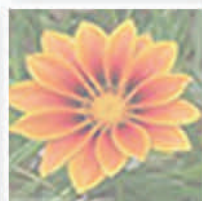


Single Flower Essences Information



Agapanthus

Brings the courage and strength to manifest your higher potential.

Ageratum

Helps to bring through and ground Soul qualities into the physical.

Allamanda

Strengthens channels and attunement to the Earth Element Healing Ray.

Almond

Mental maturity, helps confront unconscious fears, particularly of ageing. Strengthens the etheric body and the subtle energy system relating to growth.

Aloe Vera

Stimulates the heart chakra to release stored insights and increases sensitivity to others. Aids the development of clairaudience and helps to strengthen & repair the etheric body. Also balances the subtle energy patterning associated with abnormal cell growth.

Amaranthus

Promotes the development of courage and harmonises emotional issues around sexuality. Helps to balance subtle energy system associated with the immune system, thyroid & pituitary glands.

Amaryllis

Can be used to perfect the art of meditation - brings calmness and stillness, helping one to go within.

Anemone

Balances all chakras.

Angelica

Enhances affinity with the angelic forces. Promotes confidence, also insight & clarity into the cause of a problem or issue.

Apricot

Balances mood swings and extreme emotional states. Promotes a free flow of energy between the mental & etheric bodies, harmonising the energetic blueprint associated with the kidneys, pancreas & gall bladder.

Artemisia

ARTEMESIA - See also Mugwort - Balances the subtle energy pattern associated with left brain activity, helps to develop telepathy.

Aubergine

Raises the base chakra energy & helps to release blockages in the sacral chakra. Helpful for emotional issues related to sexuality.

Auricula

Helps to balance the emotions and the solar plexus chakra.

Avocado

Strengthens the emotional body, dissolves emotional tension and opens the solar plexus chakra, bringing greater understanding to suppressed emotions. Resonates with the energetic blueprint associated with the liver, kidneys, & lymph's.

Baby Blue Eyes

Helps to release & transmute emotional issues suppressed in childhood.

Banana

Emotional issues relating to masculine sexuality. Resonates with the energy patterning associated with bone structure

Basil

Works in the heart chakra & throat chakra. Encourages the expression of buried grief helping it to be faced and released.

Begonia

Helps one to move on to the next stage of development from a healing plateau.

Bellflower

Works in the throat chakra helping to promote creative expression particularly in children.

Bells of Ireland

Enhances communication with nature spirits. Strengthens the etheric body and its connections with the physical. Promotes a sense of harmony & relaxation - helpful for those who find themselves unduly wound up by every day events.

Bengal Trumpet Vine

Promotes attunement to Soul energy and purpose.

Bignonia

Bursts bubbles of energy held in the emotional body relating to childhood emotional memories, allowing them to release.

Black Eyed Susan

Will help draw towards you what you need for growth and change.

Blackberry

Stimulates dreams & aids meditation - particularly in relation to problem solving. Helpful for those with fears of death/dying & bereavement issues

Blackthorn

Brings spiritual understanding to fear. Use at night after taking the karmic fear essence (Pink Rose*) during the day, for release during sleep. (* See Karmic Essences)

Bleeding Heart

Works strongly in the heart chakra promoting harmony & peace. Excellent for those too emotionally attached. Balances the energy patterning associated with the heart and its functions.

Bluebell

Works in the throat chakra to clear blockages preventing creative expression - helpful for those involved in singing, chanting or sound therapy.

Borage

Opens the heart chakra bringing joy.

Bottlebrush-red

Balances the body's subtle energy system relating to the kidneys, muscles and nerves. Promotes a sense of calmness.

Bottlebrush-small purple

Spiritualises the throat chakra, helping to clear blocks to higher understandings.

Brompton stock

To help those new to spiritual ideas - promotes insight and intuition. Works in the crown and brow chakras.

Broom

Helps to heal differences in difficult relationships, particularly between parent & child. Resonates energetically with the sinuses.

Buddleia

Helps one to feel spiritual contact in the darkest of situations.

Buttercup

Helps to bring the recognition that self worth comes from within, rather than from others perceptions.

Calendula

Works in the base & sacral chakras. Helps one adjust to new ideas during periods of healing or consciousness raising.

Californian Poppy

Works in the solar plexus chakra promoting emotional, spiritual and psychic balance. Helps the assimilation of gold.

