

EMOTIONAL BALANCE MASSAGE

Featuring Bach® Flower Remedies

Agrimony

"Communicate Openly"

Keywords: Addiction, unhappy, anxiety, dislike being alone

Human Indication: Mental torment behind a brave face. Appears carefree and humorous in order to mask anxieties.

Animal/Pet Indication: Worried, anxious, dislike being alone

Aspen

"Feel Secure"

Keywords: Fear, worries, unknown fears Human Indication: Fears and worries of unknown origin.

Human Indication: Fears and worries of unknown origin.

Pet Indication: Vague or unaccountable fears. Appearing agitated for no apparent reason.

Beech

"Be More Tolerant"

Keywords: Intolerance, critical, lack of compassion

Human Indication: When you need more tolerance toward other people.

Animal/Pet indication: Intolerance toward animals, people, events and situations.

Centaur

"Be Assertive"

Keywords: Weak-willed, bullied, unable to say no, imposed on, lack energy, tired, timid, passive, quiet

Human indication: When you have a hard time saying NO and therefore easily get imposed on.

Cerato

"Trust Intuition"

Keywords: Confirmation, seek advice, do not trust own wisdom or judgment

Human indication: When you do not trust your own judgment in decision-making, keep asking for advise.

Cherry Plum

***Be In Control"**

Keywords: Fear of losing control, temper tantrum, breakdown, abusive, rage, explode

Human indication: When you are in deep despair and feel like you are going to "lose it."

Animal/Pet indication: A loss of self-control, violent scratching.

Chestnut Bud

"Learn From Mistakes"

Keywords: Learning, repeating mistakes

Human indication: Keeps repeating the same mistake, doesn't learn from past mistakes

Animal/Pet indication: Repeated unsuccessful behavior patterns, doesn't learn from past mistakes

Chicory

"Love Unconditionally"

Keywords: Possessive, over-protective, self-centered, critical, nagging, self-pity, easily offended, manipulating, demanding

Human indication: When you find yourself manipulating and controlling your loved ones.

Animal/Pet indication: Possessive in nature, very territorial, manipulating, loving to be in control.

Clematis

"Have Focus"

Keywords: Daydreaming, dreaminess, withdrawing, lack of concentration

Human indication: When you have a tendency to live in your own dream world with little interest in the real world, accident prone, daydreaming.

Animal/Pet indication: No apparent interest in the world around them: animals who sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present

Crab Apple

"Accept Imperfection"

Keywords: Cleansing, poor self image, sense of uncleanliness, obsessive..

Human indication: When you feel unclean or have a hard time accepting your own self image. Cleansing. Use externally on ringworm, rashes and warts.

Animal/Pet indication: Obsessive cleanliness, fastidiousness; excessive grooming. Pets with rashes.

Elm

"Be Efficient"

Keywords: Depression, overwhelmed by responsibilities, despondent, exhausted

Human indication: Feeling overwhelmed and depressed, there is too much to do and you don't feel that you can do it all.

Animal/Pet indication: Overwhelmed by a sense of responsibility from a temporary circumstance: abandoning their litter

Gentian

"Accept Setbacks"

Keywords: Discouraged, depressed, Human indication: When you easily get discouraged when faced with difficulties.

Animal/Pet indication: Despondency due to a setback; e.g.; not going for a walk as usual creates lethargy and sadness

Gorse

"Have Hope"

Keywords: Hopelessness, despair, pessimism

Human indication: When you have the feeling of extreme hopelessness and despair.

Animal/Pet indication: Feeling of hopeless despair.

Heather

"Empathize & Listen"

Keywords: Talkative, demand attention, dislike being alone, lonely

Human indication: Helps when you are pre-occupied with own ailments and problems.

Animal/pet indication: Overly concerned with companionship, very demanding for attention, constant barking.

Holly

"Goodwill Toward Others"

Keyword: Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion

Human indication: When you need to overcome the feeling of hate, envy and jealousy.

Animal/pet indication: Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked attacks.

Honeysuckle

"Embrace The Now"

Keyword: Homesickness, nostalgia, bereavement, living in the past

Human indication: For over-attachment to past memories good or bad, can't let go of the past, homesickness.

Animal/pet indication: Homesickness or over-attachment to the past. Loss of owner, friend or home

Hornbeam

"Procrastinate Less"

Keyword: Weariness, bored, tired, needs strength, overworked, procrastination, doubting own abilities, lack of motivation.

Human indication: For weariness: mental rather than physical, the "Monday morning" feeling with a sense of staleness and lack of variety in life.

Animal/pet indication: Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved.

Impatiens

"Have Patience"

Keyword: Impatience, irritated, nervy, frustration, fidgety, accident-prone, hasty

Human indication: Suitable for people who are easily irritated and impatient. They speak and think quickly, and are energetic, but tense.

Animal/pet indication: Impatient and seeming to have boundless energy; can't wait to go for a walk or rushes ahead.

Larch

"Have Confidence"

Keyword: Lack of confidence, depressed, discouraged, feeling of inferiority.

Human indication: When you need more self-confidence.

Animal/pet indication: Lack of self-confidence or avoiding situations where they have to perform.

Mimulus

"Face Your Fears"

Keyword: Fear, blushing, stammering, shyness, timid, sensitive, lack of courage

Human indication: Fear of known things. Such as fear of being alone, fear of spiders, fear of flying or fear of the dark. Shyness is also a known fear.

