Nurturing Bath & Body Oils
Capturing the Heart of the Sun
Hand-Harvested Flowers from Biodynamic® & Organic Certified Terra Flora Gardens
**FES FloraFusions™ Bath and Body Oils** (formerly known as the Seasons of the Soul oils) are a unique blend of flower essences, pure botanical essential oils, and herbal flower infusions from six outstanding healing plants, in a base of organic olive oil. These extraordinary oils nourish body-soul wellness at a deep level of being.

**Flower Essence Services** is celebrating four decades of making healing products with an international reputation for integrity and quality. Our Nevada City, California land center, Terra Flora, is Demeter-certified as Biodynamic®. This is the superlative, international “gold standard” of agricultural integrity, with higher requirements than organic certification. Biodynamic® agriculture is based on a living way of working with the soil and plants, including the skillful use of natural herbal medicines.

My students and clients cherish the **FES FloraFusions Oils**. Truly they are like liquid drops of sunshine from the Heart of Terra Flora. The healing for body and soul is remarkable.

Anna-María Pierce
healer and international educator
Nevada City, CA
The **FES FloraFusions™ Bath and Body Oils** are crafted with joy and meditative focus. The flowers are hand-gathered at the peak of their natural seasonal vitality.

Making these oils in small hand-made batches is the only way to achieve optimum character and efficacy. They are solarized in organic olive oil, in glass containers and warmed by the natural light of the sun. Once the herbal infusion is complete, we then add the finest quality botanical essential oils and flower essences.
I love the *Arnica Allay™* oil. It really helps my hips and knees. It’s also great for bruises. Our patients use the [FloraFusions] oils on a regular basis.

— Sandy, Center for Holistic Medicine, Riverwood, IL

Our customers especially love *Arnica Allay™*. One of our favorite regular customers is 84 and she uses it anywhere and everywhere that hurts.

— Kimberton Whole Foods, Kimberton, PA
Calendula Caress™ —
Soothing & Softening for Body & Soul

- For irritated, inflamed skin: especially slow-healing wounds or skin ulcers; apply in compresses
- For children or infants: soothing for delicate and hypersensitive skin
- To instill calm receptivity: use in bath or massage during times of tension and irritability
- Mothering harmonizer: for the breasts of nursing mothers and as a balm for the birthing belly
- Lymphatic drainage: apply compresses over any swollen or tight areas, or use in baths

Flower essences: Calendula, Mariposa Lily and Star Tulip
Essential oils: Sandalwood, Vanilla, Chamomile, Marjoram and Lavender, plus Calendula extract

I use Calendula Caress™ as a base oil for children, frequently adding Mariposa Lily. I feel that this oil formulation helps foster bonds between parents and their children.

— Dr. Lucas Vergnettes, D.O, Paris, France
I use the *Calendula Caress™* in my massage practice. It really calms people down, is good for the lymphatic system, and letting go of anger.

— S.B., massage & Reiki therapist, Sedona, AZ
Chamo-Mild Calm™ —
A Liquid Lullaby to Quiet & Comfort

- **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 bathwater 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.

**Flower essences**: Chamomile, Star of Bethlehem, Mariposa Lily, California Valerian, Lavender, Magnolia, Lilac, Sweet Alyssum and Pink Angel’s Trumpet

**Essential oils**: Chamomile, Sandalwood, Lavender, Frankincense, Cistus, Spruce, Cedarwood, Vanilla and Ylang Ylang

This product is priceless! I cannot even describe how good it is. My clients are profoundly supported by it as am I! Even my cat loves it! — P (Facebook comment)

I am astonished by the soothing nature of your new product, Chamo-Mild Calm. All tension or anxiety just melts away. The blend of aromas and essences is simply superb. — Carol N., Nevada City, CA

This formula is masterful. My blood pressure goes down just holding the bottle in my hands. — Bruce K., Asheville, NC
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
Dandelion Dynamo™ —
Tension Tamer & Energy Mobilizer

- **Health tonic:** nourishing to the liver and other vital organs to renew life force
- **Muscle tension:** stiff or tight muscles from pronounced physical activity
- **Water retention:** especially as a prelude to the menstrual cycle
- **Drug detoxification or menopause:** any situation in which the liver meridian needs support and balance
- **Chronic neck & shoulder tension:** rub directly into neck and shoulders after the morning shower

**Flower essences:** Dandelion, Tansy and Zinnia

**Essential oils:** Rosemary and Juniper, plus Castor oil

*Dandelion Dynamo™* is one of the most magnificent products available today for dissolving and releasing body armoring.

— L.B., herbalist, Charlotte, NC
Dandelion Dynamo™ is popular for relief aid work in Japan. The oil immediately relieves tension in the hands and shoulders. The user’s facial expression and aura becomes softer and more radiant. — Kaori Nagata, Tokyo, Japan
I suffered from severe menstrual cramps since a teenager. Using compresses and baths of *Mugwort Moon Magic™* has completely eliminated the need for pain medication. The feeling of warmth and flow is truly amazing.

— S. E., Austin, TX
Mugwort Moon Magic™ — Warming Wellness to Nourish Circulation

- **Warming and vitalizing:** for cold hands and feet, rheumatism, varicose veins
- **Female reproductive health:** painful menstruation, irregular cycles or perimenopause
- **Birthing:** to relax the birth canal and facilitate lactation (should not be used during pregnancy itself)
- **Circulatory tonic:** excellent massage and bath oil to increase energetic flows in meridian pathways
- **Night-time sleep:** Relaxes the body and creates receptivity for deep sleep and dreaming

**Flower essences:** Mugwort and Hibiscus
**Essential oils:** Lavender, Red Mandarin Orange, Ylang Ylang, Neroli and Mugwort

The *Mugwort Moon Magic™* is excellent for circulation. It works into the tissues; the knots soften and heat is released, getting energy moving again.

— Dr. Gregory Weisswasser, ND, Grass Valley, CA

Staff member Jon Enos harvesting Mugwort at Terra Flora
I have come to expect winter depression. When the weather changed, I decided to try a bath with Saint John’s Shield™. My whole chest area felt lighter and I didn’t have that SAD feeling. After a few weeks, the SAD symptoms had not returned.

— M.H., Nevada City, CA
**Saint John’s Shield™ — Light Regenerative**

- **Seasonal Affective Disorder (SAD):** stimulates and nourishes internal light-bearing capacity when external seasonal light is changing
- **Depression and anxiety:** apply to heart and solar plexus when feeling anxious, numb or fearful
- **Nerve trauma:** apply in compresses or baths for peripheral nerve damage or other nerve trauma
- **Disturbed sleep:** use at night in baths or massage for insomnia related to travel or other disruptions of light-dark rhythms
- **Bed wetting:** massage into the inner-thigh and bladder regions nightly, and apply warm compresses on the kidney and bladder areas

**Flower essences:** Love-Lies-Bleeding, Borage, St. John’s Wort

**Essential oils:** St. John’s Wort, Angelica and Rose Geranium
All oils available individually in 2 oz & 4 oz sizes or in a boxed set of all 6 in the 2 oz size

I’ve been doing healing work for 25 years and I am really impressed with your FloraFusions™ herbal oils. They really shift people.

— Dr. Peter J. Pinto, Phoenix, AZ