

White Beryl Necklace Therapy

Gemstone Facial

In this therapy, you gently move your White Beryl necklace over your face. The White Beryl energy increases circulation to the skin, draws nutrient-filled blood plasma to the area, stimulates the uptake of waste-filled lymph, and clears negative energies that may have collected on your skin and around your face. White Beryl's white light also has a soothing and healing effect on the skin.

You can do this therapy on yourself, but it's more relaxing if someone else performs it on you.

Therapy Tool

One therapeutic White Beryl necklace

Indications

When you are experiencing any of the following—

- Acne
- Dry, wrinkly, or aging skin
- Pimples or other blemishes
- Rash
- Your skin feels unclean even after deep cleansing

When you wish to do any of the following—

- Draw toxins and impurities from your face and skin cells
- Remove negative energies that may have accumulated around your face
- Enjoy a relaxing facial treatment that also stimulates your skin
- Help your face shine with the radiance of your inner self
- Add a gemstone energy medicine treatment to your facial care regimen

Effects

This treatment brings the white light and White Beryl energy to your skin. The friction caused by moving the gems across your skin creates an energy field that allows your skin to pick up the White Beryl energies more readily than if the gemstones were simply placed on the target area. This effect is maximized when you move the gems in the same direction as the thread they're strung on.

Negative energies tend to collect on our face for a variety of reasons, including the judgmental thoughts of others about us, our own negative emotions and thoughts, as well as cigarette smoke and environmental pollution. Daily face cleansing can remove the physical impurities associated with these, but a gemstone facial can remove the energies themselves. Energetic

accumulation on the face not only attracts physical impurities and interferes with healthy skin metabolism, but also acts as a mask that can interfere with our ability to communicate accurately with our facial expressions. With these energies cleared away, your facial communication can be more accurate and your inner beauty can more easily shine through.

You may find that the areas treated feel tingly afterwards. Your skin may also feel as though it needs washing. This is because of the physical and energetic detoxification that White Beryl energy initiates when it is applied in this way.

Procedure

1. Prepare for the procedure by washing your face with water and a facial cleanser. Rinse your face and pat it dry.
2. Lie down on your back or recline in a position in which you can rest your head. You'll be running the necklace back and forth across various sections of your face.
3. Unfasten the clasp of your cleansed White Beryl necklace. Hold each end of necklace between the thumb and forefinger of each hand. At all times, keep the tension of the necklace loose enough so you are not pulling on the thread but tight enough to maintain control over your movements.
4. Treat your forehead first. Hold the necklace in a straight line so that it is perpendicular with the midline of your face. With one hand on each side of your forehead, gently move the necklace back and forth, left and right, over your skin. Adjust your hand position so that the necklace moves several times over your entire forehead.
5. Treat the left side of your face. Turn your head to the right. Hold one end of the necklace above your left ear and the other below your chin. Move the necklace up and down over your left cheek. To treat the more contoured areas under your eye and next to your nose and lips, hold a shorter section of the necklace so you have more control. You may change the angle of the necklace to reach these contoured areas, but always move the necklace in the direction of the thread.
6. Repeat Step 5 on the right side of your face.
7. Treat your lips, the area under your nose, and your chin and neck by moving the necklace as you did on your forehead and cheeks.
8. End the therapy by cleansing your face again with water and a facial cleanser to remove any impurities brought to the surface by the gemstone energy.
9. Cleanse the White Beryl.

Time Guidelines

Treat each section of your face for about 30 to 60 seconds. Perform the treatment as often as once or twice a day.