

The A-Z of Crystals & Gemstones

Agate (Banded)

Colour : Naturally cream/brown/red. Dyed bright colours.

Chakra : Base. Grounding, but energetic. Stabilises aura.

Physical : Digestive system, lymphatic system.

Spiritual : Strengthens mind & body, provides courage. Assists one in recognising truth and accepting circumstances. An amplifier of other crystals, especially during healing.

Agate (Blue Lace)

Colour : Pale blue with white striations.

Chakra : Throat

Physical : Throat, shoulder, neck.

Spiritual : Soothes nervous people, gives confidence to quiet/shy speakers. Good for hot-temperatures as blue lace brings patience & peace. Excellent for therapies that utilise sound.

Agate (Dendritic/Tree)

Colour : Distinctive fern like markings. White, brown, green.

Chakra : Aligns chakras.

Physical : Blood vessels, nerves, skeletal disorders.

Spiritual : Brings stability and keeps one connected to their roots whilst growing. Good to use when working on the inner self. Crystal for farmers and gardeners.

Agate (Moss)

Colour : Mossy green, sometimes white or clear with green patches

Chakra : Heart. Harmony.

Physical : Blood sugar balance, dietary problems, childbirth.

Spiritual : Good for self esteem and connecting to nature. This crystal brings stability & persistence in life. Another crystal for farmers and gardeners.

Ajoite

Colour : Pale Blue or Blue/Green

Chakra : Heart

Physical : Good for hormonal imbalances, PMS, menopause.

Spiritual : Excellent for those whom have fear in their lives, having multiple uses for emotional problems. Releases and cleanses emotional patterns. Aids inner vision and Connects us to the Universe & Angelic energies. Very powerful and rare crystal. If drawn to this crystal, prepare to ride a rollercoaster of emotions, cry, release and clear out anything that is no longer for your Highest Good.

Amazonite

Colour : Usually bright green with white striations. Can be brown/yellow/red.

Chakra : Heart & throat, both mental and etheric.

Physical : Throat, thyroid, nervous system, breasts.

Spiritual : Gentle, calming, soothing stone. Good for self-expression & creativity if you are shy or nervous. Promotes truth & harmony.

Amber

Colour : Pale yellow, golden orange, dark brown. Green is heat treated.

Chakra : Solar Plexus.

Physical : General healing for all ailments.

Spiritual : Aids decisiveness, healing, clarity of thought & confidence. Connects to solar energies.

Amethyst

Colour : Purple

Chakra : Third Eye

Physical : Cleans many systems, endocrine, metabolism, immune. Eases headaches. No longer good for sleep as amethyst absorbs a lot of electro-magnetic energy in today's climate, so refrain from using it for peaceful sleep.

Spiritual : Heightens intuition. Most are drawn to amethyst at the start of their spiritual journey. If you have doubts, you will again be drawn to amethyst as it keeps one moving forward. Absorbs electromagnetic energy, so avoid placing it by the bed (some older

books say it is good for sleep, but this is no longer the case). Cleanse regularly and do not leave in the sun for long periods or the colour will fade.

Ametrine

Colour : Golden & Purple

Chakra : Solar Plexus & Third Eye

Physical : Stimulates the mind and digestive system, use for issues relating to weight & proper dietary provision. Be aware much of the ametrine on the market is heat treated amethyst. Please contact us if you wish to ensure you have true, natural ametrine.

Spiritual : Connects to Universal Energy, allowing your intuition to guide on how you may change your reality. Promotes trusting your own intuition and then taking action. This crystal insists you take action, so is excellent if you find yourself 'stuck in a rut'.

Angelite (Blue Anhydrite)

Colour : Pale Blue, opaque

Chakra : Throat

Physical : Skeletal system, bones, dissolves calcification in joints

Spiritual : Helps one to communicate in a clear, concise way and to draw down information from Angelics and Higher Energy sources. Very gentle and peaceful, a good crystal to use if you are just starting to connect to your higher self.

Apatite

Colour : Blue, Green or Golden

Chakra : Throat, Heart or Solar Plexus

Physical : Blue - Eyesight/Vertigo, Green - Heart/Scarcity Consciousness, Golden - Endocrine System/Energy levels/Detoxing

Spiritual : Blue - Psychic activity/access to higher knowledge, Green - Manifestation/Abundance, Golden - Spiritual Prosperity

Apophyllite

Colour : Clear, white, green, occasionally pale yellow.

Chakra : Crown.

Physical : Respiratory system - allergies, asthma, eyes. Crystal for healers as it takes the healer out of the equation, allowing them to be a pure conduit for healing energies.