Camellia

Helps to open, develop and balance the heart chakra.

Campanula

Helps to promote frankness and honesty in expression, without the need for secrecy.

Campion

Balances emotional issues relating to pregnancy and birth.

Canterbury bell

Works in the throat chakra to help develop clairaudience/ inner hearing, particularly if used in combinations of other essences working on the same issue.

Carnation

Works in the crown chakra - particularly helps attunement with the Devic orders and the Fairy kingdom.

Carob

Enhances group communication and interaction

Caster Oil Plant

Resonates with the energy patterning associated with the brain, neurones etc. Stimulates regeneration in the subtle energy system.

Catmint

Helps to align the heart and throat chakras

Ceanothus

Works in the throat chakra and on the issues held in the subtle energy system associated with this area including the thyroid. Helps development of unconditional love.

Cedar

Relaxes an overactive or aggressive mind & harmonises the mental body. Balances the subtle energy system associated with hair, scalp, colon & intestinal tract.

Celadine

Works strongly in the throat chakra and balances the subtle energy pattern associated with the vocal chords & thyroid. Particularly beneficial for those who have difficulty receiving information of all kinds - e.g. aids learning and contact with spirit guides.

Centaurea

Cleanses the higher chakras - i.e. throat and above

Centaury Agave

Helps the development of maturity, wisdom & patience. Balances the subtle energy patterns and emotional issues associated with ageing. Strengthens heart chakra and solar plexus chakra.

Chamomile

Aligns the mental body and balances the solar plexus chakra allowing the release of emotional tensions, bringing calmness, serenity & freedom from worry.

Cherianthus

Balances the energetic blueprint associated with the spleen.

Chicory - White

Helpful to release emotional issues relating to sexual abuse, re-establishing feelings of purity.

Chionodoxa

Promotes the development of hope and joy, creating a feeling of upliftment.

Chorisia Speciosa

Helps the individual to find a greater understanding of their spiritual purpose.

Chrysanthemum

Helps to create harmony between those with differing ideas. Balances the energetic blueprint associated with the liver and kidneys.

Cinquefoil

Works in the solar plexus chakra. Good for stubbornness.

Cleaver

Works with the issue of emotional neediness - helping to release emotional control & possessiveness bringing freedom from attachment.

Clematis - Nellie Moser

Cleanses and opens the 8th chakra, just above the crown

Clover - Red

Helps to bring understanding and calmness in situations of panic, particularly where many people are involved.

Columbine

Helps to activate the brow and crown chakras and strengthen attunement to the Angelic Kingdom.

Comfrey

Stimulates the release of unconscious thought patterns and ideas. Influences the mental body and the base chakra. Balances the subtle energy system associated with the nervous system, memory and the brain.

Convolvulus

Aligns the crown chakra with the higher chakras above the head.

Coral Bells

Helps to spiritualise the sacral/sexual chakra energy.

Coreopsis

Helps spiritualise the intellect.

Corn

Helps bring detachment and rationality to emotional issues. Helps an individual to accept both male & female aspects of themselves.

Corn Cockle

Helps draw energy in through the 9th & 10th chakras.

Cosmos

Links the heart and throat chakras, developing self-expression and helping to release emotional tension.

Cowslip

Helps children to better understand relationship and environment problems, also helps parents understand children.

Cranesbill

Helps one become single minded, spiritually and mentally.

Crocoshia

Balances the subtle energy system associated with the colon and its functions. Promotes cleansing.

Crown of Thorns

Balances the energetic blueprint associated with the skin particularly where there is irritation caused by heat.

Curcuma

Works in the mid & higher heart chakra helping to develop the qualities of compassion & forgiveness

Cyclamen

Helps the individual to absorb higher energies, especially the new rays currently being directed to earth, consciousness raising & transformation of DNA pattern.

Daffodil

Increases sensitivity to make it easier to attune to ones Higher Self. Also helps the development of inner hearing.

Dahlia

Works in the base & sacral chakras helping to transmute sexual energy into its higher form of expression.

Daisy

Brings clarity & focus to thoughts, inner knowing

Dandelion

Influences the mental & emotional bodies releasing emotional tensions and helping one to more easily confront emotional problems. Aids relaxation in the physical body.

Datura

Opens the brow & crown chakras and all the higher chakras above crown. Also helps to bring greater clarity to dreams

Day Lily

Symbolic of rebirth - helps to give an understanding of eternal life.

