

individual essence

drops

A range of 69 Essences that can be used individually or combined to treat any specific application. Use the reference chart on the following pages as a selection guide or discuss the options with your natural health care practitioner.



AUSTRALIAN BUSH FLOWER ESSENCES

info sheet

essence
skin & space mists



Specially formulated pure botanical organic Essences are applied in a gentle mist to refresh, renew and revitalise the emotions, skin, body, mind and psyche. Rehydrate, tone and clarify your skin prior to the application of our beautiful moisturisers, or use as a room mist to change the energy of your personal space. These 6 unique blends are formulated for use at home, at work or with friends and loved ones.

combination essence

drops

A range of 17 Essences formulated for specific application to assist with the whole family's emotional care and wellbeing. The easy to use reference guide on the opposite page will help make the right choice for you and the unique dropper bottle makes application easy – simply take 7 drops under the tongue or in a glass of water morning and night.



Everything in existence has a unique vibrational rate. Our bodies differ in vibration both internally and externally and vibrational imbalance affects the quality of our lives in many ways. Use the following guide to select the right formulation for you, your family and those you care for.

These unique formulations have been blended using Australian Bush Flower Essences with rare remedial qualities, ecologically gathered in unpolluted and naturally occurring regions of the vast Australian landscape.

essence
moisturisers



Exquisite blends of pure botanical organic Essence moisturisers formulated for emotional care and wellbeing are available in 5 combinations for everyday use. These deeply nurturing moisturisers are ideal for dry, flaking and sensitive skin conditions and can be used on all skin types encouraging natural skin wellness and beauty.

The history of Flower Essences can be traced back many thousands of years with many cultures using Flower Essences to treat emotional health and wellbeing. We are once again beginning to understand that emotional wellbeing is a major component of good health in the whole person. Flower Essences have been described as vibrational therapy and the Australian Bush Flower Essences professional range of pure botanical Flower Essences are used all over the world to help manage the emotional demands of everyday life. Flower Essences can be used by the whole family including your pets – **they are pure and natural.**

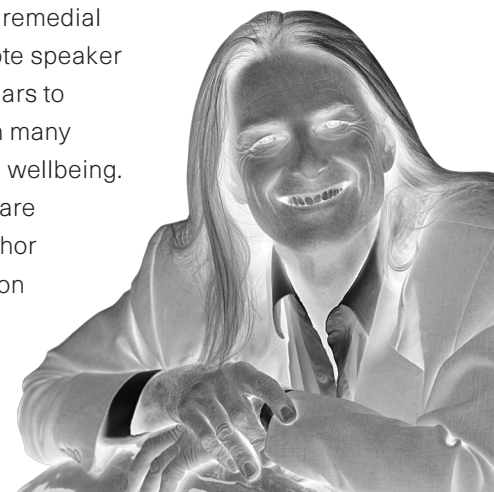
essence

oral sprays

The oral spray range includes Emergency, Woman, Calm & Clear, Body Love, Cognis, Confid and Dynamis formulations. Prepared with great care and respect using the most exquisite, natural ingredients on earth. They come in a handy pocket or purse pack dosage option for fast acting convenience. Just 2 sprays on the tongue, anytime, anywhere.



Ian White founder of Australian Bush Flower Essences has been a pioneer in researching the rare remedial qualities of the Australian Bush. As a keynote speaker Ian now travels the world presenting seminars to health care professionals and the public on many health issues including emotional care and wellbeing. Ian is a regular contributor to many healthcare journals, radio and television and is the author of 5 books. If you would like more information or would like to attend a workshop, please contact Australian Bush Flower Essences. Phone 61-2 9450 1388.



AUSTRALIAN
BUSH FLOWER
ESSENCES®

Emotional Care and WellBeing

individual essen

1. Alpine Mint Bush

- ⊖ Mental and emotional exhaustion; lack of joy and weight of responsibility of care givers.
- + Revitalisation; joy; renewal.

