

# Crystal Quick Reference

## Quartz - Rose

Rose Quartz

Chemical formula is SiO<sub>2</sub>

Microscopic fibrous inclusions of a pink borosilicate mineral related to dumortierite give the crystal the pink color.

Rose quartz is a stone of unconditional love. It opens the heart chakra to all forms of love: self-love, family love, platonic love, and romantic love.

Rose quartz has excellent protection energies during pregnancy and childbirth.

The elevated energy of quartz gives rose quartz a property of enhancing love in virtually any situation. It also brings gentleness, forgiveness, and tolerance. Rose quartz is also said to be helpful with weight loss.

Helps with emotional healing and issues.

Astrological: Libra, Taurus.

Chakras: Heart, Throat, Third Eye, Crown