

Lava STONES (Bracelet)

What are Lava Stones:

Lava stones are very porous, making them a perfect vehicle for essential oils! They have a honeycomb surface with little craters that hold the oil for 2- 3 days.

Lava stones come from raw energy. When volcanoes erupt, lava stones form when the lava overflows the volcanos sides. Once the liquid rock dries, it becomes lava stone. Because of this process, they are known as a stone of re-birth, getting rid of layers of unnecessary emotions. Lava stones are said to be grounding; bringing calmness, relaxation and alleviating anxiety for those that wear them.

To use:

Add a few drops of your essential oil(s) onto the lava stones letting them soak in before putting it the bracelet on.

How to Care for your Lava Stone Bracelet:

Regular cleaning with mild soap and water can keep the stones porous and effective for essential oil absorption. Using warm water, add soap and mix till bubbles, add your bracelet and soak for a short time, less than a minute, rubbing gently if needed.

* Helpful hints:

Roll the bracelet onto your wrist rather than stretching.

Some essential oils need a carrier oil, i.e. coconut oil, olive oil etc. Please test a small area of your body before using oils “neat” (undiluted). Any reaction add carrier oil, not soap and water.

