

# The FES Research Essences

Our office receives many inquiries about the status of our research essences. They are so designated because they are not yet sufficiently researched to be included in the *Flower Essence Repertory*. Flower essences are on the leading edge of holistic therapy, and careful field research and case documentation is extremely important for the continued development of this new approach to mind-body health care. Preliminary information on 44 research essences is available for members of the Flower Essence Society.

While research is a continuously developing process, the remedies contained in the FES kits have all received convincing documentation in therapeutic settings. However, the remedies listed on the following pages are still in various stages of research and clinical corroboration. Highly intuitive readings of the essences can provide fruitful insights, but these are nevertheless only the first stage in a more thorough research program. We wish to avoid the distortion or “hardening” of information on these new remedies, which could prevent creative, ongoing exploration of their objective properties.

For this reason, none of the research remedies are listed here with meanings. However, those healers who work effectively in intuitive ways, or who may have already conducted research on a given plant remedy, will find many of the research essences to be valuable in their practices. Through these pioneering efforts, pictures of new remedies can become more concrete.

We ask you to help us in our research program by reporting on any new remedies which you find to be significant in your practice. You can do so in one of three ways:

1. Provide a brief written report in your own words on any consistent phenomena which you have observed with any research essence.
2. Use the Flower Essence Society case study guidelines and forms to document your clinical cases. These are distributed free of charge to all interested practitioners. The Society also has an on-line reporting form for your convenience.
3. Call or write our office to arrange for a telephone interview.

By contributing to our research program, you are helping to build a professional, collective pool of knowledge about flower essence therapy. These efforts help all of us to grow in wisdom and, most importantly, to touch others with the gentle but profound essence of the flowers. Thank you for your help.

The Flower Essence Society is an organization devoted to researching flower essences and educating the public on their healing benefits. The Society e-journal occasionally publishes information on various research essences. For more information on the activities of the Flower Essence Society, visit their website.

## Research Essence List

(\* Denotes essences added since 1995)

View prices and order products in our [On-Line Store](#).

Acacia	Agrimony
<i>Acacia sp.</i> (yellow)	<i>Agrimonia eupatoria</i> (yellow)
	Apple
	<i>Malus domestica</i> (white-pink)
Apricot	Aspen
<i>Prunus armeniaca</i> (white-pink)	<i>Populus tremuloides</i> (green)
Avocado	Banana
<i>Persea americana</i>	<i>Musa sapientum</i> (pink)
Bee Balm	*Belladonna
<i>Monarda didyma</i> (red)	<i>Atropa belladonna</i> (dark purple)
Bloodroot	Blue Flag Iris
<i>Sanguinaria canadensis</i>	<i>Iris versicolor</i>
California Fuchsia	
<i>Epilobium canum</i> (red)	
Cedar (Incense)	Centaury
<i>Calocedrus decurrens</i> (brown)	<i>Centaureum umbellatum</i> (pink)
Chamomile (Wild)	Cherry Plum
<i>Anthemis cotula</i> (white/yellow center)	<i>Prunus cerasifera</i> (pink)
Chicory	Christmas Rose
<i>Cichorium intybus</i> (blue)	<i>Helleborus niger</i> (white/yellow centers)

Cinquefoil	* Clary Sage
<i>Potentilla glandulosa</i> (yellow)	<i>Salvia sclarea</i> (blue-violet)
Clematis	
<i>Clematis vitalba</i> (white)	
Coffee	Comfrey
<i>Coffea arabica</i> (white)	<i>Symphytum officinale</i> (violet)
Coreopsis	Cotton
<i>Coreopsis lanceolata</i> (yellow)	<i>Gossypium hirsutum</i> (white/yellow)
Crab Apple	Daffodil
<i>Malus fusca</i> (white-pink)	<i>Narcissus pseudonarcissus</i> (yellow)
Desert Dandelion	
Eucalyptus	Feverfew
<i>Eucalyptus globulus</i> (yellow)	<i>Chrysanthemum parthenium</i> (white/yellow center)
Fig	Foothill Monkeyflower
<i>Ficus carica</i> (green)	<i>Mimulus bifidus</i> (salmon pink)
* Globe Thistle	Grapefruit
<i>Echinops dahurica</i> (blue-purple)	<i>Citrus paradisi</i> (white)
Harvest Brodiaea	Holly
<i>Brodiaea elegans</i> (violet-blue)	<i>Ilex aquifolium</i> (white)
<b>Honeysuckle</b>	Jasmine
<i>Lonicera caprifolium</i>	<i>Jasminum officinalis</i>
Magnolia	* Marian Thistle (Milk Thistle)
<i>Magnolia grandiflora</i> (white)	<i>Silybum marianum</i> (red-purple)

