

Sleep Well Crystal Guide

1&2. Amethyst - brings about calming and soothing energies which help you to relax, and is known as the "one for all" crystal.

3. Hematite - is great at grounding and helping you to come to terms with learning experiences.

This means that when you naturally file your daily information whilst you sleep, Hematite will assist making this process easier and therefore creating a deeper sleep.

4. Clear Quartz - The Clear Quartz is used to amplify the energy of the other crystals and also ensure pleasant dreams. Keeping it in the same bag with the other crystals will enhance the properties.

5. Selenite - is the best crystal for insomnia. It provides a protective energy which enables stress to release whilst you sleep helping you feel rejuvenated when you awaken.

