

Flower Essences and Gem Elixirs 101

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The present owner of Body Mind Spirit kept the name of the salon at the time of its purchase, finding it a perfect fit with the vision for the business. To enhance the aspect of spirit, flower essences and gem elixirs were added to some products. If you are not familiar with these terms, don't worry, you are in good company. Most people have either not heard of them or confuse flower essences with aromatherapy. This blog is an introductory discussion about these wonderful vibrational therapies and why they are included at Body Mind Spirit.

Flower essences and gem elixirs were used many centuries ago before becoming a lost art. Dr. Edward Bach, a homeopathic doctor in England in the early 1900's, brought flower essences back to the "modern" world. If you have heard of flower essences, you most likely have heard of the 38 Bach flower remedies and his most famous Rescue Remedy. His essences are probably the most well-known today. In the U.S.A, the Flower Essence Society (FES), led by Pamela Kaminski and Richard Katz, has worked hard to gather research and educate people about flower essences. They have also added to Bach's original 38 remedies to address the emotional and spiritual needs of our current culture and lifestyles.

So what are they? Flower essences and gem elixirs are energy-based infusions. Flower petals or crystals (stones) are placed in a container and then placed in water and exposed to sunlight. Since water is highly programmable, the "essence" of the flowers' or crystals' vibration is transferred to the water. This water is then preserved, often with brandy, but diluted down in a specific formula for use. Because there is nothing of the original plant or crystal in the dilution other than the vibration, flower essences and gem elixirs are very safe to use.

What do they do? Through the research of Dr. Bach and FES, different qualities have been observed to be called out with specific flowers. For example, lavender essential oil, besides smelling wonderful, is known for being very relaxing. As a flower essence, that relaxation is added to as it addresses a type of overstimulation for people who may not realize how sensitive they are to spiritual energies. Gem elixirs are an easy

option when one would like to work with the metaphysical properties of crystals/ minerals, replacing the need to carry the actual stones, which can be quite pricey or hard to find - and one doesn't have to be concerned about losing a stone from one's pocket!

To work with these vibrational remedies on a "therapeutic" level, the general recommendation is to take a few drops orally 3 or 4 times a day for 2 weeks. This use is beyond the scope of Body Mind Spirit. However, that doesn't mean the essences and elixirs cannot be used to benefit Body Mind Spirit's clients through a different application. Because they are vibrational in nature, the flower essence or gem elixir only has to be in one's energy field and not ingested to have an impact. This is why they are included in many of our pedicures and our skin soother. Our room energizers are the easiest method of all for use. One can spray a room to change the energy and to positively affect everyone in it. You can also spray them on your inner wrist for self-use or give a single spray to the back of your dog or cat to help your furry friends.

So now, as an example, when you read that carnelian gem elixir is an ingredient in our skin soother, you can know that it is added to support the feeling of confidence. And you can know the Body Mind Spirit Salon and Day Spa cares about the customer's body, mind, and spirit and that the goal is to make your experience at the salon as exceptional as possible.

Because it matters...

"The Earth laughs with Flowers" - Emerson