



The Light House

Rose Isbell

Flower Essences for Sleep Support

SLEEP SUPPORT

This combination of Flower Essences can be used to support healthy sleep. It contains Bach Flowers and matched Christchurch Flower Essences.

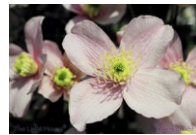
The components from the Bach Flowers are:

- White Chestnut - to help ease restless mind
- Star of Bethlehem - for trauma and shock
- Clematis - for tendency to not be present mentally
- Cherry Plum - for fear of mind giving way
- Impatiens - for irritability and tension
- Rock Rose - for terror and panic

The components from the Christchurch Flower Essences are:



Star of Bethlehem
peace, wellbeing, joy



Clematis
flourish in the present



Cherry Blossom
serenity and joy



Busy Lizzie
move forward easily and effortlessly



Rock Rose
perfect love casts out fear

The recommended dose is 4 drops hourly for a few hours before going to bed, 4 drops when going to bed, and then 4 drops hourly during the night if required

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 Rose Isbell Homeopathy