



australian wild flower **ESSENCES**

CARE AND USE

STORAGE

Flower essences are the vibrational frequency of living wildflowers, leaves, plants, or trees.

Keep your essences away from electromagnetic interference. Things like strong energy fields can affect the life and potency of your flower essence collection.

Store away from microwaves, computers, or strong electrical currents.

Store in a cool dark cupboard below 22°C

AFTER OPENING

Once you open your essences, a good place to store them is in a cool dark cupboard away from light and better still, you can store them in the refrigerator in a container that does not allow odours to penetrate it.

Storage in the refrigerator will give you the longest shelf life.

USE

Each 30 ml dose bottle is ready for direct use and requires no preparation.
One bottle has 90 doses @ 7 drop doses.

Take your essence, 7 drops under the tongue, or place them into a glass of water. Take each mouthful consciously and see where it lands in your body. This will give you an indication of the area of your body that is currently requiring energetic support.

Drops can be taken up to 21 days - 2 to 4 times a day to treat an unconscious pattern, mindset, or emotions

Take your essence for as long or as short as you require. A minimum of 7 days is recommended.

EMERGENCY USE

Take the chosen essence 2 drops under the tongue every hour for 4 hours, then every 2 hours for 8 hours, then use as recommended on the bottle. (7 drops, 2- 4 times a day)

There are 2 cycles of 21 days of treatment in each 30ml bottle - store any unused essence in the refrigerator for the next time you wish to use it.

OTHER USES

Your essences can be used to clear crystals of energy imprints and even activate them. To clear a quartz crystal, add desired drops to water when cleansing in a bowl, or add drops to a mist spray bottle as you are divinely directed.

Massage and bodywork, your essences can also be used directly on meridians, chakras, and on areas of the body you experience pain.