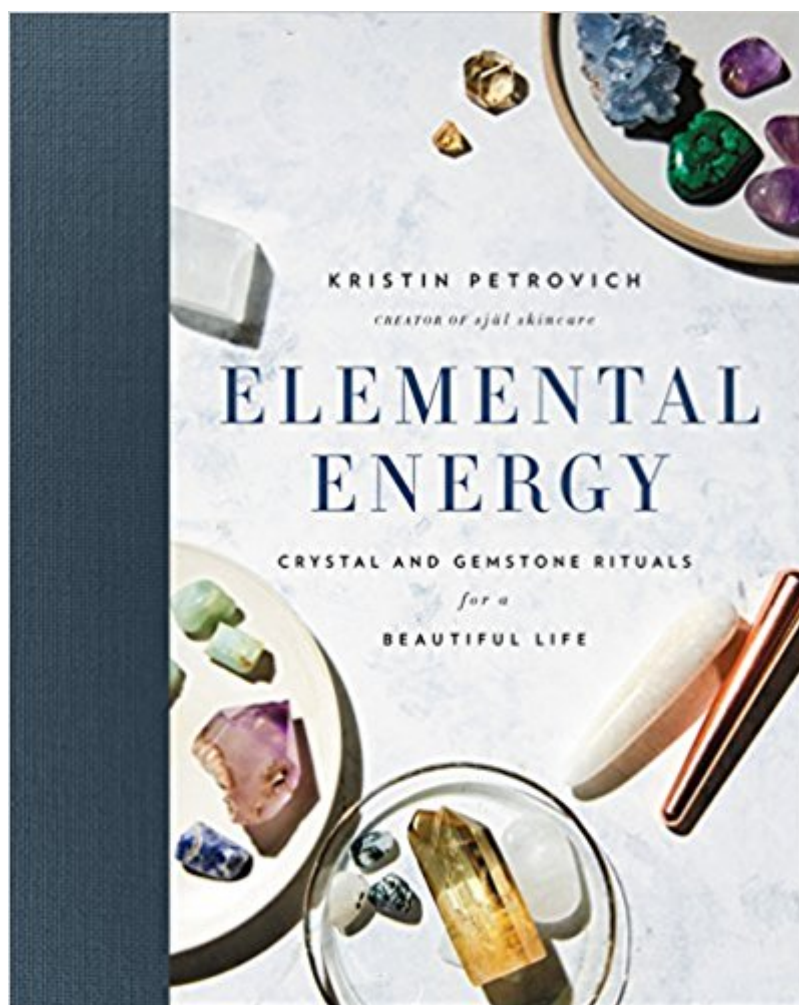


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# Elemental Energy: Crystal And Gemstone Rituals For A Beautiful Life



## Synopsis

An aspirational guide to incorporating the transformative power of crystals and gemstones into a stylish life, from the founder of luxury crystal-infused skincare line SjÄfÄl. There are many reference books on crystals on the market, but there is no book like Elemental Energy, which guides readers through incorporating the beauty, allure, and power of crystals into a stylish life. With its elegant aesthetic and lush, fashion-forward photography, Elemental Energy is an entirely new take on crystals – one that captures their magic and magnetism, but for a decidedly modern twenty-first century life, from organic skin care to at home spa treatments. Part aspirational, part prescriptive, Elemental Energy combines full-color photography throughout with innovative practices, tips, and techniques for harnessing the transformative energy of crystals and gemstones for optimal wellness and beauty. Author Kristin Petrovich – founder of luxury gem-infused skincare line SjÄfÄl – takes readers from the basics of crystal and gemstone energy to building an affordable, essential crystal collection; from crafting crystal-infused skincare to self-care with crystal and gemstone massage; from creating luxurious and restorative crystal-centric rituals to finding the perfect stone to enhance every occasion. Timely and on-trend, Elemental Energy is the must have resource to a beautiful life infused with the energy of crystals and gemstones, from an unparalleled expert in the holistic, luxury beauty world – perfect for crystal obsessives and fashion savvy readers alike.

