

Your Complete Kreem Veda Bracelet Guide

Learn how to wear, cleanse, energize, and care for your bracelet the right way.

Thank you for choosing a **Kreem Veda Black Tourmaline Bracelet**.

Black Tourmaline is known as the **Stone of Protection**. It is believed to help protect against negative energy, support emotional balance, and create a sense of stability and inner strength.

Wear your bracelet with faith, a positive mindset, and a clear intention. Let it remind you to stay calm, confident, and protected every day.

Best Day to Start Wearing

You can start wearing your Black Tourmaline Bracelet on Saturday, as this day is traditionally associated with protection, grounding, and strength.

Before wearing it for the first time:

- Wash your hands.
- Hold the bracelet with gratitude.
- Take a few deep breaths.
- Set a positive intention before wearing it.

Which Hand Should You Wear It On?

Left Hand

- Protection from negative energy
- Inner peace and emotional balance
- Grounding and stability
- Positive vibrations
- Calmness and confidence

Right Hand

- Stay confident in challenging situations
- Release negative thoughts
- Build inner strength
- Express positive energy
- Stay focused and determined

Choose the hand that feels most comfortable and matches your personal intention.

Set Your Personal Protection Intention

Before wearing your bracelet each day, silently repeat an affirmation such as:

"I am protected, grounded, confident, and surrounded by positive energy."

A positive intention helps you stay mindful and connected with your personal goals.

★ Want to Know What Your Future Says?

As a Kreem Veda customer, you can get a **FREE Personalised 10-Year Kundli & Palm Reading** with spiritual guidance to better understand your career path, opportunities, strengths, and future possibilities.

Message us on  **kreem_veda** to get your reading!

How to Recharge Your Bracelet

Like all natural crystals, Black Tourmaline is believed to benefit from regular cleansing and recharging.

Simple Charging Steps

- Placing it on a Selenite Plate overnight.
- Keeping it under the morning sunlight for 15-30 minutes.
- Leaving it under moonlight overnight.
- Holding it while practising meditation or positive affirmations.

Recharge your bracelet every 2-4 weeks or whenever you feel its energy needs refreshing.

Things to Avoid

To keep your bracelet in good condition:

- Avoid contact with perfumes and harsh chemicals.
- Remove it before swimming or bathing.
- Avoid dropping it on hard surfaces.
- Store it in a clean, dry place when not in use.
- Clean it gently with a soft cloth.

Treat your bracelet with care and respect.

☀️ Is This Bracelet Suitable for Your Horoscope?

Every person has a unique birth chart, and the effects of crystals can vary from one individual to another. With your **FREE Personalised 10-Year Kundli & Palm Reading**, our team provides simple spiritual guidance based on your birth details to help you understand whether Black Tourmaline is the right crystal for you.

Message us on  **kreem_veda** to get your FREE personalized reading!

Frequently Asked Questions

Can I wear it every day?

Yes. Black Tourmaline is suitable for daily wear.

Can I wear it while sleeping?

Yes, if it feels comfortable. Otherwise, place it beside your bed.

Can I wear it with other crystal bracelets?

Yes. It pairs well with many crystals, depending on your personal intention.

How long does it take to notice the benefits?

Everyone's experience is different. Wear it regularly with a positive mindset and patience.

What if my bracelet breaks?

Many people believe a broken crystal has completed its purpose or absorbed significant energy. You may replace it if needed.

A Secret Most People Never Discover...

Many people wear crystal bracelets for years without knowing whether they are actually wearing the crystal that best matches their birth chart and life goals. Choosing the right crystal based on your horoscope can help you make a more meaningful and personalised choice.



Complimentary Guidance for Kreem Veda Customers

As a thank you for choosing Kreem Veda, we offer you a **FREE Personalised 10-Year Kundli & Palm Reading.**

Simply message us on  **kreem_veda** with:

- Your name
- Date of birth
- Time of birth (if known)
- Place of birth
- A clear photo of your palm (optional)

Our team will prepare your complimentary personalised report to help you better understand your unique life journey.

