

Emotional Care and WellBeing



AUSTRALIAN
BUSH FLOWER
ESSENCES®



Ian White

**Australian
Bush Flower Essences,
Combinations,
Sprays & Cremes**

<https://australian-bushflowers.com>

<https://docmero.com>



Important:

Dear reader,

Australian Bush Flower Essences offers you a wide range of products for a lot of personal issues. In case you can't find the right product or you need help we will provide advise. Please contact your practitioner or us.

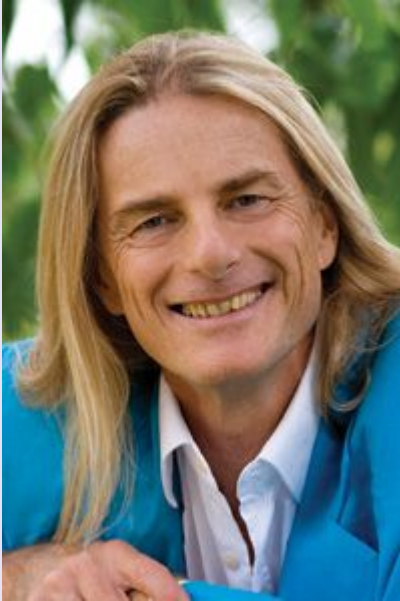


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Ian White

Wellcome to Australian Bush Flower Essences



Ian White, Founder
B.Sc., N.D., D.B.M.

*My life's destiny is:
Emotional Care and
WellBeing.*

About IAN WHITE

Ian grew up in the Australian bush. As a young boy his grandmother, like her mother before her, specialised in using Australian plants and would often take him bush walking. From her deep understanding she would point out the many healing plants and flowers. He learned a profound respect for nature through her and went on to become a practitioner and a pioneer working with and researching the rare remedial qualities of Australian native plants.

Producer:
Bush Biotherapies Pty Ltd
45 Booralie Road
Terrey Hills NSW 2084
Australien

NEW

3 new combinations



New combinations launched after 15 years. 30 ml each

Boost: This essence has been specifically formulated to support and boost you through changing and challenging times.
BM019

Carers: Supports the caregiver to feel their inner strength and their resilience when they are feeling overwhelmed or burdened by the responsibility of looking after another. The Carers Essence helps one to feel calm, optimistic, able to cope, and also pay heed to and look after their own needs.
BM021

Men's: For men always on the go, off and rushing which can lead to impatience and irritability. Finding and expressing one's feelings.
BM022



NEW

KIDS & PARENTS Combinations



New combinations of Australian Bush Flower Essences, especially for kids and parents.

Bossy Boots

For children with a very big, dominating personality, who like to be in charge and tell others what to do.

Dream Time

This remedy helps getting children, especially those who are always 'on the go', to wind down, become peaceful, calm, relaxed and get ready for bed.

FussPot

A wonderful remedy to transform a child who is nit-picking, inflexible, controlling and pedantic into being open to change; different ways of doing things and more relaxed about how things are.

Mumma Mojo

This remedy was created to help make mothering more easy and joyful! A great Essence to give a little bit more oomph, resilience, calm, and renewal.

Sibling Harmony

This remedy is not just creating brotherly love, but both brotherly and sisterly love! Not only will it enhance qualities of forgiveness, compassion and being aware of the needs of others.

Toddler Tamer

A lovely remedy to soothe and calm an upset child, especially if they are in meltdown or 'losing it'. You can also think of this remedy if you notice any of the early warning signs of a tantrum brewing and about to unfold.



Flower Essences - Stockbottles

Alpine Mint Bush - BE001

- mental & emotional exhaustion
lack of joy and weight of responsibility of care givers
- + revitalisation, joy, renewal

Angelsword - BE002

- 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

Banksia Robur - BE003

- disheartened, lethargic, frustrated
- + enjoyment of life, enthusiasm, interest in life

Bauhinia - BE004

- resistance to change, rigidity, reluctance
- + acceptance, open-mindedness

Billy Goat Plum - BE005

- shame, inability to accept the physical self, physical loathing
- + sexual pleasure and enjoyment, acceptance of self and one's physical body, open-mindedness

Black Eyed Susan - BE006

- impatience, 'on the go', over-committed,
constant striving
- + ability to turn inward and be still, slowing down,
inner peace

