



A HOW-TO GUIDE ON

# CRYSTAL CLEANSING FOR BEGINNERS

BY: ROOTED WELLNESS RETREATS

# Crystal Cleaning Guide for Beginners

Crystals have been used for centuries to promote healing, balance, and positive energy. To make the most of your crystals and keep them working at their best, it's important to clean and cleanse them regularly. This guide will show you simple and effective ways to clean your crystals and maintain their energy.



## *beginner tip*

Start with one or two crystals that resonate with you the most. Get to know their properties and energies before expanding your collection.

## Why Clean Your Crystals?

Crystals have the ability to absorb and store energy from their surroundings. Over time, they may accumulate negative or stagnant energy, which can dull their vibrational power. Cleaning your crystals helps to:

**Recharge:** Restores the crystal's natural energy.

**Enhance:** Amplifies their healing and balancing properties.

**Maintain:** Keeps them in optimal condition for longer use.



## Basic Crystal Cleansing Methods (details on next page)

- 1. WATER BATH**  
Appropriate For: Most crystals except those that can dissolve in water. (e.g., Amethyst, Citrine and most varieties of quartz crystals.)
- 2. SUNLIGHT CLEANSING**  
Appropriate For: Crystals that won't fade in sunlight. (e.g., Clear Quartz, Aventurine, and many other opaque or translucent crystals.)
- 3. MOONLIGHT CLEANSING**  
Appropriate For: Most crystals, especially those sensitive to sunlight. (e.g., Amethyst, Selenite, Moonstone and other moon-associated crystals.)
- 4. EARTH CLEANSING**  
Appropriate For: Crystals grounded by their connection to the Earth (e.g., Hematite, Black Tourmaline).

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In the dance of daily life, let crystals be your partners, guiding your steps with their gentle energy.

# Detailed Crystal Cleansing Methods

1. WATER BATH - HOW TO:
  - Fill a glass or plastic bowl with lukewarm water
  - Add a pinch of sea salt to the water
  - Submerge your crystals in the water
  - Leave them for a few hours or overnight
  - Rinse the crystals under cool running water
  - Pat them dry with a soft cloth or let them air dry

2. SUNLIGHT CLEANSING - HOW TO:
  - Place your crystals in direct sunlight for a few hours (morning or afternoon)
  - Be cautious with sensitive crystals (e.g., Amethyst, Rose Quartz) as prolonged exposure may cause fading
  - Remove them once they feel energetically refreshed

3. MOONLIGHT CLEANSING
  - Place your crystals outside under the moonlight, preferably during a full moon
  - If outdoor placement isn't possible, put them on a windowsill that receives moonlight
  - Leave them overnight
  - Retrieve your cleansed crystals in the morning

4. EARTH CLEANSING
  - Bury your crystals in a pot of clean, dry soil or sand
  - Leave them for at least 24 hours or longer, depending on the crystal's needs
  - Brush off excess soil and rinse under cool water
  - Dry them thoroughly



## *important tip*

The most important tip when crystal cleansing is to set a clear intention.

Intention is a powerful aspect of working with crystals, and it plays a crucial role in the effectiveness of the cleansing process. Here's why it's important.

## Additional Tips

- Sound cleansing: Use singing bowls or chimes to cleanse crystals through sound vibrations.
- Smudging: Pass your crystals through the smoke of white sage or palo santo for energetic cleansing.
- Regularity: Cleanse your crystals whenever you feel their energy is off or after heavy use.

## Conclusion and Next Steps

Regularly cleansing your crystals is a simple yet powerful way to keep them vibrant and effective. Each method offers a unique way to refresh your crystals, allowing you to connect with their energies on a deeper level.

Experiment with these techniques and choose the one that resonates with you the most.

Enjoy the renewed energy and positivity your crystals bring to your wellness journey!



*Thank you!*

Discover the power of self-care with us. Reach out today, and let's nurture your well-being and help your self-care practice flourish.

**Reach out!**

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