

SMOKY QUARTZ: PROPERTIES AND BENEFITS

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LE QUARTZ FUMÉ

**Origines, propriétés
et bienfaits**



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Smoky quartz is a fascinating natural stone, often underestimated despite its beautiful shades ranging from translucent pale brown to deep black. This fine stone, considered an anchoring and protective stone in lithotherapy, is distinguished by its understated elegance and its ability to bring a touch of mystery and refinement to handmade jewelry. Get inspired by our [natural stone jewelry](#) tutorials and make your own unique jewelry with our range of [smoky quartz](#) beads and jewelry components.

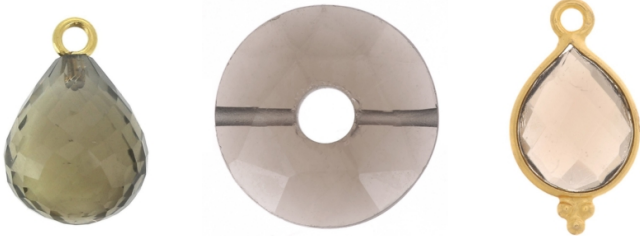


Where does the name smoky quartz come from?

The name smoky quartz comes from its characteristic smoky color. The word "quartz" itself comes from "quaterz" meaning "bad ore" or from the German "gewärtz" meaning "germ" and "growth". Over the centuries, it has been given various names, such as "Alençon diamond", "German diamond", "Colorado diamond" or "smoky topaz", although it has nothing to do with diamonds.

Small stories about smoky quartz

Known since ancient times, this natural stone was used in jewelry, amulets and decorative objects. It was also used to decorate Scottish kilts, to make jewelry such as rings and brooches, and to carve the handles of traditional Highland daggers (sgian dhu). Braemar Castle in Scotland is home to a smoky quartz weighing over 23 kilos. In the 19th century, smoky quartz stone was used by fortune-tellers to make divination balls. They preferred it to rock crystal, as its smoky color prevented the curious from looking too closely at divine predictions. Did you know? In 12th-century China, the lenses of the first sunglasses were made from this gemstone.



What color is smoky quartz?

This natural stone fascinates with its range of colors, from soft light brown to intense black, sometimes almost opaque. Its ability to filter light gives it a subtle brilliance and unique depth, making each stone singular. There are two types of smoky quartz, distinguished mainly by their color:

- Brown morion: very dark brown, almost opaque black.
- Cairngorm: Its hue varies from brownish yellow to medium brown, sometimes with lighter, more golden hues than morion. It is specific to the Cairngorms region of Scotland, from which it takes its name.

What are the properties of smoky quartz?

As its name suggests, smoky quartz is a variety of quartz. With a hardness of 7 on the [Mohs scale](#), this natural stone combines strength and beauty, making it ideal for all types of DIY jewelry. Its density, like that of all quartz varieties, is generally around 2.65 g/cm³.

Where is smoky quartz found?

Smoky quartz crystals are found in numerous deposits around the world, including Brazil, Australia, Switzerland, Scotland, Madagascar, France, Ukraine and the USA.



What are the benefits of smoky quartz?

In lithotherapy, smoky quartz is considered a protective, balancing stone. It is said to reduce stress and anxiety, helping to restore inner calm and serenity. This gemstone is also said to help combat introspection and boost self-confidence.

Which chakra for smoky quartz? Smoky quartz is recommended for use with the root chakra to help strengthen the sense of security and connection to the earth. Together, they help dispel fear and promote the elimination of stress and negative tension. Morion quartz is the stone of choice for natives of the zodiac sign Aries, while cairngorm is ideal for the astrological signs Scorpio, Libra and Capricorn.

Please note: our gemstones are not sold for lithotherapy. Natural stones are no substitute for medical expertise or treatment.

How is smoky quartz recharged?

In lithotherapy, it is essential to cleanse and recharge gemstones in order to rid them of accumulated negative energies and restore all their virtues.

To cleanse, simply immerse it for a few hours in a container of salted distilled water. You can also use earth or incense fumigations.

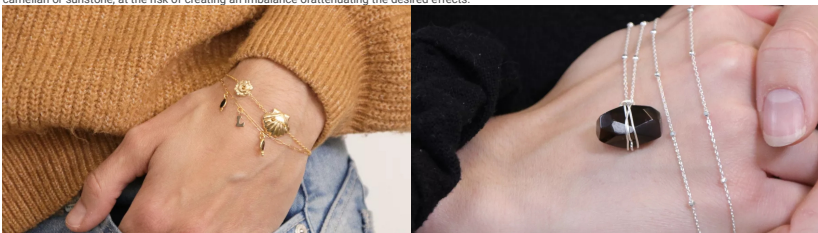
To recharge it, simply place it for a few hours under the sun's rays or the moon's rays. To amplify this step, place it on a quartz mas or in an amethyst geode.

How to use smoky quartz

Golden hues reveal smoky quartz. Its soft color blends perfectly with Gold-Filled, Gold-Plated or 24K fine gold-plated jewelry. Prefer silver? Create a striking contrast between the luminous white glow of Stainless Steel or 925 Silver and the dark hue of smoky quartz. Which stone to match with smoky quartz? With its neutral, elegant color, this fine stone can be combined with a multitude of stones to create harmonious, meaningful jewelry.

- Rose Quartz to create a balance between masculine and feminine energies.
- Citrine for mental clarity, self-confidence and abundance.
- Amethyst for meditation and spiritual awakening.
- Moonstone for intuition and emotional balance.
- Labradorite for powerful protection against negative energies and enhanced intuition.
- Green jade for a combination that promotes harmony and well-being.
- Turquoise for protection and communication.
- Lapis lazuli for decision-making, intuition and protection.

What stone not to combine with smoky quartz? This gemstone is an anchoring and protective stone, known for its ability to relax and neutralize negative energies. It is not recommended to combine it with stones whose energies are excessively energizing or stimulating, such as carnelian or sunstone, at the risk of creating an imbalance or attenuating the desired effects.



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