Bluebell - BE007

- closed, fear of lack, greed, rigidity
- + opens the heart, belief in abundance, universal trust,
joyful sharing, unconditional love

Boab - BE008

- enmeshment in negative family patterns,
for recipients of abuse and prejudice
- + personal freedom by releasing family patterns,
clearing of other, non family, negative Karmic connections

Boronia - BE009

- obsessive thoughts, pining, broken-hearted
- + clarity, serenity, creative visualisation

Bottlebrush - BE010

- 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

Flower Essences

Bush Fuchsia - BE011

- ⊖ 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

Bush Gardenia - BE012

- ⊖ stale relationships, self interest, unaware
- ⊕ passion, renews interest in partner, improves communication

Bush Iris - BE013

- ⊖ 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

Calophyllum - ABF01070

- ⊖ doubting one's abilities and leadership, lack of commitment,
preferring to stay in one's comfort zone
- ⊕ resilience, leadership, connected to spirit, clear sense of direction,
inspiring and supporting others

Christmas Bell - BE068

- ⊖ lack of abundance, sense of lack, poor stewardship of
one's possessions
- ⊕ helps one to manifest their desired outcome,
assists one with mastery of the physical plane

Crowea - BE014

- ⊖ continual worrying, a sense of being "not quite right"
- ⊕ peace and calm, balances and centres the individual
clarity of one's feelings

Dagger Hakea - BE015

- ⊖ resentment, bitterness towards close family, friends, lovers
- ⊕ forgiveness, open expression of feelings

Dog Rose - BE016

- ⊖ fearful, shy, insecure, apprehensive of others, niggling fears
- ⊕ confidence, belief in self, courage, ability to embrace life more fully

Dog Rose of the Wild Forces - BE017

- ⊖ fear of losing control, hysteria, pain with no apparent cause
- ⊕ calm and centred in times of inner and outer turmoil
emotional balance

Five Corners - BE018

- ⊖ low self esteem, dislike of self, crushed, held-in personality
clothing drab and colourless
- ⊕ love and acceptance of self, celebration of own beauty
joyousness

Flannel Flower - BE019

- ⊖ 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

Flower Essences

Freshwater Mangrove - BE020

- 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

Fringed Violet - BE021

- damage to aura, distress, lack of psychic protection
- + removal of effects of recent or old distressing events
heals damage to aura, psychic protection

Green Spider Orchid - BE022

- 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

Grey Spider Flower - BE023

- terror, fear of supernatural and psychic attack
- + faith, calm, courage

Gynea Lily - BE024

- 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

Hibbertia - BE025

- fanatical about self improvement, driven to acquire knowledge, excessive self discipline, superiority
- + content with own knowledge, acceptance ownership and utilisation of own knowledge

Illawarra Flame Tree - BE026

- overwhelming sense of rejection, fear of responsibility
- + confidence, commitment, self reliance, self approval

Isopogon - BE027

- 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

Jacaranda - BE028

- scattered, changeable, dithering, rushing
- + decisiveness, quick thinking, centred

Kangaroo Paw - BE029

- gauche, unaware, insensitive, inept, clumsy
- + kindness, sensitivity, savoir faire, enjoyment of people, relaxed



Kapok Bush - BE030

- ⊖ apathy, resignation, discouraged, half-hearted
- ⊕ willingness, application, 'give it a go', persistence, perception

Little Flannel Flower - BE031

- ⊖ denial of the 'child' within, seriousness in children, grimness in adults
- ⊕ carefree, playfulness, joyful

Macrocarpa - BE032

- ⊖ drained, jaded, worn out
- ⊕ enthusiasm, inner strength, endurance

Mint Bush - BE033

- ⊖ perturbation, confusion, spiritual emergence, initial turmoil and void of spiritual initiation
- ⊕ smooth spiritual initiation, clarity, calmness ability to cope

Monga Waratah - BE066

- ⊖ 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

Mountain Devil - BE034

- ⊖ hatred, anger, holding of grudges, suspiciousness
- ⊕ unconditional love, happiness, healthy boundaries, forgiveness

Mulla Mulla - BE035

- ⊖ fear of flames and hot objects, distress associated with exposure to heat and sun
- ⊕ reduces the effects of fire and the sun, feeling comfortable with fire and heat

