

# *Self-Heal*<sup>TM</sup>

**Flower Essence Skin Creme**



**Soul Soothing & Body Balancing**

**Now with organic  
Totarol preservative**

# The World-Renowned Self-Heal Creme™

**Heart of the Earth** — The Self-Heal Creme is based on the remarkable properties of the Self-Heal herb (*Prunella vulgaris*). *Prunella* has been used for centuries as an external application for skin care, as well as an internal tonic in convalescence. The healing properties of this plant are so universal, that it was called “Self-Heal” or “Heal-All” by medieval herbalists. In early American herbals, it was named “Heart of the Earth.”



**Self-Heal flower essence** is fundamental in flower essence therapy, awakening the confidence and inner vital forces necessary for healing on all levels: physical, emotional and spiritual. A specially potentized formula of Biodynamic® Self-Heal flower essence and fresh plant tincture is used for the core part of Self-Heal Creme, along with other natural herbal ingredients.



**Self-Heal Creme** has such basic therapeutic and regenerative qualities that it can be used by anyone regardless of age, in clinical situations and in home care. The creme has rapidly become one of our most popular items, and is in demand in many countries throughout the world.

*I have been very excited by the results of this product. I have searched many years to find a skin creme that agrees so well with my sensitive skin.*

— T.C., Victoria, British Columbia, Canada

*Self-Heal plant tincture and flower essence are prepared in our dual-certified organic and Biodynamic® gardens at Terra Flora, Nevada City, California.*



### Using Self-Heal Creme

- Highly beneficial for general skin care: nourishing and anti-inflammatory
- Excellent moisturizer for facial rejuvenation, after-shave skin care, etc.
- Outstanding first-aid creme; soothes and heals burns, bug bites and abrasions
- Balancing for seasonal skin disorders – such as dry skin and chapped hands in the winter – or rashes and other “hot” inflammatory conditions in the summer
- Can be applied to wounds or post-surgical incisions to speed healing (but not recommended for open or suppurating wounds)
- Light and non-oily in application; can be used for problem skin, infants, or elderly to restore and renew
- A good base for custom combinations of other flower essences or essential oils; easily mixed in the wide-mouth jar
- An outstanding energetic transmitter for topical healing combined with vibrational remedies and healing touch, reiki, acupuncture, etc.

## Self-Heal Creme™ Flower Essence Formulas

The Self-Heal Creme has a universal quality that makes it an excellent matrix for many different flower essence combinations. The wide-mouth glass jar of Self-Heal Creme conveniently supports custom preparations, tailored to your needs.

We suggest no more than six or seven flower essences in an individualized combination. Be sure to label your jar, as you may want to create several different mixtures. Use 50 drops of flower essence stock per 120 g / 4 oz jar of creme (100 drops for the 240 g / 8 oz size). Stir the mixture with a wooden stick for three minutes, alternating with clockwise and counter-clockwise motions, ending with a clockwise motion.

**Intended use:** None of the following suggested combinations are meant to replace medical treatment of physical ailments. Flower essences are intended to resolve issues within the mental-emotional realm that can affect physical health. They are typically taken internally, but can also be applied topically and absorbed through the skin. Topical application appears to be most effective in those cases where there is a clear mind-body component.

### Some Suggested Combinations

The following are combinations which practitioners have discovered to be beneficial for topical situations. These general formulas are suggested for your consideration. You can also create your own unique formulas.

**Emergency Care:** Add **Arnica**, **Red Clover**, and the **Healingherbs Five-Flower Formula** to the Self-Heal Creme for a highly potent first-aid remedy. The Arnica essence provides spiritual centering, while the Red Clover flower essence dispels the panic and hysteria that often accompanies emergency situations. Prepare this creme for your **first-aid kit and medicine cabinet**, along with a liquid dosage bottle of the same combination, for both internal and external emergency aid.

**Body-Mind Cleansing:** Add **Manzanita**, **Chamomile** and **Crab Apple** to the creme. Many skin afflictions such as acne have a strong emotional component. Manzanita and Crab Apple essences impart fuller appreciation of the "body temple," helping to accept and transform imperfections; Chamomile provides emotional calming and balance.

**Inflammatory Conditions:** While conditions such as eczema, or dermatitis may need appropriate medical attention, the Self-Heal Creme has many anti-inflammatory properties that can help soothe and balance excessive fire in the skin. For added benefit, include **Aloe Vera**, **St. John's Wort** and **Crab Apple** flower essences in the creme base.

**Sore Joints, Muscle Tension:** Add **Dandelion** flower essence or **Dandelion Dynamo Flower Oil** to Self-Heal Creme to disperse contracted, overly tense muscles, along with **Cayenne** flower essence to bring catalytic warmth to stagnant energy in the body.