Spiritual : Keeps one connected to the physical, whilst aiding strong healing and intense spiritual experiences. Some books state this crystal doesn't do very much, but its vibrations have elevated and it is now very powerful healing tool on many levels.

Aquamarine

Colour : Clear, white, pale blue, greenish blue - clear through to solid colour.

Chakra : Heart & throat

Physical : Respiratory system - excellent for coughs, sore throats, colds & removing mucus.

Spiritual : Aids courage, tolerance, acceptance, intuition.

Aragonite

Colour : White/reddish brown

Chakra : All

Physical : Bones, bone tissues, energy systems.

Spiritual : Balances energy fields, renews strength and confidence in your spiritual path by supporting the emotions. Accesses past lives & forgotten events in this lifetime that need to be healed/released.

Astrophyllite

Colour : Coppery, Bronze, Brown, Golden

Chakra : All

Physical : Protects against radiation & electromagnetic fields, regulates the nervous system and detoxification

Spiritual : Enhances communication with other dimensions. Activates entire chakra system and helps one to accept the shadow self or find Light in the Dark.

Aura Quartz

Colour : Clear quartz coated in precious metals. Aqua aura (pics) is coated in 1 micron of pure gold, opal aura is white and coated in platinum. There are many different colours

depending on the type of metal coating. Expensive.

Chakra : Match the colour aura to the appropriate chakra.

Physical : Clears stagnant energy if passed over an unwell part of the body. Match the colour to the appropriate chakra area (ie use blue for a sore throat, use orange for stomach etc).

Spiritual : Aura quartz will cleanse/clear the negative energies in a particular area and amplify the healing/positive energies. Aqua Aura is good for the throat (gold-blue). Opal/Angel aura is spirit connection (white-platinum). Rainbow aura brings in the rainbow light spectrum of fun & laughter, encouraging us to have fun on our spiritual journey (titanium).

Aventurine

Colour : Green, Blue, Red

Chakra : Heart, Third Eye, Root/Sacral

Physical : Green - Heart & Circulatory System, Blue - Muscle spasms, facial tics, Red - Blood cell production, auto-immune disorders

Spiritual : Green - Reinforces the emotional body & facilitates detachment, Blue - recovers personal power & gently opens the third eye, Red - Develops strength in all areas, aiding perseverance.

Azeztulite

Colour : White

Chakra : All, including Etheric

Physical : We would not recommend this crystal for physical purposes unless your energy systems are used to EXTREMELY high vibrations. Use of this crystal if you are not used to high energies will result in instant nausea and dizziness.

Spiritual : This is a powerful crystal, activating all chakras, including those above the crown in the etheric bodies. It can take you out of your body or facilitate deep & instantaneous emotional release (many burst into tears when they touch it). You will be drawn to this crystal by synchronicity and intuition as it has a deep spiritual purpose that relates to all humanity.

Azurite

Colour : Blue

Chakra : Third Eye, Crown

Physical : Ailments of the head such as vertigo, tinnitus, headaches etc. Azurite is often

mixed with malachite, so there will be a mix of the brilliant azure blue and bright, solid green of malachite together.

Spiritual : A stone of insight & vision, facilitating intuition on all levels.

Bismuth

Colour : Rainbow colour spectrum.

Chakra : All

Physical : Facilitates transformation in all areas.

Spiritual : Bismuth isn't a crystal, but one of our base metals. It is 4 along from gold on the periodic table, which shows how rare it is. This is a metal of transformation and resonates with many as metals amplify energy. In its raw form, it grounds and opens up the crown chakra at the same time, which can feel quite amazing!

Bloodstone

Colour : Dark green, often with reddish/brown/white inclusions.

Chakra : Base - physical level

Physical : Excellent for blood disorders, menstruation pain & cramp. Provides strength and energy to the physical body.

Spiritual : Revitalising for all types of relationships, providing strength, courage and vitality.

Bornite

Colour : Shimmery, iridescent blue/green/purple

Chakra : All

Physical : Stimulates eyes, nerves, muscles, heart & lungs.

Spiritual : Useful for long hours of visual work as it provides stamina and is a visual stimulant.

Brucite

Colour : White, grey through to bright blue

Chakra : All

Physical : Moves through the entire meridian system, indicating where there are physical

blocks and healing required. Heals throat.

