

Crystals + Oils 101

by Haylee of Whimsy + Wellness



A STARTER GUIDE

Includes crystal
and oil pairing
cheat sheet.

| How I Got Started With Crystals

| Why Use Crystals With Oils

| How To Use Crystals & Oils

HOW DID I GET STARTED WITH CRYSTALS?

I got started with crystals the way many people do, I thought they were beautiful. Over time, I learned more about these natural treasures of the earth and became more comfortable using them. Now, I incorporate them throughout our home, in meditation/prayer, and in our essential oil routine.

If you feel like crystals are overwhelming and you're afraid of doing something wrong, think back to when you first got started with essential oils. You probably felt overwhelmed then, too. But the more you practiced using oils, the more comfortable you got with them.

We've created this little guide to help you get started with your journey!

WHY USE CRYSTALS WITH ESSENTIAL OILS?

Many people believe in the healing energies of crystals. Humans are made up of energies that are constantly changing based on our moods, behaviors, and even our surroundings. Crystals also give off energy, but because of their crystalline structure, their energy is constant. It doesn't change like ours. Because of this, they can help us rebalance our own energies.

“When you pair crystals with oils you are tapping into some of earth's superpowers.”



How To Use Crystals & Oils Together

CHOOSE YOUR CRYSTAL

Many believe you'll be drawn to the crystal your body needs simply by looking at or holding the crystal. The crystal you feel most attracted to is the crystal you need. A quick Google search on that stone will bring up the energy it holds, along with its specific benefits, or, use our guide below!

You can also work backwards by researching crystals first and then choosing one that best matches your "symptoms". If I was struggling with worry or fear, for example, I might look for an amazonite crystal. If I wanted to increase focus and concentration, I might set a ruby in my office where I work most often.



TIP!

Most people believe that how a crystal is chosen is very important - you don't want bad energy anywhere in the supply chain.

I hand choose almost all of my crystals in my shop at gemstone and mineral shows around the United States to make sure I'm sourcing very high quality stones for my customers!

CHOOSE YOUR OIL

Now, choose your oil. If I had set a ruby in my office the next step would be to pair that with essential oils who also hold similar benefits, such as cinnamon, ylang ylang, rose ginger and peppermint.

I've included a reference chart here in this guide to help you find the right oil with your crystal, but remember that there's no right or wrong here - if the crystal makes you happy and the oil makes you happy, you're on the right track!

USE YOUR CRYSTALS AND OILS TOGETHER

Let's say you chose an amazonite stone to help with worry or fear, and you've paired it with bergamot essential oil. Now it's time to use your crystal and oil together!

Most people start by looking at the crystal - leaving it on a shelf or using it on one of our clear roller bottles so that they can see it often. Then, some people like to hold or use the crystal on their skin - either as a gemstone roller top or in their hands as they meditate (or both).

Whimsy + Wellness offer two ways to use the crystals with your oils. Our Crystal Collection showcases the crystals inside of a clear roller bottle. You can mix your blend as usual, adding the essential oils and carrier oil directly into the bottle with the crystals.

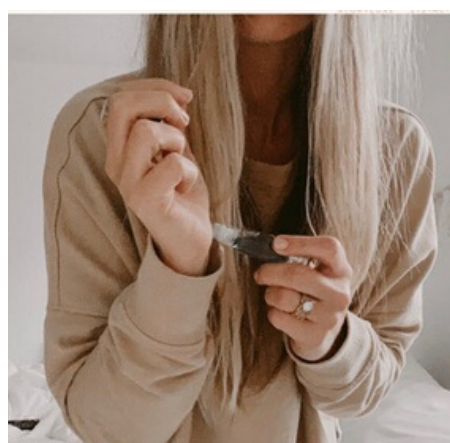
Our gemstone roller tops fit standard 10ml roller bottles and replace the usual plastic, glass, or metal ball with a genuine gemstone. You can add the tops to any of your already made roller blends, or combine them with a roller bottle from the crystal collection to create the perfect combo for your needs.



SELENITE
TOWER



GEMSTONE
ROLLER TOPS



CRYSTALS IN
CLEAR ROLLER BOTTLES





IT'S YOUR TURN!

*"If the only benefit you
ever feel from using
crystals and oils is that
they make you happy –
that's a win!"*

Wellness doesn't have to be stuffy or boring;
sometimes it's as simple as beautiful crystals +
oils that bring you joy. Have fun!



I'm Haylee, the creator of Whimsy + Wellness. My shop began in 2016 as a way to enjoy more oils and distract myself from a painful miscarriage. I wanted to share my story so that others knew they weren't alone, and I wanted a beautiful, whimsical way to use the oil blends I loved. Today, we help thousands of customers with our beautiful roller bottles, crystals, and other wellness products. If you loved this guide, I'd love to hear from you. You can find me on Instagram (@whimsyandwellness). Make sure to leave a comment and tell me what crystals and oils you'll be pairing!