Deadnettle

Helps to activate the chakras above the crown, especially the 13th bringing in greater spiritual energy.

Delphinium

Works in the throat chakra. Helps bring into awareness the need to be a channel for the expression of one's individual spirit.

Deutzia

Brings attunement to the Angels of the perfume ray who work with this flower.

Diascia

Helps one develop unconditional love. Also helpful for distant and earth healers

Digitalis

Strengthens the energetic blueprint for the heart. Emotionally it helps soften those who are hard hearted. N.B. this essence does not contain any sap from the plant or flower.

Dill

Balances the etheric and emotional bodies creating an expansion of consciousness that provides a greater degree of objectivity to problems. Helps those who are morose, self critical & unduly concerned with death or dying.

Dipladenia - White

Grounding spiritual ideas and visions

Dipladenia - Yellow

Attunement to angelic realms

Dutchmans Pipe

Beneficial for those who wish to release the need for tobacco.

Ecinacia

A powerful flower originally created in Lemuria to symbolise the descent of man into matter. Balances the energy patterns associated with the heart, lungs, kidneys and abdomen.

Edelweiss

Brings a greater awareness of one's own inherent Divinity.

Elderflower

Helps development of inner security and trust that all our needs will be provided for.

Erthrina

Balances the subtle energy system associated with the liver & nervous system.

Eucalyptus

Resonates at a subtle energy level with the lungs, kidneys and liver. Emotionally this essence will help those needing to work with bereavement/grief.

Evening Primrose

Brings harmony & balance to the emotions. Mood swings & emotional tension.

Feverfew

Helps those whose sleep patterns are disturbed by insecurity

Fig

Releases hidden blocks and fears in subconscious, aids memory and psychic development.

Flax

Works in the throat chakra and related parts of the energy system. Helpful for those who find it difficult to speak up in group situations.

Forget me Not

Promotes clarity of mind, especially in emergency situations, aids memory. Aligns the emotional & mental bodies, which promotes a more tranquil state. Soothes worries and eases disturbed sleep.

Forsythia

Helps to develop an understanding of bereavement from a higher perspective.

Foxglove - White

Purifies the heart chakra and balances the energy pattern associated with the white blood corpuscles.

Fremontedendron

Helps balance the energetic patterning associated with the skin.

French Marigold

Aids the development psychic abilities & inner hearing. Balances the subtle energy system associated with the ears and pancreas.

Fuchsia (combination)

All help to bring attention to and release buried emotions.

Galtonia

Helps to bring unresolved issues in relationships into awareness, especially when these have a sexual basis.

Garlic

Helps to release & transmute anger and fear especially when someone is afraid to face these issues. Taken over a period of time it will create an energetic pulse in the auric field of human or animal that is irritating to insects.

Gazania

Helps open and cleanse crown chakra. Good to help visualisations with white light.

Genista

See also Broom - Helps to heal differences in difficult relationships, particularly between parent & child. Resonates energetically with the sinuses.

Geum

Helpful for those whose confidence was damaged in childhood. Strengthens the energy flow into the body from the etheric level.

Gladiolus

Works in the crown chakra. Helps one to open out from the dimension of the ego and to become more stabilised in spiritual intent

Golden Rod

Helps to develop an individuals connection with their higher self allowing them more access to spiritual guidance.

Guelder Rose

Balances higher chakras above crown. Helps to bring more awareness to emotional problems.

Halimium

Balances the subtle energy system in the areas associated with the endocrine system.

Harebell

Helps those who are shy and nervous and who find it difficult to express themselves, especially in groups situations

Hawthorn

Opens the heart chakra. Balances the subtle energy patterning associated with abnormal cell growth.

Helianthus

Works in the heart chakra. Like sunflower it carries the strength of the sun aspect, helping to bring balance to masculine/ feminine energies through the heart chakra.

Helleborus

Brings spiritual awareness to the ageing process.

Hempnettle

Strengthens the energetic blueprint for the eyes. Could also be used in water as a swab for relieving tired eyes.

Hibiscus

Helps to restore balance to those disorientated by psychic or spiritual shock

Himalyan Poppy

Brings strength and healing to continue on one's spiritual path, helps meditation and the flow of spiritual ideas.

Honesty

Lifts the veil of illusion between the third, fourth and fifth dimensions

Hops

For growth on all levels, including physical and spiritual.

