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### GEM STONES WITH HEALTH BENEFITS!

**1 . For millennia, people have used gemstones principally for ornamental purposes. However, in both ancient and modern times, cultures all over the world have also believed that gems can have healing properties.**

2.

#AMBER

Yellow,brown,or red colored amber is believed to be a powerful gemstone with uses ranging from treating headaches & stress to promoting self-expression. It promotes cleansing & purification, which may help to bring illnesses out of the body

& alleviate pain so that the wearer can heal . ■■

3. #Amethyst gemstone,is said to bring strength, courage, and peace to the wearer. These benefits can help promote healing.

This soothing stone with peaceful properties and a quiet energy may help release your creativity.

Since this stone has such tranquil qualities, it makes a great gift for anyone suffering from anxiety, mood disorders, and addictions. The Ancient Greeks believed amethyst could prevent drunkenness.■■

4 . #Aquamarine has been said to help with digestive, eye, and dental problems. In the past, sailors often used aquamarines to bring them luck at sea. Today, some still use the stone for protection.

The stone is said to be a positive force that can bring ■

happiness to its wearers and help them cope with the grieving process.

Some people believe the aquamarine promotes healing energy, reduces the fear of water, and can even bring a wayward lover back. Some shamans use it as a meditative stone.

5 . #CITRINE

Wearing citrine jewelry is said to promote emotional well-being & increase positive energy. Some believe it can help with

hearing difficulties, digestive ailments, sleep problems, pain & inflammation management.



Wear citrine in its natural form if at all possible to enhance its positive benefits.

## 6 . #GARNET

Garnets with gorgeous, deep shades of red are said to energize wearers, which could help them deal with health issues.



Wear garnet to give your whole system a boost, revitalize your body, and promote your emotional well-being by increasing your confidence. The stone is also said to bring protection from evil & bad karma.

Wear your garnet anywhere, but near the heart is said to be optimal.

## 7 . #MOONSTONE

Hauntingly beautiful, moonstones can have many different body colors but show a distinctive, billowy, blue to white moonlight-like sheen known as adularescence.

White or clear moonstone is said to help wearers achieve balance, particularly females.

Moonstone jewelry has also been used to alleviate anxiety, depression, and insomnia. It may also promote creativity. Some believe this gemstone can help combat the ailments of both childhood and old age, just like the Moon both waxes and wanes.

## 8 . #PEARLS

Pearls are said to balance the entire body and create positive, happy feelings within the wearer. In traditional Asian medicinal systems, pearls have been used for treating ailing digestive systems, fertility issues, and heart problems.



Today, pearl powder is used in makeup to achieve a glowing complexion. Some people believe it can also be used to treat many skin disorders such as rosacea.

## 9 . #ROSEQUARTZ

A popular gemstone, rose-hued quartz is said to help heal heartaches. Closely associated with love, rose quartz seems to have a soothing, gentle energy that can calm an agitated wearer.



To get the most benefit from a rose quartz, wear the gemstone on a pendant around your neck. This allows the stone to stay close to your heart and help close emotional wounds, promote self-love, and keep your heart open to positive relationships.

Please keep in mind that birthstone customs have changed over the course of history. Recently, jewelers have even added spinel, citrine, & tanzanite as modern alternative birthstones (for August, November, & December, respectively). Birthstone lists also differ by country & culture.