



Self Heal - taking responsibility

This plant is a common sight at this time of the year and so beautifully striking, with its chunky purple flower heads. Known as **Self Heal** it's almost as if people of old knew of its special properties.

Use as a flower essence when you have lost hope of being well, in body and mind. It can help you to find the vitality within to engage more productively with life and take greater responsibility for what's needed to adequately nourish yourself.

We, ourselves, are often last on the list when it comes to handing out our time and energy. Self Heal allows us to be more generous.

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SPECIAL PRICE!

Packed full of 'nature's little helpers' for your holiday or trip



Visit website for details

Travel Bags

Holiday Help: *advice from Vivien*

I was sitting in a bar in sunny Spain and next to me were some very spectacular Geraniums. Flying around these flowers were a number of large and scary wasps. Not taking much notice and relaxing back into my chair, I must have squashed one of them. His reaction was not good. A mighty sting and through my tea shirt! Ouch!! It quickly swelled into a large round patch.

But being prepared, I fortunately had some Be Calm in my bag. I dabbed it on the sting every few minutes, as the effect is cumulative. After 15 minutes the swelling had gone down and all I could see was the puncture mark. It really didn't trouble me again and without my quick action, it could have ruined the rest of my holiday.



While on holiday, I would suggest that you carry around some Be Calm blended flower essence remedy and Crab Apple Soothing Cream in case of minor mishaps. The quicker you can use it the better the results, as you see from my experience.

PS. Be Calm is also a godsend on departure day if you worry about travelling.

(Both Be Calm and the Crab Apple Soothing Cream are included in the Sun Essence Travel Bag).

TRY THIS!

Add some Be Calm essence to your sun protection, as it can help 'cushion' your skin from the extremes of a hot climate.

A few drops in your after sun lotion also works!

WIN!!!!

Deluxe Travel Bag



Visit website for details of our free to enter contest

Clematis

Better known as old man's beard, wild Clematis is an important ingredient in the Be Vitalised flower essence blend. As a climber, its flowers seem to float, dream-like, through the trees like a white mist. At the time when our body clock can be unsettled because of long trips, Clematis prompts us to stay alert and present in the moment. Take regular doses of Be Vitalised to encourage a natural and gentle lift.

We hope you enjoy our Newsletters, but if you no longer wish to receive correspondence from us, just drop us an email at vivien@sunessences.org. We will delete you from our distribution list.

25% discount
off Be Vitalised and
Clematis

(10ml & 30ml sizes - see website for details)