2. Angelsword

- ⊖ Interference with true spiritual connection to Higher Self; spiritually possessed; spiritual confusion.
- + Spiritual discernment; accessing gifts from past lifetimes; release of negatively held psychic energies; clear spiritual communication.

3. Banksia Robur

- ⊖ Disheartened; lethargic; frustrated.
- + Enjoyment of life; enthusiasm; interest in life.

4. Bauhinia

- ⊖ Resistance to change; rigidity; reluctance.
- + Acceptance; open mindedness.

5. Billy Goat Plum

- ⊖ Shame; inability to accept the physical self; physical loathing.
- + Sexual pleasure and enjoyment; acceptance of self and one's physical body; openmindedness.

6. Black-eyed Susan

- ⊖ Impatience; 'on the go'; over committed; constant striving.
- + Ability to turn inward and be still; slowing down; inner peace.

7. Bluebell

- ⊖ Closed; fear of lack; greed; rigidity.
- + Opens the heart; belief in abundance; universal trust; joyful sharing; unconditional love.

8. Boab

- ⊖ Enmeshment in negative family patterns; for recipients of emotional abuse and prejudice.
- + Personal freedom by releasing family patterns; clearing of other, non-family, negative Karmic connections.

9. Boronia

- ⊖ Obsessive thoughts; pining; broken hearted.
- + Clarity; serenity; creative visualisation.

10. Bottlebrush

- ⊖ Unresolved mother issues; overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy, approaching death.
- + Serenity and calm; ability to cope and move on; mother-child bonding.

11. Bush Fuchsia

- ⊖ Switched off; nervousness about public speaking; ignoring 'gut' feelings; clumsy.
- + Courage to speak out; clarity; in touch with intuition; integration of information; integration of male and female aspects.

12. Bush Gardenia

- ⊖ Stale relationships; self interest; unaware.
- + Passion; renews interest in partner; improves communication.

13. Bush Iris

- ⊖ Fear of death; materialism; atheism; physical excess; avarice.
- + Awakening of spirituality; acceptance of death as a transition state; clearing blocks in the base chakra and trust centre.

14. Christmas Bell

- ⊖ Lack of abundance; sense of lack; poor stewardship of one's possessions.
- + Helps one to manifest their desired outcomes; assists one with mastery of the physical plane.

15. Crowea

- ⊖ Continual worrying; a sense of being 'not quite right'.
- + Peace and calm; balances and centres the individual; clarity of one's feelings.

16. Dagger Hakea

- ⊖ Resentment; bitterness towards close family, friends, lovers.
- + Forgiveness; open expression of feelings.

17. Dog Rose

- ⊖ Fearful; shy; insecure; apprehensive with other people; niggling fears.
- + Confidence; belief in self; courage; ability to embrace life more fully.

18. Dog Rose of the Wild Forces

- ⊖ Fear of losing control; hysteria; pain with no apparent cause.
- + Calm and centred in times of inner and outer turmoil; emotional balance.

19. Five Corners

- ⊖ Low self esteem; dislike of self; crushed, held in personality; clothing drab and colourless.
- + Love and acceptance of self; celebration of own beauty; joyousness.

20. Flannel Flower

- ⊖ Dislike of being touched; lack of sensitivity in males; uncomfortable with intimacy.
- + Gentleness and sensitivity in touching; trust; openness; expression of feelings; joy in physical activity.

21. Freshwater Mangrove

- ⊖ Heart closed due to expectations or prejudices which have been taught, not personally experienced.
- + Openness to new experiences, people and perceptual shifts; healthy questioning of traditional standards and beliefs.

22. Fringed Violet

- ⊖ Damage to aura; distress; lack of psychic protection.
- + Removal of effects of recent or old distressing events; heals damage to aura; psychic protection.

