

Balance Collection

Weight loss & weight management shouldn't be a roller coaster. Support your intentions with an approach toward balancing: energy, mood, metabolism, stress, appetite, emotion. You're a whole person, treat yourself like it.

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

Blue Aventurine - Take charge & stick to it

Ruby Zoisite - Keep on track, be productive, respond to your own truths

Blue Apatite - Curbs appetite, boosts metabolism & intuition, eliminates blockages, returns body to balance. Enhances manifestation to facilitate results.

Red Green Agate - Youth, vitality, digestion, nervous system, sexual vitality

Labradorite - Metabolism, circulation, respiratory system, digestion, decision making, energy, clarity, higher consciousness, anxiety, depression

Garnet - Metabolism, circulation, self-

esteem, grounding, passion, sex, creativity

Cat's Eye - Metabolism, blood sugar, cholesterol, mobility, joy, confidence & self worth

Peridot - Motivation, blood sugar, hormones, big picture, sense of direction, taking responsibility

Sodalite - Metabolism, curbs cravings & stress eating, immune strength, rational thought, objectivity, self-esteem, self-acceptance & self-trust.

Carnelian - Reduce hunger & cravings, blood detox, well-being boost, libido burst, toxin flush, bold empowering & stimulating joy, courage, endurance, energy, motivation.

Iolite - Vitality, release accumulated

fatty deposits, detoxing, combats fatigue, supports muscular/skeletal & thyroid

Clear Quartz - Motivation, metabolism, excess energy channeling, amplifier of thoughts & energy, fights negativity, balances & revitalizes spiritual mental physical & emotional, improves concentration, grasping power & memory. Highly potent, easily programmable magnifier of energy & intentions. Cleanses & purifies other crystals.

Selenite - Decision making, calmness, intuition, clarity, charges other crystals.

Essential Oils

Eucalyptus - Antioxidants, pain relief, sinus issues, combat stress, heighten alertness, control blood sugar, ease joint pain

Peppermint - Relieve pain, eliminate mucus, reduce muscle spasm, support weight loss, digestive issues, improving mental function

Lavender - Promotes relaxation, treats anxiety, depression, insomnia

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 weight/health goals. The more they're used, the more potent they'll become & part of user's energy. Put outside overnight during full moon to charge.

Mantra

I find wisdom & maturity through spiritual growth. I am filled with joyful & creative energy. My body is rejuvenated & balanced. I embrace my playful side & ignore resistance to joyful moments. I welcome transformation into my life. I am loyal to myself & others. I am perceptive. It is safe for me to detoxify & heal. My head is clear, & I am energized. I am cleansed. I am at one with myself, the Earth, & the Universe.



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.