

NAVRATNA CRYSTAL

Complete Crystal Care Guide

Welcome to Your Crystal Journey

Thank you for choosing Navratna Crystal. Your crystals are natural treasures that have formed over millions of years deep within the Earth. With proper care and attention, they will remain beautiful and energetically vibrant for generations to come.

This guide will help you understand how to clean, charge, store, and care for your precious crystal jewelry and specimens.

🌟 General Crystal Care Principles

Daily Wear Guidelines

DO:

- Remove crystal jewelry before bathing, swimming, or exercising
- Apply perfumes, lotions, and cosmetics before wearing crystals
- Store crystals in a soft pouch or jewelry box when not in use
- Handle your crystals with clean, dry hands
- Allow crystals to rest periodically by not wearing them daily

DON'T:

- Expose crystals to harsh chemicals, cleaning agents, or chlorine
 - Wear crystals during strenuous physical activities
 - Leave crystals in direct sunlight for extended periods
 - Store different crystals together without protection (prevents scratching)
 - Expose crystals to extreme temperature changes
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💧 Cleaning Your Crystals

Physical Cleaning Methods

Method 1: Soft Cloth Cleaning (Safest for All Crystals)

- Use a soft, lint-free microfiber cloth
- Gently wipe the crystal surface to remove dust and oils
- This method is safe for ALL crystal types
- Recommended frequency: After each wear or weekly

Method 2: Lukewarm Water (Water-Safe Crystals Only)

- Rinse briefly under lukewarm running water
- Pat dry immediately with a soft cloth
- Never soak crystals in water
- **Safe for:** Quartz, Amethyst, Citrine, Jasper, Agate, Tiger's Eye
- **NOT safe for:** See "Water-Sensitive Crystals" section below

Method 3: Mild Soap Solution (Occasional Deep Clean)

- Mix a few drops of mild, natural soap in lukewarm water
- Dip a soft cloth in the solution and wring out excess
- Gently wipe the crystal
- Rinse with clean water (if water-safe) and dry immediately
- Use this method sparingly (once a month maximum)

Water-Sensitive Crystals (Never Use Water)

These crystals can dissolve, rust, or become damaged when exposed to water:

- **Pyrite** (contains iron, will rust and tarnish)
- **Selenite** (dissolves in water)
- **Malachite** (toxic when wet, can leach copper)
- **Lapis Lazuli** (contains calcite, can deteriorate)
- **Turquoise** (porous, absorbs water and changes color)
- **Fluorite** (soft, can dissolve)
- **Calcite** (dissolves in water)
- **Desert Rose** (dissolves in water)
- **Hematite** (contains iron, will rust)
- **Azurite** (can deteriorate and release copper)

For these crystals: Use only dry cloth cleaning or smoke cleansing methods.

Energetic Cleansing & Charging

Crystals absorb energy from their environment and users. Regular energetic cleansing removes accumulated negative energy and restores their natural vibration.

Cleansing Methods

1. Moonlight Cleansing (Best for All Crystals)

- Place crystals on a windowsill or outdoors during a full moon
- Leave overnight to absorb lunar energy
- Particularly powerful during full moon phases
- Safe for ALL crystal types
- Frequency: Monthly or as needed

2. Sunlight Charging (Use with Caution)

- Place crystals in morning sunlight for 2-4 hours maximum
- Avoid prolonged exposure (can fade some crystals)
- **Safe for:** Clear Quartz, Citrine, Carnelian, Sunstone, Black Tourmaline
- **Avoid for:** Amethyst, Rose Quartz, Aquamarine, Fluorite, Celestite (will fade)
- Best time: Early morning sun (less intense)

3. Selenite Charging Plate

- Place your crystals on a selenite charging plate or near selenite
- Leave for 4-6 hours or overnight
- Selenite continuously cleanses and charges other crystals
- Safe for all crystal types
- No time limit needed

4. Sound Cleansing

- Use singing bowls, bells, or tuning forks
- The vibrations clear stagnant energy
- Hold the crystal while creating sound or place nearby
- Duration: 5-10 minutes
- Safe for all crystals

5. Smoke Cleansing (Smudging)

- Use sage, palo santo, or incense smoke
- Pass crystal through smoke for 30-60 seconds
- Visualize negative energy being released
- Safe for all crystals including water-sensitive ones
- Ensure proper ventilation

6. Earth Burial (Deep Cleansing)

- Bury crystal in soil or a plant pot for 24 hours
- Mark the location so you can find it
- Brush off soil and clean with a dry cloth
- Do this sparingly (once or twice a year)
- Not recommended for delicate or porous stones

7. Crystal Clusters

- Place your crystal jewelry on clear quartz or amethyst clusters
 - Leave for 6-8 hours
 - The cluster naturally cleanses and recharges
 - Safe for all crystal types
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Setting Intentions

Crystals work best when programmed with your personal intentions.

How to Set an Intention:

1. **Cleanse Your Crystal First**
 - Ensure the crystal is energetically clear before programming
2. **Create a Quiet Space**
 - Find a peaceful moment without distractions
3. **Hold the Crystal**
 - Cup the crystal in your hands near your heart
4. **Clear Your Mind**
 - Take three deep breaths to center yourself
5. **State Your Intention**
 - Speak aloud or silently: "I program this crystal for [your intention]"

- Be specific: "abundance," "protection," "love," "healing," etc.

6. Visualize

- Imagine your intention as light flowing into the crystal

7. Express Gratitude

- Thank the crystal for its assistance

8. Wear or Place Your Crystal

- Keep it close to remind you of your intention

Re-program your crystals whenever your goals change or during new moon phases.

