Crystal Eliza Betterton

February 12, 1981 ~ May 24, 2018

Crystal Eliza Betterton, born February 12, 1981 to Debra and Ken in Grand Junction, CO and raised in Sandy, UT. Our beautiful Angel Crystal battled postpartum depression and anxiety, eventually succumbing to her illness on Thursday, May 24, 2018. She left us too soon.

She was the most loving, warm spirit of pure light. She was able to light up a room with a single smile. She cared selflessly for all her family and friends, even when she was hurting. Crystal was the most wonderful mother, loving her two incredible children so fiercely and with all her heart. She loved nature, animals, dancing and enjoyed many adventures with her family and close friends. Crystal has always had a great passion for health; physically and spiritually. She was a Master Herbalist, Natural Healer and a Kundalini Yoga Teacher; pouring herself into helping others to find health and happiness. She saw people for who they were on a soul level, no matter their short comings. Crystal was THE definition of unconditional love.

She has begun a new adventure, leaving behind so many who love her; Children: Lola 9, Cedar 20 Months, Father of their children, Loren Bell. Parents: Mother Debra Peterson-Warnas, Father Kenneth Betterton, Stepfather David Warnas. Siblings: Jacqueline (Gerry) Swanson, Melissa (Brian Mantor), Randall (Jocelyn) Warnas. Nieces: Hendrix Swanson 1, Alexandria Mantor 7, Victoria Mantor 3; many aunts, uncles and cousins, a caring and devoted Yoga family, many many dear friends and relatives, and her sweet dog Kokoa who is still waiting by her bed.

A visitation will be held on Friday, June 1st 2018 at Larkin Sunset Garden, 1950 E. 10600 S., Sandy, UT. from 9a.m.-10:45 with a Celebration of Crystal's Life at 11a.m. A luncheon to follow. In lieu of sending flowers, we are setting up a college fund for Crystal's darling children, Lola and Cedar. Contact Debra to inquire. You are still with us and we feel your love. We love you Crystal.