

# SELF LOVE RANGE

**S**elf-Love was intuitively created to enable you to come into a state of self-acceptance of the wondrous being you are. Often, through our life and interactions in early life, if we have been criticised or unappreciated by others this can lead us to feel that we are to blame and that somehow or other we are not good enough.

The specially blended Gem and Flower Essences in the **Elixir**, together with the intuitively blended aromatherapy oils of Rose Absolute, Neroli and Jasmine Absolute in the **Healing Cream** and **Energy Spray** have been created to enable you to heal and come into a state of Self-Love naturally and gently.

It has been highly transformative for those who have used it. As a consequence of being loving to themselves, they have suddenly broken blocks that had been holding them back for years, and have sprung forward dramatically in their work and personal lives.



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The *Gem & Flower Essences* used are:-

**Emerald** - strengthens the physical heart centre and is believed to help neutralise and transmute sadness and pain from previous upsets, whether in love or any sort of relationships allowing pure love to enter into our mind, body and soul; brings about physical, emotional and mental equilibrium. A stone of wisdom, it may enable us to be discerning and to seek the truth in all situations and dealings with ourselves and others. It has the ability to allow us to tune-in to our inner wisdom, thus gaining clarity of purpose and accessing information from the Divine realm.

**Rose Quartz Hearts** - This elixir was made with specially chosen Rose Quartz Hearts – one large and three smaller ones to bring in unconditional love for oneself as well as for others and infinite peace to the heart and mind. It is known as *the Heart Stone*, and is therefore included in order to bring into balance our heart centres on an emotional level.

**Rainbow Quartz** – the crystal that made this elixir has a beautiful rainbow butterfly shape inside it and has a very high vibrational energy. As Rainbow Quartz has all the colour spectrum within it, it is excellent for bringing all chakras into balance and vibrational harmony.

**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 and hidden talents, allowing them to blossom.



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**Watermelon Tourmaline** – is the stone of Self-Love! It works with the Heart chakra, cleansing and removing blockages. As a balancing stone, Watermelon Tourmaline may aid in removing insecurities, helping to inspire both creativity and practicality and connect the Heart Chakra to both physical and spiritual vibrations. Watermelon Tourmaline calms over-active emotions.

**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 (whether with ourselves or others), replacing these feelings with peaceful joyousness.

**Mangano Calcite & Heart** - vibrationally brings in the higher heart angelic energy to enable us to release higher self-love into our whole being. A stone of forgiveness, this beautiful stone may help you to release any grief and fear trapped in your heart, transmuting it into unconditional love for yourself as well as others. It increases your feelings of self-worth and self-acceptance. As an elixir, it works incredibly gently dispersing such negative emotions and bringing in the beautiful pale pink angelic energy of this beautiful stone of the Angels.



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## **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 & Wheatgerm

