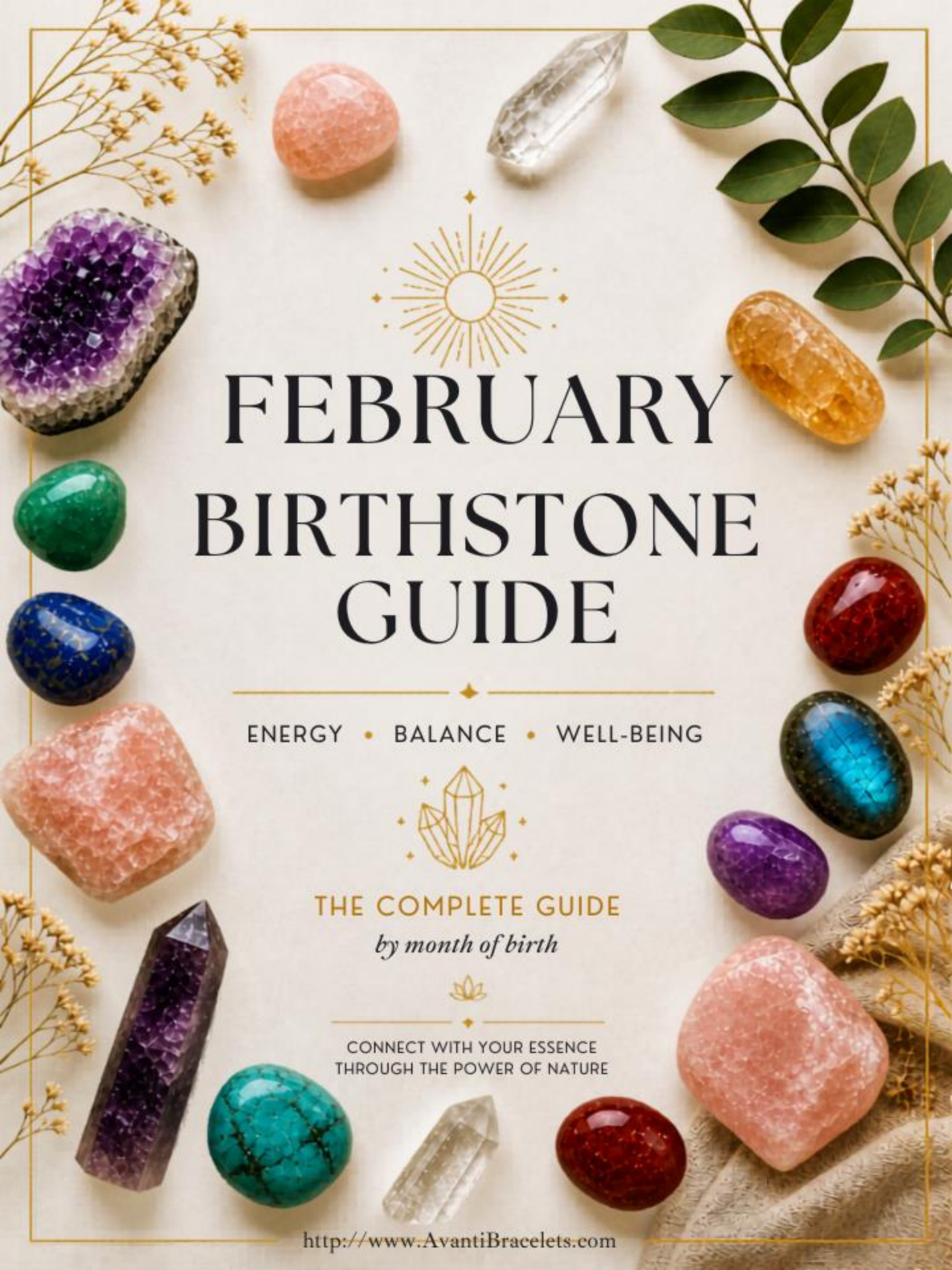




FEBRUARY BIRTHSTONE GUIDE

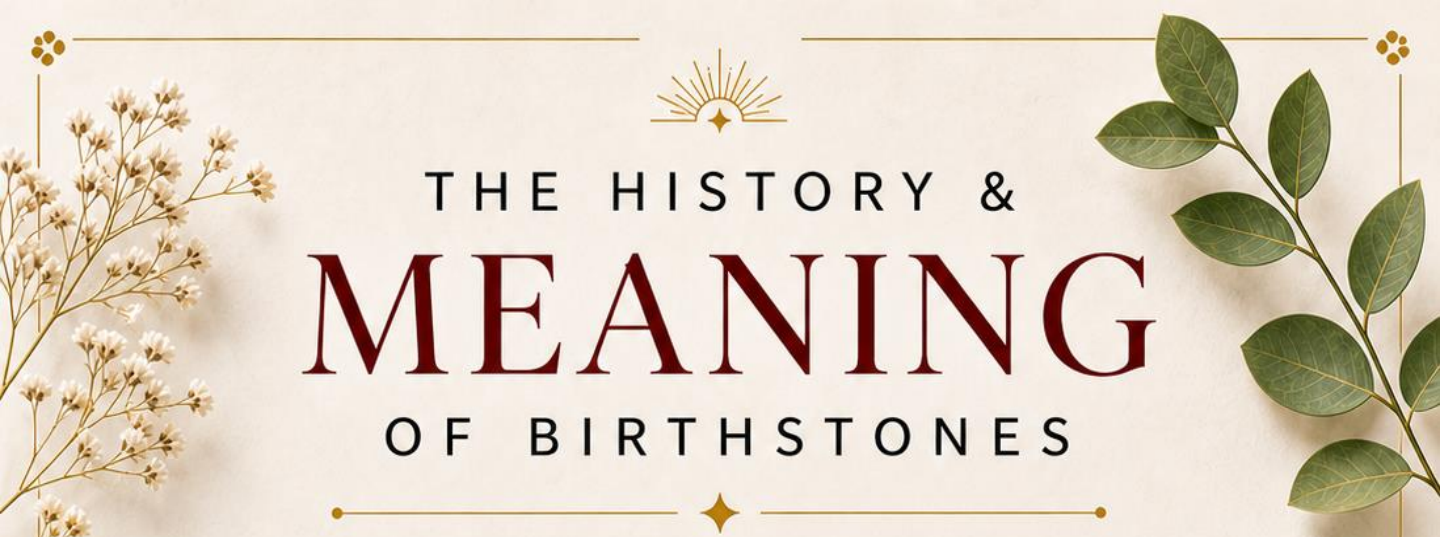
ENERGY • BALANCE • WELL-BEING



THE COMPLETE GUIDE
by month of birth



CONNECT WITH YOUR ESSENCE
THROUGH THE POWER OF NATURE



THE HISTORY & MEANING OF BIRTHSTONES



ORIGIN



The tradition of birthstones dates back thousands of years. It is commonly linked to the **Breastplate of Aaron**, described in the Book of Exodus, which contained twelve gemstones representing the twelve tribes of Israel.¹

Later, scholars connected these stones to the **twelve months and zodiac signs**, shaping the foundation of the modern system.²



EVOLUTION



Ancient civilizations such as the Greeks and Romans believed gemstones held **protective and healing powers**.³

Originally, people wore different stones throughout the year, but over time this evolved into wearing **one specific stone** based on birth month.²

The modern list of birthstones was officially standardized in **1912** by the National Association of Jewelers in the United States.²



MEANING



Birthstones have long been associated with symbolic qualities such as:

- ◆ Protection
- ◆ Love
- ◆ Clarity
- ◆ Strength
- ◆ Renewal

These meanings come from **cultural, spiritual, and historical traditions**, not scientific evidence.⁴



◆ *Each stone carries a story shaped by history, belief, and human connection.* ◆

SOURCES

1. American Gem Society. (n.d.). The History of Birthstones. members.americangemsociety.org
2. Wikipedia. (n.d.). Birthstone. en.wikipedia.org/wiki/Birthstone
3. Willow & Stag. (n.d.). Birthstones: Meanings, History & Significance. willowandstag.com
4. Martha Stewart. (2023). Birthstone Meanings for Every Month. marthastewart.com

