

Arthritis / arthrosis

Crystals you can use: Amethyst, Blue Quartz or Fluorite

Energizing Oil: Health

Energizing Salt: Health

Procedures:

Compress with Salt - Put water to boil. When it begin to boil add one of the crystals mentioned above. Turn off the heat, cover the container and let the water sit for at least 30 minutes. After 30 minutes add the Energizing Salt and dampen a cotton or a white cloth with this water and apply on site. Make compresses at least twice a day for at least 15 minutes each time.

Once boiled, the water can be used until the end with no need to re boil it.

Massage with Oil - Massage the area with the Energizing Health Oil for about 5 minutes. Soon after, put the crystal over the place being treated or close to it, for at least 10 minutes. Do this procedure twice a day.

Choose one of the above procedures or, if desired, make both and in this case, each procedure should be done only once a day.