Hoya

Temporarily aligns the seven major chakras - if taken over a long period will bring total and more permanent alignment, also helps grounding

Humming Birds Trumpet

Works in the throat chakra, helping to develop inner hearing

Hyacinth

Helps the integration of spiritual & earthly qualities and the development of inner hearing.

Hydrangea

Aligns the mental body bringing focus to a scattered mind.

Hypericum Hidcote

Works in the solar plexus chakra to promote a sense of calmness in all related areas.

Hyssop

An important essence to help acknowledge and release feelings of guilt & emotional tension.

Iris - Amethyst

Strengthens the connection of those working with the Amethyst Ray and Angels thereof, whether for healing or visionary purposes

Iris - Bluebeard

Works through all dimensions to clear blockages in the throat chakra, helping to spiritualise speech.

Iris - Purple

Works in the crown chakra. Especially helpful for spiritual, psychic, or visionary artists.

Jacobinia

Opens all the chakras from the heart to the crown and the 8th, 9th & 10th chakras above the head, helping attunement to higher levels of consciousness.

Jasmine

Stimulates the Divine spark in the heart chakra and helps the development of self worth and mental clarity. Balances the subtle energy system associated with the immune system. Releases congestion. Balances the energetic patterning associated with viruses.

Jonquil

Alignments the throat, brow & crown chakras with the higher chakras above the head.

Judas Tree

Denial and suppression of guilt at duality, original or spiritual guilt

Kerria

Helps to bring balance to emotional extremes and violence

Kidney Vetch

Promotes cleansing of the etheric kidneys helping to process fears.

Kirengeshomia

Works in the heart chakra helping to release feelings of loneliness and superiority.

Knapweed

Encourages growth of other plants.

Ladies Bedstraw

Works on the pattern of passive resistance - helps one make a stronger stand.

Lady of the Night

Creates a connection with the beautiful angels of death, helping those ready to pass over to next dimension.

Larkspur

Helps to open the channels for the Kundalini energy

Lavender

Strengthens the connection to the higher self so that karmic issues can be more easily released (see also Karmic Essences) Particularly useful to help release emotional issues blocking spiritual growth.

Lemon

Decision-making, clarity of thought, mental blocks.

Lewisia

Balances the energetic blueprint associated with the immune system.

Ligularia

Balances the energy patterning associated with the ear and its functions

Lilac

Christ consciousness, unconditional love. Balances the subtle energy system associated with the spine.

Lily - Calla

After physical abuse or cruelty this essence helps restore dignity and self-worth

Lily - Canna

Helps to build stamina and strength by strengthening the etheric body, increasing the flow of energy into the physical body.

Lily - Peace

Works to help expand consciousness via the belief system.

Lily - Stargazer

Helps link with the planetary energy of Venus, unconditional love

Lily - Tiger

Balances the energetic patterning associated with viruses.

Lily of the Valley

Balances the sacral chakra and associated subtle energy system. Feminine emotional balance.

Lime

Helps to bring fresh inspiration. Solar plexus and spleen chakras

Lobelia

Wakes-up' the eyes, good in the morning or as a swab, (7 drops in a cup of water) over eyelids.

Loosestrife

Helpful for those who often feel 'spaced out' or too open. Aligns the lower chakras bringing balance, grounding and spiritual integration

Luffa

Emotionally it is helpful for those who find it difficult to define their boundaries - for instance they could be too introverted or too extroverted. Balances the etheric blueprint associated with the skin.

Lungwort

Balances the energetic blueprint associated with the lungs.

Lupin

Mental confusion. Integration and calmness

Lychnis

Strengthens the etheric body which influences the flow of energy into the physical.

Magnolia

Recognition of Divine origins and soul memories. Crown chakra

Mahonia

Integrates thoughts with emotions in the solar plexus chakra to create more emotional balance.

Mallow

Fears of ageing, phobias relating to physical appearance. Balances the subtle energy system associated with the skin.

Maltese Cross

Balances the subtle energy system associated with the blood.

Mango

powerfully transformative essence. Universal tonic that all can benefit from. Stimulates telepathy and the etheric pituitary gland.

Marpasso Grass

Balances the subtle energy system to more easily cope with the effects of some grass pollens.

Marsh Campion

Balances the subtle energy system associated with the capillaries.

Marsh Marigold

Helps attunement to the Golden Ray. Spiritualises the solar plexus chakra.

