

BALANCE RANGE

This was one of the first High Vibrational Constellations I created. Its purpose is to balance your mind physical, emotional & spiritual bodies.

The combination of the **Elixir** for internal use, together with the intuitively created blend of Lemon; May Chang & Mandarin Essential Oils in the **Energy Spray** and **Healing Cream** work in synergy to uplift and attune all parts of your being.

The *Gem & Flower Essences* used are:-

Dandelion Flower and Leaf – made from specially chosen flowers & leaves from my garden - detoxes and balances the solar plexus, brings the “sun” energy into the body. The leaf is known to promote a healthy heart & circulatory system.

Self-Heal – gathered from my lawn, self-heal only grows in lawns that are free from all chemicals. It treats wounds; heart disease; mouth ulcers; liver complaints; is anti-inflammatory & is believed to have cancer-healing properties.



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Lady's Mantle – gathered at dawn, with the dew still on the leaves, my Lady's Mantle Flower Essence has very protective qualities. It can gently bring into balance your physical, mental and emotional bodies. This in turn enables you to be more centred; calm and accepting of life.

Evening Primrose – brought into my garden by the birds, this beautiful natural yellow Flower Essence balances the body; hormones and emotions in both men and women and works in synergy with the other gem and flower essences present. It has known benefits to balance and heal the prostate gland in men.

Green & Red Ocean Jaspers – arguably the most phenomenal healing gemstone I have ever had the pleasure to encounter! Balances all aspects of the body, mind & emotions; also believed to be another cancer-healer, these two gem essences were created with very special stones – all-round healers!

South African Green Jade Heart - brings balance into the heart; emanates peace & tranquillity; a stone of joyous love. As an elixir, it brings the deep green energy of the heart to all parts of the body, releasing emotional instability, particularly of irritability and impatience, replacing these feelings with peaceful joyousness.



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Blue and Orange Calcite Combination - balances your Throat & Sacral Chakras – your points of communication and creativity; enables you to clearly communicate your needs & wishes; also enhances your creative abilities & hidden talents, allowing them to blossom.

Imperial Golden Topaz No. 3 - there are four Golden Topaz Essences, each made in antique cut-glass crystal bowls (befitting their “Imperial” heritage!). *Balance* contains no.3. They are said to recharge you spiritually & physically, linking you to the highest universal forces! When drinking the elixir, I feel my lower three chakras come back into balance, before shooting golden energy up to my crown chakra & aligning all points in-between. The great news is that these wonderful stones are also said to strengthen your liver, gall bladder & endocrine system!

Additional information :-

- All Elixirs are preserved in a water/ Raspberry Vodka combination
- Additional ingredients in the Energy Spray – Polysorbate 20 (from Coconut) as an emulsifier and St Helen’s Spring Water
- Additional Ingredients in Healing Cream Handmade Hypoallergenic Base Cream plus Carrier Oils of Apricot Kernel, Peach Kernel and Wheatgerm.

