

My Negative Ion Generator Shopping List

PHYTO5[®] 

Swiss Natural Energetic Skincare
phyto5.us

- Pure beeswax candles
- Himalayan salt lamp (electric) and/or Himalayan salt candle votive
- Small indoor relaxation water fountain
- Amethyst crystal, medium size
- Tourmaline crystal, medium size
- House plants (choose from):
 - Mum plants if it's Autumn
 - Philodendron
 - Spider plant
 - Aloe vera plant
 - Peace lily
 - Potted ivy
 - Snake plant
 - Dwarf conifer plants
 - Lavender plant
 - Rosemary plant
- Patio fire pit bowl for outdoor fire-gazing
- Far infrared radiant portable heater for cold weather



Amethyst



Tourmaline is a crystalline boron silicate mineral compounded with elements such as aluminium, iron, magnesium, sodium, lithium, or potassium. Tourmaline is classified as a semi-precious stone and the gemstone can be found in a wide variety of colors.

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Natural Sources and Activities for Negative Ion Immersion:

- My bathroom shower
- My garden and lawn; walking barefoot
- The sunlit day
- Going outside immediately after a thunderstorm
- The outdoor garden department at Lowe's, Home Depot and Wal-Mart
- The beach and surf
- Any stream that beats against rocks
- The mountains and their trees especially evergreen
- The nearby woods
- My neighborhood park
- My real Christmas tree and Christmas poinsettia plants
- The breezes and winds I enjoy when I take a walk



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