

# The Crystal Therapy: Learn the Various Types of Crytals and Gemstones and Their Healing Benefits

Nathan Goldsmith

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Crystal therapy or crystal healing is a sort of vibrational medicine. Crystal therapy necessitates the application of crystals or gemstones to help healing. Gemstones hold spiritual and healing attributes that may be tapped into an assortment of ways. Crystals may be carried or worn on the individual, or placed in a location where their therapeutic vibrations may be felt by whosoever is nearby. Healers likewise place stones on their clients' reclined bodies to equilibrate the chakras and aura. Find out more here.



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