



"The only thing that stands between a person and what they want from life is often the will to try it and the faith to believe it's possible"

Rich Devo

CRYSTALS

Crystals have been used throughout history for their healing qualities and beauty. From the Inuit of the Arctic to the Indians of the Amazon, shamanistic cultures throughout the world have valued precious and semi-precious gems for the magical and therapeutic qualities attributed to them. Crystals, particularly quartz crystals such as amethyst and rose quartz, are believed to possess healing 'life energy', storing and discharging this rather like a battery.

Healers believe the gems and crystals placed on and around clients can focus and enhance healing energies. Some suggest placing the crystals around

the home to absorb negativity or improve the atmosphere, but they need to be washed regularly under cold running water and 'recharged' by placing them in direct sunlight or a full moon. It's suggested the uncut stones possess more energy than the polished stones – choose those you're drawn to and you won't go far wrong.

Many people believe that each stone emits a certain energy that can have a beneficial effect on our well-being. Does it work? Wear one, carry it with you, take it to bed and judge for yourself.

There are more than two hundred gem and mineral stones and essences, so this chapter will focus on the crystals that assist with skincare.

