

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.

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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