FEBRUARY

AMETHYST

BIRTHSTONE



AMETHYST

HISTORY & COLORS



HISTORY

Amethyst has been valued for thousands of years, especially in ancient Greece and Rome.

Its name comes from the Greek word *amethystos*, meaning “not intoxicated,” as it was believed to protect against drunkenness.

It was also used in royal jewelry and religious artifacts, symbolizing **clarity**, **purity**, and **spiritual wisdom**.



Referenced by the
Gemological Institute of America (GIA)



COLORS & VARIETIES

Amethyst is a variety of quartz known for its purple color spectrum, which can range from:



LIGHT
LAVENDER



SOFT
VIOLET



DEEP
ROYAL PURPLE
(MOST VALUED)

- Some stones show color zoning (variations within the same crystal).
- The finest amethysts historically came from Russia, while today major sources include Brazil and Uruguay.



INTERESTING FACTS



February birthstone.



Associated with **clarity**
and **inner peace**.



Historically worn by
royalty and **clergy**.



Once considered as valuable
as diamonds before large
deposits were found.



AMETHYST

BENEFITS



EMOTIONAL

- Promotes calmness and emotional balance.
- Helps reduce stress, anxiety and overwhelm.
- Enhances intuition, clarity and spiritual awareness.
- Encourages peaceful sleep and vivid dreams.



PHYSICAL

- May help relieve headaches and tension.
- Supports the immune system and overall wellness.
- Believed to aid in restful sleep and hormonal balance.
- Can assist in detoxification and cell regeneration.



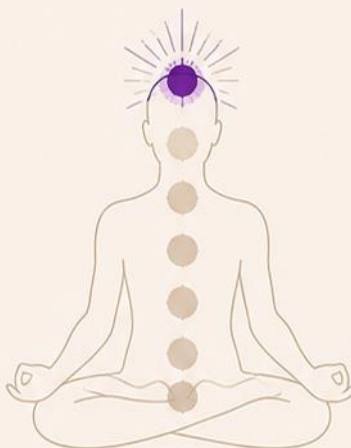
CHAKRAS

Amethyst is strongly associated with the **Crown Chakra**, enhancing spiritual connection and higher consciousness.



