



CRYSTAL CLEANSING

When to Cleanse your Crystals?

- Begin right after you buy or receive it.
- After that, if you wear a stone for healing purposes, it needs cleansing and “recharging” after each use.
- If worn as jewellery, you can opt to cleanse them daily or weekly, especially after they start looking dull.
- Crystals used to cleanse our environment (such as selenite in your home) should be cleansed monthly.
- Healing crystals, or gemstones, are part of a category called “vibrational healing.” They both absorb and give energy, so it’s important to discard any built-up negativity through cleansing.

How to Cleanse your Crystals?

- **Sunlight and moonlight**
- Sunlight and moonlight can charge and clean your gemstone.
- The sun will supply yang solar energy that balances the stone’s innate yin energy it received from the earth during its creation. For stones that are susceptible to discoloration (such as amethyst, rose quartz or amber, you can opt to put them out at dawn for an hour.
- Moonlight is a more delicate (and non-colour-altering) method that is especially effective with a full moon and can increase the stone’s vibrations.
- **Earth**
- You can bury your stones underground for a full day. Let the earth soak up all the unwanted energies contained within the stones.
- **Fire Power - Smudging**
- Smudging can be done with sage sticks, or commercial incense like sandalwood or cedar, which is known to remove negativity. Wave your stone over your smoke for 20-30 seconds to cleanse it.