## Book Information

Hardcover: 240 pages

Publisher: HarperElixir (December 6, 2016)

Language: English

ISBN-10: 0062428799

ISBN-13: 978-0062428790

Product Dimensions: 8 x 0.8 x 10 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 11 customer reviews

Best Sellers Rank: #38,766 in Books (See Top 100 in Books) #22 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #197 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #718 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

with carnelian helps increase drive and ambition, which makes it the perfect stone to assist with career-related decisions.      **Clear Quartz** The pointed ends of clear quartz work like magnets to balance, increase, or clear energy, depending on which way you face the points. To increase energy in a room in your home, point them inward toward the center of the room. To clear energy, point them outward.      **Happy Dreams** To generate good dreams for you or a loved one, place a small blue or purple gemstone like holly blue agate or amethyst under your pillow, or a larger one under the bed.

**Dark Stones** Dark stones, such as tourmaline, obsidian, and smoky quartz, have protective qualities, so placing some in large potted plants by or outside your front door may help keep unwanted guests away.      **Sapphire** Sapphires are believed to significantly improve your problem-solving ability by inspiring clarity of vision and thoughts.      **Citrine** Citrine is said to manifest abundance, success, and good fortune. It is also thought to enhance confidence and stabilize emotions.

“Cupping is so 2015; it’s all about crystals now. This primer by natural beauty company Sjal cofounder Kristin Petrovich will get friends up to speed on the latest holistic trend.” (Marie Claire) “Kristin Petrovich, cofounder of the cult gemstone-infused skin-care line Sjal Skincare details how her own struggle with thyroid issues convinced her of their curative abilities [her book] features some 200 pages worth of [treatments], from instructions on how to make your own skin elixirs to acupuncture treatments for puffiness.” (Vogue.com) “[Kristin’s] book is a sort of how-to guide for people interested in learning more about the connection between gemstones and skincare. It expands on Sjal’s story and also includes recipes for homemade skincare treatments, like a calming amethyst tonic and a charcoal and silver detox mask.” (Racked.com)

There were no reviews of this book when I ordered it as a gift, only the publisher’s description. I hope this review helps you decide whether or not it is the right book for you. Petrovich is the founder of Sjal, a luxury, high concept beauty brand that features gemstone infused products. I was intrigued by this as I’ve been using gem elixirs for many years and believe gemstones to be powerful energetic allies in bodywork and everyday life. If you are new to working with gemstones,

this might be a good choice to begin your journey because there are many hands-on techniques you can use as you get to know your own energies and those of your gemstones. Petrovich came to appreciate gemstone energy through her mother's and then her own experiences, and she writes about this in the first part of the book. All but two of the recommended gemstones she calls her "Elemental Ten," are readily available and economical choices, which is great. These are clear quartz, amethyst, carnelian, citrine, hematite, green moss agate, red jasper, rose quartz, sapphire, and scolecite. Petrovich gives advice for choosing your special stones, and suggestions that might be useful to those not accustomed to attuning to gem energies. This is such a personal process, and she really gets it. On page 187, she says that of the hundreds of stones she's owned and worked with, "I can honestly say there are only a handful --- five or maybe six --- with which I truly resonate." I believe her. It will not work to go by someone else's "cookbook" approach to gemstone healing, or try to force yourself to love a stone to which you feel an aversion or indifference. The author describes how to make both water and oil based elixirs and infusions, how to do facial massages with gemstone wands or tumbled stones, ideas for hand and foot reflexology, and gives recipes for baths, masks, and rituals. I especially enjoyed that she mentioned chakra work and that it is an intensive, sometimes lengthy process. Many books make it sound as if you just lay a stone over an area and you're done. This is not the case. It is profound energy work. Petrovich herself is lovely, an elegant exponent of her business. I plan on trying some of her skin care in the future. But I do have a few quibbles with the book itself. There are no citations for many of the claims Petrovich makes, nor are there explanations for others. I would have liked the research to be a bit deeper and the science to be backed up with at least a few studies. Some recipes may be problematic. Several recipes for baths and masks use milk and Greek yogurt. I am severely allergic to dairy and eat a vegan diet, so that's a "just no" for me. The same goes for caffeine, as green coffee pods are an ingredient in another recipe. I don't put caffeine in my body and I find products that contain caffeine to be dehydrating. I'm sure a good work-around is possible, but I haven't had time to experiment yet. I don't think tub baths with strange ingredients are good for gynecological health. Furthermore, if I put bentonite clay, cups of dairy products, or birch chips into a bath, all I'd be thinking about while soaking would be what a mess it would be to clean it up. These sorts of recipes are beyond high maintenance, and not for me. There are ingredients and suggested items which are not readily available, though sources for them are listed at the end of the text. The purchase of colloidal gold, Tesla plates, pulverized cultured pearl powder, etc., may not be within the budget. The photography is well-done, but the subject matter of the pictures is not particularly interesting: a model wearing a Cartier Love Bracelet holds quartz crystals in her open palms; tumbled and crystalline gems on

