



Wear & Care Stretch Bracelets



Bohobeachgypsy handmade stretch bracelets are made with HillTribe Silver which is 99.6% pure silver, natural gemstones and crystals. The essential oil diffuser bracelets are also made with porous beads such as lava stone, wood/seed or coconut.



The Bracelets are made as strong as I can make them however wear and tear will eventually happen. Your stretch bracelet will last a long time but it is really important to follow my wear and care tips so you can keep it looking beautiful and benefit from its healing properties as long as possible.

Roll on an off - do NOT pull to stretch it over your hand; instead, put it on by sliding your fingers into the bracelet, then rolling it gently up to your knuckles and then your wrist. Take it off the same way.

Consider wearing your bracelet on your non dominant hand as you are less likely to get your wrist caught on something with the hand you use less often.

Minerals and chlorine added to the water may harm some stones and crystals, wood/seed, or coconut and so I recommend you take it off when in the shower, pool or spa. Keep your stretch bracelet away from harsh cleaning chemicals, lotions, perfume sprays, soaps and anything which may react with the elastic and beads.

HillTribe silver will not tarnish, it may dull a little after time giving it a more patina look. If you wish to maintain its lustre, use my Hoi Tong Polishing Powder. I recommend after wearing, wipe your bracelet with the soft cleaning cloth provided, this will also keep the gemstones and crystals looking bright.

Natural gemstones and crystals absorb your negative energy and the energies surrounding them. It is important to cleanse and recharge your jewellery on a regular basis. There are different ways to cleanse, choose the right one for you:

- ☯ **Full Moon** ~ The full moon is the most powerful of all lunar phases. Just after sunset, lay your jewellery on the ground or natural surface where the crystals can be grounded under the full moon.
- ☯ **Smudging** ~ Use the smoke of white sage, hold the bracelet close to the stream of the smoke.
- ☯ **Sound** ~ Use a singing bowl, Tingsha hand cymbals or a tuning fork, bathe the bracelet in the sounds.
- ☯ **Selenite Crystal** ~ Use a flat piece of selenite or crystal quartz, amethyst or citrine cluster, lay your bracelet on top to cleanse.



After cleansing your bracelet, it is time to charge it with your new intentions and give your jewellery new purpose. Simply hold your jewellery in your hands and close to your heart, set your intention and then put your bracelet on.

Washing and oiling (for wood/seed and coconut beads)...

You can wash your beads only if necessary. Wash them by hand with just warm water. Pat dry and hang. Rub a small amount of organic oil, like walnut, in your hand along with your chosen essential oil or blend and then rub into your wood/seed beads thoroughly. If you live in a dry climate this may need to be done every few months to maintain the beads but otherwise once a year may be sufficient. Over time your natural beads will darken, this is a normal process.

Store your treasure separately in the Bohobeachgypsy soft pouch away from other jewellery and sunlight.

Love & Happiness



Email: karen@bohobeachgypsy.com
Website: www.bhobeachgypsy.com