Melilot

Brings clarity of mind in children

Mitchella

Helps to see there is more to life than the 3rd dimension.

Morning Glory

Balances the subtle energy system associated with the nervous system. It also strengthens the mental body creating greater energy and vitality especially in the morning.

Mugwort

Balances the subtle energy pattern associated with left brain activity, helps to develop telepathy

Mullein

For group attunement and purpose.

Nasturtium

Rigid, narrow, obsessive thought patterns. Colour awareness. Good for tiredness after spiritual work/ channelling.

Nectarine

Brings all subtle bodies into correct alignment with the chakras and nadis, bringing spiritual balance.

Nettle

For emotional difficulties and trauma related to divorce, adoptions or broken homes. Helps to take the 'sting' out of disrupted family situations. Helpful for all the family.

Nicotina

Helpful to break the patterns associated with the need for nicotine.

Oil Seed Rape

Balances the subtle energy system to more easily cope with the effects of oilseed rape.

Onion flower

Helps bring balance to irrational, illogical & undisciplined behaviour. Aligns the subtle bodies helping to create patience and clarity of mind

Orange Flower

Brings clarity and calmness to highly charged emotional states. Balances emotional and mental bodies.

Orchid - Equestris

Balances the subtle energy system in the areas associated with heart and the heartbeat.

Orchid - Oncidium

Enhances other essences specifically working on strengthening and repairing the etheric body

Osteospermum

Helps one to receive and to open up to others and the universal flow of energy or abundance.

Pansy

Helps to balance the energetic blueprint for the immune system. Stimulates the mental body and the intuition. Balances the energetic patterning associated with viruses.

Passion Flower

Helps to connect with Christ consciousness. Also helps sleep and dream work. Works in the heart, throat and feet chakras.

Peach

Stimulates the etheric body, amplifying all forms of energy healing. Helps bring order and calmness into the mind where there is chaos particularly where this is caused by trauma.

Pear

Brings balance to spiritual group work.

Pennyroyal

For protection from negative thought forms. Strengthens the etheric body

Penstemmon

Helps you to stay focused on your spiritual path.

Periwinkle

Spiritualises those whose consciousness is at base/sacral chakra level.

Petunia

Influences the mental body to help create a proper mental attitude. Helpful for childlike behaviour in the elderly and impish children. Brings a greater connection with the higher self. Balances the subtle energy patterns associated with speech and the left brain

Philadelphus

Works in the crown and higher chakras, helping to increase contact with angels and archangels.

Pimpernel - Red

Helps the Kundalini energy to penetrate and activate the main spinal chakras.

Plum Flower

Balances & cleanses the subtle energy system in the areas relating to the colon.

Poincianna

Helps to see connection between thought and action.

Pomegranate

Helps women to accept their femininity. Balances the sacral chakra and the related areas of the subtle energy system in women. Feminine emotional balance.

Poppy - oriental

Balances the energy patterns and emotional states that underlie addictive tendencies.

Poppy - wild

Cleanses and releases blockages in the base chakra. Grounding.

Potato Flower

For depression caused by the inability to grasp new concepts.

Potentilla

Soothes tensions in the joints.

Prickly Pear Cactus

Relaxes the emotional body. Helps bring resolution to normally volatile issues between couples.

Primrose

To help studying, mental growth and learning.

Primula

Understanding life lessons and growing from that knowledge

Pulsatilla

Helps to balance the emotions and brings the ability to focus on one thing

Queen Annes Lace

Helps to develop inner vision and opens the crown chakra. Balances the subtle energy system associated with the eyes. Calms the mental body.

Ragged Robin

Helps to bring soul qualities through to the physical level.

Redwood

Balances the subtle energy system associated with the pituitary gland, skin & circulatory system. Helpful for those who have a tendency to be inflexible or who have a difficulty taking a firm stand.

Rhododendron

Helps one to more easily follow the will of Spirit.

Ribes

Balances the energy pattern associated with the pituitary gland.

Rose of Sharon

Helps transmute vibrations of anger. Solar plexus.

Rosemary

Helps creativity. Brings joy to the unhappy and withdrawn personality. Crown chakra. Sharpens all five senses.

Rudbeckia

Raises lower emotional energies to the heart chakra

Sage

Understanding of the Book of Revelation. Psycho-spiritual aspects activated. Aids acclimatisation to different time zones.