23. Green Spider Orchid

- ⊖ Nightmares and phobias from past life experiences; intense negative reactions to the sight of blood.
- + Telepathic communication; ability to withhold information until timing is appropriate; attunement.

24. Grey Spider Flower

- ⊖ Terror; fear of supernatural and psychic attack.
- + Faith; calm; courage.

25. Gynea Lily

- ⊖ Arrogant; attention seeking; craving status and glamour; dominating and over-riding personality.
- + Humility; allowing others to express themselves and contribute; awareness, appreciation and taking notice of others.

26. Hibbertia

- ⊖ Fanatical about self improvement; driven to acquire knowledge; excessive self discipline; superiority.
- + Content with own knowledge; acceptance; ownership and utilisation of own knowledge.

27. Illawarra Flame Tree

- ⊖ Overwhelming sense of rejection; fear of responsibility.
- + Confidence; commitment; self reliance; self approval.

28. Isopogon

- ⊖ Inability to learn from past experience; stubborn; controlling personality.
- + Ability to learn from past experience; retrieval of forgotten skills; relating without manipulating or controlling; ability to remember the past.

29. Jacaranda

- ⊖ Scattered; changeable; dithering; rushing.
- + Decisiveness; quick thinking; centred.

30. Kangaroo Paw

- ⊖ Gauche; unaware; insensitive; inept; clumsy.
- + Kindness; sensitivity; savoir faire; enjoyment of people; relaxed.

31. Kapok Bush

- ⊖ Apathy; resignation; discouraged; half hearted.
- + Willingness; application; 'give it a go'; persistence; perception.

32. Little Flannel Flower

- ⊖ Denial of the 'child' within; seriousness in children; grimness in adults.
- + Care free; playfulness; joyful.

33. Macrocarpa

- ⊖ Drained; jaded; worn out.
- + Enthusiasm; inner strength; endurance.

34. Mint Bush

- ⊖ Perturbation; confusion; spiritual emergence; initial turmoil and void of spiritual initiation.
- + Smooth spiritual initiation; clarity; calmness; ability to cope.

35. Monga Waratah

- ⊖ Neediness; co-dependency; inability to do things alone; disempowerment; addictive personality.
- + Strengthening of one's will; reclaiming of one's spirit; belief that one can break the dependency of any behaviour, substance or person; self empowerment.

individ

36. Mountain Devil

- ➖ Hatred; anger; holding grudges; suspiciousness.
- ➕ Unconditional love; happiness; healthy boundaries; forgiveness.

37. Mulla Mulla

- ➖ Fear of flames and hot objects; emotional effects associated with exposure to heat and sun.
- ➕ Reduces the emotional effects of fire and sun; feeling comfortable with fire and heat.

38. Old Man Banksia

- ➖ Weary; phlegmatic personalities; disheartened; frustrated.
- ➕ Enjoyment of life; renews enthusiasm; interest in life.

39. Paw Paw

- ➖ Overwhelm; unable to resolve problems; burdened by decision.
- ➕ Improved access to Higher Self for problem solving; assimilation of new ideas; calmness; clarity.

40. Peach-flowered Tea-tree

- ➖ Mood swings; lack of commitment to follow through projects; easily bored; hypochondriacs.
- ➕ Ability to complete projects; personal stability; take responsibility for one's health.

41. Philotheca

- ➖ Inability to accept acknowledgement; excessive generosity.
- ➕ Ability to receive love and acknowledgement; ability to let in praise.

42. Pink Flannel Flower

- ➖ Feeling of life being dull and flat; lacking joy or appreciation for the every day aspects of life.
- ➕ Gratitude; joie de vivre; keeping one's heart chakra open; appreciation.

43. Pink Mulla Mulla

- ➖ Deep ancient wound on the psyche; an outer guarded and prickly persona to prevent being hurt; keeps people at a distance.
- ➕ Deep spiritual healing; trusting and opening up.