Old Man Banksia - BE036

- ⊖ weary, phlegmatic personalities, disheartened, frustrated
- ⊕ enjoyment of life, renews enthusiasm, interest in life

Paw Paw - BE037

- ⊖ overwhelm, unable to resolve problems, burdened by decision
- ⊕ improved access to Higher Self for problem solving, assimilation of new ideas, calmness, clarity

Peach-flowered Tea-tree - BE038

- ⊖ mood swings, lack of commitment to follow through projects, easily bored, hypochondriacs
- ⊕ ability to complete projects, personal stability, take responsibility for one's health

Philothea - BE039

- ⊖ inability to accept acknowledgement, excessive generosity
- ⊕ ability to receive love and acknowledgement, ability to let in praise

Flower Essences

Pink Flannel Flower - BE069

- Feeling and seeing life to be dull, flat and lack lustre, unappreciative, unhappy, taking for granted, unmindful
- + gratitude, open-hearted, joie de vivre, appreciative, lightness of being

Pink Mulla Mulla - BE040

- 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

Red Grevillea - BE041

- feeling stuck, oversensitive, affected by criticism and unpleasant people, too reliant on others
- + boldness, strength to leave unpleasant situations, indifference to the judgment of others

Red Helmet Orchid - BE042

- rebelliousness, hot-headed, unresolved father issues, selfishness
- + male bonding, sensitivity, respect, consideration

Red Lily - BE043

- vague, disconnected, split, lack of focus, daydreaming
- + grounded, focused, living in the present, connection with life and God

Red Suva Frangipani - BE044

- initial grief, sadness and upset of either a relationship at rock bottom or of death of a loved one, emotional upheaval, turmoil and rawness
- + feeling calm and nurtured, inner peace and strength to cope

Rough Bluebell - BE45

- deliberately hurtful, manipulative, exploitive or malicious
- + compassion, release of one's inherent love vibration, sensitivity

She Oak - BE046

- female imbalance, inability to conceive for non-physical reasons, distressed about infertility
- + emotionally open to conceive, female balance

Silver Princess - BE047

- aimless, despondent, feeling flat, lack of direction
- + motivation, direction, life purpose

Slender Rice Flower - BE048

- prejudice, racism, narrow-mindedness, comparison with others
- + humility, group harmony, co-operation, perception of beauty in others



Southern Cross - BE049

- victim mentality, complaining, bitter, martyrs, poverty consciousness
- + personal power, taking responsibility, positiveness

Spinifex - BE050

- sense of being a victim to illness
- + empowers one through emotional understanding of illness

Sturt Desert Pea - BE051

- emotional pain, deep hurt, sadness
- + letting go, triggers healthy grieving, releases deep held grief and sadness

Sturt Desert Rose - BE052

- guilt, regret and remorse, low self-esteem, easily led
- + courage, conviction, true to self, integrity

Sundew - BE053

- vagueness, disconnectedness, split, indecisive, lack of focus, daydreaming
- + attention to details, grounded, focused, living in the present, reducing procrastination

Sunshine Wattle - BE054

- 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

Sydney Rose - BE067

- feeling separated, deserted, unloved or morbid
- + realising we are all one, feeling safe and at peace, heartfelt compassion, sense of unity

Tall Mulla Mulla - BE55

- ill at ease, sometimes fearful of circulating and mixing with others, loner, distress by and avoids confrontation
- + feeling relaxed and secure with other people, encourages social interaction

Tall Yellow Top - BE056

- alienation, loneliness, isolation
- + sense of belonging, acceptance of self and others, knowing that you are 'home', ability to reach out

Turkey Bush - BE057

- creative block, disbelief in own creative ability, discouragement
- + inspired creativity, creative expression, focus, renews artistic confidence

Waratah - BE58

- despair, hopelessness, inability to respond to a crisis
- + courage, tenacity, adaptability, strong faith, enhancement of survival skills

Flower Essences

Wedding Bush - BE059

- difficulty with commitment
- + commitment to relationships, commitment to goals, dedication to life purpose

Wild Potato Bush - BE060

- weighed down, feeling encumbered
- + ability to move on in life, freedom, renews enthusiasm

Wisteria - BE061

- feeling uncomfortable with sex, closed sexually, macho male
- + sexual enjoyment, enhanced sensuality, sexual openness, gentleness

Yellow Cowslip Orchid - BE062

- critical, judgemental, bureaucratic, nit picking
- + humanitarian concern, impartiality - stepping back from emotions, constructive, a keener sense of arbitration

Companion Essences

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 loved ones in the spiritual world

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

Lichen Essence

- 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 etheric body releases earth bound energies



Personalized Essences

You can order a personalized mixture from us. These compositions are prepared with 12,5% vol alcohol.

