

# Clean Collection

Crystals, aromatherapy, candlelight. Natural nurturing for any place on the sobriety journey. Our Clean Collection is curated by a certified crystal healer walking the same path, supporting the power of intention with gentle focus.

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**—the Sobriety stone. Greek word for amethyst translates to “not drunk.” Wards off temptation, helps in withdrawal & maintaining sobriety. Good for all types of addictions. Inner calm, balance, detoxing, healing, decision making, intuition, courage, spiritual awareness, promotes rest, soothing, enhances memories & motivation, stone of manifestation.

**Blue Aventurine**—energy, new routines, calming, balancing, healing, communication, creativity, intellect, good for “growing up and taking charge,” helps you stick with goals.

**Kunzite**—emotional balance, letting go, peace, higher consciousness, anxiety, healing

**Gold Sheen Obsidian**—erase bad habits, expose & release ego conflicts, dispel cynicism, clears blockages of Solar Plexus Chakra, the center of our personal power.

**Peridot**—stone of joy, good for big picture, sense of direction, taking responsibility

**Phantom Crystal**—heal from anger, resentment, fear or confusion, aura cleanser,

helps you feel the process & acknowledge what you've survived.

**Ruby Zoisite**—keep on track, be productive, respond to your own truths, get up and go

**Botswana Agate**—coping with changes, emotional healing, brain disorders, detoxifying

**Lepidolite**—stone of transition, overcoming emotional & mental dependencies like obsessive thoughts & addictions. Release & reorganize old emotional & behavioral patterns. Protective stone promoting self-love, patience, optimism, transformation. Soothing, joy, gratitude, self-love, calmness, clarity.

**Carnelian**—break bad habits, maintain sobriety, healing, courage, creativity, confidence, self-worth, motivation.

**Aquamarine**—high-energy crystal known for clearing negativity, calming the mind, creating peaceful energy. Helps overcome impulsive/compulsive thinking & behaviors. Intuition, balance, peace, communication,

courage, boundaries.

**Iolite**—alcoholism, addiction, detox, nervous system, liver, memory, fatigue, migraines, musculoskeletal, thyroid, vitality, release accumulated fatty deposits

**Unakite**—addictions, eating disorders, past-life understanding, spiritual insight, physical healing

**Labradorite**—stone of transformation, can soothe immense physical & mental pain during the recovery process, decision making, energy, clarity, higher consciousness, anxiety, depression

**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

**Vetiver**—stress relief, emotional trauma, pain relief, insomnia, nervousness, joint & muscle pain

**Rose**—ease pain & physical discomfort, decrease anxiety and stress, ease depression, balance hormones

**Lavender**—promotes relaxation, treats anxiety, depression, insomnia

**Jasmine**—fights depression, boosts mood, evens energy

**Basil**—anxiety, depression, fatigue, gout

**Bergamot**—help with moods, promote good sleep cycles, induce calm, treat muscle pain

**Clary Sage**—stress reduction, natural antidepressant, lower blood pressure, relieve anxiety,

all around stress buster

**Botanicals**  
**Lavender Buds**—promotes relaxation, treats anxiety, depression, insomnia

## Mantra

Infinite possibilities are available to me. I find wisdom & maturity through spiritual growth. I release outer influences & am filled with divine love. I gently release negative energy within & around me. It is safe for me to detoxify & heal. I am a survivor. I am not bound by what I have overcome. I am filled with joyful & creative energy. I gently release & heal emotional issues. I am balanced & filled with peace. My heart & mind are in harmony. I trust in my own actions. I am here to flourish. My head is clear & I am energized. 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 sobriety. 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.