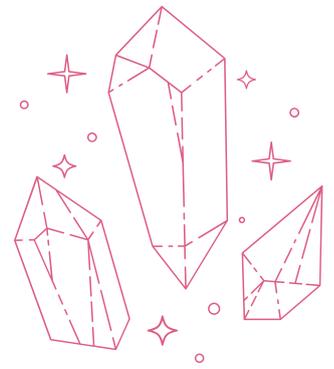


# *Your 5 Step Guide To Crystal Care*

**UNLOCK THE POWER OF YOUR CRYSTALS**

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Understanding the importance of crystal care and why it's essential for healing and energy work

## Step 1: Cleansing Your Crystals



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## Step 2: Charging your Crystals



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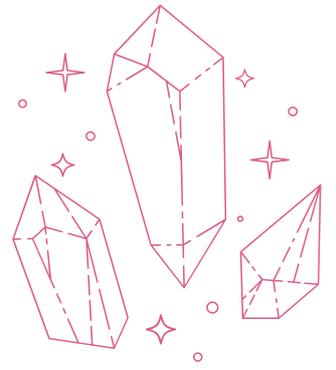
## Step 4: Caring for your Crystal Jewellery

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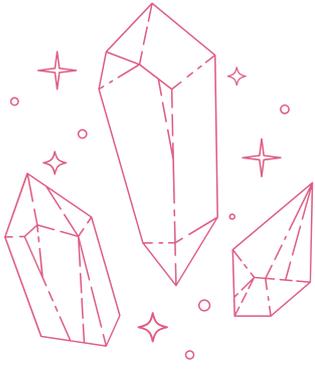
## Your Crystal Journey Continues

# *Your Journey Starts Here*



Thank you so much for purchasing this 5-Step Guide to Crystal Care! I'm Amanda, the heart behind Amanda's Zen Den, and I'm truly honoured to be part of your crystal journey. Whether you're just starting out or looking to deepen your connection with crystals, this guide will help you understand the essential steps to cleanse, charge, store, and reconnect with your crystals. I've spent years working with crystals and learning their unique energies, and I'm excited to share everything I've learned with you. By following these simple yet powerful steps, you'll ensure your crystals stay energetically aligned, supporting you every step of the way on your healing journey





# Step 1

## CLEANSING YOUR CRYSTALS

### Cleansing is the first and most important step

Over time, crystals absorb energies—both positive and negative—that can affect their vibrational frequency. Regular cleansing ensures your crystals remain clear and ready to serve their intended purpose

### Methods of Cleansing Your Crystals



#### Water Cleansing

Rinse your crystals under cool running water for a few seconds to remove any unwanted energies. However, be mindful—some crystals, like selenite and amber, should never be cleansed with water. Always check before using this method. **Please see full list included**



#### Smudging

Use the smoke from sage, palo santo, or incense to cleanse your crystals. Simply hold the crystal in the smoke for several seconds while setting the intention to clear its energy. Smudging works well for most crystals and is a gentle, effective method. Smudging is my preferred way to cleanse.



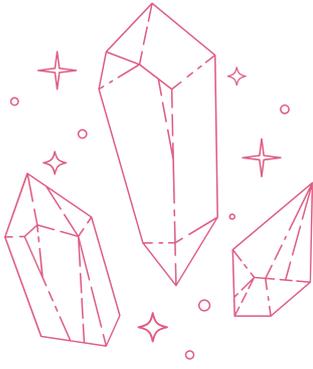
#### Sound Cleansing

Use sound vibrations to break up stagnant energy in your crystals. You can use a singing bowl, tuning fork, or even a bell. The resonating sound waves help to clear any negative energy



#### Sunlight Cleansing

The sun offers a powerful energy for cleansing your crystals. Place them outside in the sunlight for a few hours to clear them of any unwanted energies. Be cautious with amethyst and rose quartz, as prolonged exposure to the sun can cause fading.



# Step 1

## CLEANSING YOUR CRYSTALS (CONT)



### Salt Cleansing (Dry Method)

Place your crystal in a small bowl of sea salt or Himalayan salt and leave it for a few hours or overnight. Salt is naturally purifying and helps absorb negative energy. Make sure your crystal is safe for salt contact - **Please see list**

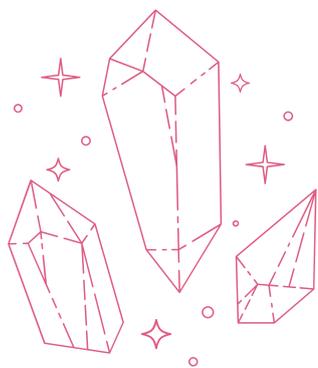


### Salt Cleansing (Water Soak)

Mix a small bowl of natural salt with clean water (ideally spring or filtered). Gently place your crystal into the saltwater and leave it for a few hours. Afterward, rinse well and pat dry.