Spiritual : Brucite creates a powerful beam of energy from above our heads, straight down through the body and into Mother Earth. It also creates a spiraling helix of energy out in the auric field around our bodies that is bright, white and deceptively powerful. Softer than Moldavite and Azeztulite, but just as powerful. Brucite heals the emotions, the mind and the physical self as its energy travels through the entire meridian & auric system and out to one's extremities. It activates all chakras and is most commonly felt in the third-eye. Brucite is excellent if you feel torn between what you think & what you feel. Its energy integrates the heart and mind, aiding decisiveness and clear communication. Brucite creates balance and centering amidst chaos, bringing mental and emotional stability. Excellent crystal for healers.

Calcite (Blue)

Colour : Pale Blue, feels soapy to touch

Chakra : Throat - physical level

Physical : Good for recuperation after trauma, an operation or time in hospital. Clears congestion in respiratory system & encourages oxygenation.

Spiritual : Aids clear communication & a sedative after trauma, soothing emotions and the emotional body. Enhances intuition and aids positive thoughts processes.

Carnelian

Colour : Yellowy orange through to deep red.

Chakra : Root, Sacral & Solar Plexus

Physical : Stimulates appetite, passion, sexuality & physical vitality.

Spiritual : Excellent for balancing any type of relationship, particularly good when there are problems within a family. Supports leadership and courage.

Cathedral Quartz

Colour : Semi-Transparent quartz, white

Chakra : Third Eye, Crown & Etherics

Physical : Brings a large spectrum of light into the aura, revitalising and stabilising

Spiritual : Excellent crystal for healers, enables working with and for the group or whole. Attracts new people into our lives to help along our spiritual path. Provides gentle connection to Spirit for those whom are fearful, supporting the emotions to reduce fear.

Cat's Eye (Cymophane)

Colour : Naturally grey/white, but dyed bright colours.

Chakra : Solar Plexus

Physical : Good for stomach complaints

Spiritual : Excellent for children as its energy is very gentle. Aids confidence & courage.

Celestite

Colour : Pale, clear blue crystals, although more solid colour if on base rock.

Chakra : Throat, Third Eye, Crown & Etheric

Physical : Central nervous system, thyroid, anxiety, tiredness due to stress.

Spiritual : Encourages self-expression & putting ideas into reality. The crystal of creativity, whether you are an artist, writer, musician, cook, gardener etc. Opens and clears the third eye and crown chakras for greater connection to our guides and angels.

Chalcedony (Blue)

Colour : Blue, opaque

Chakra : Throat & Third Eye

Physical : Good for throats, throat infection and nerves

Spiritual : Aids divine communication & channelling. Upholds our energy field. Calms irrational fear, anger and anxiety.

Charoite

Colour : Pale lilac to deep purple, often with black or white inclusions

Chakra : Root, Third Eye, Crown and Etherics above head and below feet

Physical : Strengthens body and aura

Spiritual : Stimulates intuition and psychic ability, clears negativity and overcomes resistance to your spiritual birthright/path. A teaching crystal, it shows you yourself and the way forward in crystal clarity.

Chlorite Phantom Crystals

Colour : Clear quartz with green chlorite inclusions

Chakra : Heart & Third Eye

Physical : Good protection from radiation therapies. Regenerative and strengthening crystal

Spiritual : These crystals channel high frequency energies, connecting to one's guides. They assist those who are uncomfortable or nervous about receiving healing.

Chrysocolla

Colour : Bright blue/green mix. Expensive.

Chakra : Heart & throat - physical & emotional level.

Physical : Excellent for blood sugar balance, diabetics, arthritis, rheumatism, lungs. Draws out pain & heat/fevers. Natural anti-inflammatory crystal.

Spiritual : Increases our capacity to love others. Flushes out and heals heart blockages relating to fear, grief, loss. Excellent for releasing guilt. Good for those whom have suffered trauma, abuse etc.

Chrysoprase

Colour : Green (form of Chalcedony)

Chakra : Heart & Solar Plexus

Physical : The stone of 'youth', good for recuperation from all degenerative diseases

Spiritual : Enables one to overcome bitterness & resentment, breaks cycles of abuse, and expands one's ability to feel and express love

Cinnabar

Colour : Red, brownish, often with white, yellow or black inclusions

Chakra : Root, Sacral & Third Eye

Physical : Good for infections, stimulates immune system, purifies blood

Spiritual : A powerful stone for spiritual alchemists, transformation and magical manifestation. Allows us to accept our physical form.

Citrine

Colour : Naturally a pale, honey, translucent yellow.

Chakra : Solar Plexus - all levels

Physical : IBS, digestive system, SAD, depression.

Spiritual : Citrine brings us what we need, not necessarily what we want! It aids abundance on all levels, laughter and enjoying life. It aids willpower, strength, courage, confidence and self-esteem. Clears the mind for strong visualization. It can never be negative or hold negative energy, but does need to charge up in sunlight regularly. Most citrine on the market is heat treated amethyst and can usually be spotted by the bright orangey/brown colour. Natural citrine is the colour of honey and transparent.

