

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 Selenite Plate Guide

Discover how to use and care for your selenite plate for everyday spiritual practice.

Thank you for choosing the **Kreem Veda Selenite Charging Plate**.

Selenite is known for its association with **cleansing, clarity, peace, and positive energy**. It is commonly used to **cleanse and recharge crystal bracelets, Crystal malas, pendants, rings, and other spiritual items**, helping them feel refreshed and ready for everyday use.

Best Day to Start Using

You can begin using your Selenite Charging Plate on **Monday, Thursday, or any day that feels meaningful to you**.

How to Use the Selenite Plate

Simply place your crystal bracelet or other spiritual items on the Selenite Plate for **4-8 hours or overnight**. Use it regularly to help keep your crystals energetically refreshed.

Set Your Personal Intention

Before placing your bracelet on the plate, take a quiet moment and focus on your intention.

You may say:

"May this bracelet be filled with positive energy, peace, clarity, and divine blessings."

★ Want to Know What Your Future Says?

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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

Using the Selenite Charging Plate is simple:

- Place your crystal bracelet or spiritual item on the Selenite Plate.
- Leave it on the plate for 4-8 hours or overnight.
- Set a positive intention while placing your bracelet on the plate.
- For an extra energy refresh, you may place the Selenite Plate under gentle moonlight occasionally.
- Use the plate whenever you feel your crystals need an energetic cleanse.

Things to Avoid

- Do not wash the Selenite Plate with water, as Selenite is a soft natural mineral.
- Avoid dropping or scratching the plate.
- Keep it away from prolonged moisture or humidity.
- Do not place very heavy objects on the plate.
- Store it in a clean, dry, and respectful place when not in use.



Is Your Bracelet Suitable for This Selenite Plate?

A Selenite Charging Plate can be used to cleanse and recharge most crystal bracelets and spiritual items.

However, not every crystal bracelet is the ideal match for every individual. Your birth chart may indicate that a different crystal is better suited to your personal energy and life goals.

If you would like to know whether your current crystal bracelet is the right one for you and can be effectively used with this Selenite Charging Plate, our team can provide a **FREE Personalised 10-Year Kundli & Palm Reading**. We'll help you understand whether your current crystal is suitable or recommend one that better aligns with your horoscope and intentions.

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

Frequently Asked Questions

How do I use the Selenite Charging Plate?

Simply place your crystal bracelet or other spiritual items on the plate for 4–8 hours or overnight.

What items can I recharge?

You can recharge crystal bracelets, malas, pendants, rings, tumbled stones, and other small spiritual items.

How often should I use the plate?

You can use it as often as you like. Many people recharge their crystals once a week or whenever they feel the energy needs refreshing.

Can everyone use a Selenite Charging Plate?

Yes. It is suitable for anyone who wishes to cleanse and recharge their crystals and create a peaceful spiritual space.

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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