



# Healing Jewelry: Using Gemstones for Health & Well-Being

*Mickey Baskett*

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Have you ever been mysteriously drawn to a turquoise or amethyst bracelet, or chosen to wear the same amber necklace for weeks on end? Perhaps you intuitively recognized in those stones the power to heal an ailment or mood—a capacity that has been attributed to many gems for centuries. This approachable, illustrated guide outlines the beneficial properties ascribed to dozens of gems (for example, onyx is said to protect against negativity) and includes instructions for making more than 50 pieces of jewelry using healing stones. Stitch elegant branch earrings of coral and pearl (which reduces irritability), or an intricate citrine bracelet that will improve your disposition. Other projects include a rosary, prayer beads, and a beautiful “circle of life” brooch.

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