

PERIDOT: SIGNIFICANCE, ORIGINS AND BENEFITS

By : Laurence T Perles&Co



0 minutes

Peridot is distinguished by its splendid green color, a symbol of renewal and clarity. Appreciated for its inner light and shades from olive green to yellow-green, its timeless charm, brilliance and beauty make it a highly prized gemstone, while in lithotherapy, it is sought after for its soothing and protective properties.
How about using its invigorating freshness in your DIY costume jewelry? Discover our selection of [peridot](#) beads and jewelry components and get inspired by our free tutorials to create your own [natural stone jewelry](#).



Peridot's significance

Several hypotheses have been put forward to explain the origin of the name "peridot". For some, the name comes from the Old French "peritot", evoking its unmistakable green color. Some sources link the origin of peridot's name to the Arabic word "faridat", meaning "precious stone". Others claim that the origin of peridot is the Latin word "paedoros".

Stories about peridot

The origins of this green stone go back a long way. Highly prized since antiquity, it was discovered on the island of Topazios (now Zabargad), located in the heart of the Red Sea, off the coast of Egypt. Peridot has been mined on this island for over 3,500 years, making it one of the oldest known gemstone mines in the world.
In ancient Egypt, it was called "the stone of the sun", due to its luminous brilliance that did not fade under intense sunlight. Peridot was associated with the goddess Isis, the goddess of nature and magic. The Egyptians believed it protected its wearer from the terrors of the night, evil spirits and curses.

Legend has it that some of the famous "emeralds" worn by Cleopatra were actually peridots. This confusion between peridot and emerald continued for centuries, due to their similar green color.

The Greeks used peridot for jewelry and ornaments. The Roman naturalist Pliny the Elder mentions it in his "Natural History".

The Ottoman Sultans appreciated it for its beauty and regarded it as a symbol of wealth, power and prestige. Embedded in jewels, daggers and religious objects, it testified to the refined taste and wealth of the Ottoman rulers. They attributed protective properties against negative energies to this stone.

For Hawaiians, this natural stone symbolizes the tears of the goddess Pele, deity of fire, lightning, dance, volcanoes and violence. The sand of Hawaii's Papakolea Beach is covered with fragments of peridot, hence its nickname "Green Sand beach".

After the Crusades, this fine stone was also used to decorate churches, as in the Shrine of the Magi in Cologne Cathedral.



What color is peridot stone?

This natural stone is unique for its green color, varying from light green to brownish green to deep olive green. This vibrant hue is particularly sought-after for its ability to complement summer outfits as well as autumn ensembles, bringing a touch of freshness and radiance. Because of its color, it has often been confused with emerald. Hence its nickname "evening emerald" or "poor man's emerald".

What is peridot?

Peridot is a gemstone of the olivine family, characterized by its hardness of between 6.5 and 7 on the [Mohs scale](#). Its clarity and brilliance make it ideal for all kinds of jewelry, from necklaces and rings to bracelets and earrings.

Like diamonds, peridot comes from deep in the earth's mantle. It rises in the earth's crust thanks to movements generated by tectonic plates and volcanoes.

Where is peridot found?

The most famous deposits are found in geological zones rich in magmatic rocks, notably in Burma, China, Pakistan, Vietnam and parts of the USA.



What are the virtues of peridot?

In lithotherapy, this green stone is considered a powerful protective stone. It is said to improve self-confidence and reduce stress, promoting peace of mind. It is said to ward off negative feelings to develop a more positive, open attitude. It also promotes harmony and communication.

Which chakra for peridot? Peridot is often associated with the heart chakra, encouraging openness, compassion and regeneration.

It's the ideal natural stone for natives of the astrological signs Leo, Virgo, Scorpio and Sagittarius.

Please note: our gemstones are not sold for lithotherapy. The effects of stones have not been scientifically proven. Natural stones are no substitute for medical expertise or treatment.

How do I recharge a peridot?

As with all gemstones, it is advisable to cleanse, purify and recharge your peridot stone to rid it of accumulated negative energies and restore all its virtues.

There are several techniques for cleansing and purifying your stone:

- Soak it in salted distilled water or spring water for a few hours. Rub your stone dry with a soft cloth.

- Bury it in the ground in a quiet spot for several days.

- Try fumigation with incense or white sage.

To recharge it, place it under sunlight for a few hours. To reinforce this method, place your stone on a pile of quartz or amethyst.

How to wear peridot

The golden hues of Gold Filled (laminated gold) or Gold Plated finishes perfectly complement the freshness of peridot, accentuating its natural luminosity. On the other hand, the silver hues of 925 Silver or Stainless Steel gemstones create a striking contrast with the green color of peridot, creating jewelry that is both modern and refined.

Which stone to pair with peridot? Pair it with amethyst, rose quartz, citrine, lapis lazuli or moonstone. Together, these stones amplify or complement their energetic properties.

Which stones should not be combined with peridot? Avoid stones with overly intense energies, such as carnelian, and those with opposing objectives.



Result