



BACH FLOWER REMEDIES

GUIDE FOR PLANTS

How to Prepare a Treatment Bottle and Recommended Dosage

A **Treatment Bottle** can be taken at intervals and should last for three weeks. A 30ml dropper bottle should suffice and to this should be added 2 drops of each of the Single Remedies selected (up to a maximum of 6 or 7 remedies). Top up the bottle with still spring water. Store in a fridge if possible as this will keep the mixture fresh, otherwise you may add a preservative in the form of 5ml of brandy, cider vinegar or glycerine. From the treatment bottle add 4 drops to an atomiser and spray the plant and soil around it. Treat the plant 4 times per day.

In the case of **Rescue Remedy** (Crisis Formula), the dose is 4 drops for a single plant or 10 drops in a watering can and used as part of your watering routine. 4 drops may be added to a water sprayer and used to mist leaves / flowers / pricked out seedlings

For **Single Remedies**, the dose is 2 drops for a single plant or 5 drops in a watering can. 2 drops may be added to a water sprayer and applied as before.

For guidance on individual Single Remedies see chart overleaf

DO NOT over-water – if in doubt administer the drops daily in a dessert spoon of water – the plant will gain the benefit of regular remedies without becoming too wet.

Bach Resources and Remedy Stockists

There is a wealth of information available on the Bach Centre website: www.bachcentre.com

Remedies may be purchased from several stockists including:

- Nelsons Original Flower Remedies from The Bach Centre, Tel. 01491-834678, Boots Chemists, Holland & Barrett, some pharmacies
- Healing Herbs www.healingherbs.co.uk Tel. 01873-890218
- Ainsworths www.ainsworths.com Tel. 01883-340332

Bach Flowers for Plants

FOR GUIDANCE ONLY

Here are some remedies that have been found useful for particular plants which you may wish to consider. They are not intended to be prescriptive.

Typical Situation

Bach Remedy	Dehydration	Failure to Thrive	Lack of Flowers / Fruit	Frost	Over-watering **	Pests, Fungus, Rot	Physical Damage	Transplanting	Wilting Leaves	
Agrimony					✓					For feelings of torture / torment
Centaury		✓	✓		✓					Where the plant's vitality has been sapped by others, to stand up for itself
Clematis		✓								To bring the plant into the present
Crab Apple			✓		✓					As a cleanser and to promote self-acceptance following infestation
Elm				✓						For overwhelm, helps the plant cope with the added pressure
Gentian		✓	✓		✓				✓	To give encouragement after a setback
Gorse		✓							✓	To give hope and the will to live
Honeysuckle							✓			To help the plant let go of the past
Hornbeam		✓	✓						✓	To provide the energy needed to get the plant started
Impatiens *			✓							To give patience and allow slow growth
Larch		✓								To give self-belief
Mimulus	✓									For fear of death
Mustard		✓								Where there is no apparent reason
Oak	✓									To support the struggle
Olive	✓		✓		✓				✓	To give energy where the plant is exhausted
Rock Rose	✓									For fear of death
Rock Water			✓							For self-contained, repressed plants
Star of Bethlehem				✓	✓	✓	✓			For shock or trauma
Sweet Chestnut				✓						For anguish
Walnut								✓		For change and to adjust to its new habitat
Water Violet		✓								For plants forced to grow too near others, tendency to self-sufficiency
Wild Oat		✓								To give a sense of purpose
Wild Rose	✓	✓								For resignation, to remove apathy
Willow	✓								✓	For self-pity

Rescue Remedy is the Emergency remedy for all situations

* You could take this yourself as well

** Vervain for yourself, so that you can restrain your watering in future