

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 Lapis Lazuli Bracelet**.

Your bracelet is more than just beautiful jewellery. Lapis Lazuli has been treasured for centuries as the **Stone of Wisdom, Truth, and Inner Strength**. It is believed to encourage clear thinking, confident communication, self-awareness, and better decision-making while helping you stay calm and focused.

Wear it with faith, positive intentions, and consistent action to invite clarity and confidence into your life.

Best Day to Start Wearing

You can start wearing your bracelet on Monday, Thursday, or Saturday morning after taking a bath.

- Hold the bracelet in your hands
- close your eyes
- Take a few deep breaths.
- set a positive intention before wearing it.

Which Hand Should You Wear It On?

Left Hand

- Receive wisdom
- Strengthen intuition
- Attract inner peace
- Build self-confidence
- Welcome positive energy

Right Hand

- Improve communication
- Express yourself confidently
- Strengthen leadership
- Take positive action
- Share your positive energy with others

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

Set Your Personal Intention

Before wearing your bracelet, repeat your intention three times.

You may say:

"I welcome wisdom, confidence, clear communication, and positive opportunities into my life."

Your intention helps you stay focused on your personal goals every day.

★ Want to Know What Your Future Says About Your Career & Success?

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

Just like you recharge yourself with rest, your bracelet also benefits from occasional cleansing.

Simple Charging Steps

- Placing it on a Selenite Charging Plate overnight.
- Keeping it under the soft moonlight for a few hours.
- Holding it during meditation while setting a fresh intention.
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Recharge your bracelet once every 2-4 weeks or whenever you feel it needs renewed energy.

Things to Avoid

To help maintain your bracelet's beauty and energy:

- Avoid contact with perfumes, soaps, lotions, and harsh chemicals.
- Remove it before swimming or bathing.
- Do not expose it to prolonged direct sunlight.
- Store it in a clean, safe place when not in use.
- Handle it with care to protect the natural stone.

★ Is This Bracelet Suitable for Your Horoscope?

Every person has a unique birth chart, and crystal suitability can vary from one individual to another.

If you're unsure whether Lapis Lazuli is the right crystal for your horoscope, our team is happy to help.

Message us on  **kreem_veda** for your **FREE 10-Year Kundli & Palm Reading** and discover which crystals may best suit your journey.

Frequently Asked Questions

Can I wear it every day?

Yes. Daily wear is recommended for the best experience.

Can I wear it while sleeping?

Yes, although many people prefer removing jewellery while sleeping for comfort.

Can I wear it with other crystal bracelets?

Yes. Lapis Lazuli pairs well with many other crystals.

What if someone else touches my bracelet?

That's perfectly fine. If you wish, simply recharge it before wearing it again.

How often should I recharge it?

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

A Secret Most People Never Discover...

Many people wear crystal bracelets for years without ever knowing whether they are actually wearing the crystal that truly matches their birth chart and life path.

The right crystal can complement your personal journey, while another may simply be beautiful to wear.

That is why understanding your horoscope can make a meaningful difference.



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 Rose Quartz Bracelet**.

Rose Quartz is known as the *Stone of Love*. It is believed to encourage self-love, emotional balance, compassion, inner peace and positive relationships.

Your bracelet also includes a complimentary Selenite Charging Plate to help keep your bracelet energetically refreshed.

Best Day to Start Wearing

You can wear your bracelet on any day.

Many people prefer to begin on:

- Friday (associated with love and harmony)
- During the morning after a bath
- With a calm and positive mindset

The most important thing is your **intention**.

Which Hand Should You Wear It On?

Left Hand

- Receive loving energy
- Encourage self-love
- Support emotional healing
- Invite peace & calmness

Right Hand

- Share kindness
- Express positive emotions
- Strengthen relationships

If unsure, wear it on the **left hand** — the most commonly recommended choice.

Set Your Personal Intention

Before wearing your bracelet for the first time:

1. Hold it gently in your hands.
2. Close your eyes.
3. Take three slow breaths.
4. Think about one intention.

♥ "I welcome love into my life."

♥ "I choose peace and happiness."

♥ "May my heart remain calm and positive."

Wear your bracelet with gratitude and confidence.



Want to Know What Your Future Says About Love?

As a valued Kreem Veda customer, you can receive a **FREE Personalized 10-Year Kundli & Palm Reading** with spiritual guidance to help you understand your career path, future opportunities, personal strengths, and life direction.

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

How to Recharge Your Bracelet

Your bracelet comes with a **FREE Selenite Charging Plate**.

Selenite is traditionally used to help cleanse and refresh the energy of crystals.

Simple Charging Steps

- ✓ Place your bracelet on the Selenite plate.
- ✓ Leave it overnight or for at least 6 hours.
- ✓ Wear it again the next morning.

You may recharge it:

- Once every week
- After emotionally stressful days
- Whenever you feel the bracelet needs refreshing

Things to Avoid

To help keep your bracelet in good condition:

- Avoid perfumes directly on the beads.
- Remove before swimming.
- Avoid harsh chemicals.
- Store in a clean, dry place.
- Handle with care to prevent damage.

Remember that crystals are natural stones, so each bracelet is unique in colour and pattern.

★ Is Rose Quartz the Right Crystal for You?

Many people choose crystals because they look beautiful. However, some find that different crystals align better with their personal goals or birth chart.

Your Kundli may help identify crystals associated with:

- Love • Confidence • Emotional balance
- Career growth • Prosperity • Protection

Message Kreem Veda on  **kreem_veda** for your **FREE 10-Year Kundli & Palm Reading** and discover which crystals may best suit your journey.

Frequently Asked Questions

How long should I wear my bracelet?

Wear it as often as you like. Many people wear it daily.

Can I wear it while sleeping?

Yes, if it feels comfortable.

Can I wear it with other crystal bracelets?

Yes. Many people enjoy combining different crystal bracelets based on their personal preferences.

Will the bracelet lose its energy?

Many crystal enthusiasts choose to recharge their bracelets regularly using the included Selenite plate.

Is every bracelet identical?

No. Since natural stones are used, each bracelet has its own unique colour, texture and appearance.

A Secret Most People Never Discover...

Many people wear crystal bracelets for years without ever knowing whether they are wearing the crystal that best matches their personal goals or birth chart.

Every individual is unique.

Your birth details and palm may provide personalised insights into:

- Love and relationships
- Career
- Financial opportunities
- Family life
- Personal growth
- Favourable periods over the next 10 years

Understanding these insights can help you make more informed choices on your personal journey.



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