

Healing stones

Gems and crystals aren't just eye candy; they're also said to bestow healing properties on contact. Tap their powers with these gem-infused products for face and body. **By Yelena Moroz Alpert**

AMETHYST FOR TRANQUILITY

1 Soak worries away with **So Posh Beauty's** Amethyst Gem-Stone Bath Crystals. Its mineral-rich Dead Sea salt granules nourish skin, while the soothing aroma of dried lavender complements amethyst's powers to boost awareness and ease anxiety (\$32, soposhbeauty.com).

JADE FOR WISDOM

2 Give yourself a mini facial with **Gemstone Organic's** Organic Jade Face Crème. Mint-green jade may help with managing emotions and trigger self-reflection. Plus, refreshing, earthy vetiver essential oil clears pores, thanks to its antibacterial and antioxidant properties (\$37, gemstoneorganic.com).

SUNSTONE + CITRINE FOR ENERGY

3 Think of **Aquarian Soul's** Sunstone and Citrine Body Oil as sunshine in a bottle. Invigorating sunstone and citrine are said to tackle lethargy and lift spirits, while copper-toned mica pigment gives your skin a subtle, healthy glow (\$40, shopaquariansoul.com).

ROSE QUARTZ FOR LOVE

4 **Sandoval's** Peace Aromatic Concentrate is infused with rose-quartz crystals to stimulate the heart chakra. This harmonious blend of essential oils includes palo santo, which means "tree of life" and is believed to help release negative energy, opening up your heart (\$60, studiosandoval.com).

TOURMALINE FOR STABILITY

5 **Herbivore's** Brighten Pineapple Enzyme + Gemstone Instant Glow Mask works overtime: fruit enzymes and rice powder leave skin velvety and bright, while micronized white tourmaline targets the crown chakra and is said to ignite confidence and banish fear (\$48, shopomon.com).



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