Storage Guidelines

Jewelry Storage

- **Individual Pouches:** Store each piece in a separate soft cloth or velvet pouch
- **Jewelry Box:** Use compartmentalized boxes with soft lining
- **Avoid Moisture:** Keep in a dry, cool place away from bathrooms
- **Separate Metals:** Store crystal jewelry away from metal pieces to prevent scratching
- **Hanging Storage:** Consider hanging necklaces to prevent tangling

Crystal Specimens & Tumbled Stones

- **Display Cases:** Use glass cabinets or shelving for specimens
- **Fabric Lining:** Line storage areas with soft fabric
- **Organized by Type:** Group similar hardness levels together
- **Label Your Collection:** Tag specimens with name and properties
- **Avoid Sunlight:** Keep display areas away from direct sun exposure

Travel Storage

- **Padded Pouches:** Use extra padding for travel
 - **Hard Cases:** Consider a small jewelry case for added protection
 - **Separate Compartments:** Prevent crystals from touching during transit
 - **Carry-On Luggage:** Keep valuable pieces in carry-on bags
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Crystal-Specific Care Instructions

Hard Crystals (Mohs 7-10)

Examples: Quartz, Amethyst, Citrine, Clear Quartz

- Most durable and easy to care for
- Can be cleaned with water
- Can withstand sunlight exposure (except Amethyst fades)

Medium-Hard Crystals (Mohs 5-7)

Examples: Moonstone, Agate, Jasper, Tiger's Eye, Aventurine

- Moderately durable
- Can be cleaned with water (brief exposure)
- Avoid harsh chemicals

Soft Crystals (Mohs 3-5)

Examples: Fluorite, Malachite, Turquoise, Calcite

- Delicate and scratch easily
- Many are water-sensitive
- Require gentle handling and dry cleaning only

Metallic Crystals

Examples: Pyrite, Hematite

- Contain iron and will rust with water
- Clean with dry cloth only
- Store in low-humidity environment
- May develop patina over time (natural process)

Porous Crystals

Examples: Turquoise, Lapis Lazuli, Opal

- Absorb liquids and chemicals
- Never expose to water, perfumes, or lotions
- Clean with dry cloth only
- Store away from humidity

Elastic Cord Bracelet Care

Maintaining Your Stretch Bracelets

- **Roll On/Off:** Don't pull - roll the bracelet over your hand
- **Avoid Over-Stretching:** Don't stretch beyond wrist size
- **Keep Dry:** Remove before water exposure
- **Check Regularly:** Inspect cord for signs of wear
- **Re-string When Needed:** If cord becomes loose or frayed, re-string immediately

Signs Your Bracelet Needs Re-stringing:

- Visible gaps between beads when worn
- Cord appears thin, frayed, or discolored
- Bracelet feels loose or stretches easily
- Visible wear around knot area

Contact Navratna Crystal for re-stringing services.

Warning Signs & Troubleshooting

Crystal Damage Indicators

Color Fading:

- Caused by excessive sunlight exposure
- Prevention: Limit sun exposure, store in dark place

Cloudiness:

- Natural aging or exposure to chemicals
- Prevention: Avoid perfumes, lotions, cleaners

Rust or Tarnish (Metallic Stones):

- Water or humidity exposure
- Prevention: Keep completely dry, store with silica packets

Cracks or Chips:

- Physical impact or temperature shock
- Prevention: Handle carefully, avoid dropping

Brittleness:

- Dehydration or improper storage
- Prevention: Store in moderate humidity (not too dry)

When to Stop Wearing a Crystal

- If the crystal breaks or chips significantly
- If you experience persistent discomfort
- If the crystal no longer resonates with you
- If there's severe damage or deterioration

Return broken crystals to the Earth by burying them with gratitude, or keep fragments as pocket stones.

Seasonal Crystal Care

Summer Care

- Limit sun exposure time
- Store in cool, dry places
- Clean more frequently due to sweat and oils
- Keep away from chlorinated pools

Monsoon/Rainy Season Care

- Store with silica gel packets to absorb moisture
- Check metallic crystals for rust
- Clean and dry thoroughly after any exposure
- Increase frequency of energetic cleansing

Winter Care

- Avoid extreme temperature changes
- Protect from dry indoor heating
- Be cautious with brittle crystals (can crack in cold)
- Moisture from snow/rain requires immediate drying

Connecting with Your Crystals

Building a Relationship

- **Wear Regularly:** The more you wear them, the more attuned they become
- **Meditate with Them:** Hold crystals during meditation
- **Sleep with Them:** Place under pillow or on nightstand (use caution with stimulating stones)
- **Journal:** Record how different crystals make you feel
- **Trust Your Intuition:** You'll know which crystal you need each day

Signs Your Crystal is Working

- Feeling more aligned with your intention
 - Subtle energy shifts or sensations
 - Synchronicities related to your goals
 - Emotional or mental clarity
 - Physical sensations (warmth, tingling) when holding
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Need Help?

Contact Navratna Crystal

If you have questions about caring for your specific crystal or need repair services:

- **Email:** care@navratnacystal.com
 - **Website:** www.navratnacystal.com
 - **Customer Support:** Available for guidance on crystal care
 - **Re-stringing Services:** Professional bracelet repair available
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Final Thoughts

Your crystals are living energies from the Earth. They've traveled millions of years to reach you. Honor them with proper care, clear intentions, and gratitude. In return, they will serve as powerful allies on your journey toward wellness, abundance, and spiritual growth.

Remember: There is no "wrong" way to work with crystals. Trust your intuition and develop a care routine that feels right for you.

**With love and light,
The Navratna Crystal Team**

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This guide is for informational purposes only. Crystal healing properties are based on traditional beliefs and should not replace medical advice.