

Gemstone Infusions

How healing stones can benefit your spa.

By Linda Bertaut, LE



Nature has always been where I go to comfort myself and restore my energy. My love of gemstones started when I was a young girl. There was a little creek in a nearby field that held a bounty of treasures, including agates and some of the best petrified wood I have ever collected. From that time forward, the rock hunt was on! As I grew older, I discovered that not only are they beautiful to look at, but they also helped me heal.

Gemstones are Mother Nature's little helpers. They bring the essence of nature into your environment. The elements within the stones are what humans are made of. Years of earth wisdom are imbued within the stones, and each has physical characteristics including color, shape and type—the elemental composition and essence or spiritual qualities of the stone. If you are drawn to a particular gemstone, that means it has shown up to help you heal.



Stones and Chakras

I started adding crystals and gemstones to beverages and facials 20 years ago. Colorful crystals and gemstones make people feel better. Gemstones have energy that fuel our

subtle energy body.

Energy is light split into wavelengths vibrating at varying frequencies. For instance, the colors in nature's rainbow are the same as the colors of our inner rainbow, the chakra system. Everything on earth is fueled by the energy of the visible color spectrum. We access and process information through the five physical senses (chakras 1-5) and receive intuitive knowing through the two extra-sensory senses (chakras 6-7).

Think of the chakras as seven levels of awareness, with each level giving you progressive access to cognitive, earthly and universal wisdom. This is why colorful gemstones work so well in chakra-clearing and balancing treatments. Used properly, they balance the chakras with color energy.

In-Spa Options

Infused with healing powers, gemstones can be used to perk up the energy of your spa. Incorporate their healing energy by adding them to treatments for the face and body, use them in beverages, and have them placed around treatment rooms and other areas, like the reception desk and relaxation lounge.

A unique way to energetically charge your skin care products is to place the bottle or jar on cut slabs of rock. There is an abundance of sliced geodes, jaspers and agate slabs—many are dyed into beautiful colors. Simply place the products onto a rock slab of your choice.

You can also experiment infusing gemstones in beverages. I prefer using quartz crystals, as these are the safest for beverages and they work well on the face and body.

Quartz does not contain any harmful elements that can leach into a beverage. It is made of silicon and oxygen (SiO₂), which are beneficial elements. Here is a brief list of my favorite stones for drinks and how they can enhance a person's energy:

- Amethyst helps you tap into wisdom and a sense of knowing beyond cognitive thinking.
 - Aventurine helps to forgive—yourself and others—and create peace within.
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- Blue quartz calms the throat, so you can speak positively about yourself and others.
- Carnelian fuels creativity and passion for life.
- Citrine is like the sun in a stone, helping you show up and shine.
- Clear quartz is the wild card of the gemstone world; it helps where help is needed.
- Rose quartz is the love stone, helping you to feel lovable so you can share your love with others.
- Snowflake obsidian sheds light in the dark when you are feeling stuck. It is not quartz but a volcanic glass that is also made of SiO₂ and safe for beverages.

There are contraindications when it comes to gemstones in spa drinks. Do not use the following stones in your beverage: sodalite, fluorite, tiger's eye, malachite, hematite, mica, selenite or any iron ores such as pyrite or peacock ore.

On the following page, I've included two gemstone-infused beverage recipes to get you started. Although I use popular mixed drink names, there is no alcohol in any of these drinks. Allow the energy of the gemstones to give your guests a natural high.

Cleansing Your Gemstones

Contrary to popular belief about cleansing stones, such as placing them in the light of the full moon or surrounding them with salt crystals, you don't need to do anything except wash them with soap and water.

Earth is an element and so is water. Water has incredible clearing properties. Think of how you feel when taking a shower. It clears your thoughts and energy; water does the same for gemstones.

And, of course, soap and water are simple to use. Place your stones in a colander and give them a quick rinse. Squeeze liquid antibacterial soap onto the stones and suds them up in your hands one by one. Rinse thoroughly and let them dry.

If you do place your stones outside to absorb the energy of the sun or moon, you must still wash them prior to using them on clients in facials or other gemstone treatments.



Recipe: Gemstone Mojitos

Ingredients and supplies:

- Ice
- 1 lime, cut in half
- 2 oranges, cut in half
- 5-6 fresh mint sprigs, cleaned and trimmed
- ¼ cup agave nectar or honey
- 1 cup hot water
- 5-6 cups cold water
- Assorted gemstones, cleaned and polished
- Muddler

Place gemstones in the bottom of pitcher and fill with ice. Squeeze juice of one lime half and one orange half into pitcher.

In a glass container, add mint sprigs and agave nectar/honey. Add 1 cup of hot water. Gently mash the mint leaves with muddler to release essential oils and dissolve agave nectar. Pour mint mixture over the ice, and add cold water until pitcher is almost full.

Take remaining lime and orange halves and cut into slices. Garnish the drink with the slices.

Recipe: Strawberry-Mandarin Nectar



Ingredients and supplies:

- Ice
 - 10-12 fresh strawberries, sliced lengthwise
 - 1-2 Mandarin oranges, peeled and sectioned
 - 5-6 fresh mint sprigs, cleaned and trimmed
 - ¼ cup agave nectar
 - 1 cup hot water
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- 5-6 cups cold water

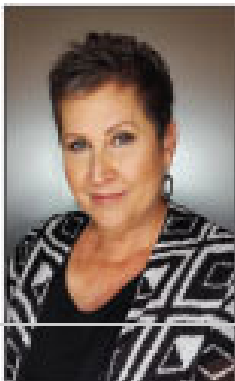
- Assorted gemstones, cleaned and polished
- Muddler



Place gemstones in the infuser of a fruit infuser pitcher, or place them on the bottom of a pitcher. Fill pitcher with ice.

In a glass container, add mint sprigs, 2 sliced strawberries, 4-6 Mandarin slices and agave nectar. Add 1 cup of hot water. Gently mash the mint leaves and fruit with muddler to release flavors and essential oils, and dissolve agave nectar.

Pour fruit/mint mixture over ice and add cold water until pitcher is almost full. Garnish with the remaining strawberry and mandarin slices.



Linda Bertaut, LE, founder of Chakralicious, brought reiki and energy healing to esthetics more than 20 years ago. She is a Milady author, national speaker, award-winning esthetician and reiki master teacher. Bertaut is the inventor of the Energy Make-Over and is passionate about helping people find meaning and purpose in life.