In case you renounce on alcohol the composition needs to be consumed within 4 weeks.

Combinations, sprays & cremes



Combinations and oral sprays

The combinations and oral sprays consist of 2 or more single essences which were composed by Ian White to support mental and physical difficulties.

The combinations and oral spray are ready to use and should not be diluted anymore. You can also use the combinations for your bathing water, scented lamp or utilize directly on your skin.

The oral sprays are also ready to use, just spray them into your mouth anywhere and anytime you feel the need.

Space mists

The space mists are completely organic. They help to create positive conditions for healing and are refreshing and renewing for body and soul.

Use these sprays whenever you feel the need of a positive surrounding: at home, at work, while travelling.

Cremes

The five cremes are unique organic blends of the most exquisite essential oils, beautifully nurturing botanical butters, herbs and skin rebalancing.

Apply sparingly to your face, hands or body as required with a gentle pressing motion that ensures even absorption into the skin.



Combinations

Abund Essence

current condition:

Pessimistic, Closed to receiving, Poverty consciousness

positive outcome:

Aids in releasing 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 Flowers: Bluebell, Boab, Christmas Bell, Five Corners, Philiteca, Southern Cross and Sunshine Wattle.

Available in 30 ml bottles - BM003

Adol Essence

current condition:

Feeling of hopelessness, insensitive, sense of not belonging "It's not fair" attitude, embarrassment, rebellious, anger

positive outcome:

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

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

Available in 30 ml bottles - BM004

Body Beautiful

current condition:

Dislike of physical self, body, skin texture & touch

positive outcome:

Encourages love, nurturing, care and touch of your physical body. Helps to deal with any dislike and non-acceptance of one's body, skin texture or intimate loving touch.

Bush Flowers: Billy Goat Plum, Five Corners, Flannel Flower, Little Flannel Flower and Wisteria.

Available in 50 g creme - BC001 and 20 ml oral spray - BC018





Calm & Clear Essence

current condition:

Always over committed, no time for self, impatience rushing, worry

positive outcome:

Helps to find time for one's self, to relax without external pressures & demands, to wind down and enjoy relaxing pursuits.

Bush Flowers: Black Eyed Susan, Boronia, Bottlebrush, Bush Fuchsia, Crowea, Jacaranda, Little Flannel Flower und Paw Paw.

Available in 50 ml spray - BS009, 20 ml oral spray - BC014, 50 g creme - BC011 and 30 ml bottle - BM005

Cognis / Focus Essence

current condition:

Daydreaming, confusion, overwhelm

positive outcome:

Gives clarity and focus when working, speaking, reading or studying. It balances the intuitive and cognitive processes and helps integrate ideas and information.

Excellent for study or pursuits that require intense focus. It assists problem solving by improving access to the Higher Self, which stores all past knowledge and experiences.

Bush Flowers: Bush Fuchsia, Isopogon, Jacaranda, Paw Paw and Sundew.

Available in 30 ml bottles - BM006 and 20 ml oral spray - BC016

Confid Essence

current condition:

Low self esteem, guilt, shyness, lack of conviction, victim mentality

positive outcome:

Brings out the positive qualities of self esteem and confidence.

It allows us to feel comfortable around other people and resolve negative beliefs we may hold about ourselves as well as any guilt we may harbour from past actions. This combination also helps us to take responsibility for situations and events that occur in our lives and realise that we have the ability and power not only to change those events, but also to create those we want.

Bush Flowers: Boab, Dog Rose, Five Corners, Southern Cross and Sturt Desert Rose.

Available in 30 ml bottles - BM007 and 20 ml oral spray - BC017



Combinations, sprays & cremes

Creative Essence

current condition:

Creative blocks and inhibitions, difficulty expressing feelings

positive outcome:

Inspires creative and emotional expression and gives courage and clarity in public speaking and singing. This Essence frees the voice. It also helps to clear creative blocks and to find creative solutions in all of life's pursuits.

