

Oily Essentials

Essential Oils & Crystals



All about Frequency

Crystals vibrate at different frequencies depending on their matter, size, thickness, and color (light frequency).

Essential oils also vibrate at different frequencies. We can take advantage of the vibrations from essential oils and crystals to bring our OWN frequencies up or down and rebalance our body.

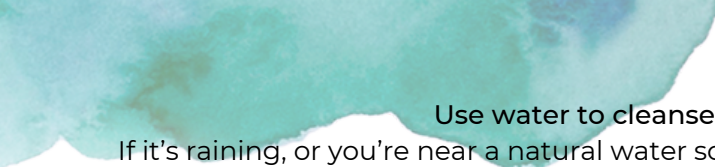
How to use Crystals

It's important to activate, charge, cleanse, and ground your crystals to receive the most benefits they can offer.

Cleansing

Your crystals will collect energy over time so it is important to cleanse them to put them back in a neutral state.

Choose any of the options below to cleanse your crystals. Cleanse minimally every full moon, more often if you use them in your hands or pockets daily.



Use water to cleanse

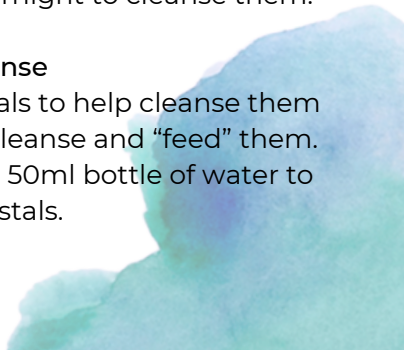
If it's raining, or you're near a natural water source, this is perfect. Let your crystals be rinsed with water. If not, add a small palm full of pink salt or epsom salt to a bowl of water and let your crystals soak in the water for a few hours. (Do NOT wash Desert Rose or Selenite in water as they will dissolve! Research any other stones to verify if they should be submerged in water or not.)

Use other stones to cleanse

Place your crystals on or next to Selenite overnight to cleanse them.

Use essential oils to cleanse

Diffuse Palo Santo or Sage around your crystals to help cleanse them or you can spray them with essential oils to cleanse and "feed" them. Add 20 drops of Cedarwood essential oil to a 50ml bottle of water to cleanse and feed your crystals.



Activation & Charging

Once cleansed you can activate and charge your crystals to get the most out of their energies. It's also helpful to change the intention of using the crystal.

Like essential oils, one crystal can have many uses.

Place the crystal you wish to activate into your hand and set an intention for using this. Close your eyes as you breathe deeply and think about energy and white light from the universe surrounding your crystal to set the intention.

Grounding & Recharging

Lay your crystals on the earth or natural surface for about 4 hours.

Place them in direct sunlight. Be sure not to leave them in the sun for more than 4 hours.

Place your crystals in direct moonlight during a full moon.

If you can't put them outside, place them in a windowsill and let them soak up the morning sun and then remove them from direct sunlight.

Usage

To use your crystals, simply carry them with you, place them beside you, lay them around your home, in your car, make little baggies with velvet or organza pouches to keep in your purse/pocket/backpack, put in your pillowcase, next to the bed...really anywhere!

Amethyst

A variety of Quartz - Purple

Amethyst is a powerful protective stone. Its energy acts as a natural tranquilizer and is used to balance moods and relieve stress and irritability.



Oils that pair well with Amethyst are ones like Lavender, as it has a similar colour and property. Others include:

Frankincense - Its ability to provide a sense of grounding pairs well with the soothing nature of Amethyst.

Clove - Its ability to create feelings of protection are perfect when using Amethyst for its protective energies. Clove and Amethyst also have the ability to calm and stimulate your mind, as well as stimulate your memory and motivation.

Cypress - Its ability to help ease the feelings of loss pair well with Amethyst's ability to alleviate sadness and grief, as well as dissolve negativity.



Citrine

A variety of Quartz - Shades of white, yellow, orange

It energizes every level of life. It is known to...

- attract wealth, prosperity and success,
- bring out joy, wonder, delight, and enthusiasm
- raise self-esteem and self-confidence
- stimulate the brain & strengthen the intellect
- promote motivation, activate creativity, & encourage self-expression
- enhance concentration and revitalize the mind
- balance emotions



Oils that pair well with Citrine, are Lemon, due to the same colour and similar uplifting properties, as well as;

Orange - Its ability to promote peace and bring happiness to the mind/body and joy to the heart pair perfectly with Citrine's ability to promote happiness and pleasure.

Clove - Its ability to create feelings of protection make it a natural pairing with Citrine which is often used for protection and strength.

Ginger - Its ability to influence physical energy, sex, love, money, and courage makes it a great option to use with Citrine to attract pleasure, confidence, and self-expression along with wealth, prosperity and success.

Patchouli - Its influence on sexual and physical energy makes this another oil that pairs perfectly with Citrine.