44. Red Grevillea

- ➖ Feeling stuck; oversensitive; affected by criticism and unpleasant people; too reliant on others.
- ➕ Boldness; strength to leave unpleasant situations; indifference to the judgement of others.

45. Red Helmet Orchid

- ➖ Rebelliousness; hot-headed; unresolved father issues; selfishness.
- ➕ Male bonding; sensitivity; respect; consideration.

46. Red Lily

- ➖ Vague; disconnected; split; lack of focus; daydreaming.
- ➕ Grounded; focused; living in the present; connection with life and God.

47. Red Suva Frangipani

- ➖ Initial grief, sadness and upset of either a relationship at rock bottom or of the death of a loved one; emotional upheaval, turmoil and rawness.
- ➕ Feeling calm and nurtured; inner peace and strength to cope.

48. Rough Bluebell

- ➖ Deliberately hurtful, manipulative, exploitive or malicious.
- ➕ Compassion; release of one's inherent love vibration; sensitivity.

49. She Oak

- ➖ Female imbalance; inability to conceive for non-physical reasons.
- ➕ Emotionally open to conceive; female balance.

50. Silver Princess

- ➖ Aimless; despondent; feeling flat; lack of direction.
- ➕ Motivation; direction; life purpose.

51. Slender Rice Flower

- ➖ Prejudice; racism; narrow mindedness; comparison with others.
- ➕ Humility; group harmony; co-operation; perception of beauty in others.

52. Southern Cross

- ➖ Victim mentality; complaining; bitter; martyrs; poverty consciousness.
- ➕ Personal power; taking responsibility; positiveness.

53. Spinifex

- ➖ Sense of being a victim to illness.
- ➕ Empowers one through emotional understanding of illness.

54. Sturt Desert Pea

- ➖ Emotional pain; deep hurt; sadness.
- ➕ Letting go; triggers healthy grieving; releases deep held grief and sadness.

55. Sturt Desert Rose

- ➖ Guilt; regret and remorse; low self esteem; easily led.
- ➕ Courage; conviction; true to self; integrity.

56. Sundew

- ➖ Vagueness; disconnectedness; split; indecisive; lack of focus; daydreaming.
- ➕ Attention to detail; grounded; focused; living in the present.

57. Sunshine Wattle

- ➖ Stuck in the past; expectation of a grim future; struggle.
- ➕ Optimism; acceptance of the beauty and joy in the present; open to a bright future.

58. Sydney Rose

- ➖ Feeling separated, deserted, unloved or morbid.
- ➕ Realising we are all one; feeling safe and at peace; heartfelt compassion; sense of unity.

59. Tall Mulla Mulla

- ➖ Ill at ease; sometimes fearful of circulating and mixing with others; loner; distressed by and avoids confrontation.
- ➕ Feeling relaxed and secure with other people; encourages social interaction.

60. Tall Yellow Top

- ➖ Alienation; loneliness; isolation.
- ➕ Sense of belonging; acceptance of self and others; knowing that you are 'home'; ability to reach out.

61. Turkey Bush

- ➖ Creative block; disbelief in own creative ability.
- ➕ Inspired creativity; creative expression; focus; renews artistic confidence.

62. Waratah

- ➖ Despair; hopelessness; inability to respond to a crisis.
- ➕ Courage; tenacity; adaptability; strong faith; enhancement of survival skills.

63. Wedding Bush

- ➖ Difficulty with commitment.
- ➕ Commitment to relationships; commitment to goals; dedication to life purpose.

64. Wild Potato Bush

- ➖ Weighed down; feeling encumbered.
- ➕ Ability to move on in life; freedom; renews enthusiasm.

65. Wisteria

- ➖ Feeling uncomfortable with sex; closed sexually; macho male.
- ➕ Sexual enjoyment; enhanced sensuality; sexual openness; gentleness.

