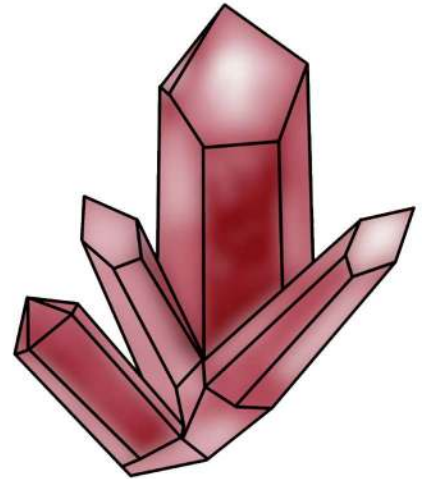


# Garnet

Garnet belongs to the mineral group known as silicates, and it is recognized for its stunning appearance and diverse range of colors, including vibrant reds, deep purples, and rich greens.

**Origin:** Found in many countries, including many ancient Greek, Roman, and Egyptian ruins.

**Main uses:** Emotional healing and stability.



## Cleanse + Activate

To clean a garnet stone, make a gentle cleaning solution with lukewarm water and mild soap. Soak the stone for 10-15 minutes, then use a soft brush to scrub it gently. Rinse thoroughly with lukewarm water, ensuring no soap residue remains. Dry the stone with a soft, lint-free cloth, being careful to avoid abrasive materials that could scratch it.

Create a calm and comfortable environment for connecting with your garnet stone. Hold or place the stone on your body, close your eyes, and concentrate on your breath. Embrace the energy of the garnet to ground yourself, release negativity, and access inner wisdom. Imagine the stone's vibrant colors surrounding you, providing protective and nurturing energy.

## Other uses

**Wear or carry garnet jewelry** to stay connected to its spiritual properties, benefiting from its protective, grounding, and energizing energies throughout the day.

**Add it to your crystal grids or altars** to enhance the energy and intention of your sacred space. Arrange the garnet stones in a pattern or layout that resonates with your spiritual goals or desires.

**Gifted to loved ones:** Garnet stones are often gifted to loved ones before they travel for good luck and protection.

**Love and Relationships:** Garnet is considered a stone of love and devotion. It can deepen romantic relationships and emotional connection