Blue Lace Agate

A banded Agate variety of Chalcedony and mineral of the Quartz family - Light blue, striped with brighter blues, whites, and even brown threads of color

The Blue Lace Agate variety is a very cooling and calming stone, giving us a sense of peace and tranquility. A powerful throat healer, it assists with verbal expression of thoughts and feelings so you are able to speak your truth. Blue Lace Agate is a great nurturing and supportive stone, neutralizing anger and melting away any fear and anxiety.



Oils that pair well with Blue Lace Agate...

Northern Lights Black Spruce - Its ability to help release emotional blocks and bring feelings of balance and grounding makes it the perfect oil to pair with Blue Lace Agate.

Vetiver - This oil is known as the “oil of tranquility” in India and is very grounding and stabilizing. It’s used to create an uplifting, focused environment so it would be a perfect pairing for Blue Lace Agate.

Basil - This oil facilitates the ability to ground an overactive mind and focus on the present moment. Therefore, pairing it with Blue Lace Agate could be very beneficial.

Spearmint - This oil complements the energy of Blue Lace Agate as both are used to encourage gentle, loving communication. When charging your Blue Lace Agate consider using Spearmint to “feed” it.

Lavender - Its ability to calm, relax, and balance both physical and emotional energies makes this oil a great complement to Blue Lace Agate.

Rose Quartz

A variety of quartz - Pink



Rose Quartz is the stone of universal love and is known to...

- restore trust and harmony in relationships
- encourage unconditional love, self-forgiveness, and acceptance invoking self trust and self worth
- help comfort in times of grief
- dispel negativity and protect against environmental pollution, replacing it with loving vibes

If you have “heart stuff” this one is for you. =)

Oils that pair well with Rose Quartz...

Ylang Ylang - Its ability to bring back feelings of self-love, confidence, and joy along with its ability to influence sexual energy and enhance relationships make it a natural fit for Rose Quartz.

Lavender - Its aromatic influence of health, love, and peace pair perfectly with Rose Quartz.

Jasmine - Its ability to promote powerful and inspirational relationships makes it a perfect pair for Rose Quartz.

Rose - With its ability to create a sense of well-being and a fragrance that is almost intoxicating and aphrodisiac-like Rose essential oil makes a great pairing for Rose Quartz, which is known to deepen partners' love and romance.

Bergamot - Its use for opening up the heart Chakra and radiating love and energy makes it an obvious choice to pair with Rose Quartz.

Tiger's Eye

A variety of Chalcedony - Dark in nature with shades of brown

Known as "The Shapeshifter," this stone of courage, motivation, and protection will help you be successful at everything you do. It is known for...

- bringing good luck to the wearer
- promoting mental clarity
- assisting one to resolve problems
- helping to eliminate fear and anxiety
- balancing yin-yang
- energizing the emotional body
- stabilizing mood swings
- promoting willpower, purpose, and courage
- releasing tension



Oils that pair well with Tiger's Eye...

Fennel - Its ability to influence and increase longevity and courage make it a natural complement to the energies of Tiger's Eye.

Ginger - Its ability to influence money and courage pairs well with Tiger's Eye's ability to bring good luck and inspire courage.

Bergamot - Its ability to relieve occasional tension makes this a great option when using Tiger's Eye for eliminating fear and occasional anxiety.

Orange - Its ability to stimulate energy and joy pair well with Tiger's Eye.



Healing Crystals

for every ailment and how to use them



ONYX

- ★Cleanses the air
- ★Rids your home of negative energy



QUARTZ

- ★Helps relieve stress and frustration
- ★Eases anxiety



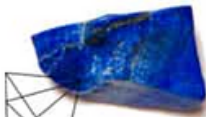
AMETHYST

- ★Helps relieve headaches and fatigue
- ★Promotes good dreams and good skin
- Supports bones, joints



CITRINE

- ★Use to boost concentration
- ★Boost memory
- ★Spark creativity



LAPIS LAZULI

- ★A touted ancient migraine remedy
- ★Supports the immune system



OPAL

- ★Increases inspiration and creativity
- ★Helps with PMS and headaches



TOPAZ

**Works to balance hormones & combat aging*



AQUAMARINE

**Aids with acid reflux and gastrointestinal disorders*



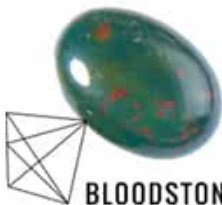
JADE

**Supports the adrenal glands and relieves headaches*



GARNET

**Good for back pain, calcium deficiencies and tissue regeneration*



BLOODSTONE

** Helps regulate blood pressure & supports the circulatory system*
** Good for colds*



AGATE

**Detoxifies*
**Eases anxiety*



Beautiful ways to integrate
Crystals & Oils
into your daily life



Beauty Routine with a
Crystal Guasha

Stay connected with us

Oily Essentials proudly partners with Lira Dachlan from Nina Beads Collection
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