

HEALING PROPERTIES OF STONES

AMETHYST is used for healing, purifying, and enhancing willpower. It helps to rid the mind of negative thoughts and promotes making healthy choices. It brings forth humility, sincerity and spiritual wisdom. Amethyst helps treat insomnia, boosts production of hormones, and tunes the endocrine system. It helps regulate metabolism, cleans the blood, strengthens the immune system, eases headaches, releases tension, and reduces bruising & swelling.



AVENTURINE declutters the energy field, especially around the heart chakra making it a wonderful stone for attracting romance. It assists us in healing old emotional wounds while simultaneously opening us up to receive more love. It is also known to aid in breaking stagnant or unhealthy patterns and habits, encouraging growth and change. It helps us to overcome obstacles and brings us prosperity. Aventurine benefits the thymus gland, connective tissue & nervous system. It balances blood pressure & stimulates metabolism, lowers cholesterol, helps to prevent arteriosclerosis & heart attacks. It also has anti-inflammatory effects & helps ease skin eruptions & allergies, relieves migraine headaches, and soothes the eyes.



BLACK ONYX provides us protection. It has a calming quality, which can be beneficial in working with challenging emotions such as grief and anxiety. It helps to balance yin and yang and helps us to feel centered, make wise decisions, and get to the root cause of issues. It can also help to find inner-strength, focus and willpower. Black Onyx calms the nervous system, boosts the immune system, increases stamina, aids recovery from illness or fatigue. Strengthens teeth & bones, lends support to bone marrow and tissue structures in the body.



GOLDEN TIGER EYE / TIGER'S EYE provides motivation and lessens fear. It can help rid the mind and body of fear, anxiety and self-doubt and guide you towards harmony, peace and balance. It provides a boost of motivation and helps you to make clear, conscious decisions. It also treats the eye & aids night vision, heals the throat & reproductive organs, helps repair broken bones, alleviates depressions & lifts mood.



HAWK EYE (aka BLUE TIGER) helps with finding answers within the subconscious mind. It strengthens intuition and helps you see the big picture rather than focus on the irrelevant details of everyday life. It is also a stone for protection, power, and perseverance. It aids confidence and manifestation, helping you to reach new heights while remaining grounded and focused. It also reduces inflammation in the body and helps to relieve headaches, migraines, and vertigo. It is effective for anxiety disorders, panic attacks and hysteria. It helps with throat issues such as laryngitis and can also help with the circulatory system, legs and bowels.



LABRADORITE bridges the gap between the heavens and physical reality so that your dreams and aspirations don't seem out of reach. It is one of the most powerful stones that can support your intentions by encouraging you to go after what you truly want without limits on what you can achieve. It helps to calm the monkey mind and stabilize your mood. It restores energy and aids healing of the body and spirit. Labradorite also treats disorders of the eyes & brain. It helps with colds, balances hormones & relieves menstrual tension, lowers blood pressure, and regulates metabolism.



LAPIS releases stress and replaces it with peace and harmony. It encourages self-awareness and the discovery of inner truth. It aids the expression of feelings and emotions, helping us to speak our truth with confidence. It stimulates objectivity, clarity and encourages creativity. It can also guard against psychic attacks. Lapis alleviates pain, especially that of migraine headaches & insomnia. Relieves depression & vertigo. Benefits hearing, the respiratory & nervous system, the throat, larynx & thyroid. Cleanses organs, bone marrow, thymus & the immune system and purifies blood.



ROSE QUARTZ is often referred to as the stone of love and believed to encourage love and trust. It helps to restore trust and harmony in relationships, and enhances connection. It encourages love, respect, trust and self-worth. It also provides comfort and calm during times of grief. Rose quartz strengthens the physical heart & circulatory system & releases impurities from bodily fluids. Aids chest and lung problems. Heals the kidneys & the adrenals & alleviates vertigo. Increases fertility, soothes burns, blisters & the complexion. Helpful with Alzheimers, Parkinson's & senile dementia.



WHITE JADE has the ability to increase or enhance the energy of love in your life. It will make challenges seem easier, and it will make your troubled mind calmer. It will bring prosperity, increase your luck and improve your relationships. It helps you forge friendships and strengthen your connection to people. It will inspire you to be kinder to people, and it helps you get rid of feelings of isolation, loneliness, or abandonment. White Jade supports the bladder and kidneys, eases arthritis and other illnesses related to the joints and bones. Helps to detoxify the body and remove unwanted toxins. It can strengthen the eyes, skin and boost the immune system. It can improve the fertility cycle and protect both baby and mother during pregnancy.

