



BACH FLOWER PRODUCT GUIDE

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Shipping Policy

- Up to 3 Rooted Remedies products: \$9.00
- 4+ Rooted Remedies products: \$15.00
- International shipping prices vary

We try to do our best to get orders shipped out within 1-3 business days (excluding holidays) from when the order was placed.

Products are shipped in a 2-Day Priority Package. You will receive an email with a shipping notice with tracking information.

When placing an order, always verify the shipping address before checkout. Orders shipped to incorrectly submitted addresses are the responsibility of the buyer. Rooted Remedies is not responsible for items lost, stolen, or damaged during transit.

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BACH FLOWER

essences



What are Bach Flowers?

Bach flower essences are a branch of homeopathy that was developed by Dr. Edward Bach in the 1930s.

Bach flower essences are thought to greatly act on any emotional blockages or emotional states that deviate from a state of balance.

Bach identified 38 flowers and trees, each associated with a specific negative emotion. For example, impatiens was thought to help with impatience, and willow was thought to help with resentment.

Both Homeopathy and Bach flower essences can be incredibly healing. But what's the difference?

Put it simply, Homeopathy helps to stimulate the body to heal itself, whereas flower essences are more similar to acupuncture in that they act on the energy fields around us that travel into the body through the meridian points.

Both Homeopathy & Flower essences can help deep rooted emotions and trauma.

Edward Bach created the original 38 flower essences to cover the emotional spectrum of emotions that one could experience. We carry all 38 of them at Rooted Remedies to use for yourself or clients.

After Bach's death, however, other practitioners continued his work and there are now over 100 Bach flower remedies available.

At Rooted Remedies, we also offer Bespoke flower essences, where you can create your own blend alongside our signature blends: Separation Buddy & Grief Relief



Bach Flowers

Prices range from \$25-45



AGRIMONY

Agrimony flower essence supports emotional honesty, inner peace, and the release of hidden suffering, especially for those who hide their pain behind smiles or humor.

- Agrimony helps those who mask emotional pain with cheerfulness or distraction.
- Encourages authentic emotional expression and vulnerability.
- Supports healing from inner restlessness, anxiety, or conflict.
- Aids people who avoid confrontation or difficult feelings by staying busy or joking.
- Brings inner calm and true peace, rather than surface-level harmony.

ASPEN

Aspen flower essence supports trust, inner security, and release of vague or unexplained fears, especially for those who feel anxious but can't name why.

- Aspen eases free-floating anxiety and unidentified fears (ex fear of the dark, or something bad happening).
- Helps sensitive individuals who are physically or energetically open & easily spooked
- Encourages a sense of spiritual protection and inner calm.

BEECH

Beech flower essence supports tolerance, compassion, and acceptance, especially for those who are overly critical, judgmental or easily irritated by others.

- Beech softens rigidity, perfectionism, and intolerance.
- Encourages compassion and understanding toward others' flaws.
- Helps shift from judgment to empathy, especially in close relationships.
- Aids those who struggle with impatience or a sharp tongue.
- Supports inner harmony by promoting forgiveness and emotional flexibility.

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CENTAURY

Centaury flower essence supports healthy boundaries, self-assertion, and empowered service, especially for those who are kind-hearted but struggle to say no.

- Centaury helps people-pleasers who give too much and lose themselves in serving others.
- Strengthens the ability to say no without guilt.
- Supports self-respect and energetic sovereignty.
- Encourages service from a place of strength rather than self-sacrifice.
- Ideal for those who feel drained, taken advantage of, or invisible.



CERATO

Cerato flower essence supports inner trust, intuition, and confident decision-making, especially for those who constantly seek advice or doubt their own judgment.

- Cerato strengthens confidence in one's own inner knowing.
- Helps those who frequently second-guess decisions or rely on others for validation.
- Encourages clarity, self-trust and independence in thinking.
- Supports intuitive alignment and mental quietude.

CHERRY PLUM

Cherry Plum flower essence supports emotional control, inner calm, and trust in one's stability, especially for those who fear losing control or feel on the verge of emotional breakdown.

- Cherry plum helps those who fear they might “snap”, lose control, or do something irrational.
- Calms intense emotions like rage, panic, or desperation.
- Supports emotional regulation in highly sensitive or overwhelmed individuals.
- Encourages trust in one's inner stability and the ability to handle stress.