**Menstrual Balancing:** Add **Chamomile**, **Black Cohosh** and **Dandelion** flower essences along with **Mugwort Moon Magic Flower Oil** to the creme base for menstrual cramps, PMS bloating, or delayed menstrual cycle. Gently apply in clockwise and counterclockwise strokes to the stomach-uterine area.

**Fear of Intimacy:** Rashes and other outbreaks in the genital region require medical attention. But, there can often be a strong psychic message in skin outbreaks, especially regarding fear and confusion about intimacy. Add **Sticky Monkeyflower**, **Pink Monkeyflower**, **Mallow** and **Hibiscus** to the Self-Heal Creme to resolve issues of sexuality and appropriate boundaries.

**Beauty Balm:** Beauty *is* skin deep when it touches the soul. The natural rejuvenating and moisturizing qualities of Self-Heal Creme can be enhanced with **Star Tulip**, **Buttercup**, **Pretty Face**, **Iris**, **Lady's Mantle** and **Cherry** flower essences. This formula bridges body-soul feelings about beauty and self worth, instilling inner radiance and warmth.

**Environmental Protection:** Allergic skin conditions can result from oversensitivity and vulnerability to the environment. The skin acts as both a boundary and a receptor between the Self and the World. Those who are "thin-skinned" absorb too readily from the physical and social environment. Add **Yarrow**, **Pink Yarrow**, **Golden Yarrow**, **Saint John's Wort** and **Red Clover** to the Self-Heal Creme for greater protection and "self-containment." This combination can be applied topically to any areas of the skin that are allergy-prone, or those energy centers that are psychically vulnerable, such as the heart chakra, and the stomach/solar plexus region.

# In Praise of Se

*“Whenever an external application of a flower essence blend is indicated, Self-Heal 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 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 Creme as a gift. It is fantastic! The skin on my feet was cracked, and it truly ‘Self-Healed!’”*

— L.K., Sollentuna, Sweden

*“Anytime there is a need for skin improvement with an energy disturbance, I always use the Self-Heal Creme. It’s really a great product. The arthritis clients I work with find it extremely helpful.”*

— P.W., Englewood, Colorado

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

— K.H., Waterbury Center, Vermont

*“My son has had eczema since he was a year old; he is now four years old. After just two applications of Self-Heal Creme, his skin started feeling normal, like a baby’s skin, again. It is no longer scaly.”*

— A.F., Homer, Alaska



# Self-Heal Creme

*"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

*"I use Self-Heal Creme with horses to address skin conditions. Their skin is very tender, and the Self-Heal Creme absorbs very easily."*

— K.L., Ozone Park, New York

*"A burn accident resulted in seared skin on my arm, with intense pain. Nothing calmed it until I used Self-Heal Cream. I continued with frequent applications for 24 hours, then three times daily. After three days, I had pink healthy skin. I know from experience that a severe blister would ordinarily have resulted, taking a month to heal."*

— P.K., California

*"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."*

— D.D., England

*"I practice holistic, integrative, transpersonal psychotherapy. I have been using Self-Heal Creme for six or seven years and love the soft, gentle base of the creme. It is so easily customized with additional essential oils and flower essences."*

— D.G., Fort Collins, Colorado

**"There is not a better wound herb in the world than Self-Heal." – Gerard**

## Self-Heal Herbal Profile

### A Prominent Member of the Mint Family

*Prunella* is a member of the Lamiaceae (traditional name: Labiatae) botanical plant family. Plants in this family, commonly called the "mint" family, include Peppermint, Lavender, Basil, and Rosemary, among others. They are known for their strong resilience and universal healing properties. Like most mint family plants, *Prunella* has square stems and opposite leaves. Self-Heal favors moist and slightly cool conditions, forming dense mats of foliage that stay close to the earth, easily re-sprouting and spreading from the root base.

### Vibrant Flowers Favored by Bees

The flower spike is arranged in regular tiers or whorls that are cylindrical at the bottom and flaring open as they reach the top. Each flower consists of a two-lipped calyx, the upper lip very wide and receptive, and the lower lip much narrower. The Self-Heal plant is a favorite of bees, who harvest nectar from the corolla tube. *Prunella* flowers range from light pink to purple in color. However, only the most radiant magenta flowers are used for the FES preparations, due to their strong etheric life force.