Salpiglossis

Emotional stabiliser for the over sensitive

Sandalwood

Enhancement of visionary capacities, brow chakra.

Scabious

Helps one to feel, and to develop more sensitivity to subtle energies.

Self Heal

Helps the absorption of nutrients. Aids the assimilation of mineral properties during a fast. Strengthens the etheric body.

Sidalcea

Helps to bring past associations with Greece into consciousness.

Silver Birch

Brings flexibility to thoughts and ideas. Balances subtle energy patterns associated with inflexibility in the body.

Skullcap

Helpful for healers and their clients, this essence stimulates the crown chakra & increases the ability to give & receive psychic healing. Balances the energetic blueprint of the nervous system and its functions.

Snakeshead fritillaria

Balances the subtle energy system in the areas relating to the skin. Throat chakra.

Snapdragon

Balances the subtle energy system in the areas associated with the throat and voice box. Also helps the expression of emotions.

Snowdrop

Gently eases the pain of bereavement, helping hope & joy to return.

Soapwort

Mental cleansing. Heart chakra

Solandra

Synchronises the solar plexus chakra to work in greater harmony with brow. Builds a web over the lower psychic centre/solar plexus so as not to absorb emotional/psychic impressions from outside ones auric field.

Speedwell

For children in times of change and mental growth.

Squash

Opens and balances the sacral and base chakras and the associated subtle energy systems. Emotional issues around sexuality - particularly for men.

St Johns Wort

Karmic and hidden fears released. Nightmares.

Star Tulip

Balances the subtle energy system associated with the hair and the ear. Brow chakra.

Sugar Beet

Balances the etheric blueprint associated with the spleen, pancreas & immune system. Harmonises emotional mood swings related to sugar imbalance.

Sunflower

Emotional issues relating to the Father or Father figure. Helps to spiritualise the male ego and bring balance to the inner male & female. Opens and purifies the heart chakra.

Sweet Pea

Helps with grounding making it easier to live in the now, particularly helpful in situations where this is difficult due to overcrowded living conditions.

Thistle

To release defence mechanisms built up around aura by the ego, i.e. spikes, armour.

Thrift

Helps bring artistic, spiritual and scientific concepts into consciousness.

Thyme

Amplifies other flower essences. Helps attunement to past & future lives

Toadflax

Balances the subtle energy system associated with the ear.

Tradscantia

Resonates with the energetic blueprint for the muscles and their functions.

Trillium

Helps the development of spiritual understanding and love for Mother Earth. Promotes a greater appreciation of her beauty.

Tulip

Promotes a balanced sense of value and self-worth related to one's work.

Vetch

Helps one to let go of the need for a guru - spiritual independence.

Violet - Sweet

Opens crown chakra, for forgiveness of others.

Violet - White

Forgiveness of self. Soul aspects of purity.

Vipers Bugloss

Balances the subtle energy system associated with the ears, nose and throat

Virginia bluebells

Transmutes fears stuck in the feet and throat chakras

Wallflower

For the homeless, helps find inner security

Water lily - blue

Bridge linking the ancient spiritual energy of India, via Himalayas to cosmic consciousness.

Water lily - yellow

Strengthens emotional/ mental body links.

Watermelon

Provides emotional support during conception, pregnancy and birthing. Helpful for both women & men.

Weigela

Unconditional love. Heart chakra becomes more expressive.

Winter sweet

Promotes greater understanding where there is difficulty in having children. Hope and inspiration.

Wisteria

Strengthens meridians, useful tool for acupuncturists.

Yarrow - mixed

Pink & White mixed for extra strong potency.

Yarrow - pink

Protection from psychic attack.

Yarrow - white

Strengthens the aura against the effects of radiation. Available as a mixed extra strong potency.

Yew

Develops wisdom, helps one to see the grander scheme of things.

Zinnia

Restores humour by uplifting one's outlook. Good for people who need to laugh. Alleviates emotional tension in the system.

How to Use

Take 4 drops on the tongue from your chosen Gem & Crystal Essence/ combination between 2 & 4 x a day, continuing until the bottle is finished. For best results take straight from the stock bottle sent, do not dilute. Preferably take 20 minutes away from food and drink.

Dosage Notes

You can take these Gem & Crystal Essences separately or mix between 2 - 5 together. A well-chosen combination of Crystal Herbs Bach Flower Remedies can often be very helpful when taken alongside (leave a 20 minute gap between doses.)