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CHESTNUT BUD

Chestnut Bud flower essence supports learning from experience, mental presence, and pattern recognition, especially for those who repeat the same mistakes or struggle with inattentiveness.

- Chestnut Bud helps break repeating life patterns by encouraging awareness and insight.
- Supports integration of lessons - learning from experience instead of repeating it.
- Aids those who are mentally scattered, forgetful, or distracted.



CHICORY

Chicory flower essence supports unconditional love, emotional independence, and letting go of control, especially for those who give with strings attached or seek love through over-caretaking.

- Chicory helps release possessiveness, clinginess, or emotional manipulation.
- Encourages genuine, giving love without exceptions.
- Supports healing of emotional co-dependence or the need to feel needed.
- Aids those who use care, advice, or attention or control or bind others.

CLEMATIS

Clematis flower essence supports presence, focus, and grounded creativity, especially for those who daydream, dissociate, or feel disconnected from everyday life.

- Clematis helps bring dreamers and drifters back into the present moment.
- Encourages mental clarity and focus for those prone to distraction or escapism.
- Supports grounded creativity, turning dreams into action.
- Aids those who feel spaced out, disinterested, or spiritually disconnected.

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CRAB APPLE

Crab Apple flower essence is known as the “cleansing remedy” in bach flower therapy. It supports emotional purification, self-acceptance, and release of feelings of uncleanness or shame - both physically and emotionally.

- Crab Apple helps release feelings of being unclean, contaminated, or impure.
- Supports those with body image issues, self-disgust or obsessive cleanliness.
- Encourages self-acceptance and forgiveness of perceived flaws.



ELM

Elm flower essence supports capability, confidence and resilience, especially for those who normally handle a lot but suddenly feel overwhelmed or unable to cope.

- Elm restores confidence and competence during periods of burnout or overload.
- Helps capable people who feel temporarily unable to meet responsibilities.
- Supports a return to centeredness and calm under pressure.

GENTIAN

Gentian flower essence supports optimism, perseverance, and emotional resilience, especially for those who feel discouraged by setbacks or easily lose heart when things don't go as planned.

- Gentian lifts discouragement, doubt and disappointment.
- Encourages faith and steady effort, even when progress feels slow.
- Supports those who feel defeated by obstacles or give up too easily.
- Restores a hopeful mindset after repeated challenges or failures.

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GORSE

Gorse flower essence supports renewed hope, light and faith, especially for those who feel deeply hopeless, resigned, or emotionally shut down after long-term struggle.

- Gorse lifts deep despair, apathy, or feelings of giving up.
- Restores inner light and belief that healing or change is still possible.
- Supports those who feel like nothing will help or say, “what’s the point?”

HEATHER

Heather flower essence supports emotional self-containment, active listening, and compassion, especially for those who tend to dominate conversations or feel overly needy and alone.

- Heather helps those who are self-focused due to fear of loneliness or abandonment .
- Encourages empathy, connection, and genuine interest in others.
- Supports emotional maturity and the ability to be alone without fear.
- Calms the need to constantly talk, vent, or be the center of attention.

HOLLY

Holly flower essence supports open-heartedness, compassion, and emotional harmony, especially for those experiencing jealousy, anger, suspicion, or deep emotional pain.

- Holly transforms jealousy, envy, hatred or bitterness into love and forgiveness.
- Softens emotional defensiveness and reactivity.
- Opens the heart to give and receive love more freely.
- Helps heal wounded pride or a sense of being unloved or excluded.

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HONEYSUCKLE

Honeysuckle flower essence supports emotional presence, letting go of the past, and embracing the present, especially for those who feel stuck in nostalgia, regret or grief.

- Honeysuckle helps release attachments to the past - whether through longing, regret, or sorrow.
- Encourages living in the present moment with gratitude and openness.
- Soothes feelings of homesickness, nostalgia, or loss.

HORNBEAM

Hornbeam flower essence supports mental energy, motivation, and the ability to face daily responsibilities, especially for those who feel mentally exhausted or unmotivated before they've even begun.

- Hornbeam helps overcome mental fatigue, procrastination, and Monday-morning syndrome.
- Restores a sense of freshness, clarity, and inner readiness.
- Encourages enthusiasm and engagement with everyday tasks.

