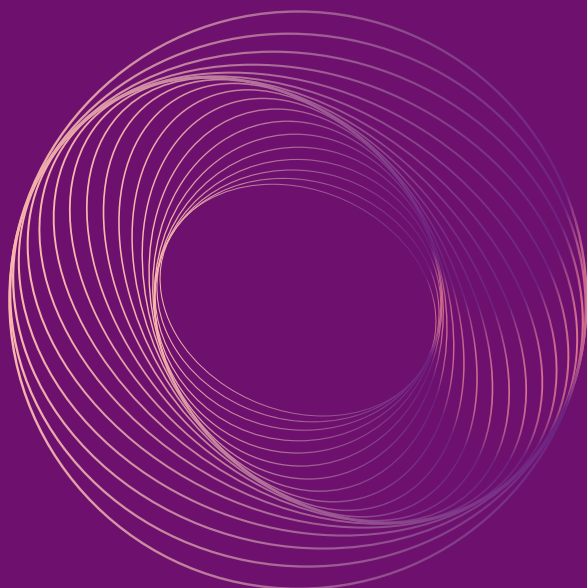


 ready.to.rock



AMETHYST

GEM ESSENCE

*I am One with the Divine*



*This beautiful crystal has generously & lovingly taken part in the creation of this magical gem essence.*

Amethysts have been revered by ancient civilizations since early 25,000 BC, famously loved for not only their beauty, but also for the deep healing powers they have been said to contain.

They are magical all-rounder crystals, with such a wide spectrum of healing properties that can go on endlessly – from calm & clarity, harmony & purifying negative energy, spiritual awareness & reaching a higher state of consciousness, intuition & creativity and oh-so much more!

Invite Amethyst to be your BFF & cheerleader, surrounding your energy and aura with an abundance of divine energy, love & stillness so that you can journey through life with so much ease & grace, no matter what curveballs life cheekily places in your path

*May peace, joy & compassion be with you every step you take.*



## CHAKRA

Third Eye, Crown



## ZODIAC

Virgo, Sagittarius,  
Capricorn, Aquarius, Pisces



## PLANET

Jupiter



## ELEMENT

Air & Water



## NUMERICAL VIBRATION

Number 4





# ESSENTIAL OILS & HERBS

These plant oils were selected for their energetic properties that have a similar and/or complimentary vibration with the crystal's energy, lending a potent synergistic effect to further enhance the magic of the gem essence.



# Roman Chamomile

- Wonderful for bringing a sense of calm & peace
- Helps to reduce worries, anxiety, frustration
- Great for easing the overthinking & hurried mind, allowing you to feel at ease without feeling hurried

# Clary Sage

- Brings a sense of clarity to the mind, thoughts & beliefs
- Helps to unblock/release stagnant energy
- Reduces anxiety, calms the mind
- Allows creative inspiration to flow freely, often helping in times of indecision or emotional confusion
- Removes the obstacles and inhibitions enabling the “inner eye to see more clearly & allowing the intuition to flow





# *Helichrysum*

- Emotionally & energetically healing, balancing & nurturing
- Helps to heal old emotional wounds/trauma
- Said to be like 'honey for the psyche'
- Lends a feeling of warmth to comfort & nourish the spirit



# Lavender

- Symbolizes purity, grace & devotion, sharing the knowledge that you are on the right path
- Spiritual healing, tranquillity & peace
- Often associated with spiritual awakening – helping to facilitate an elevated state of consciousness
- As with ancient healing arts – the main goal is to integrate the body, spirit & mind
- Widely used in healing – a popular herb used in many healing remedies for centuries
- Virtue – reminds us to aspire to ideals



More gem essences & other  
hollistic goods are available  
in the store.

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