Danburite

Colour : Clear, occasionally milky white, yellow, pink or lilac.

Chakra : Third Eye, Crown & Etherics

Physical : Excellent for clearing allergies and chronic conditions, liver & gallbladder.

Spiritual : A Shaman's tool. Best used by those whom work with shamanic/natural energies. Excellent for cleansing. Connects strongly to guides & higher beings/Spirit during dreams and meditation. It is a highly programmable crystal. Get used to crystals before using Danburite as it is very powerful & can work deeply on many levels, simultaneously.

Diamond

Colour : Generally clear, sparkling

Chakra : The Heart and all chakras above that

Physical : Clears stagnant energy and removes blockages

Spiritual : Promotes truth, vision and alignment with the higher mind. Clearing and cleansing.

Diopside

Colour : Varying shades of green, black or brown

Chakra : Root & Heart

Physical : Regenerative healing, heals the physical heart and lungs after trauma/illness

Spiritual : Connection to Mother Earth, Gaia, nature. Brings us back to our balanced emotional centre. Offers perspective during turbulent emotional times.

Diopase

Colour : Varying shades of green

Chakra : Heart

Physical : Powerful healer for those whom have physical disease due to past emotional trauma and/or abuse.

Spiritual : Vital for those who constantly go over the past in their minds & cannot let things go. Aids those whom have become victims to allow themselves to release old pain and move forward into healing. A high, sparkly vibration that may make you giddy or giggle.

Dolomite

Colour : White or gray, sometimes tinged with green, yellow or pink

Chakra : All

Physical : Excellent for detoxification & bones.

Spiritual : Calming, serene energy. Makes you stop and allow yourself to be who you TRULY are. You are already Spiritual. Stop expecting miracles and begin experiencing them in each moment. Brings you into the Here & Now in Peace.

Dumortierite

Colour : Dark blue/black, sometimes red/brown

Chakra : Third Eye

Physical : Clears mental fog, mental confusion and mental energy blocks.

Spiritual : Enhances one's psychic & intuitive connection and facilitates logic and clear communication of what is received. Helps those who see themselves as outsiders to feel more connected to both the Universe and those around them.

Elestial Quartz

Colour : Various, always clear quartz based

Chakra : All

Physical : Excellent for skeleton, bones, breakages. Excellent for physical healing work.

Spiritual : Brings energy, information and assists along our spiritual path.

Emerald

Colour : Green variety of Beryl

Chakra : Heart

Physical : Helps the physical heart heal and recover.

Spiritual : Connects to compassion and appreciation. Shifts scarcity consciousness to prosperity consciousness.

Epidote

Colour : Black or dark green

Chakra : All

Physical : Works on cancer, fibrosis and similar physical manifestations.

Spiritual : Releases patterns of negativity. Teaches one to positively change one's thoughts, words and actions so life can be transformed. A powerful manifestation tool - you MUST ensure you have some of what you wish to manifest. Epidote will ensure it manifests rapidly.

Faden Quartz

Colour : White or clear

Chakra : All

Physical : Breaks in bones, tears in muscles, fractures, severed nerves etc.

Spiritual : Activates links between the physical body, physical chakras and then etheric chakras in that order. You will feel it physically, then you should feel activation in your chakras, then the energy will go above your head and away from your body into the etheric chakras. It's a strong sensation.

Flint

Colour : Black

Chakra : All

Physical : Brings the etheric into the physical, speeding up healing

Spiritual : Allows one to recall and integrate intuitions & insights into the physical world. Soothes those whom are addicted to emotional drama.

Fluorite (Green)

Colour : Varying shades of translucent green - often unusually bright.

Chakra : All (harmonizes heart and mind)

Physical : Very good for eyesight, sinuses, respiratory infections, coughs, colds and influenza

Spiritual : Fluorite brings order to chaos, soothing matters with its cool green colour. Particularly good stone for those who did not receive enough love from their mother as a child.

Fluorite (Rainbow)

Colour : Green, purple and turquoise striations - translucent.

Chakra : All

Physical : Excellent for eye problems, detoxification & lung/chest disorders.

Spiritual : Clears the mind of stress from fast paced living. Opens the higher chakras, cleansing & recharging them and aiding clarity/honesty. Essential basic for aura & healing work.

Galena

Colour : Shimmering grey/silver

Chakra : Root

Physical : Counters infection and radiation. Excellent support for those having cancer treatment. Good for recovering from addiction.