CROWN CHAKRA (Sahasrara)

Promotes enlightenment, inner peace and a deep sense of purpose.



FEBRUARY

ALTERNATIVE & HISTORICAL BIRTHSTONES

While Amethyst is the modern birthstone for February, the following stones have been **historically associated** with this month.



ONYX

THE STONE OF STRENGTH
& PROTECTION



- Historically associated with protection, grounding and stability.
- Believed to absorb negative energy and promote inner strength.
- Used since ancient times in amulets, jewelry and carvings.



Historically linked to February through ancient calendars and the breastplate of Aaron.



JASPER / BLOODSTONE

THE STONE OF COURAGE
& VITALITY

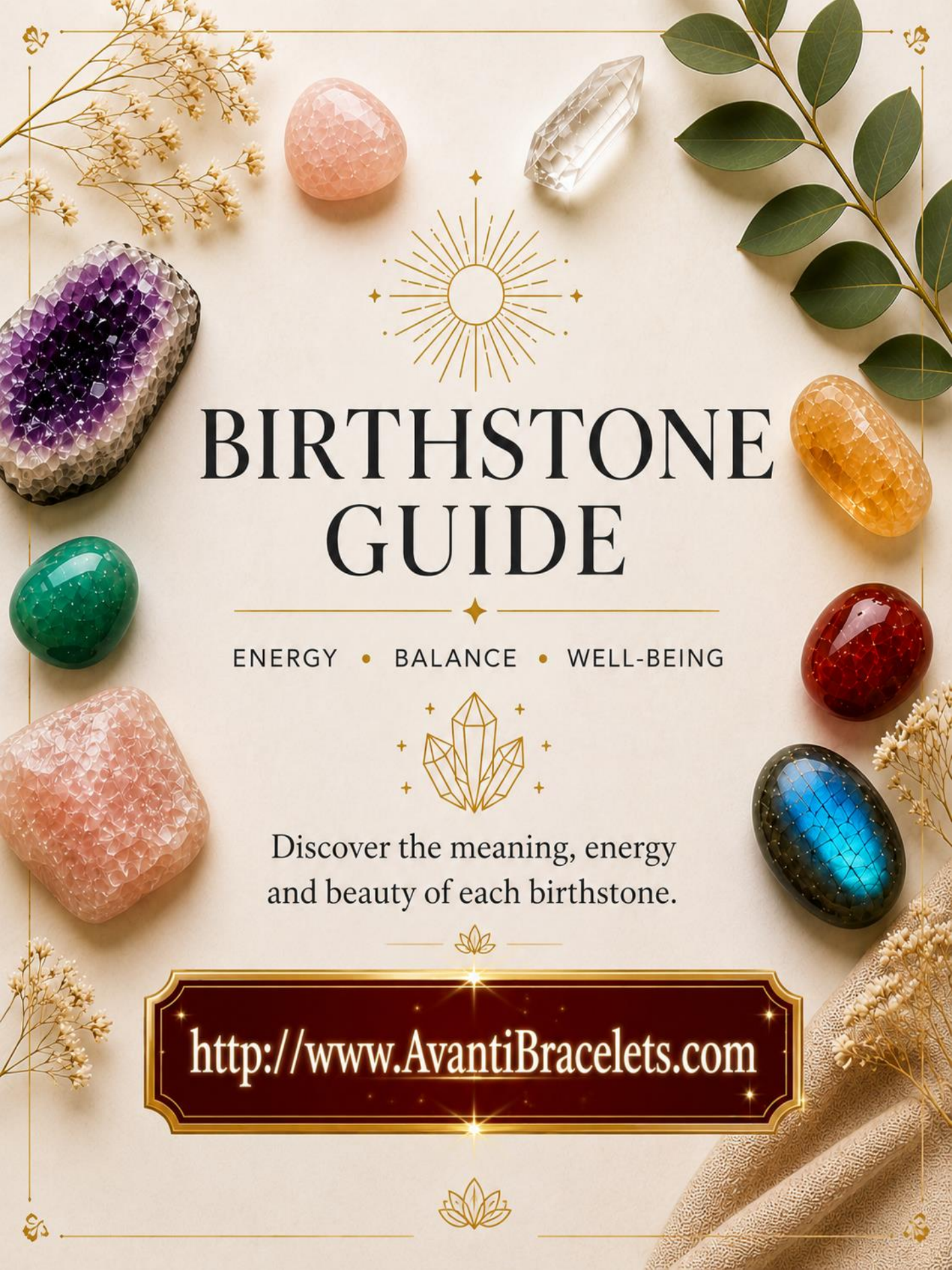


- Traditionally associated with courage, endurance and vitality.
- Believed to support physical strength and blood circulation.
- Used in ancient times for protection in battle and important journeys.



Mentioned in historical and biblical texts as a significant stone with protective qualities.

*These stones are considered historical or traditional associations
and are **not** modern official birthstones.*



BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy
and beauty of each birthstone.



<http://www.AvantiBracelets.com>