Mimulus	Mistletoe
<i>Mimulus guttatus</i> (yellow/red spots)	<i>Viscum album</i> (green)
* Motherwort	* Mountain Angelica
<i>Leonurus cardiaca</i> (pink)	<i>Angelica breweri</i> (white)
Mustard	Nectarine
<i>Brassica campestris</i>	<i>Prunus persica</i> (pink)
Noni	Oak (Valley)
<i>Morinda citrifolia</i> (white)	<i>Quercus lobata</i>
Olive	Onion
<i>Olea europaea</i> (white)	<i>Allium cepa</i> (white)
Orange	* Orchid
<i>Citrus sinensis</i> (white)	<i>Cattleya warscewiczii</i> (purple)
Pansy	Papaya
<i>Viola tricolor</i> (yellow/purple)	<i>Carica papaya</i> (yellow)
Passion Flower	Peach
<i>Passiflora caerulea</i> (white/purple)	<i>Prunus persica</i> (pink)
Pear	Pennyroyal
<i>Pyrus communis</i> (white)	<i>Mentha pulegium</i> (violet)
Petunia	Pine (Lodgepole)
<i>Petunia hybrida</i> (deep purple)	<i>Pinus murrayana</i> (yellow/green)
* Pink Angel's Trumpet	Plantain
<i>Brugmansia</i> sp.	<i>Plantago lanceolata</i> (green/white)
Prickly Pear Cactus	Rock Fringe
<i>Opuntia aciculata</i> (yellow)	
Rock Water	* Rose Campion
<i>Solarized spring water</i>	<i>Lychnis coronaria</i> (red-magenta)

\* Sacred Datura

*Datura metaloides* (white)

Scarlet Pimpernel

Scleranthus

*Anagallis arvensis* (red)

*Scleranthus annuus*

Sequoia

Sierra Iris

*Sequoia gigantea* (yellow/green) *Iris hartwegii* (yellow)

Spice Bush

*Calycanthus occidentalis* (dark red-brown)

Squash (Zucchini)

Star Jasmine

*Cucurbita* sp. (yellow)

*Trachelospermum jasminoides* (white)

Star of Bethlehem

Stinging Nettle

*Ornithogalum umbellatum* (white) *Urtica dioica* (green)

Strawberry

Sulphur Flower

*Fragaria* sp. (white)

*Eriogonum umbellatum* (yellow)

Sun Cup

Sweet Alyssum

*Camissonia ovata* (yellow)

*Lobularia maritima* (violet/yellow)

Thyme

Ti Plant

*Thymus vulgaris* (violet)

*Cordyline terminalis*

Valerian

Vervain

*Valeriana officinalis* (white)

*Verbena officinalis* (pink-mauve)

Wallflower

Walnut

*Erysimum capitatum* (orange)

*Juglans regia* (green/brown)

\* Water Lily

Watermelon

*Nymphaea alba* (white)

*Citrullus vulgaris* (yellow)

White Clover

*Trifolium repens* (white)

White Rose

*Rosa alba* (white)

Willow

*Salix lasiolepis* (yellow/green)

\* Yucca

*Yucca schidigera* (white)

\* White Rein Orchid

*Platanthera leucostachys* (white)

Wild Oat

*Bromus carinatus* (green)

Wisteria

*Wisteria sinensis* (blue-violet)