



Discovering Crystals: Everything You Need to Find Health and Well-Being with Crystals

Simon Lilly, Sue Lilly

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Unlock the healing energy of crystals to balance mind, body, and spirit! This stunning interactive gift set puts the power in your hands with ten genuine crystals, two beautiful color wall charts, and a superb handbook filled with information and specially commissioned art. The guide profiles more than 100 strikingly illustrated crystals, and reveals the secrets of chakra healing, gem essences, and crystal layouts (which involve placing stones on the body to focus their strength). The wall charts feature a crystal healing body map for healing disorders in each part of the body and a labelled at-a-glance crystal identifier. Not only will you learn which crystals to use in any situation, but you'll enjoy a privileged experience of these breathtaking gems.

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