

# CRYSTAL HEALING

## For Perimenopause & Menopause



| <u>Symptom/Challenge</u>            | <u>Recommended Crystals</u>                | <u>Supportive Properties</u>                                                                                    |
|-------------------------------------|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Hot Flashes & Night Sweats          | Moonstone, Amethyst, Blue Lace Agate       | Moonstone balances hormones, Amethyst cools and calms, Blue Lace Agate soothes heat and tension                 |
| Mood Swings & Irritability          | Rose Quartz, Lepidolite, Citrine           | Rose Quartz nurtures self-love, Lepidolite eases anxiety and emotional shifts, Citrine uplifts mood             |
| Sleep Disturbances & Insomnia       | Amethyst, Howlite, Selenite                | Amethyst promotes restful sleep, Howlite calms the mind, Selenite clears energy for relaxation                  |
| Fatigue & Low Energy                | Carnelian, Sunstone, Clear Quartz          | Carnelian boosts vitality, Sunstone restores joy and motivation, Clear Quartz amplifies energy                  |
| Brain Fog & Lack of Focus           | Fluorite, Labradorite, Clear Quartz        | Fluorite enhances clarity, Labradorite strengthens intuition, Clear Quartz sharpens focus                       |
| Anxiety & Stress                    | Lepidolite, Black Tourmaline, Smoky Quartz | Lepidolite contains natural lithium for calming, Black Tourmaline grounds energy, Smoky Quartz releases tension |
| Low Libido & Sensuality             | Garnet, Carnelian, Rose Quartz             | Garnet ignites passion, Carnelian enhances vitality, Rose Quartz opens the heart to intimacy                    |
| Joint Pain & Stiffness              | Hematite, Malachite, Amber                 | Hematite supports circulation, Malachite eases discomfort, Amber provides warmth and healing energy             |
| Emotional Healing & Self-Compassion | Moonstone, Rhodonite, Rose Quartz          | Moonstone supports transitions, Rhodonite heals emotional wounds, Rose Quartz fosters unconditional love        |