

# Crystal Energy Guide Healing

Crystals have been used for many years in a range of ways, not least for their beauty, but their healing properties is becoming more of a focus again more recently.

Crystals offer a gentle yet effective way to manage your emotions. You can experience their healing vibrations just by holding a crystal, and by combining the crystal with an intention for how you want it to help you, it becomes even more powerful.

Although all crystals can help through the intention you set, certain crystals carry properties that are more aligned with addressing specific emotions and with this knowledge , alongside the understanding of chakras and energy fields , crystal healing treatments can have fantastic results on wellbeing.

In Crystal Healing , the body is treated as a whole and we count on reducing stress and creating a relaxed state in order to encourage healing. Becoming aware of mental-emotional causes means we can work to create new thought patterns to encourage continued healing.

Before any crystals are places anywhere, there is a practitioner/ client consultation to find out information which can then be used to find out which energy centres need balancing, replenishing and activating.

Whilst on the bed, crystals will be placed on 2 or 3 different chakras at a time, using the appropriate crystals from the consultation, whilst channeling Reiki energy throughout the body.

The room is tranquil with soft music, candle light and the aroma of essential oils.



