

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.



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.