



Crystals: The Complete Beginner's Guide to Crystals and Crystal Healing

Lucy Gemson

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The Complete A-Z Guide To Crystals - Perfect For Beginners

How can 'Crystals: The Complete Beginner's Guide to Crystals and Crystal Healing' give you a full foundation of knowledge in the field of crystals and crystal healing?

- Gain a full understanding of how crystals are formed, including a rich account of the history of their use.
- Learn the science behind crystals and how they actually work
- Learn everything you need to know about chakras and how important they are to tie-in to your crystal usage
- How to set-up a basic crystal grid
- What to look for when shopping for crystals
- How to prepare your crystals, including; cleaning, charging and programming
- Learn how to prepare for crystal usage, both mentally and physically
- Learn the profiles of over 100 important crystals, ranging from Amazonite to Zoisite
- Understand crystal elixirs and how to make them
- Gain further knowledge from 5 handy correspondence charts
- Much, much more!

Grab “Crystals: The Complete Beginner's Guide to Crystals and Crystal Healing” now and learn everything you need to know in order to start using crystals with confidence

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