

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 Howlite Bracelet**.

Howlite is known as the stone of calmness, patience, emotional balance, and inner peace. It is often worn by people who wish to reduce stress, stay relaxed, improve focus, and bring more harmony into their daily lives.

Wear your bracelet with faith, a positive mindset, and a clear intention. Let it remind you to stay calm, think clearly, and move through life with confidence.

Best Day to Start Wearing

You may begin wearing your Howlite Bracelet on **Monday, Thursday, or Friday**.

Many people also prefer to wear it for the first time during the morning after bathing, with a peaceful mind and a positive intention.

Which Hand Should You Wear It On?

Left Hand

- Receive calm and peaceful energy
- Reduce stress and emotional tension
- Improve patience and emotional balance
- Strengthen inner awareness
- Support better sleep and relaxation

Right Hand

- Stay calm while communicating
- Express yourself with patience
- Make thoughtful decisions
- Handle challenges peacefully
- Share positive energy with others

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

Set Your Personal Intention

Before wearing your bracelet, hold it gently in your hands for a few moments.

Close your eyes, take a few slow breaths, and silently set a positive intention.

You may say:

"I welcome peace, patience, clarity, and positive energy into my life."

Your intention makes your bracelet feel more personal and meaningful.



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

Like many spiritual tools, your bracelet can be refreshed regularly.

Simple Charging Steps

- Keeping it on a Selenite Charging Plate for a few hours
- Placing it under gentle moonlight overnight
- Holding it during a short meditation or prayer
- Setting a fresh positive intention while wearing it

Regular recharging helps keep your bracelet feeling spiritually refreshed.

Things to Avoid

To help keep your bracelet in good condition:

- Avoid perfumes, soaps, and harsh chemicals
- Remove it before swimming or bathing
- Keep it away from excessive heat
- Store it safely when not in use
- Handle it gently to protect the natural stone

★ Is This Bracelet Suitable for Your Horoscope?

Howlite is commonly associated with peace, patience, emotional balance, and mental clarity.

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

With your **FREE Personalised 10-Year Kundli & Palm Reading**, our team can provide simple spiritual guidance based on your birth details and help you understand whether Howlite is the most suitable crystal for you.

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

Frequently Asked Questions

Can I wear my Howlite Bracelet every day?

Yes. It is designed for comfortable daily wear.

Can I wear it while sleeping?

Yes. Many people choose to wear Howlite while sleeping because it is traditionally associated with calmness and relaxation. If it feels uncomfortable, simply remove it before bed.

Can I wear it with other crystal bracelets?

Yes. Many people enjoy pairing Howlite with other crystal bracelets based on their personal intentions.

How often should I recharge it?

Once every 2-4 weeks, or whenever you feel it needs refreshing.

Can anyone wear a Howlite Bracelet?

Yes. It is suitable for both men and women and is commonly worn by people of all ages.

A Secret Most People Never Discover...

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

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

Understanding your personal chart can help you make more informed spiritual choices.



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.