66. Yellow Cowslip Orchid

- ➖ Critical; judgemental; bureaucratic; nit picking.
- ➕ Humanitarian concern; impartiality-stepping back from emotions; constructive; a keener sense of arbitration.

companion essences

97. Autumn Leaves

- ➖ Difficulties in the transition of passing over from the physical plane to the spiritual world.
- ➕ Letting go and moving on; increase awareness and communication with the loved ones in the spiritual world.

98. Green Essence

- ➖ Emotional distress associated with intestinal and skin disorders.
- ➕ Harmonises the vibration of any yeast, mould or parasite to one's own vibration; purifying.

99. Lichen

- ➖ Not knowing to look for and move into the Light when passing over; earth bound in the astral plane.
- ➕ Eases one's transition into the Light; assists separation between the physical and the etheric bodies; releases earth bound energies.

combinations

✓ drops
✓ mist
✓ oral spray

emergency essence

- ➖ Panic, distress, fear
- ➕ Ability to cope, gives comfort, reassurance and courage.

Helps ease distress, fear, panic, etc. If a person needs specialised medical help, this Essence will provide comfort until treatment is available. Administer this remedy every hour or more frequently if necessary until the person feels better. It can also be applied topically.

Bush Flower Essences: Angelsword, Crowea, Dog Rose of the Wild Forces, Fringed Violet, Grey Spider Flower, Sundew, Waratah. Moisturisers, mists and oral sprays include Slender Rice Flower & Spinifex.

✓ drops

abund essence

- ➖ Pessimistic, closed to receiving, fear of lack, poverty consciousness
- ➕ Joyful sharing, belief in abundance, clears sabotage, universal trust

Releases negative beliefs, family patterns, sabotage and fear of lack. In so doing it allows you to be open to fully receiving great riches on all levels, not just financial.

Bush Flower Essences: Bluebell, Boab, Christmas Bell, Five Corners, Philotheca, Pink Flannel Flower, Southern Cross, Sunshine Wattle.

✓ drops

adol essence

- ➖ Hopelessness, insensitivity, sense of not belonging, "it's not fair" attitude, rebellious, anger
- ➕ Coping with change, consideration of others, enhances communication and self esteem

Addresses the major issues teenagers commonly experience. It enhances acceptance of self, communication, social skills, harmony in relationships, maturity, emotional stability and optimism.

Bush Flower Essences: Billy Goat Plum, Boab, Bottlebrush, Dagger Hakea, Five Corners, Flannel Flower, Kangaroo Paw, Red Helmet Orchid, Southern Cross, Sunshine Wattle and Tall Yellow Top.

✓ moisturiser
✓ oral spray

body love essence

- ➖ Dislike of physical self, body, skin texture & touch
- ➕ Acceptance of physical body, love & nurturing of self

Encourages acceptance of physical body, love & nurturing of self, feel – touch & self massage. Helps to deal with the dislike & non acceptance of body, skin texture & touch.

Bush Flower Essences (moisturiser): Billy Goat Plum, Five Corners, Flannel Flower, Little Flannel Flower, Mulla Mulla, She Oak, Wisteria. (oral spray): Mulla Mulla and She Oak replaced by Philotheca and Pink Flannel Flower.

✓ drops
✓ mist
✓ oral spray

calm & clear essence

- ➖ Always over committed, no time for self, always last priority
- ➕ Encourages own time & space, healthy contemplation & relaxation

Encourages the time & space for relaxation, to unwind, contemplation of one's self, to enjoy relaxing pursuits. Helps with the inability to find time for one's self, to relax without external pressures & demands, to wind down and enjoy relaxing pursuits.

Bush Flower Essences: Black-eyed Susan, Bottlebrush, Boronia, Bush Fuchsia, Crowea, Jacaranda, Little Flannel Flower, Paw Paw.

