

# *Seasons of the Soul™*

## *Certified Organic Herbal Flower Oils*

**Our Seasons of the Soul Herbal Oils** are a bouquet of flower essences, pure botanical essential oils, and herbal flower infusions from five outstanding plants - Arnica, Calendula, Dandelion, Mugwort and Saint John's Wort - in a base of organic sunflower and olive oils. The flowers are hand-gathered from our own Demeter-certified Biodynamic organic gardens, or from pristine wild areas, and then sun-potentized in small batches with love and careful attention. These herbal oils form a unique mandala of healing for body and soul. Just as the Earth expresses herself in seasons so also are there differing needs within our families, home and work, and the many cycles of daily living. The **Dandelion Dynamo** brings energizing and releasing qualities, while **Mugwort Moon Magic** stimulates and expands our sensibilities. **Arnica Alleve** is soothing and centering, and **Saint John's Shield** builds an inner sanctuary of light and protection. **Calendula Caress** bestows a gentle etheric warmth which softens and soothes the skin. **Benediction Oil** is used for special occasions, and includes the precious oils of Rose, Angelica, and Jasmine and several flower essences, in a base of Saint John's Wort Oil. Ask for our detailed color brochure.



**Try our new six-oil gift set!**

# Self-Heal™

## Flower Essence Skin Creme

Self-Heal Creme is made with the flower essence and whole plant tincture of the remarkable Self-Heal herb *Prunella vulgaris*, in a natural herbal base. Use as a moisturizer and soothing skin creme, or as a base for topical application of flower essences and essential oils. We receive many enthusiastic testimonials from satisfied customers around the world.



### A Sampler of Customer Comments:

*"Whenever an external application of a flower essence blend is indicated, Self-Heal Skin Creme is always used as the base. The basic makeup of the creme and its texture make it an ideal medium when addressing skin conditions."*

— Dr. Doris Clarke, Rapid City, South Dakota

*"In about one month of using the creme the disturbed child I was treating no longer had eczema. The Self-Heal Creme had nourished and healed his soul — the soul that was expressed on the surface of the skin."*

— Dr. Michael Weinraub, Seattle, Washington

*"This last summer I was given Self-Heal Flower Essence Skin Creme as a gift. It is fantastic! The skin on my feet was cracked, and this truly 'Self-Heal'ed!"*

— L.K., Sollentuna, Sweden

*"I use Self-Heal Creme mixed with Marjoram as a belly cream for feminine reproductive issues. The Self-Heal Creme is also excellent to treat eczema."*

— K.H., Waterbury Center, Vermont

*"I absolutely love this skin creme for my very dry hands. It's the only creme I like and that has healed my chapped hands!"*

— L.W., Boulder, Colorado

*"The new formulation of the Self-Heal Creme has been just short of miraculous in terms of the benefit to my skin. Immediately soothing, the improvement in my skin overnight was also almost startling. Now five days after I first started using it, one would hardly know there had been pretty nasty rashes covering almost my entire left and right arms just one week ago. The legs are also very much improved."*

- D.D., England

## FES Flowers: Bridging Body & Soul

### Flower Essence Services

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