

## How to Use a Crystal Massage Wand



Many crystals can be obtained in Massage wand and egg form. These are great healing tools! You may use them in conjunction with oil, on bare skin or over clothes. I recommend you warm the eggs and wands in lukewarm water before applying them to bare skin, Brrrr!

Massage wands have a rounded end and a pointed end, use the rounded end for massage and the pointed end for Acupressure or Reflexology.

Massaging using crystal wands can help you unwind and alleviate stress and pain. It is also very good for skin and muscles. Wands can be used to massage painful parts of the body (Muscles) or the Aura around the body. (Larger Tumble Stones can also be used for massaging.)

To massage - Use gentle pressure, massage in a circular motion on the skin. For Aura massage, work a few inches above the body.