

Amore Designs 

12 CRYSTALS

FOR

HEALTH & WELLBEING

Mindful rituals • Intention • Everyday self-care



A gentle guide to using crystals
as touchstones for reflection,
calm and personal wellbeing

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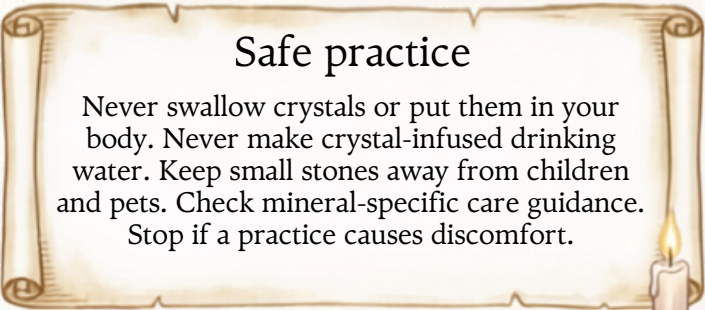
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Welcome & Grounded Practice

Crystals may be used as tactile reminders for attention, reflection, breathing, and supportive routines. However, there is no reliable scientific evidence that crystal healing treats any illness. They do NOT replace professional medical or mental-health care, prescribed treatment, or urgent support.

How to use this guide

-  Choose a quality you want to practise.
-  Hold or view a crystal during three slow breaths.
-  Place it somewhere visible.
-  Journal one observation.
-  Pair the ritual with supportive action such as rest, nourishment, boundaries, or seeking help.



Safe practice

Never swallow crystals or put them in your body. Never make crystal-infused drinking water. Keep small stones away from children and pets. Check mineral-specific care guidance. Stop if a practice causes discomfort.



1-3. Clarity, Rest & Self-Kindness



CLEAR QUARTZ:

intention—clarity and fresh perspective;
affirmation—“I make space for clear,
compassionate thoughts.”

ritual—hold it for five breaths and name
one thought you are ready to release;
wear with white, silver or pale grey.



AMETHYST:

intention—rest and a quieter evening
routine;
affirmation “I allow myself to soften and
rest.”

ritual—write three things that can wait until
tomorrow; wear with lavender, plum or
navy.



ROSE QUARTZ:

intention—self-kindness, acceptance
acceptance and gentle connection;
affirmation “I speak to myself with warmth.”

ritual—place a hand over your heart and
name three qualities you appreciate in
yourself; wear with blush pink, cream or
rose gold.

These meanings are symbolic prompts for reflection, not medical promises.



4-6. Confidence, Vitality & Grounding



CITRINE

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- ♥ **Intention:** confidence, creativity and positive momentum.
- ♥ **Affirmation:** "I am allowed to take up space."
- ♥ **Ritual:** name one action you can take in the next ten minutes.
- ♥ **Wear with:** yellow, mustard or warm gold.



CARNELIAN

- ♥ **Intention:** motivation, playfulness and beginning again.
- ♥ **Affirmation:** "I move forward with courage."
- ♥ **Ritual:** stretch for one minute and set one realistic intention.
- ♥ **Wear with:** rust, coral or terracotta.



BLACK TOURMALINE

- ♥ **Intention:** boundaries, steadiness and protecting your peace.
- ♥ **Affirmation:** "My energy, time and attention matter."
- ♥ **Ritual:** write one boundary you need to honour this week.
- ♥ **Wear with:** black, charcoal or deep green.

Wellbeing reminder

Confidence and energy are also supported by rest, movement, connection and practical action.

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7-9. Reflection, Growth & Expression

One Gentle Daily Focus & Mindfulness Action



MOONSTONE: intention—reflection, emotional awareness and listening to your inner rhythm; affirmation—"I can listen to myself without rushing."; ritual—ask "What did I need today that I did not say aloud?"; wear with white, pearl or pale blue.



GREEN AVENTURINE: intention—hope, renewal and gentle growth; affirmation—"I welcome new possibilities at my own pace."; ritual—take a short walk and notice five green things; wear with sage, olive or cream.



LAPIS LAZULI: intention—honest communication and self-expression; affirmation—"My voice deserves to be heard."; ritual—write one sentence you have been afraid to say, then rewrite it with kindness and clarity; wear with cobalt, navy, white or gold.

Use each stone as a prompt to notice your choices, feelings and values. 



10–12. Peace, Release & Stillness

10. BLUE LACE AGATE

Intention: peaceful communication and gentler self-talk.

Affirmation: “I can be clear without being harsh.”

Ritual: Breathe in for four and out for six, five times before a difficult conversation.

Wear with: sky blue, soft grey or white.

11. SMOKY QUARTZ

Intention: letting go, resilience and returning to the present.

Affirmation: “I let go of what I cannot carry today.”

Ritual: Write down one worry, fold the paper and set it aside until a planned reflection time.

Wear with: brown, taupe, black or bronze.

12. SELENITE

Intention: stillness and a peaceful personal space.

Affirmation: “Peace is available to me in small moments.”

Ritual: Sit quietly for two minutes, notice your breath and relax your jaw and shoulders.

Wear with: white, ivory or pale gold.

A simple intention ritual



Choose a crystal.



Take three breaths.



Speak one present-tense intention.



Keep the stone visible.



Pair the intention with one supportive action.

♥ Safety note: Selenite is water-sensitive. Crystals should never be ingested. Wellbeing concerns should be discussed with a qualified professional.

The crystal can be a beautiful reminder.
The care you offer yourself is the practice.