Thank you for being part of the Kreem Veda family. We wish you love, peace, happiness and positivity in every step of your journey.

Your Complete Kreem Veda Bracelet Guide

Learn how to wear, cleanse, energize, and care for your bracelet the right way.

Thank You for Choosing the **Kreem Veda Selenite Bracelet**

Your **Selenite Bracelet** is more than just a beautiful piece of jewellery. Selenite is widely known as a crystal of **purity, peace, clarity, and positive energy**. Many people wear it to create a calm environment, clear unwanted energy, and support emotional balance.

Wear your bracelet with faith, gratitude, and a positive intention.

Best Day to Start Wearing

You can begin wearing your Selenite Bracelet on **Monday, Thursday, or Friday**.

Before wearing it for the first time:

- Hold the bracelet in your hands.
- Close your eyes for a few moments.
- Take a few deep breaths.
- Set a clear positive intention.

Which Hand Should You Wear It On?

Left Hand

- Inner peace
- Mental clarity
- Positive energy
- Emotional balance
- Spiritual growth

Right Hand

- Share positive energy
- Stay calm and peaceful
- Express yourself clearly
- Maintain emotional balance
- Inspire positivity in others

Choose the hand that feels most comfortable and matches your personal intention.

Set Your Personal Intention

Hold your bracelet and repeat silently:

"I welcome peace, clarity, positivity, and divine light into my life. May my mind remain calm and my heart stay balanced."

Repeat this three times before wearing your bracelet.

★ Want to Know What Your Future Says?

As a Kreem Veda customer, you can get a **FREE Personalised 10-Year Kundli & Palm Reading** to gain insights into your career, finances, relationships, strengths, and life opportunities.

Message us on  **kreem_veda** to get your reading!

How to Recharge Your Bracelet

Selenite is naturally believed to cleanse and recharge energy, but you can still refresh your bracelet regularly.

Simple Charging Steps

- Keep it in a clean, peaceful place overnight.
- Place it near incense or a diya during your prayers.
- Hold it while meditating.
- Recharge it with your positive intentions.

Avoid soaking Selenite in water, as it is a soft natural crystal.

Things to Avoid

To keep your bracelet in good condition:

- Avoid water for long periods.
- Avoid perfumes and harsh chemicals.
- Remove before bathing or swimming.
- Handle gently to prevent scratches or cracks.
- Store it separately from harder jewellery.

☀ Is This Bracelet Suitable for Your Horoscope?

Selenite is commonly associated with **peace, clarity, cleansing, and spiritual growth.**

Many people wear it regardless of their zodiac sign. However, every individual has a unique birth chart.

If you would like to know whether **Selenite** is the most suitable crystal for you, our team can provide personalised guidance based on your horoscope.

Get your **FREE Personalised 10-Year Kundli & Palm Reading** and discover which crystals may best support your journey.

Message us on  **kreem_veda** to receive your complimentary guidance.

Frequently Asked Questions

Can I wear my Selenite Bracelet every day?

Yes. Many people wear it daily to maintain peace, clarity, and positive energy.

Can I wear it while sleeping?

Yes, if it feels comfortable. Many people enjoy wearing Selenite during rest for a calming effect.

Can I wear it with other crystal bracelets?

Yes. Selenite is often paired with other crystal bracelets as part of a personal crystal collection.

Can I get it wet?

It is best to keep Selenite away from water because it is a naturally soft crystal.

How often should I recharge it?

Recharge your bracelet whenever you feel guided, or at least once every few weeks with positive intention.

A Secret Most People Never Discover...

Many people wear crystals for years without knowing whether they are actually wearing the crystal that best matches their personal energy.

Since every person's birth chart is unique, a crystal that works well for one person may not always be the ideal choice for another.

Choosing the right crystal based on your birth details can help you make a more informed spiritual choice.



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