IMPATIENS

Impatiens flower essence supports patience, calm and flow, especially for those who are easily irritated by delays or feel internally rushed.

- Impatiens eases frustration, irritability, and restlessness.
- Helps those who are quick to anger or finish others' sentences.
- Encourages graceful pacing, patience with others, and self-kindness.
- Soothes tension in the body caused by rushing or inner urgency.
- Ideal for fast thinking, high strung individuals who struggle to slow down and be present.

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LARCH

Larch flower essence supports confidence, self-belief, and willingness to try, especially for those who feel inferior, fear of failure, or hold themselves back.

- Larch helps build self-confidence and belief in one's abilities.
- Helps overcome fear of failure and hesitation to take action.
- Encourages a mindset of "I can do this" rather than self-doubt.

MIMULUS

Mimulus flower essence supports courage, calm, and confidence in the face of known fears, especially when anxiety has a clear cause.

- Mimulus helps with specific fears - like fear of public speaking, illness, being alone, spiders, social situations, etc.
- Builds inner bravery and quiet confidence.
- Supports sensitive, shy, or introverted individuals who feel easily overwhelmed.
- Encourages stepping forward with gentleness and strength.

MUSTARD

Mustard flower essence supports emotional uplift and spiritual light during times of deep, unexplained sadness or melancholy.

- Mustard helps life sudden, heavy depression that comes on without a known cause.
- Brings back a sense of hope, light and emotional clarity.
- Supports those who feel emotionally clouded or engulfed in sorrow.
- Restores connection to the soul and inner joy.

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OAK

Oak flower essence supports resilience, endurance, and the ability to rest, especially for those who push themselves beyond their limits and feel they must stay strong no matter what.

- Oak helps those who are over- responsible, overworked, or silently struggling.
- Encourages balance between strength and self-care.
- Supports acknowledging one's limits without feeling like a failure.

OLIVE

Olive flower essence supports deep restoration, recovery, and renewal - especially for those who are physically, emotionally, or spiritually exhausted.

- Olive restores energy after burnout, illness, or prolonged stress.
- Supports those who feel utterly drained, even after rest or sleep.
- Encourages a return to vitality, inner peace, and resilience.
- Helps prevent pushing past limits and encourages mindful restoration.
- Ideal for caregivers, students, chronic illness recovery, or anyone who's been "running on empty."

PINE

Pine flower essence supports self-forgiveness, release of guilt, and healthy self-worth, especially for those who carry a heavy sense of responsibility or blame themselves unnecessarily.

- Pine helps release chronic guilt, self-blame, and feelings of unworthiness.
- Encourages self-acceptance and compassion, even after perceived mistakes.
- Supports those who apologize constantly or feel they're never "good enough"
- Gently lifts the emotional weight of perfectionism and internal judgement.
- Ideal for those who carry emotional burdens that do not belong to them.

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RED CHESTNUT

Red Chestnut flower essence supports emotional detachment, trust, and calm in relationships, especially for those who worry excessively about loved ones.

- Red Chestnut eases over-concern and fear for others' safety or well-being.
- Helps parents, partners, or caregivers who feel hyper vigilant or anxious.
- Encourages healthy emotional boundaries and trust in others' resilience

ROCK ROSE

Rock Rose flower essence is the essence of heroic courage - used when fear escalates into full-blown panic, terror, or paralysis.

- Rock Rose calms acute panic, terror, and overwhelming fear.
- Restores bravery and grounded presence in crisis or trauma.
- Helps with nightmares, flashbacks, or emotional freezing.
- Supports those who feel powerless, trapped, or terrified (during accidents, medical events, natural disasters).

ROCK WATER

Rock Water flower essence supports emotional flexibility, self-compassion, and inner freedom, especially for those who are rigid, self-denying, or overly perfectionistic.

- Rock water eases rigid self-discipline, harsh routines, and all-or-nothing thinking.
- Encourages flow, spontaneity, and joy in daily life.
- Helps those who hold themselves to impossibly high standards or suppress desires.
- Supports healing for those who feel they must be a "perfect example" to others.

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SCLERANTHUS

Scleranthus flower essence supports clarity, decisiveness, and inner balance, especially for those who struggle with indecision and mental fluctuation.

