



Using Minerals for Healing

Crystals have been used for healing for centuries. Many people believe that each stone emits a particular type of energy and has its own healing properties. The question is does it work? Try it for yourself and decide!

	Agate	Good for overall healing. Helps ease bruises and sprains.
	Amethyst	Helpful for insomnia and aids creativity and spirituality.
	Ametrine	Good for boosting energy.
	Aquamarine	Useful for pacifying nerves and for phobias. Promotes calm.
	Aventurine	Helps with anxiety and decision making.
	Black Tourmaline	Counterbalances negativity and promotes understanding.
	Bloodstone	Purifies the blood and eliminates toxins. Good for creativity and decision making.
	Blue Lace Agate	Gives courage and helps to strengthen the bones.
	Carnelian	Aids concentration and unites you with your inner self.
	Citrine	Raises self-esteem and is good for general well being.

	Flourite	Believed to prevent colds. Encourages relaxation and order when there is chaos.
	Garnet	Said to be helpful in times of trauma.
	Hematite	Believed to help blood flow and ease stress. Promotes courage.
	Howlite	Calming influence. Helps control anger and is thought to be good for the bones.
	Jasper	Helps to reduce nerves.
	Labradorite	Provides wisdom and understanding and protects the aura.
	Lapis Lazuli	The friendship stone. Promotes honesty and protects from danger.
	Malachite	The stone of transformation. Helps with change and shyness.
	Moonstone	A feminine mineral. Believed to help in pregnancy.
	Orange Calcite	Aids the acquiring of wisdom and promotes health and tranquility.
	Quartz	Used for general healing. Helps to reduce negativity.

	Rhodonite	Good for anxiety and general well being. Encourages generosity.
	Rose Quartz	The love stone. Promotes calm and peace. Eases stress and aids sleep.
	Rutilated Quartz	Helps improve a persons general mood.
	Serpentine	Aids meditation
	Snowflake Obsidian	The purity stone. Balances the mind, body and spirit.
	Sodalite	Helps to clear the mind. Said to aid the metabolic system.
	Tigers Eye	Inspires confidence and believed to be helpful for the digestive system.
	Turqueneite	Believed to help fevers.
	Turritella Agate	Helps in times of change. Reduces negativity.

MMM GEMS
...for your mind, mojo & mirror!