Spiritual : Allows one to perceive all aspects of the self and integrate them. Gives one strength, courage and energy to complete difficult tasks.

Garnet (Black/Melanite)

Colour : Black, shiny. Often sparkles.

Chakra : Root

Physical : Stroke, recovery from. Resists infections, protects the physical body and immune system.

Spiritual : Protects by sealing the aura and reflecting negative energies whilst at the same time, filling the aura with Universal force. Self-empowering. Aids those who feel they do not have the strength, ability or knowledge to fulfill their spiritual path. Overcomes disempowered states of being.

Garnet (Red)

Colour : Deep crimson red.

Chakra : Base, Sacral - cleanses and energises all chakras.

Physical : Circulatory system, anaemia, regeneration of muscles/tissues, cells.

Spiritual : Garnet stimulates passion on all levels, increases vitality, stamina and stability. A plentiful, energising crystal. Balances the sex-drive and provides emotional support whilst doing so. A crystal for calm people as it can enhance angry moods.

Gem Silica

Colour : Vibrant green/blue

Chakra : Heart, Throat and Third-Eye

Physical : Respiratory system, soothing vocal chords, laryngitis and sore throats

Spiritual : One of the highest Communication crystals to receive and communicate Spirit. Improves understanding in relationships. Enhances power of the voice and channelling.

Goethite

Colour : Blackish Brown

Chakra : Root, Sacral & Third-Eye

Physical : Strengthens blood & assists oxygenation. Stimulates bone marrow growth.

Spiritual : Takes one deep within. Brings one down from flying in clouds of fantasy directly into the Earth. Excellent for those ready to heal from grief. A stone of death and rebirth.

Goshenite

Colour : White & clear

Chakra : Third-Eye, Crown and Etherics

Physical : Heals headaches, sinusitis and brain imbalances.

Spiritual : Powerfully enhances meditation and dreamwork. Reveals patterns and diseases. Good crystal for healers.

Hematite

Colour : Silvery grey.

Chakra : Base - cleanse regularly.

Physical : Cleanses the circulatory system and blood.

Spiritual : Grounding stone, calming anxiety, drama & hysteria. Excellent for students as it facilitates confidence, concentration & focus.

Hemimorphite

Colour : Green/Blue

Chakra : Heart upward

Physical : Excellent for PMS, hormonal related problems and mood swings

Spiritual : Powerful crystal for opening and clearing higher chakras. Calms the emotional system, bringing forgiveness, release of resentment or anger and the healing of karmic ties between people.

Herkimer Diamonds

Colour : Clear, occasionally with black or white inclusions. Expensive.

Chakra : Third Eye, Crown - on a spiritual level

Physical : This is a spiritual crystal, although it can detoxify physical issues via spiritual means.

Howlite

Colour : White with grey striations. Often dyed bright blue and sold as turquoise (fake) or Turquertine. Always buy the white variety to ensure you have genuine Howlite.

Chakra : Root, Solar Plexus, Heart, Throat, Third-Eye.

Physical : Teeth, bones, calcium absorption, pregnancy, muscular tension. Releases rage and stress. Good for insomnia.

Spiritual : This is a great crystal to calm uncontrollable anger or erratic mood swings. Excellent for ADHD. Aids sleep as it releases rage, frustrations and resentment, easing the mind and facilitating deep sleep.

Iolite

Colour : Dark navy blue.

Chakra : Throat, Third Eye, Crown

Physical : Addictions, sobriety and healing of the eyes.

Spiritual : Opens upper three chakras, aiding intuition and trusting one's inner self. It is a visionary crystal. Empowers one to find solutions to seemingly impossible problems, giving hope in difficult circumstances, encouraging a positive, calm and clear mind.

Pyrite (Iron Pyrite/Fool's Gold)

Colour : Shiny gold.

Chakra : Solar Plexus

Physical : Excellent for combating male impotence & fertility issues. Good for blood, tissues & infections.

Spiritual : Assists in taking action to create abundance in one's life. Stimulates creativity and encourages one to overcome fears, have more confidence and take action.

Jade

Colour : Green, purple, blue, red, yellow.

Chakra : Heart

Physical : Kidneys, glands, spleen, heart, energetic systems.

Spiritual : The crystal of meditation, instilling calm & peace and allowing joy into one's life. Also a crystal of wealth and prosperity.

Jasper (Red)

Colour : Deep, solid red colour. Often with grey/black striations.

Chakra : Base, Sacral

Physical : Circulatory & muscular systems - strengthens.

Spiritual : A grounding crystal. Some people find hematite too strong. Red Jasper is the perfect alternative. It soothes and brings information from deep within.

