

# What are Flower Essences?

Pink Monkeyflower flower essence in preparation by a mountain stream: one of the FES Quintessentials™ flower essences, and an ingredient in the Sacred Heart™ Flourish formula.



- Made in nature's laboratory, generally by solar infusion
- Highly dilute, potentized natural remedies
- Have no aroma; they are not essential oils for aromatherapy
- Non-toxic, safe for general use
- Can be used for family and self-care for everyday stresses
- Used by skilled health practitioners at deep level to address the emotional, mental and spiritual aspects of wellness and recovery
- Address the mind-body component of wellness
- For stress, anxiety, depression, alienation, apathy, anger, etc.
- Combine well with other natural health modalities
- Administered orally in dropper or spray bottles
- Can be used topically directly, or in lotions, cremes, baths
- Classified as herbal supplements under DSHEA
- Related to homeopathic remedies, but do not work by the Law of Similars
- First developed by Dr. Edward Bach in England in the 1930s
- FES has researched new flower essences for the last 35 years



## Flower Essence Services

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