

In France on the edge of the Lot et Garonne department and Dordogne you find a special place with special people. Meet:

SCF Essences

Let Nature Nurture You

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@SCFessences

Flower Essences



The flower essences come from

Simply Canvas Farm



Farmstay



Sandra & Santi



Permaculture

Flower Essences of SCF Essences

How dit it Start

The most well-known flower essences are the ones developed by dr Bach (maybe you have heard of Bach Flowers or Rescue Remedy). Our flower essences come from a special place in France; Simply Canvas Farm. The essences are made of wild flowers from the fields of the farm of Sandra & Santi or they come from other special silent or spiritual places.

What are flower essences?

Flower essences are energetic extracts of the beneficial properties of flowers. zijn energetische extracten van de heilzame eigenschappen van bloemen. When there is a disbalance on an emotional, physical, spiritual or mental level, the essences help to harmonize this disbalance. (Flower essences are odorless).

How to take flower essences

In general take 4 drops 4 times a day directly under your tongue or in a glass of water. You can also put a dropper full in a small waterbottle and drink it throughout the day. It is fine to combine several flower essences in your glass or water bottle. It is best not take combine more than 3-5 essences. When you put the drops directly on your tongue, don't touch the dropper, if you do, first wash the dropper before putting it back in the bottle. You can also put drops in your bath or directly on your skin or sore spots. Flower essences can also be given to children, by putting 2 drops of essence in a glass of water or rub it on their forehead or wrists. The remedies can also be used for animals, palnts and even rooms (spray some drops, or put a bottle in a corner). Use for at least a month or until you forget, don't feel like it or feel it is no longer necessary. You can use it longer or long term without any hazard.

More information

Download more information about the use or definitions of essences on our website www.scfessences.com or send a mail to bonjour@scfessences.com.

