

Your Seasons of the Soul oils are an outstanding healing collection, each one with complimentary qualities. We just couldn't do without them! They are a constant source of help to our clients, family and friends.

— Yvonne Takhtalian, C.N.H.P, Las Vegas, Nevada



I've been using *Seasons of the Soul*™ oils for almost a year now and find that they are exceptionally efficacious. The whole repertoire of Seasons of the Soul have become an essential component of my self-care. I am so very happy and satisfied with the oils and wish you continuing success with them.

— A.B., Houston, Texas



Flower Essence Services
www.fesflowers.com
800-548-0075



Demeter-certified Biodynamic®
all natural, with organic and wild-harvested ingredients

Celebrating three decades of international professional excellence

Seasons of the Soul™ Solar Infused Herbal Flower Oils for Massage & Bath Demeter-Certified Biodynamic®

I've been doing healing work for
25 years and am really impressed
with your Seasons of the Soul™
Herbal oils. They really shift people.

— Dr. Peter J. Pinto, Phoenix, Arizona

Calendula flowers
infused in olive oil

Seasons of the Soul™ Herbal Flower Oils are a unique blend of flower essences, pure botanical essential oils, and herbal flower infusions from six outstanding healing plants, in a base of Biodynamic® olive oil. These extraordinary oils nourish body-soul wellness at a deep level of being.

Flower Essence Services is celebrating three decades of making healing products with an international reputation for integrity and quality. Our Nevada City, California land center, *Terra Flora*, is Demeter-certified as Biodynamic®. This is the superlative, international "gold standard" of agricultural integrity, with higher requirements than organic certification. Biodynamic agriculture is based on a living way of working with the soil and plants, including the skillful use of fermented and potentized herbal medicines.

The *Seasons of the Soul™* Herbal Flower Oils are crafted with joy and meditative focus. The flowers are hand-gathered at the peak of their natural seasonal vitality, from *Terra Flora* or wild-harvested from nearby pristine locations.

Making these oils in small hand-made batches is the only way to achieve optimum character and efficacy. They are solarized in glass containers and warmed by the natural light of the sun. Once the herbal infusion is complete, we then add the finest quality botanical essential oils and flower essences.



Harvesting Calendula in the Terra Flora Gardens



Calendula and St. John's Wort flowers infused in Biodynamic™ olive oil

I love the *Arnica Alleve™* oil. It really helps my hips and knees. It's also great for bruises. Our patients use the Seasons of the Soul oils on a regular basis.

— Sandy, Center for Holistic Medicine, Riverwood, Illinois

Arnica Alleve™ — Restorative for Trauma & Injury

- **For trauma or injury:** use for bruises or sprains in warm compresses or over bandaged areas (not for direct application to open wounds)
- **Before and after major sports events:** use in massage or baths to speed recovery from any physical strain
- **Energy depletion:** apply in warm compresses to any de-vitalized areas of the body
- **First Aid travel kit:** keep on hand when traveling, hiking, etc., for immediate application
- **Surgery:** use in baths or massage to prepare for surgery and in compresses over the bandaged areas after surgery



Benediction Oil™ — To Bless, Sanctify & Transform

- **For all life passages:** use as a sacramental anointing oil during any major life celebration
- **Illness and transition:** a sacred unction to ease pain and assist body-soul alignment
- **Baby's birth:** to feel and accept the force of human love as the pathway to human incarnation
- **Dark Nights of the Soul:** when feeling depression, anguish, anxiety or bewilderment
- **Recovery from any violation:** such as violent attack, sexual abuse or other similar trauma
- **For chronic pain:** to help the soul accept and transform pain and suffering
- **Heart-centered sexuality:** to help body and soul experience heart-centered love



As a comfort care therapist with hospice, I have used the *Benediction Oil™*. Patients respond with letting go and calm.
— Karen Lohmann, Olympia, Washington

I use the *Calendula Caress™* in my massage practice. It really calms people down, is good for the lymphatic system, and letting go of anger.

— S.B., massage & Reiki therapist, Sedona, Arizona

Calendula Caress™ — Soothes Inflammation & Softens Skin

- **For irritated, inflamed skin:** especially slow-healing wounds or skin ulcers; apply in compresses
- **For children or infants:** soothing for delicate and hypersensitive skin
- **To instill calm receptivity:** use in bath or massage during times of tension and irritability
- **Mothering harmonizer:** for the breasts of nursing mothers and as a balm for the birthing belly
- **Lymphatic drainage:** apply compresses over any swollen or tight areas, or use in baths



Dandelion Dynamo™ — Releases Muscle Tension & Energizes the Body

- **Health tonic:** nourishing to the liver and other vital organs
- **Muscle tension:** stiff or tight muscles from pronounced physical activity
- **Water retention:** especially as a prelude to the menstrual cycle
- **Drug detoxification or menopause:** any situation in which the liver meridian needs support and balance
- **Chronic neck & shoulder tension:** rub directly into neck and shoulders after the morning shower



Dandelion Dynamo™ is one of the most magnificent products available today for dissolving and releasing body armoring.
— L.B., herbalist, Charlotte, North Carolina

I use *Mugwort Moon Magic™* for menstrual cramps and swelling. I use it on the first day of my cycle, a time when I usually feel miserable. After rubbing it on my belly area, it heals the problem, and the rest of my cycle is much easier.

— C. B., Saint Petersburg, Florida

Mugwort Moon Magic™ — Warming & Nourishing for the Circulation

- **Warming and vitalizing:** for cold hands and feet, rheumatism, varicose veins
- **Female reproductive health:** painful menstruation, irregular cycles or peri-menopause
- **Birthing:** to relax the birth canal and facilitate lactation (should not be used during pregnancy itself)
- **Circulatory tonic:** excellent massage and bath oil to increase energetic flows in meridian pathways
- **Night-time sleep:** Relaxes the body and creates receptivity for deep sleep and dreaming



Saint John's Shield™ — Light Regenerative for Depression & Depletion

- **Seasonal Affective Disorder (SAD):** stimulates and nourishes internal light-bearing capacity when external seasonal light is changing
- **Depression and anxiety:** apply to heart and solar plexus when feeling anxious, numb or fearful
- **Nerve trauma:** apply in compresses or baths for peripheral nerve damage or other nerve trauma
- **Disturbed sleep:** use at night in baths or massage for insomnia related to travel or other disruptions of light-dark rhythms
- **Bed wetting:** massage into the inner-thigh and bladder regions nightly, and apply warm compresses on the kidney and bladder areas



I have come to expect winter depression. When the weather changed, I decided to try a bath with *Saint John's Shield™*. My whole chest area felt lighter and I didn't have that SAD feeling. After a few weeks, the SAD symptoms had not returned.
— M.H., Nevada City, California