FIGURE S1. Residual plot from the fitting procedure for the Raman line near 464 cm^{-1}.
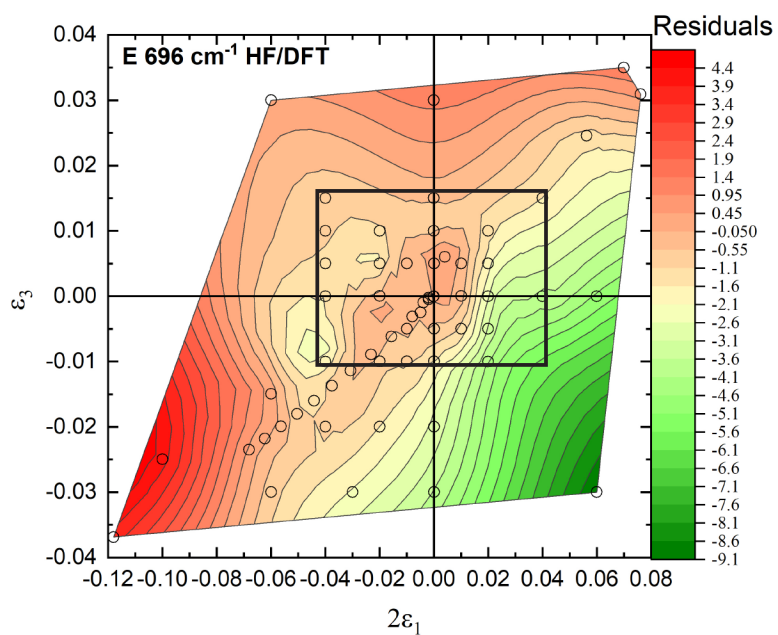
FIGURE S2. Residual plot from the fitting procedure for the Raman line near 696 cm^{-1}.
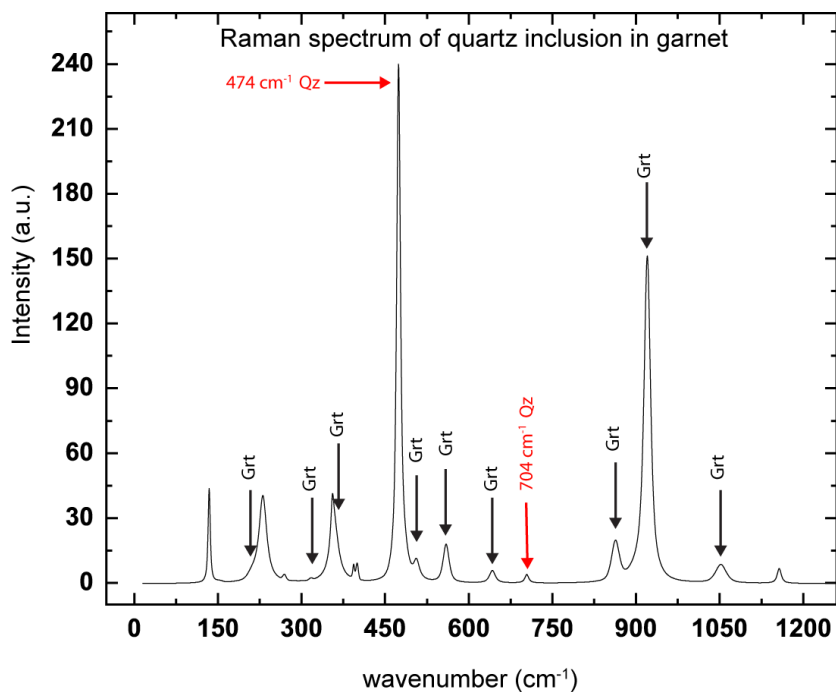
FIGURE S3. Raman spectrum of the quartz inclusion (i6) in the garnet host measured at the center of the inclusion. The two selected peaks of quartz are those at 474 and 704 cm^{-1} (highlighted in red). The peaks are shifted towards higher wavenumbers since the inclusion is strained. For un unstrained quartz they appear at 464 and 696 cm^{-1}. The non-labelled peaks are those of quartz.
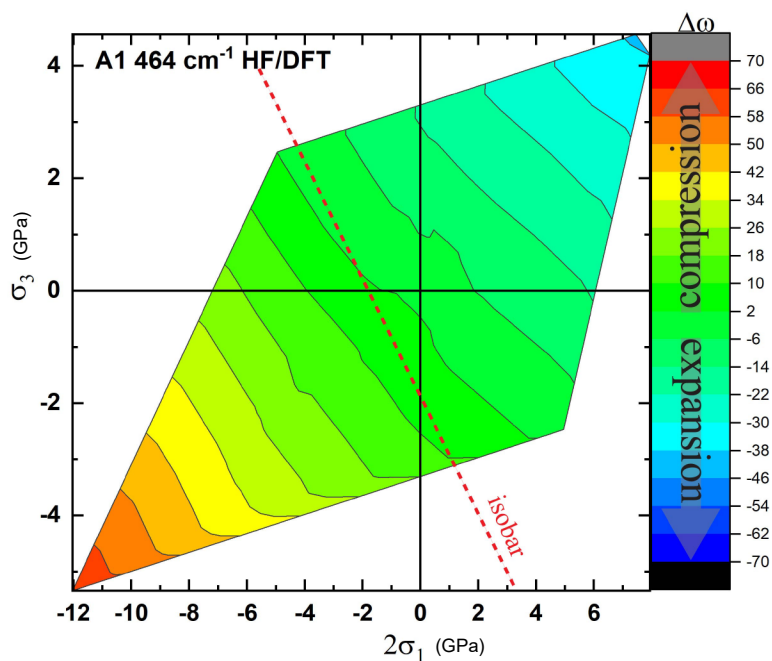
FIGURE S4. The iso-shift lines are not parallel to isobars, which are lines of equal pressure $(2\sigma_1 + \sigma_3)/3 = -P$ (GPa), meaning that, in general, Raman shifts do not measure either pressure or stresses.