

Crystal Therapy

Crystals can act as a bridge that connect with the flow of energy. By reconnecting our energy we begin to flow in harmony. Imagine a river flowing, now imagine that some rocks are in the water as well as branches, debris and leaves. Crystals can aid in the decluttering so the flow is without blockages, without resistance and without force. Energy is simply free to flow.



Our energy flows between chakras, meridians, and at a cellular level to the purest simplistic version of self, that we are all made from. It can be the connection between our physical body, mind and thoughts and our spirituality.

A client is invited to lay on the therapy couch and crystals are placed on the body. A crystal healing layout consists of placing crystals at the main chakras. Additional crystals maybe added to incorporate the meridian channels and connect the flow of energy.

It is a relaxing and releasing treatment that can give a whole body sensation of calm and alignment. The energy will only go where it is required for as long as it is required. After a healing session the client will need to drink plenty of water and be aware of fatigue and rest well.