



## Flower Essences & Essential Oils

The idea behind Bach flower remedies is similar to homeopathy. But they use fewer materials and don't work directly on physical symptoms, but instead on the emotions. Bach believed that healing negative emotions helps the body heal itself. His system contains 38 remedies that each address a specific negative emotion

- <http://www.bachflower.com/bach-flower-remedy-questionnaire/>



- Young Living Essential Oils –“Feelings kit,” along with essential oils, Release, Peace & Calming, and Lavender