***"While working on the nutrition team at Whole Foods, I tried your Self-Heal Creme. After years of buying and trying skin lotions, I found your product to be the best ever!"***

**– R.H., Austin, Texas**

***"Self-Heal Creme is great for my old, sun-damaged skin."***

**– M.K., Wynnum, Queensland, Australia**

## **“The Virtues Do Make It Good”**

Self-Heal has a long-esteemed herbal tradition. The famous herbalist John Gerard (1545-1612) wrote, “There is not a better wound herb in the world than Self-Heal...indeed the Virtues do make it good. For this very herb without the mixture of any other ingredient, being only bruised and wrought with the point of a knife... will heal any green wound... .” Nicholas Culpeper (1616-1654), described it as a “special herb for inward or outward wounds,” due to its ability to heal afflictions in the inner organs and their reflection on the external skin.



## **An Elemental Balancer**

Within the mint family, Self-Heal plays a unique role, integrating and balancing all four elements of earth, air, fire and water. While most members of the family thrive in sunny dry conditions, this plant grows close to the ground and enjoys moist conditions, yet still produces an abundance of fiery pollen for bees. The warmth properties which are associated with the Labiatae family are more internalized in the Self-Heal and integrated with strong life and regenerative forces belonging to the earth and water elements. This gives Self-Heal a stellar ability to bring balance to the physical body, cooling inflammatory conditions, as well as providing warmth and healing forces for stagnant or sclerotic conditions.

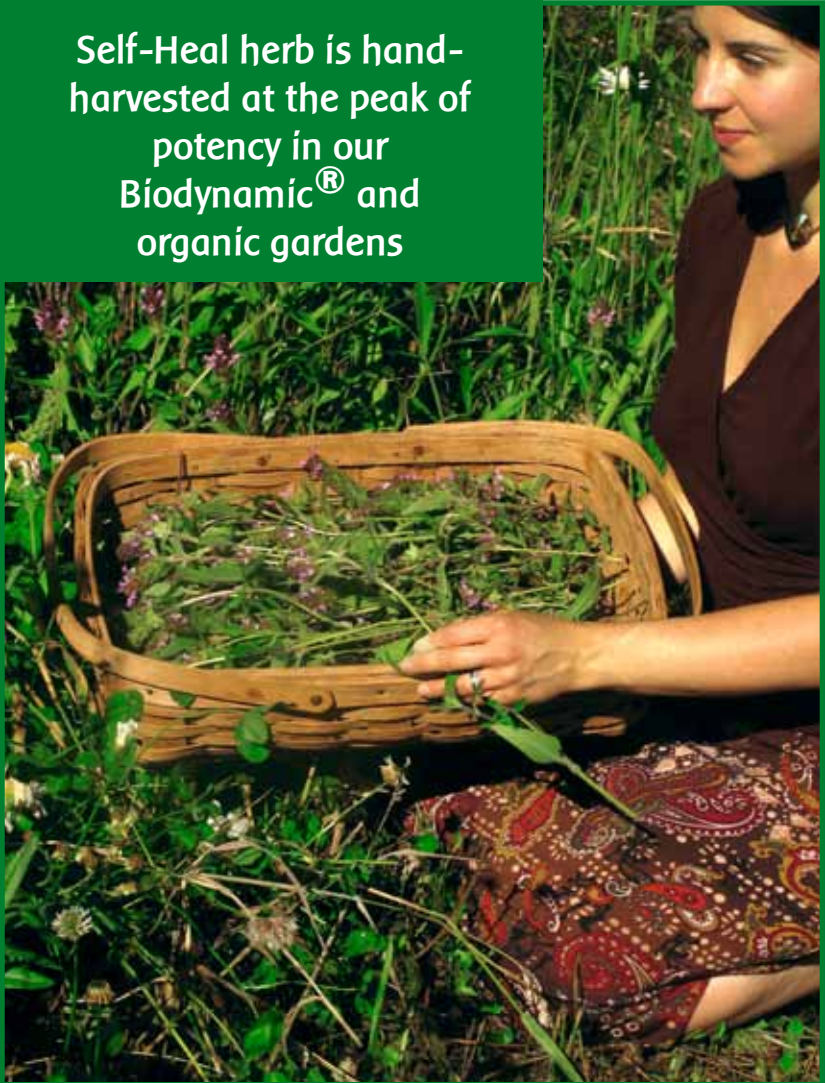
***“On my family farm I am exposed to the sun constantly. The Self-Heal Creme is the only product which has helped stabilize a pre-cancerous skin condition on my neck.”***

**– T. Kaminski, Loup City, Nebraska**

***“I received an increasing number of compliments on my complexion after I began using the Self-Heal Creme on my face. People have remarked that my complexion has a radiance that wasn't there before.”***

**– C.S., Newport News, Virginia**

Self-Heal herb is hand-harvested at the peak of potency in our Biodynamic® and organic gardens



*"I love the Self-Heal Creme! I put it on bug bites and scratches. It's a miracle cream. It absorbs into the skin, leaving no oily feeling." – D.K., Deerfield Beach, Florida*

*"The weather in Iceland is now getting cold and the Self-Heal Creme is excellent for the skin in frosty and snowy weather." – M.R., Gardabaer, Iceland*

# The Self-Heal Creme Ingredients

**Biodynamic® and organic Self-Heal flower essence:** The FES flower essence of *Prunella vulgaris* awakens the healing forces of the etheric body.

