

# Healing Crystals for Beginners

ROSE QUARTZ



attracts love, balance & positivity

AMETHYST



relieves stress, anxiety & anger, alleviates sadness

SODALITE



emotional balance, calming, boosts immunity

CITRINE



attracts wealth, prosperity & success

SELENITE



clears negative energy & confusion, brings deep peace

SMOKEY QUARTZ



healing: fear, depression, anxiety & negativity

RHODONITE



compassion: heals emotional trauma & past wounds

LEPIDOLITE



strengthens immune system & soothes nervous system.

FLUORITE



absorbs negative energy & stress, increases self confidence

TIGERS EYE



protection: brings good luck & mental clarity

LAPIS LAZULI



enlightenment: self-awareness, self-confidence, peace & harmony

HONEY CALCITE



encourages leadership & recovery from abusive situations

ASTROPHYLLITE



treats depression, enhances mental function & heals emotional disharmony

FIRE QUARTZ



Boosts self esteem, focus & concentration

BLACK OBSIDIAN



detoxifies, aids digestive problems & heart health

PINK OPAL



release of fear, anxiety & worry, centers you

TOURMALINE



detoxification, fat loss, eliminates toxic metals

CHLORITE



improves cell generation, eliminates toxins, supports health

KUNZITE



strengthens heart muscles & circulatory system

STITCHTITE



physical & emotional resilience