

## **Dark Green Aventurine and Lavender Necklace Therapy**

### **Headache Therapy**

Dark Green Aventurine and Lavender are used to prevent or relieve a migraine or any other type of headache.

#### **Therapy Tools**

- One solid necklace of Dark Green Aventurine spheres (8mm, 10mm, or 12mm)
- One solid necklace of Lavender spheres (8mm, 10mm, or 12mm)

The necklaces' sphere sizes should be equal or no more than 2mm apart.

#### **Indications**

When you—

- Experience any kind of headache
- Realize that either a migraine aura or headache is coming on
- Experience a situation or substance that usually sparks a migraine or other headache, such as certain foods, bright sunlight, stress, caffeine, or caffeine withdrawal

#### **Effects**

This Aventurine therapy uses the primal wave nature of Dark Green Aventurine and the aligning influences of Lavender to relieve the pain of any type of headache, including migraine. If the treatment is performed as soon as symptoms arise, it may prevent the full development of a migraine headache. If the headache has already appeared, it may diminish or eliminate it altogether.

#### **Procedure**

1. Either sit comfortably or lie down on your back.
2. Place the Lavender necklace around your head—
  - Position the necklace above your ears, parallel to your shoulders and not tipped at an angle.
  - Lightly secure the necklace in place with a scrunchy or other soft hair tie. Do not tie the necklace too tight.
3. Place the Dark Green Aventurine necklace in a pile on the top of your head or over the painful area. Cup your hand over the Aventurine to keep it in place and bring out its primal wave nature. Do your best to completely cover the necklace with your hand. If possible, leave no spaces between your fingers and no part of the necklace exposed to the air.

#### **Time Guidelines**

Begin this treatment as soon as you start to experience head pain or a migraine aura or you encounter a substance or situation that tends to set off a headache. Perform the treatment for 30 minutes or until your discomfort disappears.