Jet

Colour : Black - Fossilised Monkey Trees

Chakra : Base

Physical : Protective, cleanses liver & kidneys

Spiritual : Enables one to see the lesson behind negative experiences and promotes honesty regarding this. Resonance with jet assists one in perceiving one's personal power in order to reach full potential.

Kunzite

Colour : Translucent, white, pink, green, yellow, lilac. Expensive.

Chakra : Heart

Physical : Use after trauma/operations. Strengthens circulatory & immune systems

Spiritual : Opens your heart to receive and give love freely. One of the most loving crystals, it releases resistance to life and aids one in becoming receptive. It gently protects, clears and brings in fresh energy.

Kyanite (Black)

Colour : Black.

Chakra : Base.

Physical : Heals infections & lowers blood pressure. Clears energy blocks and replenishes meridian system.

Spiritual : Both grounding, energising and protective - excellent for meditation as can never be negative. Also excellent for any form of energetic healing.

Kyanite (Blue)

Colour : Pale to bright blue. The more translucent, the higher the grade.

Chakra : Throat, Third Eye.

Physical : Sore throats, tonsillitis, neck pain. Excellent after physical trauma, seizure or stroke, aiding new neural pathways around damaged areas.

Spiritual : Excellent for communication, honesty and truth. Stimulates third eye and psychic abilities. Highly protective. Aligns chakras automatically and can never be negative. Soothes and releases stress. Builds bridges to understanding emotional patterns.

Kyanite (Green)

Colour : Green (rare/expensive).

Chakra : Heart.

Physical : Lowers blood pressure.

Spiritual : Creates a bridge between oneself and the energies of Nature. Helps one to feel the ever-moving flow of balance, the life force of the Universe. Connects one to the truth of the heart and is a sincerity detector.

Labradorite

Colour : Iridescent gold, green, peacock blue, deep blue

Chakra : All

Physical : Good for eyes. No longer aids sleep as it is working on a spiritual level, so you will have vivid dreams and travelling rather than peaceful sleep.

Spiritual : A crystal that helps one walk their spiritual path. Opens up the energy flow to the chakras. Aids intuition & clairvoyance as it provides clarity of mind to 'hear, see, feel' clearly.

Lapis Lazuli

Colour : Deep, solid blue with gold (iron pyrite) inclusions. Sometimes has white inclusions of base rock. Expensive.

Chakra : Throat - on a mental level

Physical : Excellent for tension headaches, migraine & anxiety caused by an overactive mind.

Spiritual : The best crystal around for issues relating to the mind, especially stress.

Larimar

Colour : Milky green/blue/white mix. Expensive.

Chakra : Heart - on an emotional level.

Physical : Lifts the feelings of depression, apathy, feeling run-down.

Spiritual : An earth crystal, connection to feminine energy, nature and our planet. Provides patience, simplicity & peace.

Lepidolite

Colour : Shimmery purple

Chakra : Third Eye, Crown

Physical : Relieves allergies, strengthens immune system, relieves mental & emotional exhaustion.

Spiritual : Good for sleep, ADHD, bi-polar disorders, mood swings. Contains lithium, so soothes depression & despondency.

Malachite

Colour : Pale to dark green with distinctive striations/markings

Chakra : Heart

Physical : Excellent for arthritis, rheumatism, diabetes & depression.

Spiritual : Powerful healing stone, cleanse after use. Grounds heart energies, providing stability, patience, tolerance, strength.

Malacholla

Colour : A mixture of Chrysocolla & Malachite. Vibrant mixture of blues & greens when polished. Expensive and rare - all known mines have been exhausted.

Chakra : Heart, Throat

Physical : A first aid crystal. Excellent for aches, pains, bumps, bruises, muscles, tension, arthritis, rheumatism, blood sugar balance, insulin balance, thyroid, diabetes, depression, sinuses.

Spiritual : Releases negative emotions, brings old habitual patterns to the surface for healing, aids those who feel tremendous guilt.

Moldavite

Colour : Translucent, distinctive shade of green, often bumpy/pitted surface. Very expensive - the market is being flooded with fake moldavite - you'll know if its real because you'll FEEL it.

Chakra : Heart upward - incredibly powerful.

Physical : One of the highest vibrational crystals on the planet. Use with care.

Spiritual : A stone of huge transformation on a spiritual level. This crystal will fast forward one on their spiritual path.

Moonstone

Colour : Milky, iridescent white, cream, brown, orange

Chakra : Heart - on an emotional & physical level.

Physical : Balances hormones - excellent for teenagers, conception, fertility, childbirth & nursing & menopause.

