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**February Fair Maids**

We are always happy to see the snowdrop, first flower of the year, and a harbinger of spring! Affectionately known as February Fair Maids, they were planted around Abbeys as symbols of the nun's purity. The hardened stem tips can push through frozen earth and the little white blooms look like tear drops. As a flower essence it can cleanse and purify cold or sad emotions so you can find a bright, new beginning.

**Be Resistant**

**Don't forget to try this special formula to boost your system at this cold time of the year**

Visit our website; read the reviews to see what people say about Be Resistant

**The Ash Tree**

The Ash tree is the Norse tree of life, know as Yggdrasil. It has a very rich mythology and is wonderful as firewood, and a very useful wood for industry. It will be spring before we know how many of our 80 million Ash trees have died of the deadly fungus Chalara pseudoalbidus, but it's only a matter of time before our countryside will look very empty and bare. What a terrible and sad loss. It's a tree that likes a lot of sunshine, so our cold wet summers have not really been to its liking, which may have lowered its resistance to infection. The Ash tree plant signature is fascinating; did you know it can change sex from year to year!!



Ash is one of our research essences, which means we are discovering how it can help. We are sure, however, that it brings harmony and illumination to the mind, plus helps us to be more in step with ourselves and nature. Try this essence and let us know how you get on with it.

**Buy a bottle of Ash tree essence for just £5.00, including postage**

**TRY THIS!**

Please try watering your favourite Ash tree with some Ash tree essence. We wonder if it will help it fight the fungus. Choose a mature tree as they are thought to be more resistant than younger trees.

**Discount**

**USE DISCOUNT CODE ASH TREE FOR A 10% REDUCTION ON ALL SUN ESSENCE PRODUCTS**

**Tip of the month**

All plants love Flower Essences, so use Emergency Essence to reduce the shock of transplantation and encourage quick and strong growth. Make a normal dosage bottle, using extra brandy for longer stability and add 12 drops to a gallon watering can.



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