

Crystals - Quick Reference Guide

S.No.	Name	Core Benefits
1	Agate	a. Eliminating and Transforming Negative Energies b. Stimulates digestive process and relieves gastritis
2	Amethyst	a. Boosts Concentration b. Relieves physical, emotional and psychological pain or stress c. Beneficial for Intestinal Diseases. d. Treats Insomnia and brings restful sleep
3	Aquamarine	a. Improves communication skills b. Useful for sore throats, swollen glands and thyroid problems c. Attract people whom you have never met
4	Black Tourmaline	a. Counters effects of the electromagnetic waves of the computer /mobiles/electromagnetic equipments b. Absorbs negative energies
5	Blood Stone	a. Purifies blood b. Detoxifies liver/intestines/kidneys/spleen and bladder c. Good for Stomach problems
6	Calcite	a. Strengthens bones and joints by encouraging calcium uptake b. Good for skin problems, ulcers and warts c. Golden Calcite is good for Money and Career
7	Carnelian	a. Excellent Energy Booster - Powerful Muslim stone referred to as hakik b. Powerful protector against rage, and resentment and anger c. Heals lower back problems, rheumatism, arthritis and depression
8	Chrysocolla	a. Detoxifies liver, kidneys and intestines b. Heals throat and tonsil infections c. Excellent stone for females for treating menstrual cramps specially teens
9	Chrysoprase	a. Promotes team work b. Tones down aggression c. Reduce claustrophobia and nightmares promoting good sleep d. Stimulates liver function
10	Aventurine	a. Calms down Emotions - good for emotional people b. Relieves Migraines
11	Fluorite	a. Excellent for learning and assimilating information - Good for students b. Increases focus and concentration
12	Malachite	a. Heals old traumas and emotional upheavals b. Enhances intuition and insight c. Facilitates child Birth d. Treats Diabetes if worn around the waist
13	Obsidian	a. Best for Removing Negative Energies b. Promotes Digestion
14	Rose Quartz	a. Promotes love and Harmony
15	Smoky Quartz	a. Effective and good decision making
16	Sodalite	Logic Building

17	Quartz Cluster	Good Fortune and Money
18	Angelite	Connects with Angels Faster
19	Labradorite	a. Promotes self esteem,creativity and diet. b. Improves connection with angels and meant for good fortune.
20	Ammolite	Seven Color Prosperity Stone for bringing health,vitality and happiness In business premises ir helps in business dealings
21	Neptunite	Cool down temper tantrums