

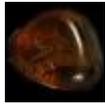
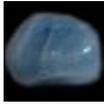


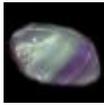
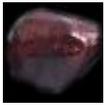
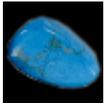
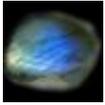
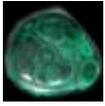
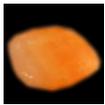
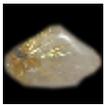
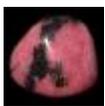
Lesley H Phillips
British Handmade Designer Jewellery



jewellery@lesleyhphillips.co.uk ♥ Dorchester +44 (0)1305 250796 / 07818 055169

www.lesleyhphillips.co.uk

Gemstone	Image	Healing Qualities	Gemstone	Image	Healing Qualities
Agate		Valued as a good overall healing stone. Reputed to help relieve painful conditions such as bruises, strains and sprains	Amber		A stone to draw disease out of the body by absorbing negative energy and turning it to the positive. Said to be good for the heart
Amethyst		A very powerful support to creative thinking, healing and spiritual awareness. Reputed to help combat insomnia	Ametrine		The combined powers of Amethyst and Citrine makes this an exceptional stone, said to be a superb cleanser and energiser
Aquamarine		Generating warm-hearted energy, this calming stone is said to pacify nerves and banish phobias whilst ensuring peace and tranquillity	Aventurine		Helps to strengthen decisiveness and increase leadership qualities. Good for calming anxiety and fears
Black Tourmaline		A good balancing stone. Tourmaline is reputed to defend against negativity and encourage understanding	Bloodstone		Can improve creativity, intuition and decision making. Believed to help purify the blood and clear toxins
Blue Lace Agate		Helps in giving courage and aids in uncovering the truth. Said to be good for strengthening the bones	Carnelian		A good balancer, it links you with your inner self, giving good concentration. Thought to benefit the kidneys, lungs and liver

Chalcedony		A cleansing stone, it is believed to absorb negative energies and disperse them. Said to be good for healing sore throats	Citrine		This stone reduces self-destructive tendencies by raising self-esteem. Believed to improve overall emotional well-being
Fluorite		Believed to bring order from chaos, be uplifting and encourage relaxation. It is reputed to keep the common cold at bay	Garnet		A gorgeous stone thought to be therapeutic in times of trauma. Keep the Garnet close to your skin to obtain most benefit
Haematite		Boosts personal magnetism, self-determination and courage. Thought to be beneficial for blood flow, stress and the nerves	Howlite		This gemstone can eliminate anger and calm violent uncontrolled rage. Reputed to be good for teeth and bones
Jasper		This stone is particularly useful for keeping emotions under control. Also believed to be a good stone for calming the nerves	Labradorite		A stunning, fire-like stone believed to protect and cushion the aura, as well as providing understanding and wisdom
Lapis Lazuli		Considered to be the friendship stone, it is said to protect from physical danger and support honesty and dignity	Malachite		Known as the stone of transformation, assisting during times of change. It is said to benefit sufferers of shyness
Moonstone		A feminine stone which encourages nurturing, flexibility and wisdom. Thought to be supportive in pregnancy	Serpentine		A mystifying stone believed to improve feelings of love and aid meditation. New Jade.
Orange Calcite		Tranquil, soft, healthy and happy, this stone is all of these and much more. It's believed to aid the attainment of wisdom	Quartz		Used as a tool for therapy and acts as a super channeller for healing. Reputed to be good for the soul and brain by dispersing negativity
Rhodonite		A stimulating stone which is considered good for dispelling anxiety, providing a general feeling of well-being and encouraging generosity	Rose Quartz		It is known as the "love stone". Assists peacefulness and calm in relationships. Is believed to ease stress and tension and aid sleep

Obsidian (snowflake)		A stone of purity which brings balance to the body, spirit and mind. Reported to be beneficial for the skin and veins	Sodalite		Assists in bringing calm and clears the mind. Brings joy and eases a heavy heart. Believed to aid the metabolism and lymphatic system
Tiger Eye		A confidence stone which motivates courageous but sensible actions. Reported to help the entire digestive system	Turquoise		This stone aids connectivity with others, being the stone of friendships. It helps you feel at home wherever you are.

www.lesleyhphillips.co.uk