✓ drops
✓ oral spray

cognis essence

- ➖ Daydreaming, confusion, overwhelm
- ➕ Clarity and focus

Gives focus and clarity when speaking, singing, reading or studying. It assists problem solving by improving access to the Higher Self, which stores all past knowledge and experiences. It balances the intuitive and cognitive processes and helps integrate ideas and information.

Bush Flower Essences: Bush Fuchsia, Isopogon, Jacaranda, Paw Paw, Sundew.

✓ drops
✓ oral spray

confid essence

- ➖ Low self esteem, guilt, shyness, lack of conviction, victim mentality
- ➕ Confidence, integrity, taking responsibility for one's life, personal power, true to oneself

Brings out the positive qualities of self esteem and confidence. It allows us to feel comfortable around other people and be true to ourselves. It resolves negative subconscious beliefs we may hold about ourselves as well as any guilt we may harbour from past actions.

Bush Flower Essences: Boab, Dog Rose, Five Corners, Southern Cross, Sturt Desert Rose.

✓ drops

creative essence

- ➖ Creative blocks and inhibitions
- ➕ Enhances singing, creative expression, clarity of voice, public speaking

Frees your voice and opens your heart. Inspires creative and emotional expression in a gentle and calm way and gives courage and clarity in public speaking and singing.

Bush Flower Essences: Bush Fuchsia, Crowea, Five Corners, Flannel Flower, Red Grevillea, Tall Mulla Mulla, Turkey Bush.

✓ drops
✓ oral spray

dynamis essence

- ➖ Temporary loss of drive, enthusiasm and excitement
- ➕ Renews passion and enthusiasm for life, centres and harmonises your vital forces

Renews enthusiasm and joy for life. It is for those who feel 'not quite right', drained, jaded, disheartened or burdened by their physical body. It also helps with feelings of physical restriction and limitation.

Bush Flower Essences: Banksia Robur, Crowea, Illawarra Flame Tree, Macrocarpa, Old Man Banksia, Yellow Cowslip Orchid.

✓ drops

electro essence

- ➖ Feeling drained and flat, out of balance with earth rhythms
- ➕ Reduces emotional effects of radiation

Greatly relieves emotional fear and distress associated with earth, electrical and electromagnetic radiation. It helps to bring one into balance with the natural rhythms of the earth.

Bush Flower Essences: Bush Fuchsia, Crowea, Fringed Violet, Mulla Mulla, Paw Paw and Waratah.

✓ drops

meditation essence

- ➖ Psychic attack, damaged aura, tense and uptight, psychically drained
- ➕ Awaken spirituality, enhanced intuition, inner guidance, access Higher Self, deeper meditation

Awakens one's spirituality and allows one to go deeper into any religious or spiritual practice. Enhances access to the Higher Self whilst providing psychic protection and healing of the aura. Highly recommended for anyone practising meditation.

Bush Flower Essences: Angelsword, Boronia, Bush Fuchsia, Bush Iris, Fringed Violet, Green Spider Orchid, Red Lily.

✓ drops

purifying essence

- ➖ Emotional waste, feeling encumbered, emotional baggage
- ➕ Sense of release and relief, spring cleaned

To release and clear emotional waste and residual by-products, to clear built-up emotional baggage.

Bush Flower Essences: Bauhinia, Bottlebrush, Bush Iris, Dagger Hakea, Dog Rose, Wild Potato Bush.

✓ drops

relationship essence

- ➖ Confusion, resentment, emotional pain and turmoil, blocked emotions, inability to relate
- ➕ Expressing feelings, communication, forgiveness, breaks family conditioning, renews interest

Enhances the quality of all relationships, especially intimate ones. Clears and releases resentment, blocked emotions and the confusion, emotional pain and turmoil of a rocky relationship. Helps one verbalise, express feelings and improve communication. Breaks the early family conditioning and patterns which affect us in our current adult relationships. For intimate relationships a perfect remedy to follow this combination is Sexuality Essence.