tabletops, plates, and in bowls; some lifestyle photos evoking spas. It is not large enough to be a coffee table book, is without a dust jacket, and the text block on the one I received is wavy. For a book that expounds the philosophy of a luxury skin care line and is called "aspirational," the quality leaves something to be desired. I think it would be useful to have some additional books if you're a beginner, and I'd recommend anything by Michael Gienger. He provides down-to-earth, accessible information, including lists of toxic and fragile stones that should not be immersed in liquids or applied to the skin in any way. Cally Oldershaw's gemology books are extraordinarily helpful in identifying and learning about the physical properties of stones. I always recommend Cornelia M. Parkinson's book, GEM MAGIC (NY: Fawcett Columbine, 1988). It's out of print, but well worth finding from a secondhand book dealer. It is an extraordinarily good book in so many ways, and is what started me on my journey to working with gem elixirs. Gentleman gemologist Bruce Knuth's GEMS IN MYTH, LEGEND, AND LORE is an excellent "all-in-one" book, though it is without pictures. If you don't have time to make your own elixirs, I have enjoyed using Alaskan Essences. They are effective and carefully prepared. I wish you luck on your journey, and the best of health and energy in 2017!

Love the book. Now I need to get it back from my granddaughter so I can finish reading it.

thanks!

Just what I was looking for

I am blown away at how beautiful this book is. Will try and keep my review short as I bought this as a gift for a friend I am giving to in a few hours. I was in search of a book that would be interesting to her yet not something along the lines of traditional manuals. -Kristen Petrovich does a great job of incorporating style into the subject. Very well laid out and full of relevant practices, tips, and techniques that nearly anyone can use. -There are a tremendous amount of different charts, diagrams, and tables on top of the amazing photographs that supplement the text. This works well as both a manual and a coffee table book. -Very well organized for someone who is curious about gemstones and crystals. As I mentioned, I bought this for a friend, but I found myself reading deeper into some of the chapters. Even though I haven't read much into rituals, I was able to grasp the content quickly with the help of the author. -Even though I bought it as a gift, I fully intend on picking up a copy for myself.

First off, this book is gorgeous, and makes a lovely coffee table book. Secondly, I love the information, and as a fan of crystals I still learned new things. I love the crossover with beauty and have tested out a bunch of the author's recommendations including her clay bath (which was amazing) and crystal charging plate which I've never heard of call a Tesla Purple Energy plate. All great stuff!

Great Book to start you on your way to understanding crystal energy better. Well written and an easy read.

This book is amazing, life-changing. If you have no idea about crystals this will give you a very good start and understanding on crystals. I love the layout and I love the photography. I am shocked that this book did not get more press it should be in every home. It's a great resource of information and it's a beautiful coffee table book as well, i've given as gifts and many of my friends have bought it after they seen it in my home. It explains crystal energies very well and has a lot of good information

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