

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 Amethyst Crystal Bracelet**.

Amethyst is traditionally associated with **calmness, clarity, emotional balance, positive energy, and spiritual awareness**. It is also commonly used in meditation and relaxation rituals. Wear your bracelet as a beautiful reminder to stay peaceful, focused, and connected with your intentions throughout the day.

✨ Benefits of Amethyst Crystal

1. 🧘 **Calm & Relaxation** - Often used as a reminder to slow down and create a peaceful atmosphere.
2. 🧠 **Clarity & Focus** - Traditionally associated with clear thinking and mental awareness.
3. 😊 **Emotional Balance** - Many people wear Amethyst as a symbolic reminder of emotional calm.
4. ✨ **Positive Energy** - Commonly used in spiritual and meditation practices.
5. 🌙 **Better Sleep Rituals** - Traditionally kept close during bedtime or relaxation routines.
6. 🌺 **Spiritual Growth** - Associated with meditation, intuition, and inner awareness.
7. 💜 **Elegant Everyday Wear** - Natural Amethyst makes a beautiful gemstone accessory for everyday wear.

Best Day & Which Hand to Wear

Thursday is traditionally considered a suitable day to begin wearing Amethyst, as it is associated with wisdom, growth, and positive guidance.

Before wearing it, gently clean the bracelet, hold it for a moment, and set a positive intention.

You can wear it on **either hand**. Traditionally, the **left hand is associated with receiving**, while the **right hand is associated with giving or expressing**.

Choose the hand that feels most comfortable and meaningful to you.

Create Your Personal Intention

Take a quiet moment before wearing your bracelet and set a simple intention.

You may say:

"I welcome clarity, peace, positive thoughts, and meaningful growth into my life."

You can also create an intention that feels personal to you.

★ 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!

Care & Personal Guidance

How to Recharge Your Bracelet

Many crystal traditions include cleansing or recharging practices as a way to refresh the bracelet and reconnect with your intention.

Try this simple method:

1. Place your bracelet in a clean and peaceful space.
2. Keep it away from moisture and prolonged direct sunlight.
3. Sit quietly and take a few deep breaths.
4. Hold the bracelet and focus on your positive intention.
5. Leave it safely in place overnight.

You can repeat this whenever you feel it is time for a fresh start.

Care Tip: Amethyst can be sensitive to prolonged direct sunlight, which may affect its colour over time. Avoid harsh cleaning methods and chemicals.

Things to Avoid

- To keep your bracelet beautiful and in good condition:
- Avoid prolonged exposure to direct sunlight.
- Keep it away from perfumes, sprays, oils, and harsh chemicals.
- Do not use strong detergents or abrasive cleaners.
- Avoid soaking the bracelet in water for long periods.
- Remove it before activities that may stretch or damage the cord.
- Store it safely when you are not wearing it.
- Treat your bracelet with care and it can remain a beautiful part of your daily routine.

★ Is This Plate Suitable for Your Horoscope?

The Amethyst Crystal Bracelet is suitable for people of different zodiac signs and can be chosen based on personal preferences and traditional crystal practices.

A crystal can complement your personal practice, but it should not replace professional advice.



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Frequently Asked Questions (FAQs)

Can I wear my Amethyst Bracelet every day?

Yes. You can wear it as part of your everyday routine, provided it remains comfortable and protected from activities that could damage the bracelet.

Can I sleep while wearing it?

You may, if it feels comfortable. However, removing the bracelet while sleeping can help protect the elastic cord from unnecessary stretching or breakage.

Can men and women wear the bracelet?

Absolutely. The bracelet is suitable for both men and women and can be worn as an everyday gemstone accessory.

Can I wear it with other crystal bracelets?

Yes. Many people enjoy wearing different crystals together. Choose combinations that feel comfortable and meaningful to you.

How often should I cleanse or recharge it?

There is no fixed rule. You can follow a simple cleansing or intention-setting routine whenever you feel it is appropriate.

What if my bracelet breaks?

A broken bracelet does not automatically mean that something negative has happened. The cord or crystals may simply have experienced normal wear and tear. Check the bracelet and its components before deciding whether to repair or replace it.

A Secret Most People Never Discover...

Many people wear crystals without knowing whether they truly suit their **personal needs and intentions**.

Your goals, beliefs, lifestyle, and—if you follow astrology—your birth chart can all guide your crystal choice.

If you are drawn to **calmness, clarity, self-reflection, or spiritual practice**, Amethyst may be a meaningful choice.

Let your bracelet be a daily reminder of your intention.



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.