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

Available in 30 ml bottles - BM008

Dynamis Essence

current condition:

Temporary loss of drive, enthusiasm and excitement

positive outcome:

Renews enthusiasm and joy for life. It is for those who feel 'not quite right', drained, jaded or not fully recovered from setbacks

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

Available in 30 ml bottles - BM009 and 20 ml oral spray - BC019

Electro Essence

current condition:

Feeling drained and flat, out of balance with earth rhythms

positive outcome:

Greatly relieves 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 Flowers: Bush Fuchsia, Crowea, Fringed Violet, Mulla Mulla, Paw Paw and Waratah.

Available in 30 ml bottles - BM010





Emergency Essence

current condition:

Panic, distress, fear

positive outcome:

Excellent for any emotional upset. It has a calming effect during a crisis. 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.

Bush Flowers: Angelsword, Crowea, Dog Rose of the Wild Forces, Fringed Violet, Grey Spider Flower, Sundew and Waratah.

Available in 50 ml spray - BC005, 20 ml oral spray - BC013, 50 g creme - BC003, 30 ml bottles - BM002 and 15 ml stockbottles - BM001

Meditation Essence

current condition:

Poor quality meditation, psychic attack, damaged aura, psychically drained

positive outcome:

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 practicing meditation.

Bush Flowers: Angelsword, Boronia, Bush Fuchsia, Bush Iris, Fringed Violet, Green Spider Orchid and Red Lily.

Available in 30 ml bottles - BM011

Purifying Essence

current conditions:

Emotional waste, feeling encumbered, emotional baggage

positive outcome:

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

Bush Flowers: Bauhinia, Bottlebrush, Bush Iris, Dagger Hakea, Dog Rose and Wild Potato Bush.

Available in 30 ml bottles - BM012



Combinations, sprays & cremes

Relationship Essence

current condition:

Emotional pain and turmoil, resentment, blocked, held-in emotions, inability to relate

positive outcome:

Enhances the quality of all relationships, especially intimate ones. It 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. This Essence breaks the early negative family conditioning and patterns which effect us in our current adult relationships. For those in intimate relationships a perfect remedy to follow this combination is Sexuality Essence.

Bush Flowers: Hakea, Flannel Flower, Mint Bush, Red Helmet Orchid, Red Suva Frangipani and Wedding Bush

Available in 30 ml bottles - BM013

Sensuality Essence

current condition:

fear of emotional intimacy

positive outcome:

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

Bush Flowers: Billy Goat Plum, Bush Gardenia, Flannel Flower, Little Flannel Flower, Macrocarpa and Wisteria

Available in 50 ml spray - BC008



Sexuality Essence

current condition:

Emotional trauma associated with sexuality, shame, uptight about sexuality, fear of intimacy

positive outcome:

Helpful for releasing trauma associated with one's sexuality or experiences. 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. Sexuality Essence renews passion and interest in relationships.

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

Available in 30 ml bottles - BM014



Solaris Essence

current condition:

Emotional fear and distress associated with heat, fire and sun

positive outcome:

Greatly relieves emotional fear and distress associated with heat, fire and sun. An excellent remedy to have handy during summer and long exposure to the sun.

Bush Flowers: Mulla Mulla, She Oak and Spinifex.

Available in 30 ml bottles - BM015

Space Clearing

current condition:

Negative mental, emotional & psychic energies, disharmonious or unpleasant environments

positive outcome:

Creates sacred and harmonious environments.

Purifies and releases environments with built-up negative emotional, mental and psychic energies.

Great for clearing tense situations and environments and restoring balance.

Bush Flowers: Angelsword, Boab, Fringed Violet, Lichen and Red Lily.

Available in 50 ml spray - BS001
and 100 ml spray - BC002



Transition Essence

current condition:

Feeling stuck, lack of direction, fear of death, fear of the unknown non-acceptance

positive outcome:

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

Available in 30 ml bottles - BM016

Combinations, sprays & cremes

Travel Essence

current condition:

Disorientation, personally depleted and drained, emotional effects of travel

positive outcome:

Addresses the problems encountered with jet travel. It enables a person to arrive at their destination feeling balanced and ready to go. The use of this Essence is beneficial for all forms of travel.

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

Available in 50 ml spray - BC009, 50 ml creme - BC012 and 30 ml bottles - BM017

Woman Essence

current condition:

Mood swings, weary, physical dislike

positive outcome:

Harmonises any emotional imbalances during menstruation and menopause. It allows a woman to discover and feel good about herself, her own body and her beauty.

