

Christchurch Relief Essence

Christchurch Flower Essences are made in Christchurch, New Zealand in the tradition of the Bach Flower Essences.



Dog-Toothed Violet

For injury, to assist with the energy to heal oneself.



Foxglove

For illness, to regulate and strengthen the body and mind.



Pig Squeak

For situations of betrayal, to help one trust one's own experience.



Pussy Willow

For grief, to comfort and nurture.



Tiger Lily

For stress, to soothe and calm the body and mind.

Relief Essence

Relief Essence has a calming and stabilising effect on the body, mind and emotions during minor and major crises.

In the short-term, it will quickly address fear, panic, stress and shock. It can also be taken in the medium term to help consolidate the improvement, and in the long-term to help resolve outstanding issues.

The flowers in the Relief Essence all have animal names, and are Dog-Toothed Violet, Foxglove, Pig Squeak, Pussy Willow and Tiger Lily.

Relief Essence can be used for both adults and children, and also for animals.