NEW! Chamo-Mild Calm™
A Liquid Lullaby to Quiet & Comfort

Our latest addition to the FES FloraFusions™ line of bath and body oils, a blend of flower essences, essential oils and hand-harvested flowers from our Biodynamic® and organic Terra Flora Gardens.

Chamo-Mild Calm™ oil is simply heavenly! I feel such a soothing, peaceful, subtle and joyful sense of being when using it.

– Anna-Maria Pierce, healer and international educator, Nevada City, CA
Chamo-Mild Calm™
by Patricia Kaminski

We are delighted to announce that the abundant goodness of Terra Flora Chamomile (Matricaria recutita) is available in a new product. Chamo-Mild Calm™ is now a part of our FES FloraFusions™ line of alchemical artistry, featuring flower essences, essential oils, and extracts of flowers solar-infused in certified-organic olive oil.

Chamomile flower essence is one of the most in-demand FES flower essences around the world. As a practitioner from Brazil noted, “Chamomile is one of the most important must-have flower essences to provide emotional stabilization. So often our emotions get jangled from stress and worry. The deeper healing needed isn’t even possible unless emotional equilibrium is re-established so that one can see objectively.”

Chamomile is amazing for children, but also for the child within us of any age, when we get moody, fussy, or irritable. This flower is especially important for those who suffer from digestive disorders and related imbalances in the third chakra. I like to read the affirmation written by Patricia Kaminski to my clients, it is the essence of the healing message of Chamomile flower essence."

I guide my emotions to sun-filled clarity.
In the Sun’s pure light my feelings come to Peace.
I am this Sun-Serene Self.
The Biodynamic® and organic-certified Chamomile that grows in the Terra Flora Gardens has an exceptionally radiant presence – so prolific with flowers, and adored by both butterflies and bees, with its ethereal sweet scent wafting in warm light. A member of the Compositae or Asteraceae (Sunflower) family of plants, Chamomile is easy to recognize with its daisy-like white flowers and golden raised center. A seven-year old visitor to our gardens summed up its most distinctive feature: “Mommy has me drink Chamomile tea when my tummy doesn’t feel good – and now I know why. Because the flowers all have little tummies.”

Indeed, the bulging center of the Chamomile is its most significant signature. Inside its core is an intriguing air cavity, a warmed inner space. The Chamomile has a unique ability to “contain” the warmth and light of the sun, giving insight into its well-known herbal properties. When the digestive system is upset – either through external stress, or wrong food choices – the air and warmth elements are also disturbed, producing bloating or flatulence, and insufficient fire for digestion. It is no wonder that Chamomile tea, with its superior ability to contain and harness warmth and air forces, is universally recognized as an herbal tea for digestive upsets!

*Chamo-Mild Calm* is soothing and centering for children of all ages.
Chamo-Mild Calm™ felt like a gentle ocean of calm lapping over the noise in my head, and it washed over me from head to toe, instilling a sense of knowing that things would be alright and that I could now let go into sleep and rest.”

– Adriana Najera, Grass Valley, CA
This formula is masterful. My blood pressure goes down just holding the bottle in my hands.
— Bruce K., Asheville, NC

This product is priceless! My clients are profoundly supported by it as am I! Even my cat loves it!
— P (Facebook comment)
On the soul level, Chamomile flower essence addresses deeper imbalances in the air and warmth forces. It is especially indicated for the solar plexus, the core energetic center that regulates basic life emotions. Those who need this remedy have fluctuating emotional moods that are easily subject to environmental or social triggers. Small stresses are not able to be absorbed or regulated, instead they accumulate into ever large states of disharmony; resulting in symptoms such as insomnia, digestive disorders, emotional venting, excessive weeping or chronic anxiety. The Chamomile flower essence re-instills a contained center of warmth and light, so that the soul learns how to gain greater mastery of an even-tempered “sunny” disposition.

These traditional healing qualities of Chamomile are amplified to a whole new level in Chamo-Mild Calm™. The Chamomile flowers are lovingly hand-picked at the height of their bloom in the early morning hours. These blossoms then undergo a solar infusion process in organic olive oil.

After the oil is fully suffused with the Chamomile flowers, it is hand-pressed and stored. When we are ready to prepare the new blend, we gather our Biodynamic® flower essences and the finest medicinal-grade essential oils, and potentize them with prayer and reverence into the Chamomile oil infusion.

Chamomile flower essence provides foundational emotional nurturing and equilibrium, assisted by Star of Bethlehem and Mariposa Lily. California Valerian, Lavender and Magnolia flower essences promote deep body relaxation; Lilac and Sweet Alyssum uplift and purify the mental field; and Pink Angel’s Trumpet provides bodily release and connection with higher realms.

The botanical essential oils of Sandalwood and Lavender are added to provide nerve health; Frankincense and Cistus to restore breathing harmony; Spruce and Cedarwood to bestow physical warmth and grounding; and Vanilla and Ylang Ylang impart mellow sweetness.
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- **Agitation and Angst**: massage into entire face, or forehead and temples, or to the palm of the hands, closing eyes and breathing in deeply for several minutes

- **Bedtime Bath Balm**: add several ounces to warm bath water and soak yourself serene for sleep

- **Cranky Kid Calmer**: for teething, excessive crying or general fussiness – rub on child’s belly and other places of discomfort

- **Tranquil Tummy**: rub in circular patterns on the stomach when experiencing symptoms of indigestion, flatulence or general tension in the solar plexus

- **Menstrual Mender**: for cramping or general moodiness during menstruation

- **Tame your Flame**: rub frequently into any area of chronic inflammation, to bring restorative soothing relief

- **Meltdown Massage**: use as a full body massage to nurture your partner or friend, or even to soothe your pet
I am astonished by the soothing nature of *Chamo-Mild Calm*. All tension or anxiety just melts away. The blend of aromas and essences is simply superb.

— Carol N., Nevada City, CA