Animal/pet indication: For fears: afraid of lightning, visits to the vet. May shake or shiver when confronted. Shy and timid animals.

Mustard

"Be Joyful"

Key Word: Depression, deep gloom for no reason, sadness.

Human indication: When you feel depressed or sadness for no reason. Like a dark cloud that destroys normal cheerfulness.

Animal/pet indication: If your pet seems depressed for no reason.

Oak

"Restore Endurance"

Keywords: Exhaustion, overwork, workaholic, fatigued, over-achiever

Human Indication: When you are exhausted, but keep struggling on.

Animal/Pet Indication: If your pet keep struggling although it is exhausted, never seem to quit.

Olive

"Restore Energy"

Keyword: Lack of energy, fatigue, convalescence

Human indication: When you are exhausted with no reserves of strength or energy.

Animal/pet indication: Exhaustion, fatigue due to overwork: for working animals or those involved in racing, competitive events or shows.

Pine

"Have Self-Respect"

Keywords: Guilt, self-reproach, humble, apologetic, shame, unworthy, undeserving

Human indication: When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living.

Animal/pet indication: If an animal feel shame or guilt for which something it can not control

Red Chestnut

"Peace Of Mind"

Keywords: Worried, over-concern, fear

Human indication: When you feel over-concerned and worried for loved ones.

Rock Rose

"Have Courage"

Keywords: Frozen fear, terror

Human indication: When you feel terror, or after a nightmare. The feeling that you cannot react or move.

Animal/pet indication: Terror, panic-stricken: body trembling, cowers or runs away. Deer in the head light.

Rock Water

"Flexible Mind"

Keywords: Self repression, self denial, self perfection, overwork, self-sacrificing, opinionated

Human indication: Is indicated when you are too strict and set too-high standards for yourself, to the point of self-domination and self-martyrdom

Scleranthus

"Be Decisive"

Keyword: Indecision, imbalance, uncertainty

Human indication: When you suffer from indecision, particularly when faced with two choices.

Animal/pet indication: Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep).

Star of Bethlehem

"Neutralize Grief"

Keywords: Trauma, after effect of shock, post traumatic stress

Human indication: For after effects of trauma or traumatic experience. The soother and comforter of pains of sorrows.

Animal/pet indication: Abused, mistreated in the past. Trauma or shock.

Sweet Chestnut

"Be Optimistic"

Keywords: Extreme mental anguish, hopeless despair, intense sorrow

Human indication: When you feel hopeless despair, and you feel an intense sorrow and feel destroyed by it.

Vervain

"Relax & Calm"

Keywords: Over-enthusiasm, hyper-active, fanatical, highly strung

Human indication: For people who are strong-willed and highly strung with minds that race ahead of events.

Animal/pet indication: Enthusiastic, always want to be involved, high strung.

Vine

"Motivate Not Dominate"

Keywords: Domineering, inflexible, very capable, gifted, bullying, aggressive

Human indication: For those who dominate others. They know better than everyone else and put others down.

Animal/pet indication: Authoritative, dominant even over their owners.

Walnut

"Adapt To Change"

Keywords: Change, link breaker, menopause, puberty, moving, let go of the past, protection

Human indication: Protection from outside influences and energies. Helps you adjust til major changes.

Animal/pet indication: For any period of change

Water Violet

"Connect To Others"

Keywords: Proud, aloof, lonely, anti-social, disdainful, condescending, self-reliant, private

Human indication: People who feel lonely because they have a tendency to appear proud and anti-social.

Animal/pet indication: Unfriendly, stand-offish: do not invite or welcome cuddles, petting or obvious affection.

White Chestnut

"Calm Your Mind"

Keywords: Repeated unwanted thoughts, mental arguments, concentration, sleeplessness, insomnia

Human Indication: When you mind is cluttered with thoughts or mental arguments. You may be unable to sleep because of the thoughts.

Wild Oat

"Decide Your Path"

Key Words: Cross-road in life, decision making, lack of clarity, drifting in life

Human indication: When you are uncertain of correct path in life. Helpful when you need to make important decisions.

Animal/pet indication: Loss of sense of direction or purpose; especially good for working or show animals who are being retired.

Wild Rose

"Show Enthusiasm"

Keywords: Apathy, resignation, lost motivation, lack of ambition, bored

Human indication: For anyone who is resigned to an unpleasant situation whether illness, a monotonous life or uncongenial work.

Animal/pet indication: Lack of energy, enthusiasm: submissive and disinterested.

Willow

"Forgive & Forget"

Keywords: Self pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

Human indication: When you feel resentment, self-pity and bitterness. You would like to regain a sense of humor and proportion.

Animal/pet indication: Sulky, self pity



**** Rescue Remedy ****

"Stress Relief"

Rescue Remedy has been used successfully on stressful days where we suffer from impatience, tension, trauma, and pressure. Rescue Remedy helps us relax, get focused and get the needed calmness to deal with lives ups and downs. Rescue Remedy is a combination of 5 of the original Bach Flower Remedies included are Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem.



*Rescue Remedy is included with all Emotional Balance elixirs.

*All Remedies contain Inactive Ingredient: Preservative 27% Grape Alcohol

*The claims for this (these) product(s) is based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration. *