Only use this for crystals that are safe in water and not porous and can be left in salt also

Always double-check whether your crystal is water-safe — if you're unsure, skip this method and go with dry cleansing or smoke/sound options instead - **Please see list**



# Step 2

## CHARGING YOUR CRYSTALS

After cleansing, it is important to charge your crystals to restore their energy and keep them vibrating at their full potential. Charging helps ensure your crystals continue to work effectively for your healing and personal growth

### Methods of Charging Your Crystals



#### Sunlight Charging

The sun is a potent source of energy that can supercharge your crystals. Place them outside for a few hours to recharge. **Please see included list of light sensitive crystals**



#### Moonlight Charging

The moon provides a gentler, more nurturing energy (one of my favourite ways to charge) Charge your crystals by placing them under the light of the full moon. This is a calming method and works well for crystals that need soft energy, like moonstone and Sodalite. I personally do not charge on a full moon at Eclipse season due to the intense energy that surrounds this time but it is entirely your decision, always trust your intuition and how you feel during these times, you will be guided to do what's best



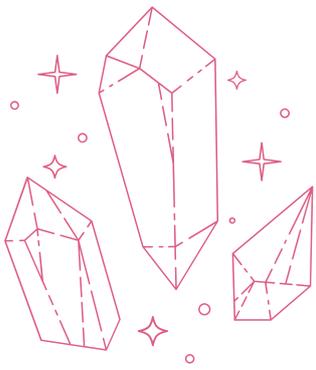
#### Earth Charging

Ground your crystals by burying them in the earth. This allows them to reconnect with the grounding, stabilising energy of Mother Nature. Earth charging is especially helpful after a cleansing session. Simply bury your crystal in the soil overnight to allow it to recharge.



#### Sound Charging

Just like cleansing, sound can be used to charge your crystals. Use a singing bowl or tuning fork to amplify the energy of your crystal, helping to focus and increase its healing vibrations



# Step 3

## STORING YOUR CRYSTALS

Proper storage ensures your crystals stay in the best condition and continue to support the intentions. Be mindful of how and where you store your crystals to keep their energy intact.



### Safe Storage

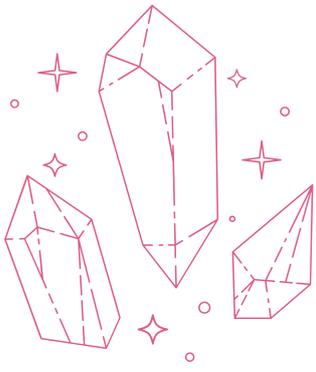
Store your crystals in soft pouches or fabric-lined boxes to avoid scratches or chips. Keep them in a cool, dry place out of direct sunlight (unless charging)



### Avoid mixing conflicting energies

Some crystals work better when stored separately from others. For example Amethyst and Clear Quartz are good together, but turquoise and Citrine may conflict energetically. If you're unsure, store crystals separately to maintain their individual energy. **Please see list of crystals with conflicting energies**





# Step 4

## CARING FOR CRYSTAL JEWELLERY

Crystal Jewellery requires special care to preserve both the stone and the metal settings. Jewellery may need more delicate handling compared to loose.



### Avoid Water

Do not cleanse crystal jewellery with water, as it can damage the metal settings and affected the stone's energy. Instead use smudging or sound cleansing methods to clear negative energy. Also be careful if you are wearing bracelets when washing hands so that it doesn't damage the elastic.



### Smudging and Sound Cleansing

Both methods work well for cleansing crystal jewellery. Use a sage stick or incense to smudge the jewellery, or use a singing bowl or tuning fork to cleanse the energy with sound.