Spiritual : Moonstone is very under rated. It is a feminine crystal that balances & soothes. Excellent for mood swings & hormone imbalance. Also a good stone for insensitive men as it draws in gentle, feminine energy in a way that integrates rather than challenges.

Morganite

Colour : Translucent pale pink through to bright pink. Expensive.

Chakra : Heart, Throat - high frequency

Physical : Strengthens throat, lungs, breathing, respiratory system.

Spiritual : Good for spiritual healings as it helps pent up emotions to be released. Removes the negative emotion & energy that gets stored around the heart/throat, clogging us up and causing respiratory problems.

Muscovite (Mica)

Colour : Red/Orange - Sparkly

Chakra : Solar Plexus & Crown

Physical : Stomach, digestive system

Spiritual : Aids ESP and psychic awareness. Gives confidence & self esteem.

Obsidian (Black)

Colour : Solid black.

Chakra : Base.

Physical : Clears digestive system, clogged arteries, physical blockages of all kinds.

Spiritual : The Wizard's Crystal, good for psychics as it only works with positive energy, grounds and protects whilst facilitating great insight.

Obsidian (Blue)

Colour : Translucent distinctive blue.

Chakra : Throat, Heart

Physical : Circulatory system, heart, blood pressure.

Obsidian (Snowflake)

Colour : Black with distinctive white 'snowflake' pattern.

Chakra : Sacral, Base.

Physical : Circulatory system, veins, arteries.

Spiritual : Use during times of change as black offers protection & the white, purity. A good crystal for times of loneliness. Powerfully absorbs negative energy, so cleanse regularly.

Onyx

Colour : Black, shiny.

Chakra : Base.

Physical : Nervous system.

Spiritual : Soothes edgy, nervous people. Excellent for those who worry too much. Also a crystal for visionaries. This crystal does not offer protection despite being black, so use a protective crystal in conjunction with onyx when undertaking spiritual practices.

Peridot

Colour : Translucent pale to vibrant green. Expensive.

Chakra : Heart.

Physical : Lungs, lymph glands, breast.

Spiritual : A regeneration crystal, it strengthens & protects physical body, aligns & balances aura field. Eases jealousy, anger, fear, anxiety.

Purpurite

Colour : Shimmery bright purple colour mixed in with base rock.

Chakra : Third Eye, Crown.

Physical : Purifying blood.

Spiritual : A crystal for clairvoyants, psychics, mediums. Excellent for manifestation work.

Pyrite (Iron Pyrite/Fool's Gold)

Colour : Shiny gold.

Chakra : Solar Plexus

Physical : Excellent for combating male impotence & fertility issues. Good for blood, tissues & infections.

Spiritual : Assists in taking action to create abundance in one's life. Stimulates creativity and encourages one to overcome fears, have more confidence and take action.

Quartz

Colour : Translucent, clear through to milky white.

Chakra : All.

Physical : General healer for all conditions.

Spiritual : Quartz is a conductor, transmitter and keeper of energy patterns & vibrations. Excellent crystal for starters as its energy is gentle & constant. Can help all types of healing therapies and alternative work.

Rhodochrosite

Colour : Deep pink colour, usually with paler pink & white striations. Expensive.

Chakra : Heart.

Physical : Food addictions, asthma, anorexia, liver.

Spiritual : A soul mate crystal, this is for romantics whom wish to draw their soul mate to them. Also the most vibrant, loving crystal for use in healing where giving/receiving love is an issue.

Rhodonite

Colour : Solid, often dull pink with black inclusions.

Chakra : Base, Heart.

Physical : Eases coughs, excellent for lungs, chest, respiratory system, emphysema. Also for speech difficulties & hearing problems.

Spiritual : Opens up the heart to give and receive love. Enables one to see through illusions and watch a drama occur, but not be drawn into it.

Rose Quartz

Colour : Pale translucent pink, often a more solid, milky pink. Always pale in colour.

Chakra : Heart - on an emotional level.

Physical : Heart conditions.

Spiritual : The crystal par excellence for any matters relating to the emotions. This crystal is fantastic when we have just taken a spiritual leap in vibration or awareness - we ALL need our emotions soothed at some point, this crystal is not about emotional stability, but of soothing any emotional discord or change. Our emotions are our guidance system to manifestation and creating our own reality.

Selenite (Angel/Halo Rock)

Colour : Shiny, iridescent white.

Chakra : Third Eye, Crown.

Physical : Bones, teeth, physical flexibility.

Spiritual : Facilitates growth, expansion, openness, luck & accesses ancient records. Excellent for healing practitioners & meditation.