CRYSTAL + OILS CHEAT SHEET

a quick guide to using your crystals & oils in everyday life.

<i>Crystal</i>	<i>Helps with...</i>	<i>Pairs well with...</i>
AMETHYST	A good overall stone, can be used for protection, balance, and help with confidence.	Clove, cypress, frankincense, sandalwood
AMAZONITE	Courage and truth, dispels negative energy, worry, and fear	Bergamot, geranium, orange, juniper, spruce, clove
APATITE	Motivation, energy, goals, growth	Peppermint, orange, myrrh, nutmeg, grapefruit
AQUAMARINE	Courage, calms the mind, useful for closure, promotes self-expression	Clove, ginger, helichrysum, chamomile, lavender
BLUE CALCITE	Restores balance, stone of trust and communication	Lavender, geranium, frankincense, vetiver, basil
CITRINE (HEAT TREATED AMETHYST)	Success, abundance, creativity, power	Sandalwood, frankincense, orange, clove, ginger, patchouli
CHRYSOCOLLA	Communication, teaching stone, encourages compassion, peace, and forgiveness	Basil, lavender, tangerine, ylang ylang, helichrysum, sandalwood

Crystal

Helps with...

Pairs well with...

CLEAR QUARTZ

An ultimate healer, amplifies whatever energy or intent is programmed to it

All oils pair well with clear quartz

EMERALD

Enhances unity, promotes friendship, calming effect, brings positive actions

Lavender, rose, cedarwood, patchouli, jasmine

EMERALD CALCITE

Supportive during times of change, peaceful stone

Tangerine, ylang ylang, patchouli, blue tansy

GARNET

Positive stone, uplifting, inspires love and devotion

Frankincense, lemon, orange, jasmine, ylang ylang

HERKIMER DIAMOND

Allows appreciate of inner self, healing of all types

Frankincense, clove, sage, lemon, tea tree

LABRADORITE

Mental sharpness, inspiration, lets you see many possibilities at once

Peppermint, basil, lemon, neroli

LAPIS LAZULI

Wisdom, good judgement, desire for knowledge, stone of truth

Spruce, jasmine, frankincense, lime, basil

Crystal

Helps with...

Pairs well with...

**ORANGE
KYANITE**

Creativity, optimism,
encourages playfulness
of inner child,
self esteem

Basil, grafruit,
tangerine, jasmine,
lavender, orange,
geranium

PERIDOT

Overcoming fear,
resentment, helps move
forward, manifest
abundance in life

Cinnamon, cypress,
bergamot, patchouli,
jasmine

**PINK
LEMURIAN
(QUARTZ)**

Unconditional love,
spiritual awareness,
female energy,
meditation, connection
with angels

Ylang ylang,
bergamot, sage,
lavender

PINK OPAL

Stone of renewal,
calming, emotional
balance

Frankincense,
sandalwood, juniper,
lavender, orange

PYRITE

Protective, creativity,
energizes, leadership

Peppermint, clove,
frankincense,
grapefruit

**RAINBOW
MOONSTONE**

A calming stone that
assists in change and
brings insight

Rose, cypress,
lavender, vetiver,
bergamot

**RHODOLITE
(VARIETY OF
GARNET)**

A warm and trusting
stone stimulates
contemplation,
inspiration, and intuition

Rosemary, tangerine,
cedarwood, spruce,
coriander

Crystal

Helps with...

Pairs well with...

**ROSE
QUARTZ**

The ultimate love and relationship stone

Ylang ylang, lavender, jasmine, rose, bergamot

RUBY

Energy, love stone, increases concentration and motivation

Cinnamon, ylang ylang, rose, ginger, peppermint

SAPPHIRE

Focus, love and commitment, brings joy and restores balance in body

Lavender, ylang ylang, orange, bergamot, vetiver, peppermint

SUNSTONE

Leadership, joyful stone, inspires nurturing of self

Orange, frankincense, neroli, clove, myrrh

**TANGERINE
QUARTZ**

May help let go of past, emotional grounding, soothing, and may boost energy

Tangerine, frankincense, fir, patchouli, neroli, chamomile

TANZANITE

Meditation, connecting mind and heart, helps communication

Sandalwood, frankincense, chamomile, geranium, rose, lavender

TOPAZ

Stone of love and good fortune, confidence, goals, joyful

Jasmine, sandalwood, orange, rosemary, bergamot

Crystal

Helps with...

Pairs well with...

TOURMALINE

Promotes understanding of self, attracts inspiration, compassion

Fir, geranium, bergamot, hyssop, myrrh, orange

TURQUOISE

Protective stone, promotes calming and creative problem solving

Clove, cypress, palo santo, fennel, frankincense, rosemary