

How to Cleanse and Charge Your Crystals

Why Cleanse

When crystals are used for healing, worn as jewelry, or kept in busy spaces, they absorb energy—both positive and negative. Cleansing helps release this stagnant energy, restoring the crystal to its natural vibration.

Ways to Cleanse

- **Running Water** – Rinse crystals under clean water (avoid soft stones).
- **Salt Bath** – Leave in sea salt overnight to absorb negativity.
- **Smudging** – Cleanse with sage, palo santo, or incense smoke.
- **Sound Cleanse** – Use singing bowls, bells, or chants to raise vibrations.

How to Charge

- **Sunlight** – Place in gentle morning light for vitality and strength.
- **Moonlight** – Leave under the full moon for calm, intuitive energy.
- **Earth** – Bury in soil overnight to ground and recharge.
- **Clusters** – Rest on Amethyst or Selenite clusters to renew energy.