



ROSE QUARTZ

Rose Quartz is also known as the 'heart stone' or the 'love stone' & can be used to attract love.

The meaning behind its name derives from the Greek word 'hyalos' meaning glass.

The physical healing attributes associated with rose quartz are said to include supporting the heart in healing from trauma and disease. It is believed to raise self-esteem and can help relive conditions like anxiety as it lowers tension and stress.

Rose quartz emotional attributes are said to include releasing past wounds, teaches trust and hope and helps recover emotionally from previous pain and encourages new love. It is widely used to heal a broken heart after a bad relationship.

Spiritually, Rose quartz encourages spirituality of love. Linking our heart to the heart of earth and the heart of the universe.

GEMSTONE FAMILY:

QUARTZ

CHAKRAS:

HEART (4TH)

COLOUR:

LIGHT PINK

ELEMENT:

WATER

ZODIAC:

TAURUS

