



CRYSTAL THERAPIES

Balance the Body and the Soul with Crystal Therapy and Face care at Ananda through the age-old power of natural Crystals.

Crystals, more popularly known as semi-precious gems, are natural store houses of energy, holding within themselves the power to create wellbeing, bring about healing or simply harmonise the body. In India, crystals and gems have been used through the ages to bring luck, good fortune, health and even wealth.

Different crystals, with their myriad hues, hold within them the energy to bring about subtle and physical changes, depending on use and the way they tune into the different energy centres of the body.

At Ananda, we have created magical and luxurious therapies based on the use of Crystals. We energise the crystals in the moonlit, forested foothills overnight and then soak them in Himalayan Rose distillate, mixed with the healing waters of the River Ganges.

A delicate web of specifically chosen crystals, in an array of beautiful colours, is placed on the body in a manner that balances as well as aids the healing process. Reds represent the base chakra (red jasper / ruby), yellows represent the solar plexus chakra (yellow citrine), oranges represent the sacral chakra (orange carnelian), greens represent the heart chakra (rose quartz/green aventurine/jade) and purple is used for energising the crown chakra, for activating intuition and for clarity of inner vision.

Crystal Facial - Beautifully crafted crystal wands are run over the facial muscles working in conjunction with the natural rose or sandalwood cleanser, which are made indigenously for Ananda. The wands carry energy down their shafts to the skin, which revitalises and rejuvenates the skin.

Crystal Therapy - A holistic and energy-balancing experience. Relax in a beautiful web of crystals, each specially chosen to aid the energy flow from the individual Chakras or energy centres within the body. The crystals chosen for this treatment help to balance the mind, body and soul by harmonising the energy flow between the Chakras and aligning them in a manner that promotes inner peace.

Crystal Healing

Feel your senses come alive when the crystal energy washes over your chakras like a river of colours, filling your whole being with renewed vibrancy and pure energy. Stimulating your mind, yet relaxing your body. Breathe in the vibrant red, orange, and yellow of the crystals. Feel comforted and embraced whilst the Rose Quartz works on your emotions.

Reiki Healing with Crystals

A powerful and cleansing experience, using crystals that are a gift from the earth and as such work in unison with all living things. They help to awaken the mind, body and spirit. This is a wonderful experience for you, where two great energies work in harmony together.

Reflexology with Crystal

As your reflex points relax to the external stimulation of pressure point work, allow the pure energy of the crystals to float into your chakras, releasing negative energy thus allowing your being to begin the healing process. Embrace yellow Citrine to bring enlightenment, or take into your being the pink energy of loving Rose quartz to bring about total equilibrium.

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