution, replacing it with loving vibes. It encourages self-forgiveness and acceptance

invoking self-trust and self-worth. **Healing Attributes** It is said Rose Quartz strengthens and balances the physical heart and circulatory system, and releases impurities from body fluids. It hastens recovery, reduces high blood pressure, aids chest and lung problems, heals the kidneys and adrenals, and alleviates vertigo. A good energetic support for those with leukaemia. Rose Quartz has the power to increase fertility and to protect both mother and unborn fetus from miscarriage.



Ruby Zoisite (Anyolite) mix of opaque red ruby in green Zoisite

♥Courage ♥Strength ♥Growth ♥ Self-control ♥ Self-esteem ♥ Healing ♥ Harmony ♥ Dream recall ♥ Relaxation

Increases awareness of one's individuality. Anyolite instills joy, spontaneity, laughter and courage, bringing passion and a zest for life. A stone of courage and strength, and purges any fear or anxiety that sit within us daily.

Healing Attributes It is said Ruby Zoisite (Anyolite) improves circulation and quality of the blood, and heart disorders. It aids in recovery from disorders associated with diminished physical vitality.



Serpentine

♥ Longevity ♥ Healing ♥♥. It aids in meditation and enhances spiritual exploration. Serpentine assists the retrieval of wisdom, helping to regain memory of past lives. It clears the chakras and stimulates the crown chakra, opening psychic abilities. Serpentine assists the conscious direction of healing energy toward problem areas. It corrects mental and emotional imbalances, helping you to feel more in control of your life. Serpentine can be used to attract/manifest what you want into your life--abundance on all levels, prosperity, love, healing, etc. **Healing Attributes** It is said Serpentine treats diabetes and hypoglycemia. It eliminates parasites within the body, and aids in the absorption of calcium and magnesium. Serpentine is extremely cleansing and detoxifying for the body and blood.



Sodalite

♥ Logic ♥ Intelligence ♥ Emotional balance ♥ Intuition ♥ Clarity ♥ Truth ♥ Perception. Sodalite brings order and calmness to the mind. It encourages rational thought, objectivity, truth and intuition, along with verbalization of feelings. Sodalite brings emotional balance and calms panic attacks. It enhances self-esteem, self-acceptance and self-trust. **Healing Attributes** It is said Sodalite balances the metabolism, boosts the immune system and overcomes calcium deficiencies. It combats radiation damage by soaking up electromagnetic smog. Sodalite treats the throat, vocal cords, larynx and helps with hoarseness and digestive disorders. It cools fevers, lowers blood pressure and stimulates the absorption of body fluids. It is said Sodalite can also help to prevent insomnia.



Tiger Eye

♥ Protection ♥ Clear thinking ♥ Personal empowerment ♥ Integrity ♥ Willpower ♥ Practicality ♥ Grounding ♥ Power ♥ Courage ♥ Grace

A stone of protection, Tiger Eye may also bring good luck to the wearer. It has the power to focus the mind, promoting mental clarity, assisting us to resolve problems objectively and unclouded by emotions. Particularly useful for healing psychosomatic illnesses, dispelling fear and anxiety. Useful for recognizing one's own needs in relation to the needs of others. Balancing yin-yang and energizing the emotional body, Tiger Eye stabilizes mood swings, give us with willpower, purpose, courage and self-confidence, and releases tension. **Healing Attributes** It is said Tiger Eye treats eyes, throat and reproductive organs, releases toxins, alleviates pain and is helpful in repairing broken bones and strengthening the alignment of the spinal column.



Red Tigers Eye

♥Protection♥Confidence♥Love♥Vitality♥Motivation

Aids in enhancing confidence and self-esteem. It provides motivation to the non-motivated and energizes those who are feeling lethargic.

Healing Attributes It is said Tiger Eye treats eyes, throat and reproductive organs, releases toxins, alleviates pain and is helpful in repairing broken bones and strengthening the alignment of the spinal column.



Shell Natural and Color Enhanced

♥Intuition ♥Sensitivity ♥ Imagination ♥Peace ♥Relaxation ♥Meditation

Shell stimulates intuition, sensitivity, imagination and adaptability. It helps to enhance mental clarity and provides insight into decision-making. Shell promotes cooperation between the self and others, as well as within the self. It provides cohesive energy for groups. Shell helps one to become more balanced and in harmony with nature and the forces of the Universe. Shell has been known as the stone of regeneration and purification. It is known for providing boundless growth in all areas of life, stimulating imagination, adaptability, and assisting with sensitivity.

Healing Attributes It is said Shell treats hearing disorders and calcium deficiencies. It assists the healing of broken bones and general dysfunctions of the spinal canal and the nervous system. Shell enhances the assimilation of vitamins A and D.



Tourmaline Black

♥ Flexibility ♥ Happiness ♥ Objectivity ♥ Compassion ♥ Serenity ♥ Balance ♥ Positive transformation ♥ Healing ♥ Strength ♥ Tolerance ♥ Understanding

Tourmaline aids in understanding oneself and others. It promotes self-confidence and diminishes fear. Tourmaline attracts inspiration, compassion, tolerance and prosperity. It balances the right-left sides of the brain. **Healing Attributes** It is said Black Tourmaline Helps treat paranoia, overcomes dyslexia and improves hand-eye coordination.



Tourmaline Watermelon

♥ Calms ♥ Relieves stress ♥ self-confidence ♥ Balance Meditation

This stone offers up light, love, and rejuvenation to help keep one's heart and mind imbued with joy, general happiness, being more adventurous, having increased daily energy, self-love and confidence. It also acts as a balancing crystal that will remove your insecurities and amplify your strengths. It will balance your male and female energies as well.

Healing Attributes It is said Watermelon tourmaline is known to help boost immune system functioning as well as treating symptoms of hyperactivity. It is also beneficial in treating cardiovascular disorders. Also, it ensures the proper functioning of the endocrine system as well as the good over the health of your body.



Tourmaline Quartz

♥ Balances opposites ♥ Grounding ♥ Protection ♥ Luck ♥ Healing ♥

Tourmaline Quartz combines the properties of Tourmaline and Clear Quartz Crystal. Tourmaline purifies one's own energies and protects from negativity, while Quartz amplifies energies focused through it. It is often seen as a symbol of unity and is an effective problem solver. Tourmaline Quartz balances yin / yang energies **Healing Attributes** It is said Tourmaline Quartz detoxifies the entire body and is used to treat disorders of the digestive tract.



Volcanic Lava

♥Grounding ♥Strength ♥ Courage ♥ Calming ♥Anxiety

Stone is a grounding stone that strengthens one's connection to Mother Earth. It gives us strength and courage, allowing us stability through times of change. It provides guidance and understanding in situations where we may need to "bounce back". A calming stone, it is very useful in dissipating anger and anxiety. **Healing Attributes**

Lava stones can diffuse any essential oil, but experts recommend choosing one with complementary properties to the diffuser (in this case, the lava stone). Many lava stone wearers use lemon and lavender essential oils. These oils can help with stress, anxiety and low levels of energy.