- Scleranthus helps with indecision, especially when torn between two options.
- Brings inner stability and mental focus to those who waver or second-guess.
- Supports emotional balance in those who experience mood swings.

STAR OF BETHLEHEM

Star of Bethlehem flower essence is one of the most important remedies for healing shock, trauma, and grief - whether recent or long-held.

- Star of Bethlehem gently soothes the effects of trauma, shock, or emotional wounding.
- Helps integrate and release grief, especially when emotions feel frozen or blocked.
- Supports recovery from accidents, loss, heartbreak, or sudden distress.
- Brings a sense of comfort, peace, and spiritual reconnection.

SWEET CHESTNUT

Sweet Chestnut flower essence offers profound support during times of deep despair, spiritual darkness, and emotional breaking points - when all other hope feels lost.

- Sweet Chestnut helps those in a state of utter hopelessness or emotional agony.
- Supports the soul during moments of spiritual

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VERVAIN

Vervain flower essence supports over-enthusiasm, tension, and the drive to “fix” everything. It supports individuals who are passionate, intense, and idealistic - but who often become overcommitted, rigid or burn out.

- Vervain calms the nervous system and helps release tension.
- For people who are passionate and driven - sometimes too much so.
- For perfectionists and workaholics who cant stop trying to help or fix.



VINE

Vine flower essence supports individuals with strong leadership qualities who may become domineering, controlling, or overly forceful when out of balance.

- Vine helps those who assert control or dominance over others - often out of a deep need to protect or lead.
- Shifts motivation from power over others to empowerment of others.
- Helps to let go of the need to control outcomes or peoples choices.
- Ideal for natural leaders, parents, teachers, or managers who want to lead with inspiration, not intimidation.

WALNUT

Walnut flower essence is the remedy of transitions and energetic protection. It can support those going through change, transformation, or external influence, helping maintain inner stability and clarity.

- Walnut is helpful for times of change; puberty, menopause, weaning, moving, a new school, new career, new baby, etc.
- Helps you let go of the past and move forward without fear.
- Protects against outside influences, emotional contagion, or peer pressure.
- Supports breaking addictions, habits, or karmic cycles.

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WATER VIOLET

Water Violet flower essence is for those who are quiet, self-contained, independent, and often emotionally distant or aloof. It supports greater emotional openness, humility and connection, without losing one's sense of self.

- Water Violet helps those who tend to withdraw emotionally or seem detached.
- Encourages healthy independence without becoming over-attached.
- For those who carry grief, stress, or sadness in silence.



WHITE CHESTNUT

White Chestnut flower essence is the go-to remedy for a racing mind, constant inner chatter, and unwanted repetitive thoughts. It helps restore mental calm, clarity, and peace, especially when thoughts are looping and intrusive.

- White Chestnut helps settle mental looping after arguments, regrets, or overanalyzing.
- Particularly helpful when thoughts keep you awake.
- For mental fixation on problems, fears, or what ifs.
- Enhances concentration and grounded thinking.

WILD OAT

Wild Oat flower essence is the remedy for life direction, purpose, and inner alignment. It's especially helpful for those who feel lost, restless, or unfulfilled, even when they have many talents or opportunities.

- Wild Oat encourages soul-purpose clarity and true vocation.
- For those who feel something is missing but can't quite name it.
- Helps cut through external expectations, confusion or people-pleasing.
- For those who keep trying different things but never feel satisfied.



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WILD ROSE

Wild Rose flower essence is the remedy for apathy, resignation, and emotional numbness. It gently rekindles joy, engagement, and a sense of purpose, especially in those who've given up or become emotionally flat.

- Wild Rose helps those who feel emotionally dull, bored or "checked out".
- Restores hope and motivation, even after long periods of stagnation or burnout.
- Helps to reconnect to feelings, dreams, and purpose.



WILLOW

Willow flower essence is the remedy for resentment, bitterness, and feeling like a victim of life. It supports emotional healing by helping individuals release blame, forgive, and take empowered responsibility for their experiences.

- Willow helps individuals let go of grudges and chronic dissatisfaction.
- Helps people see their role in shaping their own reality.
- Reawakens the ability to find joy again, especially after disappointment or betrayal.
- Willow helps release the block so energy flows again - physically, emotionally, and spiritually.