



MINNA ATTALA

Mind Necklace

carnelians, 14ct gold filled chains and findings

“The inspiration for this necklace has been mental health and well-being.

I have used a carnelian slab as the main stone in this piece, as carnelian is associated with strengthening the mind. It is said to help with self-esteem, courage, confidence and is also thought to aid with memory problems.

I have hand crafted a Hypericum flower charm to represent the healing properties of Hypericum Perforatum (St. John's Wort). This plant is widely known to help with depression and is made into tablets, teas, tinctures and oils in traditional homeopathic remedies. I have given the charm a textured effect and only polished certain parts of it to enhance the raised areas and make them stand out with a sparkling touch. I also wanted to give this textured effect to compliment the natural feel of the Carnelian slab.”



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Body Ring

rubies, fine silver gilded with 24ct gold

“The inspiration for this piece has been physical health.

I have used five rubies in varying sizes and cuts in this ring because in Indian Ayurvedic medicine there are nine stones (Navaratna) used for medicinal purposes, these include rubies (Manikya). Rubies are believed to help with heart disease, blood problems (anaemia, blood pressure), tuberculosis, digestive issues, fevers and diabetes. These stones are sometimes ground into powder and used as medicine, but are also used in jewellery to protect against ailments.

I have handcrafted the ring in pure silver and gilded it with 24ct gold. I have applied the gold with a raised texture to give it a hammered effect. I then polished it to a high shine to accentuate the curves and lines of the different shapes surrounding the stones.”



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Spirit Bracelet

cherry quartz, fresh water pearls, 14ct
gold filled chains and findings

“This piece has been made with spiritual well-being in mind.

I have used a slab of Quartz (Cherry) as the main focal point of the piece as Quartz is known as the "greatest of all healing stones" in crystal healing. Because of its energy transmitting and conducting properties (e.g. in clocks and electrical items), it acts as an amplifier for psychic energy and aids meditation. When worn in jewellery it's also thought to promote creativity and well-being and is said to increase spiritual wisdom.

The pearls have been added as they are calming and centering while promoting faith, charity, integrity and spirituality. These properties compliment those of the quartz well, and I feel they will work together to make this a powerful piece for a woman to wear.

The chains and findings are 14ct gold filled. I have used freshwater pearls for their irregular shapes as they work well with the natural style of the Cherry Quartz.”