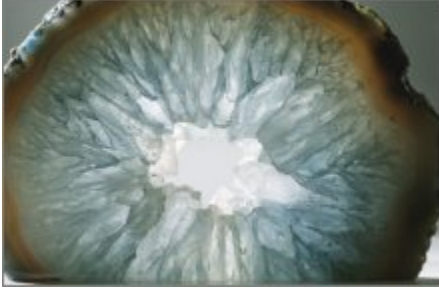


What are Different Crystals Used For?



According to crystal healers, you can't go wrong when choosing a crystal because the one you need the most will naturally appeal to you. Still, certain crystals are known for different uses, and here's a list of some common varieties.

- Amethyst: Helps arthritis, hearing and bones, increases spiritual awareness.
- Citrine: Helps digestion, increases self-esteem.
- Diamond: Increases personal clarity, balances metabolism, detoxifies your body.
- Onyx: Helps repair cell damage.
- Peridot: Strengthens all organs and protects the user from negativity.
- Turquoise: Strengthens the mind and body.
- Opal: Helps you see new possibilities.
- Rose quartz: Calming and balancing, beneficial for love.
- Garnet: Increases courage, sexual energy and enthusiasm.