Smokey Quartz

Colour : Brown, translucent quartz. Should be see through. If it is jet black and not see through, it has been heat treated and is not natural.

Chakra : Base, Sacral, Crown.

Physical : Fertility, reproductive balance, PMS.

Spiritual : A crystal with very strong male energies. This crystal can open your crown chakra and ground you at the same time. Excellent for meditation, channeling & seeking higher guidance.

Sodalite

Colour : Predominately blue, with white striations and black inclusions.

Chakra : Throat.

Physical : Lymphatic & glandular systems.

Spiritual : Good for writers as this crystal brings logic, spiritual perception, focus of intention & truth.

Strawberry Quartz

Colour : Strawberry pink colour, slightly translucent, but not see through. This crystal in its natural form is rare, with only a small amount on the market through a recent find in Namibia. It was the first find in two years. Rare & expensive.

Chakra : Heart, Crown.

Physical : Energises the heart.

Spiritual : A very powerful little crystal. Integrates the physical with the spiritual. You will only come across this crystal if you are ready to receive information & have experiences.

Sugilite (Luvulite/Royal Lazulite)

Colour : Pale lilac, varying shades of purple and often nearly jet black. Rare & expensive.

Chakra : Third Eye - all chakras on a physical level.

Physical : Draws out pain from burns, inflammation, infections. A first aid crystal.

Spiritual : Powerful crystal for the third eye.

Tiger's Eye (Blue)

Colour : Shimmery dark blue with flash lines of silver/grey overlapping.

Chakra : Throat.

Physical : Eyes, neck & skeletal system.

Spiritual : Aids self-expression & confidence when speaking. Instills calm and releases stress brought on by frustration.

Tiger's Eye (Gold)

Colour : Shimmery golden colour with flash lines of paler gold overlapping.

Chakra : Solar Plexus.

Physical : Digestive system, stomach ulcers.

Spiritual : Strong male energies. Aids confidence, willpower, self-belief. Draws wealth & prosperity.

Tiger's Eye (Red)

Colour : Shimmery burgundy colour with overlapping paler lines of red/gold.

Chakra : Base.

Physical : Stimulating and refreshing, speeds up metabolism & healing.

Spiritual : Aids stability & therefore confidence. Good manifestation crystal.

Tourmaline (Black/Schorl)

Colour : Black, shiny.

Chakra : All - the crystal of protection.

Physical : Nervous system, intestinal system & spinal ailments.

Spiritual : Grounding and protective, powerfully deflects negative energy from within or without.

Tourmaline (Green/Verdelite)

Colour : Vibrant, translucent green. Expensive.

Chakra : Heart.

Physical : Detoxifies the digestive system, respiratory system, eases neuralgia and stimulates immune system.

Spiritual : Works deeply on the heart and emotional system to cleanse and release.

Tourmaline (Pink)

Colour : Pale, translucent pink, sometimes vibrant pink. Expensive.

Chakra : Heart.

Physical : Heart, endocrine & circulatory system.

Tourmaline (Red/Rubellite)

Colour : Translucent deep red. Expensive.

Chakra : Sacral.

Physical : Blood/circulatory system, stimulates fertility, clears reproductive blockages.

Spiritual : Grounding, stabilising and excellent for matters relating to fertility, gynaecology or sexuality.

Tourmaline (Watermelon)

Colour : Mixture of pink, yellow and green tourmaline.

Chakra : All.

Physical : Metabolism, endocrine & immune systems, cancer.

Spiritual : Works deeply on the heart chakra. Eases paranoia and phobias.

Turquoise

Colour : Ranging from deep blue to sea green, often with black or white inclusions.

Howlite is dyed a deep, vibrant turquoise colour and is being sold as genuine turquoise or Turquernite, so if something looks dyed, it probably is. Genuine, very vibrant turquoise

Chakra : Throat.

Physical : Powerful healer & detoxifier. Good for lungs, throat, eyes, infections & high blood pressure.

Spiritual : Protective crystal for travelers. Always keep a piece in your vehicle. Also aids communication and intuition. Connects to Native American energies.

Unakite

Colour : Green and pink/peach mix.

Chakra : Heart.

Physical : Reproductive system, pregnancy, recovery after operations.

Spiritual : Gets the chakras moving if they have been shut down for a long time or are sluggish. Balances the emotional with the physical.

Zoisite

Colour : Green with black fleck inclusions. Most commonly found with ruby inclusions.

Chakra : Root, sacral & heart.

Physical : Detoxifies and regenerates from a cellular level. Fertility, reproductive system.
Spiritual : Increases energy levels from the root upward, excellent for clearing root/sacral issues that may be affecting fertility.