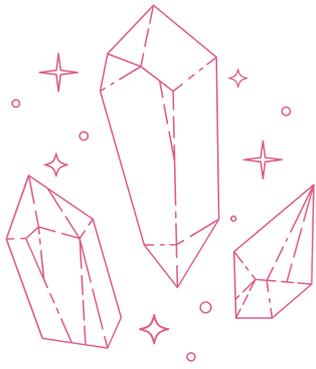


### Jewellery Storage

Keep your crystal jewellery in a soft pouch or jewellery box when not in use. Avoid leaving it in direct sunlight or in a place where it could be scratched or damaged

**“I would also advise not wearing your crystal jewellery to bed or in the bath or shower to avoid damage”**

**“Make sure you are cleansing and recharging your crystal jewellery after use to remove any negative stagnant energy it has collected”**



# Step 5

## RECONNECTING WITH YOUR CRYSTALS

Regularly reconnecting with your crystals helps strengthen your bond and keep their energy flowing. This step is essential for integrating crystals into your healing practices



### Meditation

Hold your crystal during meditation to enhance your connection and focus. This allows the crystal's energy to amplify your intentions and deepen your practice. Notice how your crystal makes you feel during your meditation, was it different to before?



### Carrying Your Crystals

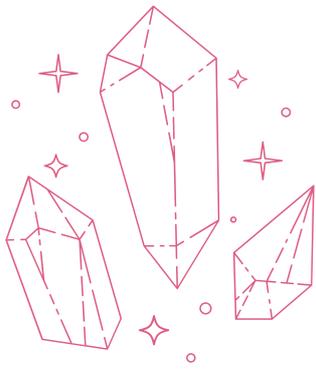
Keep your crystals in your pocket, purse or wear it as jewellery. This ensures you're always connected to its energy throughout the day. **"I would recommend starting with one crystal at a time if you are at the beginning of your journey"**



### Crystal Grids

Create a crystal grid for manifestation, protection or healing. Arrange your crystals in a specific pattern to amplify their collective energy, place your intentions at the centre of the grid (workshop for crystal grids is coming!)





# Bonus Step 1

## CHARGING WITH INTENTION

Charging your crystals with intention is a powerful way to amplify their energy and direct their healing properties. When you set an intention, you're guiding the crystal to work towards a specific purpose.

### How to Charge with Intention



Choose a peaceful environment where you can focus.



Hold the crystal in your hands, close your eyes and take a few deep breaths



Clearly state your intention. Whether its for healing, manifestation or protection, make sure your intentions is clear and focused

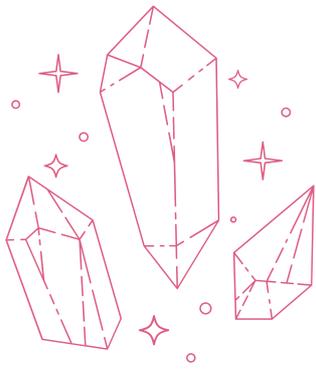


Picture the crystal glowing brightly, radiating energy aligned with your intention.



Let go of the expectation, knowing your crystal is working





# Bonus Step 2

## GEODES TO CLEANSE & CHARGE

Some crystals are powerful enough to support others — like a bestie who lifts you up  
Placing crystals on geodes like Amethyst, Clear Quartz, or Selenite can both cleanse and charge, because those big crystal naturally, clear away stagnant or negative energy (**cleansing**) restore, amplify, or realign energy (**charging**)

### How it works



To cleanse, place your crystal on the geode and set the intention to release stuck or negative energy



To charge, ask the geode to fill the crystal with high vibrational energy



Or do both in one go — it's your ritual!

This is a gentle, ongoing method perfect for your crystal altar or bedside setup. Let your crystals chill together and soak in the vibes

**“You may have noticed by now that they are similarities between cleansing and charging and in actual fact Step 1 & 2 overlap. At the beginning of my journey I used to find this very confusing. Personally the only difference between them both is INTENTION and I use whatever method I feel drawn to”**



# Common Self Cleansing Crystals

Some crystals are low-maintenance and naturally keep their energy clear — perfect for busy days or when you're just not feeling it

**Selenite** – the ultimate energy purifier (never needs cleansing!)

**Citrine** – carries a joyful, sun-charged energy that resists negativity

**Kyanite** – powerful and always stays clear

**Azeztulite** – high vibration, doesn't hold on to lower energies

**Super Seven** – a combination of seven powerful crystals, believed by many to be naturally balanced and self-cleansing (note: some people may debate its legitimacy, as it's a blend of several crystals)

