

Crystal Elixirs



Some common **POLISHED/TUMBLLED** crystals you can use to make your own Crystal Elixir

Clear Quartz Crystal	An all-purpose healing crystal
Amethyst	Peaceful energy, balances moods, facilitates restful sleep
Rose Quartz	Alleviates emotional distress, increases love and compassion. Unconditional Love, Spirituality, Tolerance, Joy, Heart Healing
Green Aventurine	Relaxes and soothes the heart, calms & balances
Fluorite	Alleviates bone/joint/tooth pain; aides concentration; anti-viral. Health issues, Purification, Cleansing, Elimination
Amazonite	Balances metabolism
Amber	Alleviates throat problems; antibiotic
Bloodstone	Aids in releasing emotional stagnation; heals blood disorders, purifies, cleanses
Blue Lace Agate	Soothes and relaxes the body; aids in peaceful sleep
Ametrine	Removes blockages, disperses negativity, Healing on all levels
Aquamarine	Calms & lifts your mood, strength & courage, helps to clarify perceptions.
Carnelian	Creativity, Harmony, Self Esteem, Calms fears
Moonstone	calming & nurturing energy, helps balance hormones, cleansing of the crown chakra and connection to Soul Star chakra
Garnet	Clears negative energies & impurities, boosts passion & vitality

You can also combine 2 or 3 crystals to suit your intention and create your own sprays to share with family or sell in your business. You may include oils to match the crystals and intention.

Such as Rose Quartz and Green Aventurine with Rose and Sage Oil to clear the heartache and bring emotional balance.

Direct Immersion:

1. Place a **CLEAN & cleansed polished crystal** in a glass jar/jug.
2. Fill the bowl with spring, distilled or filtered water.
3. Place the bowl in direct sunlight or moon light for at least 2 hours. (Letting it sit for a day or night gives better results.) Note: if using Amethyst, charge by moonlight overnight instead.
4. Remove the crystal and sip the water throughout the day. It will keep for a few days.



To Learn more about making and using Crystal Elixirs – sign up to the [Crystal Healing Online Certified Course](#).