

Sleep Collection

Insomnia, anxiety, nightmares, sleepwalking, snoring—so many obstacles that can sneak between you and a good night's sleep. What to do? Relax—our Sleep Collection is a real snooze fest.

Crystals, Essential Oils, and Botanicals not all present in every item.
These are the elements of the full collection and used per item as appropriate.



PETRA TEERTHA

Crystals

Amethyst—eases anxiety, calms nervous system, relax body & mind, open crown chakra, healing energy, promotes deep sleep, attunes brain waves to calm frequency, stone of manifestation, soothes moods, emotional balance, dreams
Rose Quartz—a feel-good crystal, peaceful sleep, calming, soothing energy, healing, absorb loving energy, inner peace, dispels negativity, harmony, trust, balance, self-love, forgiveness
Moonstone—good for insomnia, calmness, trust, compassion, ease emotional tension, connect to subconscious, lucid dreaming, intuition, psychic abilities
Lapis Lazuli—connects to cosmic harmony & balance, good for truth, fair judgement, depression, decision making, intuition, psychic abilities, relationships, renewal, helps with sleep apnea
Kyanite—sleep, intuition, snoring, communication, spirit guidance, anxiety

easing, compassion, dispels negative energy
Prehnite—balance, calm, helps with anxiety disorders, sleeping disorders, hyperactivity, aid for restlessness & nervousness, peaceful energy, protection
Lepidolite—soothing, joy, gratitude, self-love, calming, serenity, stone of transition & peace stone, helps with sleep disturbances, nightmares, associated with Third Eye Chakra affecting rest, sleep & dreaming
Fluorite—peaceful sleep, calming & soothing energy, intuition, clarity, aura
Howlite—decreases overly critical thinking, heightens creativity, calming energy, relieves anxiety, tension & intense emotions, good for insomnia, stress & rage
Sapphire—activates mystical vision & brings energy of deep peace
Shungite—normalizes sleep for those with erratic sleep patterns, deters sleepwalking

Rainbow Moonstone—promotes dream recall, lucid dreaming & can provide guidance within dreams, protects against nightmares, insomnia & sleepwalking. Intuition, spiritual guidance, high vibration
Red Jasper—dream stone, grounding & protective, encourages sleep & stabilizes aura. Dream interpretation & recall.
Dalmatian Jasper—combats insomnia & nightmares.
Clear Quartz—aligns chakras, fights negativity, balances & revitalizes spiritual, mental, physical & emotional. Highly potent, easily programmable magnifier of energy & intentions. Cleanses & purifies other crystals.
Selenite—decision making, calmness, intuition, clarity, charges other crystals.

Essential Oils

Lavender—promotes relaxation, treats anxiety, depression, insomnia
Chamomile—anxiety relief, promotes sleep, reduced anger, relieves depression, soothes irritability & agitation
Orange—reduces anxiety & depression, pain relief, stress
Clary Sage—natural antidepressant, lower blood pressure, relieve anxiety, stress buster
Rose—ease pain & physical discomfort, decrease anxiety & stress, ease depression, balance hormones

Vetiver—stress relief, emotional trauma, pain relief, insomnia, nervousness, joint & muscle pain
Ylang Ylang—alleviates anxiety, lowers blood pressure, promotes relaxation, relieves sadness, tension & sleeplessness
Bergamot—help with moods, promote good sleep cycles, induce calm, treat muscle pain
Frankincense—reduce arthritis pain, supports healthy cellular function, emotion soother
Neroli—reduce pain, powerful healer, reduces anxiety & stress, instills relaxation, uplifts mood

Mantra

Infinite possibilities are available to me. I honor others. I honor myself. I allow my true inner self to shine through. I am healed. I am balanced & filled with peace. I am a source of inspiration. I am attuned to pure, infinite energy. My actions are guided by wisdom & awareness. I am shielded from negative energies. I am balanced & in tune to my emotions. I am open to all that is around me & all that is within me. I go with the flow of the universe. My head is clear. I am cleansed. I am at one with myself, the Earth & the Universe.



Cleansed by sage and incense. Charged by moonlight.

Where possible, includes Clear Quartz for cleansing other crystals, Selenite for charging other crystals.

Use: Daily to weekly. Pour into hand to make skin contact with stones. Program stones by stating intention or repeating mantra (your own or ours) for desired outcomes in sleep. The more they're used, the more potent they'll become & part of user's energy. Put outside overnight during full moon to charge.

About our Products

Moon Water—8 oz. of Moon Water, each moon water will have a label stating the date & time of the full moon the water was charged under, Latitude & Longitude, And which Astrology sign it coincided with.

Charged Crystal Elixir—Our crystal elixir comes in a dropper bottle and is our Moon Water charged with the crystals coinciding with the collection.

Charged Crystal Essence—Our Crystal Essences are sprayable moon water with full moon charged crystals coinciding with the collection, fragranced with the aromatherapy and botanicals of the collection.

Crystal Curations Vials & Aura Packs—All crystal curation vials and aura packs contain the crystals of the collection, sage cleansed and full moon charged with the appropriate intention placed on them. Each of these also contain Selenite for ongoing charging/to use in a pinch as a pointer for a mini crystal grid, and clear quartz for clearing and amplifying energies.

Crystal Rollers—Our crystal rollers contain the essential oils, botanicals, and crystals of its respective collection.

Candles & Soaps—All our candles and soaps contain crystals, essential oils, and botanicals from the specific collection.

All Moon Water will contain small amounts of citric acid, apple cider vinegar, and salt for purification and preservation.