Bush Flower Essences: Bluebell, Boab, Bottlebrush, Bush Gardenia, Dagger Hakea, Flannel Flower, Mint Bush, Red Helmet Orchid, Red Suva Frangipani, Wedding Bush.

✓ mist

sensuality essence

- ➖ Fear of emotional & physical intimacy
- ➕ Encourages intimacy, passion & sensual fulfilment

Encourages the ability to enjoy physical and emotional intimacy, passion and sensual fulfilment.

Bush Flower Essences: Bush Gardenia, Billy Goat Plum, Flannel Flower, Little Flannel Flower, Macrocarpa, Wisteria.

✓ drops

sexuality essence

- ➖ Shame, uptight about sexuality, fear of intimacy, lack of sensitivity
- ➕ Renews passion, sensuality, enjoy touch and intimacy, self acceptance, fulfilment

It allows one to feel comfortable with and to fully accept one's body. It enables the individual to be open to sensuality and touch and to enjoy physical and emotional intimacy. It is helpful for releasing emotional shame. Sexuality Essence renews passion and interest in relationships.

Bush Flower Essences: Billy Goat Plum, Bush Gardenia, Flannel Flower, Fringed Violet, Little Flannel Flower, Sturt Desert Rose, Wisteria.

✓ drops

solaris essence

- ➖ Emotional fear and distress associated with fire
- ➕ Greatly relieves the emotional effects of heat, fire and sun

Relieves the emotional fear and distress associated with heat, fire and sun.

Bush Flower Essences: Mulla Mulla, She Oak, Spinifex.

✓ mist

space clearing essence

- ➖ Negative mental, emotional & psychic energies
- ➕ Clears negative environments, creates safe harmonious environments

Creates sacred, safe and harmonious environments. Clears and releases environments with built up negative emotional, mental and psychic energies. Great for clearing tense situations and environments and restoring balance.

Bush Flower Essences: Angelsword, Boab, Fringed Violet, Lichen, Red Lily.

✓ drops

transition essence

- ➖ Feeling stuck, lack of direction, fear of death, fear of unknown, non acceptance
- ➕ Acceptance of change, serenity, eases fear of death, passing over in peace

This combination helps one to cope and move through any major life change. It brings about an awareness of one's life direction especially for people who are at a crossroad. Alternatively those who know what they want but do not know how to achieve it will benefit from this combination. It also eases the fear of death as well as helping one come to terms with it. This remedy, consequently, allows one to easily and gently pass over with calmness, dignity and serenity.

Bush Flower Essences: Autumn Leaves, Bauhinia, Bottlebrush, Bush Iris, Lichen, Mint Bush, Red Grevillea and Silver Princess.

✓ drops
✓ mist

travel essence

- ➖ Personally depleted and drained, disorientation
- ➕ Centres, refreshes, maintains sense of personal space

Beneficial for emotional distress associated with all forms of travel, although it particularly addresses the problems encountered with jet travel. It enables a person to arrive at their destination feeling balanced and ready to go.

Bush Flower Essences: Banksia Robur, Bottlebrush, Bush Fuchsia, Bush Iris, Crowea, Fringed Violet, Macrocarpa, Mulla Mulla, Paw Paw, Red Lily, She Oak, Silver Princess, Sundew, Tall Mulla Mulla.

✓ drops
✓ mist
✓ moisturiser

woman essence

- ➖ Mood swings, weary, physical dislike
- ➕ Female life cycle balance, calm and stable, coping with change

To encourage a woman's own innate strength and beauty through life's emotional cycles and seasons of change. Remaining calm & stable, discovering & feeling good about self, beauty and body whilst coping with change. Harmonises any emotional imbalances through puberty, menstruation, pregnancy and menopause.

Bush Flower Essences: Billy Goat Plum, Bottlebrush, Bush Fuchsia, Crowea, Five Corners, Mulla Mulla, Old Man Banksia, Peach-flowered Tea-tree, Pink Flannel Flower, She Oak.



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