

# Race-worthy Gemstone Peach Julep

By Linda Bertaut, Bertaut Beauty

**W**e're off to the races. The Kentucky Derby takes place this month, on May 5–6, 2017. In honor of the event, consider serving this recipe to clients for a truly Southern feel.

Making non-alcoholic gemstone beverages, such as peach juleps, is a unique and fun way to feed your inner chakra and enhance your spa environment. Non-alcoholic beverages are key here because alcohol depletes your chakras. While

traditional mint juleps contain bourbon, this peach julep is a lighter, spa-friendly version without alcohol. Watch your clients light up when you serve them this traditionally Southern drink with a modern twist.

## Safe Gemstones

Quartz and agates are mostly silicone dioxide (SiO<sub>2</sub>) and safe to use in beverages. Select gemstones of various colors and meanings, such as:

- Red jasper: Fairness, justice
- Carnelian: Vitality, motivation, creativity

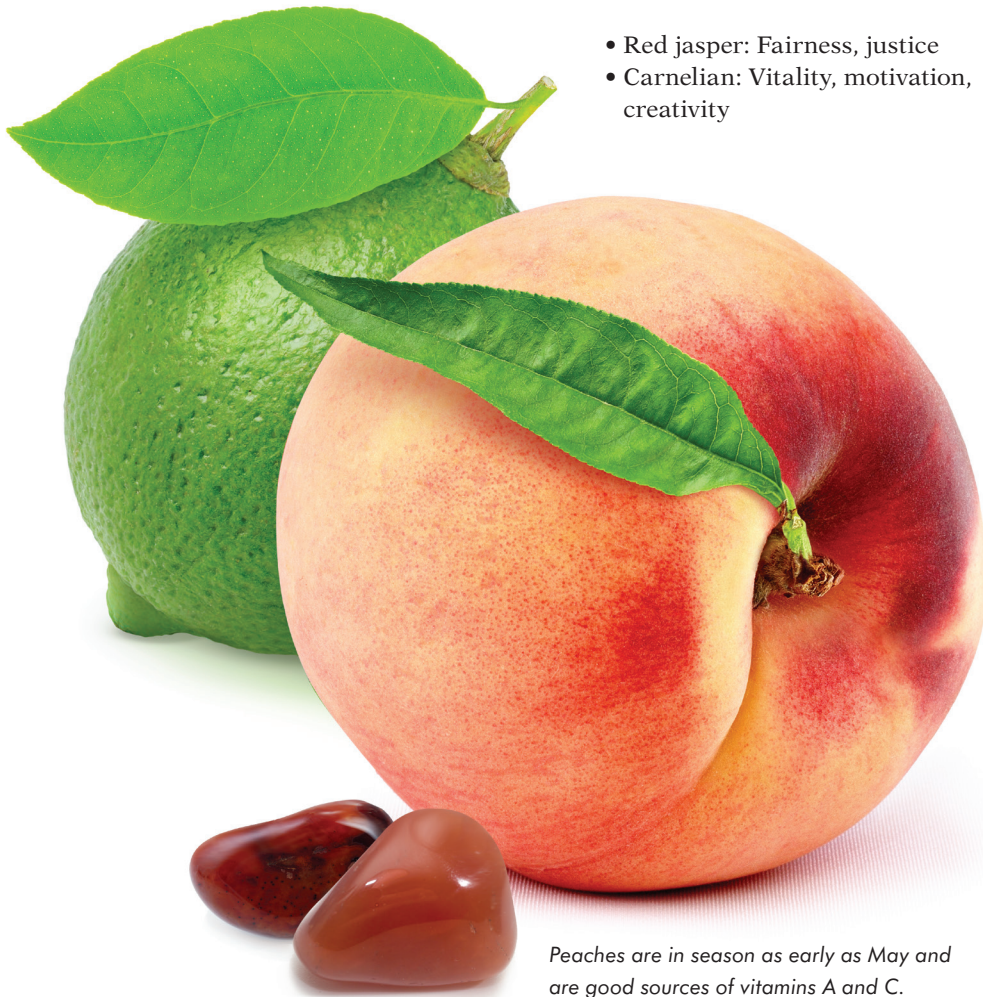
- Citrine: Success, abundance, personal power
- Aventurine: Prosperity, friendship
- Rose quartz: Love
- Blue lace agate: Angels, inspiration, miracles
- Moss agate: Abundance, success, prosperity
- Sodalite: Logic, rationality, efficiency
- Amethyst: Psychic, sobriety
- Snowflake obsidian: Balance, serenity, purity
- Clear quartz crystals: Energy, clarity

Gemstones must be washed in warm, soapy water, rinsed thoroughly and pat dried before adding to beverages. Remove gemstones before drinking.

## Contraindications

Be careful not to use stones that are water soluble, such as selenite and mica or stones that flake and crumble. Avoid stones with iron or copper, such as malachite, tiger's eye, hematite and pyrite, as they may be harmful.

Make your beverage and enjoy within two to four hours. ✂



*Peaches are in season as early as May and are good sources of vitamins A and C.*



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## Gemstone Peach Julep

### Ingredients:

- Ice
- 4–6 fresh mint sprigs, rinsed and pat dried
- 2 tablespoons hot water
- ¼ cup honey or agave nectar (optional)
- 2–3 ripe peaches, washed and pat dried
- 8 cups water
- 1 lime, washed, pat dried and thinly sliced

### Supplies:

- 64 oz. clear pitcher
- Assorted polished gemstones, cleaned
- Muddler
- Food processor or blender

### Directions:

1. Place gemstones in pitcher. Fill pitcher with ice.
2. Muddle 3–4 mint sprigs in hot water. Add honey or agave nectar; stir. Pour mint mixture into pitcher.
3. Peel and pit two peaches. Blend peaches with 2 cups water until smooth. Pour mixture into pitcher.
4. Add remaining water to fill pitcher.
5. Slice last peach with skin intact. Place peach and lime slices in pitcher. Garnish with remaining mint sprigs. Let sit 15–30 minutes. Remove gemstones. Pour and enjoy!

Photo courtesy of Linda Bertaut