**Clear Quartz** – amplifies energy and clears itself naturally, always open to being programmed

**Amethyst** – protective and calming, resists negative energy

**Smoky Quartz** – grounding and protective, helps to transmute negative energy

**Black Tourmaline** – grounding and absorbs negative energy, doesn't need frequent cleansing

**Sodalite** – clears mental blockages, always stays clear

**Labradorite** – protective and energetic, can maintain its balance naturally

**Rhodonite** – heals emotional wounds and stays energetically clear

**Shungite** – absorbs negative energy and does not need frequent cleansing

**Apatite** – promotes personal growth and stays energetically clear



# Crystals That Should NOT Be Submerged in Water

- Amazonite** – Can become brittle over time
- Amber** – Organic resin, can become sticky or dull
- Angelite** – Turns into gypsum when wet
- Apophyllite** – Can break or flake apart
- Azurite** – Can be damaged and lose its colour
- Black Tourmaline (Raw)** – Porous and can crack
- Blue Lace Agate** – Porous and can break down
- Calcite** (all types: Blue, Green, Honey, Orange, etc.) – Can become cloudy or dissolve
- Carnelian** (raw/rough) – Can be porous and absorb water
- Celestite** – Can dissolve or break apart
- Chrysocolla** – Can become toxic in water due to copper content
- Cinnabar** – Contains mercury, highly toxic
- Fluorite** – Can become brittle and break
- Fuchsite** – Contains mica, which flakes apart
- Gypsum** (Desert Rose, Satin Spar, etc.) – Soft and dissolves in water
- Hematite** – Can rust
- Howlite (Dyed Varieties)** – Can fade or become damaged
- Kyanite** can fracture or split.
- Labradorite**, some pieces have fractures that can worsen with water exposure.
- Lapis Lazuli** contains pyrite, which can rust.
- Lepidolite** is flaky and fragile in water.
- Malachite** contains copper, toxic when wet.
- Mica (Muscovite, Lepidolite, Biotite, etc.)** can flake apart.
- Moonstone (Raw/Unpolished)** can be porous and weaken.
- Opal (Common & Precious)** can crack if left in water too long.
- Orpiment** contains arsenic, highly toxic.



# *Crystals That Should NOT Be Submerged in Water*

**Pyrite** – Can rust and release harmful substances

**Realgar** – Contains arsenic, highly toxic

**Selenite** – Dissolves in water

**Serpentine** – Some forms contain asbestos, avoid water

**Smithsonite** – Can become damaged and fragile

**Stibnite** – Contains lead and antimony, toxic in water

**Sugilite** – Can become dull and damaged

**Tangerine Quartz** (Iron-Coated Quartz) – Can rust

**Turquoise** – Porous and fragile

**Ulexite** – Soft and breaks down in water

**“If the crystal is not on this list but has inclusions of that crystal, I would air on the side of caution and use another method”**



