

**CRYSTAL MASSAGE MENU**

**ROSE QUARTZ This crystal is perfect for when we need a hug.**

**Encourages feelings of peace and calm.**

**Heightens self-esteem and helps with emotional support.**

**Releases excess fluids and impurities.**

**Relieves stress and tension.**

**This crystal is a powerful releaser of emotions.**

**AMEYTHST Brings a sense of peace and contentment.**

**Reduces anger, fear, and impatience.**

**It absorbs negativity.**

**Helps to enhance our memory and stops us being anxious.**

**This crystal is very comforting during times of sadness, stress, or bereavement.**

**ORANGE CALCITE This crystal is an energy amplifier, it helps to make us more energetic.**

**It helps to balance our emotions.**

**It’s great for enhancing our memory.**

**Helps to heal problems with the reproductive system.**

**This crystal brings us joy, happiness and good humour melting away problems.**

**LAPIS LAZULI Boosts your immune system and relaxes the nervous system**

**It will help to clear brain fog, help headaches, migraines and insomnia**

**This crystal will help to lower blood pressure**

**This crystal works on the throat and third eye chakra, so helps with tightness**

**Anxiety and stress within the throat area.**

[**www.simplyholisticsessex.co.uk**](http://www.simplyholisticsessex.co.uk)

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