

*Pierre de lave*



## Lava stone

### **Benefits against physical ailments.**

- Effective for relaxing muscles and relieving tension, whether muscular or nervous.
- Revitalizes the organs and strengthens the functions of the organism.

### **Psychic and relational benefits.**

- Lets take a fresh start and get rid of the past to start on a better foundation.
- Increases motivation by pushing one's limits
- Bring out joy and good mood.
- Helps to cope with difficulties.
- Helps to control negative and excessive emotions such as anger.

### **Purification and reloading:**

The Lava Stone, like all quartz, should be cleaned and purified regularly. Avoid all chemicals. You will place your stone in a glass or earthenware container filled with distilled or slightly salted water for several hours at least. Its energy can be amplified by charging it in the sun

### **Provenance of the stone:**

The deposits are everywhere where there are volcanoes

### **Warning**

**The use of minerals in lithotherapy does not exclude the continuation of a medical treatment and the consultation of a doctor is a supplement.**