# Crystals That Should NOT Be Exposed to Direct Sunlight

**Amethyst** fades to a pale lavender or white over time.

**Ametrine** can lose its distinct purple and yellow colouration.

**Apatite** can become brittle and fade.

**Aquamarine** can lose its blue-green vibrancy.

**Aventurine** (Green, Blue, etc.) can fade or lose colour.

**Beryl** (Morganite, Goshenite, etc.) can fade over time.

**Calcite** (All Colours) can fade, especially Blue and Orange Calcite.

**Celestite** fades and becomes brittle.

**Chrysoprase** loses vibrancy and may dry out.

**Citrine** (Natural, Not Heat-Treated) can fade in prolonged sunlight.

**Fluorite** (All Colours: Green, Purple, Blue, Yellow, etc.) fades and may become brittle.

**Hackmanite** can lose its unique colour-changing properties.

**Hiddenite** (Green Kunzite) fades in direct sunlight.

**Kunzite** can fade quickly, losing its pink or purple hues.

**Larimar** can lose its blue colour, turning white.

**Lepidolite** can fade and become brittle.

**Malachite** can fade and dry out, making it more fragile.

**Opal, both common and precious**, can dry out, crack, or lose iridescence.

**Pink Halite** can lose colour and become brittle.

**Prasiolite**, also known as Green Amethyst, can fade.

**Rose Quartz** fades to a pale pink or white over time.

**Sapphire** (Certain varieties of) may have colours that fade with prolonged exposure.

**Selenite** can degrade and become brittle.

**Smoky Quartz** can lose its dark colour and fade.

**Topaz**, including blue, yellow, and clear varieties, fades and loses vibrancy.

**Turquoise** can dry out, crack, or fade in colour.

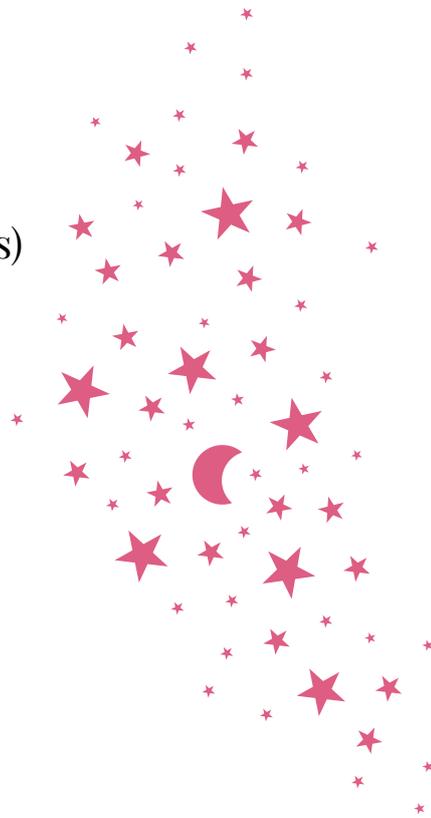
**Ulexite** can become cloudy or dry out.

**Natural Zircon**, not synthetic, can have some colours that fade in sunlight.



# Crystals That Can NOT Be Placed In Salt

Selenite  
Desert Rose  
Gypsum  
Calcite (all types)  
Fluorite  
Lepidolite  
Angelite  
Azurite  
Malachite  
Celestite  
Kunzite  
Chrysocolla  
Talc  
Chalcedony



Malachite  
Galena  
Pyrite  
Hematite  
Turquoise  
Magnetite  
Labradorite  
Opal  
Amber



# Crystals That might NOT Like Each Others Energy

When storing crystals together, keep similar energies in harmony. Pair calming stones with calming ones and energising stones with energising ones. Avoid mixing absorbing crystals with amplifying ones, as they can interfere with each other's properties. Fire and water element stones may counteract one another, and some protection crystals can create energy blocks. Storing crystals with aligned energies will help them work together smoothly

## High-Energy vs. Calming Crystals

Carnelian, Citrine, Red Jasper, Pyrite, Garnet, Ruby, Tiger's Eye, Sunstone  
**Should not be stored with** Amethyst, Lepidolite, Blue Lace Agate, Moonstone, Celestite, Howlite, Angelite, Selenite

## Fire & Water Element Crystals

Carnelian, Sunstone, Tiger's Eye, Fire Opal, Garnet, Red Jasper, Amber  
**Should not be stored with** Aquamarine, Selenite, Lapis Lazuli, Moonstone, Blue Chalcedony, Larimar

## Absorbing vs. Amplifying Crystals

Hematite, Black Tourmaline, Smoky Quartz, Shungite, Jet, Lodestone (Magnetite)  
**Should not be stored with** Clear Quartz, Moldavite, Citrine, Selenite, Apophyllite, Fluorite



# *Crystals That might NOT Like Each Others Energy*

## Opposing Intentions

Malachite, Turquoise, Kyanite, Moonstone, Prehnite, Rhodonite  
**Should not be stored with** Tiger's Eye, Onyx, Red Jasper, Sunstone, Hematite

## Strong Protective Stones

Black Obsidian, Shungite, Hematite, Jet, Onyx  
**Should not be stored with** Moldavite, Kyanite, Angelite, Kunzite

## Crystals That Can Overload Energy Fields (Too Intense Together)

Moldavite, Carnelian, Tiger's Eye, Garnet, Sunstone, Ruby, Pyrite  
**Should not be stored** together as they create overwhelming energy



# Your Crystal Journey Continues

Join the Zen Den Facebook Community for more support, guidance, and tips as you continue your healing journey with crystals.



Your next step in healing awaits at  
[shopazd.com](http://shopazd.com)

## *And Remember...*

“There’s no need to follow this guide like a strict rulebook. Crystals are all about your own connection and intuition. Let your heart guide you when it comes to storing and working with your stones. Trust the flow, and listen to your higher self—sometimes, the most powerful energy comes from just letting go and following your instincts.

This journey is yours, and healing isn’t about perfection. It’s about embracing the energy around you, being gentle with yourself, and letting each crystal help you in the way that feels right for you. Stay true to your path, and know that your higher self will always lead you exactly where you need to be.

Take your time, trust your intuition, and let the magic unfold.

I am also here if you need any help”

Love & Light

*Amanda*  
x 

