

### **Jewellery maintenance**

Precious stone jewellery must not come in contact with chemicals nor cleaning products. They should be kept separately from each other, such as in a compartmentalized jewellery box.

Jewellery should be taken off before going to bed, taking a bath, doing sport and exercises. Stones and crystals may change or fade colours when exposed to direct sunlight, when placed on a warm surface, or when in contact with products that contain alcohol or acetone, e.g. perfume or nail polish remover.

Sterling silver should be polished with a silver polishing cloth. They should be stored in a dark place to avoid oxidation. Do not use polishing products on silver plated/ gold plated jewellery because this will weaken the coating layer.



### **Cleansing and charging stones**

Chakra jewellery should be charged after being used for healing. The easiest way is to wash the jewellery under running water or place them on a piece of clear quartz cluster/geode overnight. You can charge them by placing them under sunlight, but some crystals and stones such as amethyst and rose quartz will lose their colour under direct sunlight. Charging under sunlight should apply for fire elemental stones, such as red jasper, carnelian, and garnet. Other charging methods use sound, air, under the moon light, and in the earth.

