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LIVING

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IN THE *moment*

MINDFUL WAYS TO LIVE YOUR LIFE WELL

ISSUE #22 FEBRUARY 2019

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IMMEDIATE MEDIA



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— HAVE YOU TRIED —

CRYSTAL THERAPY

CRYSTAL THERAPY IS A GENTLE, ENERGY-BASED THERAPY THAT AIMS TO RESTORE BALANCE TO THE BODY, MIND AND SPIRIT

Words: Karen Young

Crystals have been revered by different civilisations throughout history; they've been used to symbolise power and wealth, as a form of protection, and for their medicinal and healing properties.

It wasn't until the 1980s, after the New Age movement, that crystal therapy as we know it today became popular. At the time, books were starting to emerge on the topic and work carried out by American scientist Marcel Vogel into the subtle energies in crystals, plants and humans was gaining media attention.

Crystal therapy works on the principle that energy flows throughout the body and if this becomes stagnant or blocked, it can result in poor health. "The aim of a session is to retune your energy system naturally, bringing your body, mind and spirit back into balance and restoring health," explains Judith Hadley, crystal therapy practitioner and vice president of the Federation of Holistic Therapists (FHT). "To do this, your therapist will use different crystals, which he or she will carefully select based on your individual needs and the crystals' own unique energetic and healing properties."

Before treatment, a full consultation will take place to establish any health concerns you may have and what you are hoping to gain from the session. You will then be invited to lie back and relax, fully clothed, while the therapist positions crystals around or on the body.

"The crystals are often placed in a specific pattern, with their colours corresponding to those of the different chakras or 'energy centres' of the body,"



says Judith. "For instance, amethyst, which has powerful healing qualities, is linked to intuition and often placed by the crown chakra, at the top of the head." The therapist might also use a crystal pendulum to intensify the treatment and help balance the chakras.

The crystals are kept in place for between 10 and 45 minutes, with some clients reporting tingling or warming sensations. Others may feel nothing, but Judith highlights that this doesn't necessarily mean the crystals haven't helped to balance their energy. "Much depends on the person and how open they are to energy work."

Sessions last from 30 minutes to an hour and cost between £25 and £120, depending on the therapist, length of treatment and location. Crystal therapy can also be incorporated into other modalities, such as massage, facials, reflexology and meditation.

The Federation of Holistic Therapists (www.fht.org.uk) is the UK and Ireland's leading professional association for complementary, holistic beauty and sports therapists. ☺

Five benefits of crystal therapy

While there is very little research available for crystal therapy, here are some reported benefits:

1 As with many complementary therapies, lots of people find crystal therapy deeply relaxing, making it a useful antidote for everyday stress and anxiety.

2 Struggling to sleep properly? Placing amethyst under your pillow or next to your bed is said to aid a good night's sleep.

3 Blue lace agate is linked to the throat chakra and allows free expression of thoughts and feelings, making it a good choice for those who are struggling to communicate effectively.

4 Animals, including horses, that are particularly nervous or unsettled, can benefit from crystal therapy – just like humans.

5 Rose quartz and green malachite are both crystals of 'unconditional love'. They are linked to the heart chakra, and believed to promote self-love, trust, inner healing and peace, making them useful in times of trauma or crisis.

BEFORE YOU GO

Crystal therapy should only be used alongside standard medical care and not as an alternative. Consult your GP or other health professional for medical attention and advice.