**Biodynamic® and organic Self-Heal whole plant tincture** prepared by FES: A well-known herbal remedy for topical and internal use, it is restorative and regenerative. *Our Self-Heal plants are grown on our Biodynamic® and organic farm, certified by the Demeter Association.*

**Biodynamic® and Organic Chamomile and Calendula extracts in olive or almond oil:** Prepared from our own Terra Flora Biodynamic® harvest, these herbal extracts protect and rejuvenate the skin.

**Biodynamic® and Organic Comfrey root tincture:** Prepared from our own Terra Flora Biodynamic® harvest, comfrey has been known historically for its regenerative properties to the skin and bones.

**Organic aloe vera gel:** Soothes, moisturizes, tones and protects the skin. It contains amino acids, minerals, vitamins, and enzymes.

**Olivem** (cetearyl olivate & sorbitan olivate): A natural emulsifier derived from olive oil. It helps the skin retain moisture and gives a smooth, silky feeling to the creme.

**Biodynamic® and Organic Almond oil:** As an emollient and moisturizer., almond oil nourishes and softens the skin helping to keep it smooth to the touch.

**Organic Jojoba oil:** A wax from a desert bush that protects the skin from drying. It soothes, moisturizes, softens, and is easily absorbed into the skin.

**Organic Avocado oil:** A nutritive vegetable oil that smoothes and softens the skin. It is easily and quickly absorbed into the skin, transporting other active ingredients.

**Organic Shea butter:** Extracted from the fruit of an African tree, it protects the skin, relieves dryness, and is easily absorbed into the skin.

**Organic aromatherapy essential oils:** Orange (made from the fruit of the orange, warm and uplifting); Lavender (relaxing and antiseptic); Ylang Ylang (a tonic and balancer); Geranium (anti-fungal, anti-bacterial and astringent cleansing properties), Jasmine (relaxing and calming).

**Vegetable glycerin:** A natural humectant derived from coconut or palm oil. It relieves skin dryness and aids spreadability.

**Silica:** A natural mineral, it contributes to the silky quality of the creme.

**Cetyl alcohol:** A waxy emollient and emulsifier derived from coconut oil, which is used to thicken and give body to a product.

**Glyceryl stearate:** An emollient and emulsifier derived from vegetable fatty acids which is used to thicken and give body to a product. It has humectant properties, and feels pleasant on the skin.

**Xanthan gum:** A natural, fermented carbohydrate used to thicken and stabilize skin care products.

**Tocopherols:** Mixed tocopherols (vitamin E) from natural, certified non-GMO sources; an antioxidant which protects and moisturizes the skin. It is known to neutralize free radicals.

**Water:** Deionized so that it becomes a standardized medium without the interference of high pH, bacteria, or minerals; water provides a vital moisture factor to skin care formulations.

**Potassium sorbate:** A preservative known for its effectiveness against yeasts, molds, and fungi. It is derived from sorbic acid, which is also a constituent of the rowan berry (*Sorbus aucuparia*).

**Organic Totarol:** An excellent all-natural anti-bacterial preservative extracted from recycled *Podocarpus totara* heartwood using a special extraction process.

This native tree of New Zealand is known to live up to 1000 years. After about 200 years of growth, it develops a strong anti-bacterial substance which acts as a defense mechanism to protect the tree. Developers have invented a process to capture these properties for use in cosmetics.

Totanol has no taste and very minimal aroma. The substance has been extensively tested at independent laboratories to demonstrate bioactivity, safety and product composition. In addition to Totanol's potent anti-bacterial activity, it also possesses anti-oxidant and therapeutic properties.

# Self-Heal Creme™

featuring the flower essence & tincture  
of the remarkable Self-Heal herb with  
organic and Biodynamic® herbal ingredients



*"After trying practically all cremes and moisturizing lotions at health food stores, I was still not satisfied. ... Finally, thanks to your creme, my skin feels soft and moist, but without that oily look."* — M.L., Brooklyn, New York



**FES Quintessentials™**

Flower Essence Services

P.O. Box 1769, Nevada City, CA 95959 USA

800-548-0075 [www.fesflowers.com](http://www.fesflowers.com)