

Healing

lifestyles & spas

magazine

Featuring: Artemis Woman

Gems Are a Girl's Best Friend

*Diamonds may indeed be a girl's best friend,
but to enhance your feminine power,
look to pink tourmaline, or when in need
of focus, befriend onyx.*

By Laurel House

GEMSTONES ARE MORE THAN BEAUTIFUL BAUBLES THAT EMBELLISH an outfit, dangle from your neck or adorn your ears. The practice of gemstone therapy is rooted in Ayurveda, the 5,000-year-old Indian system of holistic and medicinal healing and health. Similar to Vedic astrology and color therapy, specific stones are prescribed to rebalance the body. Though Americans have yet to fully integrate gemstone therapy into our healthcare system, gemstone treatments are more recognized overseas, and they are even covered by the British National Health Insurance.

Gemstone therapy is part of a bigger healing picture and encompassed under the energy medicine umbrella. Fundamentally, the human being is a form of energy, as are gemstones. In fact, all matter is the physical form of energy. Gemstones are formed in the earth from high concentrations of energy, an energy that is embraced by the technology community and utilized today to smoothly run televisions, quartz clocks, watches, cordless phones, computers, and even laser medicine, which depends on rubies or sapphires to beam the laser and precisely transmit information. Have you ever looked at the innards of a watch only to find an array of gemstones seamlessly running the system? When one considers how the ability of crystals and gemstones to conduct and transmit energy is so common in the techno world, it is surprising that it has taken us so long to grasp the concept and translate it into healing the body, but finally we are.

Precious Stones at Home

Artemis Healing Gems Facial Scrubs slough off dead skin cells and revitalize the natural luminescence with six soothing options: amethyst to relax, tourmaline to balance, rose quartz for sensuality, topaz for power, and clear quartz for energy.

www.artemiswoman.com

Colorescience Achromatherapy Gem Spritzers provide a mist of organically grown aromatherapy oils and gems to rejuvenate, revitalize, and protect the skin.

www.colorescience.com

Aveda Tourmaline Charged Hydrating Crème and Radiance Masque utilizes finely powdered tourmaline—considered to be one of the most naturally energizing minerals—to boost skin's radiance and increase its bio-energy field.

www.aveda.com

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