

# How To Take Your Bach Flower Essences

You can take the flower essences in two ways, and the instructions here are designed to be easy to remember. Taking larger doses at one time doesn't have a stronger effect – however, if you are going through a crisis you can take more frequent doses to help you get through it.



## **The 'glass of water' Method**

For short-term moods place four drops of your personally selected flower essence mix in a glass of water. Sip as often as required until relief is obtained. This also applies to Rescue Remedy (Crisis formula).

You can use this method for longer-term issues as well. Just sip from the glass throughout the day, at least four times a day – and make up a fresh glass each day.

## **Direct on the tongue**

If you are taking your personal selected flower essence mix the dosage is four drops directly on the tongue. The dosage is the same for Rescue Remedy (Crisis formula). In either case, repeat as often as necessary – but do try to aim for at least four times a day for long-term use.

## **How to store your flower essences**

Personal mixes made from your Bach Flower Practitioner will last approx. three weeks if you keep them cool – e.g. in the fridge. If this isn't possible (you live in a hot or humid climate or you may be carrying the bottle around in your pocket), add 1x teaspoon of brandy to the bottle before topping up with water. This will help keep the water from going off. If you don't want to use brandy, use cider vinegar as it works just as well. Concerned about the Brandy due to alcohol content? Put the drops in a cup of hot tea or water (boiling water) – this will evaporate the alcohol. Not recommended for children/babies.

**\*\* For further information on using Bach Flower Essences during Pregnancy, Birth and Post-Partum, please see the separate PDF Handout.**