

Metaphysical Properties of Our Healing Gemstones

This list provides information about each stone Nurtured Quartz uses in its product offerings. Not all stones will be offered at the same time. If you have any questions, please feel free to use the contact form on the footer of the website, or you can send us an email at nurturedquartz@gmail.com.

Protection

Black Onyx - protection; absorbs negative energy; increases productivity

Lava stone - encourages personal expression; useful in difficult or unusual circumstances

Pyrite - protection stone; shields wearer from negative vibrations; helps body fight viral infections

Calcite - removes negative energies from the home; new beginnings; amplifies energies

Black Obsidian - absorbs negative energies from the environment; draws out mental stress and tension; blocks psychic attacks

Try our Black Onyx Bracelet w/ Howlite & Picture Jasper

<https://nurturedquartzjewelry.com/products/black-onyx-stone-bracelet-design>

Sleep/Relaxation

Amethyst - stone of relaxation; fights insomnia; facilitates sobriety

Gray Map Jasper - great for high-stress environments; keeps emotions under control

Picture Jasper - useful for meditation sessions; encourages one to use personal gifts to help others

Red Creek Jasper - relaxation and tranquility; balances mineral content within the body

Try our Amethyst Anti-Stress Bracelet

<https://nurturedquartzjewelry.com/products/amethyst-anti-stress-bracelet>

Personal Growth

Cherry Blossom Agate - helps wearer reach full potential; encourages reblooming after a traumatic and stressful times

Dendritic Opal - provides new outlooks on life; inner-guidance; calms inflamed skin

Gold Sandstone - increases ambition; helps one achieve their goals

Howlite - builds confidence and inner-strength; aids recovery from trauma or grief

Ruby Zoisite - strength and manifestation; prioritizes personal growth

Fire Quartz - rekindles the innate fire in each of us that drives our development of character; aligns the Root Chakra to the Crown Chakra; brightens our inner-light for us to see

Lapis Lazuli – stone of intuition; self-awareness through third-eye chakra; encourages us to speak our truth

Try our Dendritic Opal Single Bracelet or Set for Inner Guidance

<https://nurturedquartzjewelry.com/products/opal-bracelet-set-dendritic-opal-set-or-single-bracelet-essential-oil-diffuser-inner-guidance-bracelet-couples-bracelet>

Humble Success

Noreena Jasper - clears negativity from the aura; brings success without envy

Ocean Jasper - water energy; stillness; stone of quiet success and purification

Try our Star-Cut Ocean Jasper Bracelet

<https://nurturedquartzjewelry.com/products/star-cut-ocean-jasper-bracelet-w-moss-agate-howlite-agate-bracelet-summer-fashion-boho-hippie-jewelry-natural-crystal-birthday>

Beauty

Mookaite Jasper - boosts the immune system; restores aging skin; promotes beauty

Try our Beautiful Warrior Bracelet

<https://nurturedquartzjewelry.com/products/beautiful-warrior-healing-bracelet-lgbtq>

Self-Love

Orange Cream Crazy Lace Agate – stone of joy and laughter; increases happiness; absorbs emotional pain

Dalmatian Jasper – reminds us about the simple things in life; playfulness; black spots are believed to suck up chaotic energy

Rhodonite - eliminates stress and self-destruction; emphasizes self-love and compassion

Unakite – clear deep blockages created from past trauma and emotional scarring; intense calming energy; connects with both the Heart and Third Eye Chakras

Try our Joy and Laughter Meditation Yoga Bracelet

<https://nurturedquartzjewelry.com/products/joy-laughter-yoga-mala-meditation-bracelet>

Balanced Aura

Amazonite - balance and communication; soothes the heart

Green Tiger's Eye - part of the quartz family; opens heart chakra and builds a moral character

Chrysocolla - to higher truths; soul soother; disperses guilt, depression, and anxiety; keeps lungs pure and healthy

Turquoise - promotes communication between the physical and spiritual realms; promotes an optimistic attitude; calms the mind

Try our Green Tiger's Eye Bracelet

<https://nurturedquartzjewelry.com/products/natural-green-tiger-s-eye-w-ruby-zoisite-sesame-jasper-protection-bracelet-summer-fashion-accessory-birthday-gift-men-s-jewelry>

Focus

Hematite - grounding stone; improves focus; roots mind and body back to Earth

Red flower Jasper - cures writer's block; boosts creativity; aids in one's personal journey through life

Wood Jasper - encourages patience; helps wearer feel fulfilled and complete

Smoky Quartz - facilitates attentiveness and removes chaotic thoughts; protection stone; turns fear into confidence

Try our Natural Earthy Wood Jasper Bracelet

<https://nurturedquartzjewelry.com/products/natural-earthy-unisex-bracelet-wood-jasper-graduation-gift-humility-boho-jewelry-men-s-beaded-bracelet-humble-success-strength>

Career

Blue Apatite - cleanses the aura; promotes personal growth; helpful for business careers

Green Agate - aids in the decision process; compassion and justice; encourages flexibility

Pink Tiger's Eye - power and strength; promotes success in business/entrepreneurship

Yanyuan Agate - supports you in a competitive career by boosting confidence; increases focus; clears mind of distractions

Good Luck

Blue Goldstone - encourages deep thinking; ambition and protection; wishing stone

Indian Agate - washes away bad luck and misfortune; reveals inner beauty and wisdom

Moss Agate – used as a good luck charm to bring prosperity to land and harvest; connects wearer to Earth

Peach Aventurine - soothes nerves to facilitate fruitful relationships; good luck stone

Tibetan Agate - stone of love, abundance and hope; fights against evil energies

Try our Natural Wood Jasper Protection Bracelet

<https://nurturedquartzjewelry.com/products/natural-wood-jasper-unisex-bracelet-w-amethyst-sesame-jasper-peach-aventurine-pink-tiger-s-eye-protection-bracelet-boho-jewelry>

Health Benefits

Blue Sea Sediment - reduces fatigue and exhaustion; promotes stability

Sesame Jasper - filters electromagnetic and environmental pollution; manifests a fulfilling life

Fossil Jasper - aids in the recovery from long-term illnesses; boosts the immune system; protects travelers through their journeys

Try our Howlite & Blue Sea Sediment Bracelet with Picture Jasper

<https://nurturedquartzjewelry.com/collections/8mm-gemstone-bracelets/products/natural-jasper-unisex-beaded-bracelet-blue-sea-sediment-jasper-protection-bracelet-gift-item-boho-jewelry-birthday-gift>

Love

Green Opal - brings good fortune to relationships; nature and renewal; unblocks heart chakra

Coffee Milk Rain Flower Jade - brings harmony to the aura; helpful in romantic relationships

Morganite - teaches us virtues such as patience, self-control and accountability; useful in meditation sessions; stimulates loving thoughts

Try Our Custom Boutique Gemstone Bracelet

<https://nurturedquartzjewelry.com/collections/8mm-gemstone-bracelets/products/custom-boutique-gemstone-bracelet>

Relationships

Green Jade – stone of thoughtful thinking; prevents negative thought and belief patterns; allows us to see situations from an objective POV

As a gentle reminder, Nurtured Quartz is not a medical provider, and cannot guarantee that these stones will benefit you as they claim. These stones are not meant for treatment of any illness or disorder.