

How do crystals work?

It has been long known that crystals have a vibration all of their own which can assist in healing and balancing our own energy fields.

The crystals are placed on or around the body and are used to amplify and direct healing energy from the therapist to the client.



What happens during a Crystal Therapy session?

The client will lie on a reclining chair or therapy bed, fully clothed at all times, where relaxation is promoted.

There is the opportunity for healing grids or nets to be chosen by the client depending on what feels right and what they want to achieve for themselves.

A coloured cloth may be put under the client dependant on the crystal grid if chosen.

The therapist will use a dowsing crystal to measure the energy levels and flow within the client's body and chakra system. After the readings have been taken the client will be taken into a short meditation (where required). If crystals have not been chosen by the client, the therapist will use their intuition to place the right crystals in the right locations to assist the body to heal itself.

The therapist will use Reiki or spiritual healing techniques to assist the crystals to work with the client before allowing the client to bathe in the crystals growing energy fields. The therapy will take between 25 – 35 minutes, depending on individual requirements. A sweeping of the hands will then go into the aura field itself to finish off.

The findings, energy readings and crystal descriptions will be fed back to the client for review.

Where can Crystal Therapy be performed?

Because Crystal Therapy is non-intrusive, it can be performed in either in the comfort of your own home, with the purchase of a crystal grid pack or crystal tumble-stones, available from the gift shop or in the therapy room on site.

What are the benefits?

We all live in a modern world with many demands on our time, patience and stress levels.

This can bring negative effects to our energy system and the way we think and behave.

Crystal Therapy can help you not just to cleanse, balance and re-energise the whole body, it can also help specific areas and problems, whether that is sleeping at night, speaking in public, healing yourself, calming your mind or easing stress and anxiety.

The mind in a relaxed state is so receptive and powerful; it opens a wonderful realm of healing and creative potential.

Crystal Therapy promotes a wonderful feeling of well-being leaving the recipient feeling calm, relaxed and energised.

The crystals have the power to help us in our meditations and individual paths, reconnecting us to the earth and the universe.

It can be used as complementary to any other therapy.

After Care Advice

Following Crystal Therapy it is advisable to:

Stay seated for a few minutes, following treatment

Drink plenty of water or herbal tea


Relax, and try to avoid fast movements, or bending down for at least 15 minutes after the session.

An aura and Chakra Session Chart will be used before and after treatment for recording measures of health and will be given to the client to assist in any aftercare.

For further information, or to book an appointment, please contact:

Phone 01952 463876 or
Mobile: 07754 908434

e-mail: JehandraLtd@gmail.com
www.jehandra.co.uk

 Jehandra Holistic Healing
Instagram: Jehandra Ltd
Twitter: Jehandra UK

Other therapies and services available:

- Aromatherapy
- Angel Card Readings
- Reiki / Spiritual Healing
- Indian Head Massage
- Chakra Balancing
- Cupping Massage
- Emotional Freedom Technique
- Henna Tattoos
- Meditation
- Pamper Parties
- Body Massage
- Hot Stone Massage
- Hopi Ear Candling
- Reiki Training
- Stress Management
- Reflexology



Crystal Therapy

Client Information

The energies of crystals can be used to harmonise and effect positive changes to our own energy fields, expanding our consciousness, calmness stresses and enveloping us in their subtle healing energies.

