

## **PULMONARY SUPPORT** 2oz \$36

by Plantspirits

### **Internal vibrational tincture / breathe deeply**

For coughs, colds and flus manifesting in the lungs, throat and head. Anti-inflammatory, antispasmodic and carminative. May benefit asthma, allergies and respiratory conditions linked to stress/anxiety. May also benefit a sore throat, sinus headache, stagnant mucus, excess heat and fevers that won't sweat/break. It may also reduce bloating, indigestion, intestinal worms and amenorrhea. Best used at first sign of a cold or flu or at the start of an allergic reaction. Based in 100% alcohol with added flower essences to support. Handcrafted and hand pressed, formulated with love. **\*Caution with heart medication and those pregnant/breastfeeding.**

## **MIGRAINE SUPPORT** 2 oz \$36

by Plantspirits

### **Internal vibrational tincture / release**

Ease tension, overwhelm, nerve pain and the need to control with this ionic mineral and anti-inflammatory blend. Best for headaches due to pms, general stress and fatigue. Use drop doses throughout the day as a preventative or a larger dose at the first sign of a headache. May also enhance brain function, clarity and gentle lymphatic stimulation. Based in 100% alcohol with added flower essences to support. Handcrafted and hand-pressed, formulated with love. **\*Do not use with any pharmaceuticals, this includes antidepressants & sedatives. Do not use during pregnancy.**

## **ELEVEN STARS** ½ oz \$36

by Plantspirits

### **Internal vibrational respiratory oil**

**Topical use only;** Handcrafted to relax tension and constriction in the chest area, to open and clear the lungs, and to soothe, cleanse and uplift the spirit. Beneficial for those with cold/flu or asthmatic conditions, tobacco smokers, those who struggle with grief, heartache, anxiety, or panic attacks. This fast acting concentrated formula is based in organic olive and castor oils, with organic essential oils of peppermint, eucalyptus, rosemary, tea tree, and cypress. Eleven flower essences are added to support removing grief and negativity from the body and mind. Massage 1 drop in each nostril, 2 drops along the neck (lymph), and 5 drops over the heart/chest, then bring hands to nose and breathe deeply. May use 2-3 x a day, 3-4 days a week. **\*If pregnant or breastfeeding, please consult a healthcare physician before use with Eleven Stars.** For children 3 and up, test one drop on the wrist to check for an allergic response first, if no reaction, then use one drop between both nostrils, 1 drop on each side of neck (lymph) and 2 drops over the heart/chest. 1-2 x a day, 3 days a week. For infants 1 drop diluted in a carrier oil then used at the nape of the neck, sides of neck and over chest.

**HEALING SALVE** 1oz tin \$18

by Plantspirits

This potent all purpose healing salve is anti-bacterial, anti-fungal and a strong vulnerary (wound healer). Use this formula For bites, stings, bruises and cuts, to larger wounds, as well as for reducing symptoms of rashes (eczema/psoriasis) and burns. Gently massage into skin to reduce swelling and bruising or to just nourish dry skin. Created with organic calendula, chamomile, rosemary and wildcrafted chaparral leaf. All herbs are sun infused for several weeks in organic olive oil, with added organic essential oils of Lavender and Tea Tree. Contains beeswax and several flowers essences to reduce pain and promote further healing. (Hand harvested, hand pressed.) **\*Do not apply to open weeping/open wounds.**

**I AM ABUNDANT** 1oz \$33

by Plantspirits

**Internal vibration formula**

Release thoughts of lack, allow abundance to unconditionally flow to you and through you. Gain a healthier balance of giving and receiving, and recognize that abundance comes in many forms; your home, family, friends, clothing, food, ideas etc. This formula may alert you to when you have a thought or verbally voice an affirmation of lack. Use this formula to replace those thoughts of lack with ones that are prosperous and ever flowing. The universe is infinitely abundant and you are able to tap into this at every moment. This formula contains 20% biodynamic grape alcohol, spring water and several flower and gem essences. **The only contraindication here would be the alcohol.** Suggested use; 4 drops in the mouth or in water 3-6 x a day until the bottle is empty.

**TOBACCO FLOWER ESSENCE (HAVANA CUBA)** 1oz \$35

by Plantspirits

Handcrafted from a lovingly tended stand from her garden. This Tobacco flower essence can release constriction and reopen the heart. It clear burdens via deep breathing promoting a sense of calm and ease. By opening the lungs, Tobacco can show you how to find more space within and around you; cleaning out the house and/or the body. Use it to soothe feelings of being trapped, foggy, waterlogged or selfish, as this essence teaches the importance of giving. Combined with the Pulmonary Support tincture, this essence has shown to help tobacco smokers reduce and for some, entirely quit smoking the physical plant matter. Contains 75% spring water and 25% biodynamic grape alcohol.

**Affirmation:** *I use my breath to release tension, I move to where I find spaciousness. I give unconditionally.* / Nicotiana tabacum

**HAPPY HEART** 1oz \$40

**Internal vibrational formula**

To embrace life and move forward when one has sustained a major trauma or setback to the body, mind or spirit. A beautiful remedy for the loss of a loved one, the end of a relationship, or for daily feelings of discouragement, sadness, failure or being unsupported in life. This formula creates a healthy relationship between the head and the heart, and can release physical tension and constriction in the chest region. Based in spring water, 25% biodynamic grape alcohol and organic rose water. Flower essences of *bleeding heart, lamb's quarters, green bog orchid, hawthorn, emerald gem and star of bethlehem*. Take 4 drops in the mouth 4 x a day for 4-12 weeks.

**INSPIRATION MOVE ME BRIGHTLY** 1oz \$40

**Internal vibrational formula**

To support calm determination, awareness of purpose & focused creativity when making decisions & moving forward. Move through darkness and the unknown, and step onto your path with excitement and connection to infinite possibilities. Beneficial for uncertainty and stagnation on one's career path, as well as writer's block and general apathy. Based in spring water, 25% biodynamic grape alcohol and flower essences of; *red columbine, white water lily, wild iris, paper birch and prickly wild rose*. For motivation, clarity, optimism and joy. Take 4 drops 4 x a day in the mouth for 4-12 weeks.

**THE LIGHTHOUSE** 1oz \$40

**Internal vibrational formula**

Created solely to enhance self-love, self-forgiveness and self-worth. To unconditionally accept and love your unique physical body, to uplift the spirit and release judgements on self and others. May also be beneficial for those who struggle with seasonal affective disorder and postpartum depression. Based in spring water, organic Albizia extract, and 25% biodynamic grape alcohol. Certain flowers are added depending on the season, availability and intuitive hits, but usually contain; *sphagnum moss, red columbine, sunflower, citrine gem, gold gem, chiming bells, scotch broom and pine*. Take 4 drops in mouth 4 x a day for 4-12 weeks.

Information for the following flower essences can be found in the **Wild Messengers Guidebook**: Foxglove, Prickly Pear Cactus, Red Columbine, Stinging Nettle, White Water Lily.