Bush Flowers: Billy Goat Plum, Bottlebrush, Bush Fuchsia, Crowea, Five Corners, Mulla Mulla, Old Man Banksia, Peach-flowered Tea-tree and She Oak.

Available in 50 ml spray - BC007, 20 ml oral spray - BC015, 50 ml creme - BC004 and 30 ml bottles - BM018





Application

Use

To fully benefit from the positive effects of Australian Bush Flower Essences just use one essence or combination at a time.

It is far more effective to focus on just one issue and one dosage bottle, at a time, otherwise the results can be very scattered as they have no main focus to address.

Usually we recommend to use the essences for at least 2 weeks.

In case you feel that your issue might not be resolved you can repeat the application/treatment.

When, meanwhile, you might deal with another issue feel free to choose another essence or combination.

You can, however, use a remedy, for example Emergency Essence, in a one off acute situation whilst still taking another remedy over the standard two or four week period.

All the products are self-regulating. They just free the emotions you are able to deal with.

Dosage

Essences and combinations:

Just 7 drops under the tongue, two times a day or as required.

Mists:

Just mist or spray into the air or your aura as required.

Oral sprays:

Just 2 sprays on the tongue.

Crèmes:

Apply sparingly to face, hands or body as required.

Legal advice

Essences and remedies are food -Art. 2 of VO (EC) Nr. 178/2002- and have no scientifically proven effect on body and mind. All declarations refer to energetic aspects like aura, meridians, chakras ecc.

Books & Cards

69 Australian Bush Flower Essences

by Ian White

A concise illustrated reference summary of each of the 69 Bush Essences together with all the Combinations. This book is available individually and is also included as a complimentary addition in the Australian Bush Flower Essence Stock Kit.

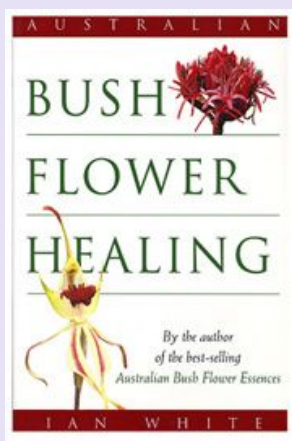
Also available in the following languages:
GERMAN / ENGLISH



Australian Bush Flower Healing

by Ian White

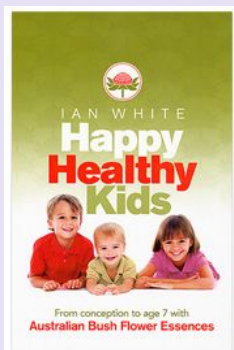
This is the companion volume to Ian White's bestselling *Australian Bush Flower Essences*, first published in 1991 and still the authoritative book in the field. This second book, *Australian Bush Flower Healing*, covers the 12 Essences that were developed after his first book was published. This text is also fully illustrated and contains stunning photos of not only the remaining Bush Essence flowers, but also landscapes of the areas where they grow. One of the most valuable aspects of this book is the extensive repertory of emotional, mental and spiritual conditions. This index is a wonderful reference point when researching or selecting a Bush Essence.



Happy Healthy Kids

by Ian White

Happy Healthy Kids traces a child's physical, emotional and spiritual development from preconception, through pregnancy and birth, to age seven. It is a very accessible, easy to use book jammed full of practical advice and case histories. Key emotional issues and a wide variety of everyday ailments a child may face at each stage of growth are described alongside easy-to-implement solutions and a selection of appropriate Bush Essences.



Flower Insight Cards

The Flower Insight Cards were first developed in 1997 after numerous requests from both practitioners and patients to see the flowers in all their glory! Beautifully photographed and in full colour, each of the 69 cards reflects the vibrancy and potency of each Essence, whilst also opening up many new ways of healing with the Australian Bush Flower Essences.





Prices: (incl. VAT excl. shipping)

Stockbottles / Essences 15 ml	from £14.70
Combinations / compositions 30 ml	from £14.70
Combinations / oral sprays 30 ml	from £14.70
Combination sprays 50 ml / 100 ml	from £18.20
Body-Love cremes 50 ml	from £19.90

state 2023-10-01



**All spiritual essences
are also available in our
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