

# Flower Remedies For a Better Sleep

KIM CHILD  
VIBRATIONAL ALCHEMIST | LICENSED ACUPUNCTURIST



## WORK WITH KIM



Flower and vibrational essences are great healers which have a subtle energetic way of restoring energy and nurturing spirit & soul. Used for children, adults and animals as there are no contra indications, they are completely natural.


Kim is an Advanced Flower & Vibrational essence practitioner with a certification in Bach essences.

For only £55 spend an hour with Kim (in person or virtually) to discover customised essences to support your wellness. This includes a 30ml oral remedy & an essence aura spray. Kim ships all over the UK and beyond if your not local.

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## THE REMEDIES

### Intro

Many people take Rescue Remedy for sleepless nights but there are other Bach remedies you might consider. There is no one flower essence to help you sleep, but many. That's because the trigger which causes stress for one person might be different than it is for another. So, when it comes to looking for a flower essence (or a combination of them) it's beneficial to identify your personal stress trigger.

### White Chestnut

If you can't sleep because your mind is replaying thoughts or experiences (referred to as a 'merry go round') consider White Chestnut. It's like a botanical reset button for internal chatter, this plant ally will interrupt the endless loop of replayed dialogues, events and other details that has you mentally tossing and turning.

### Red Chestnut

If you're staying up at night worrying about something for someone else. E.g. your child's test results, your ageing parent's health or work. Red Chestnut will boost your faith to provide confidence to feel secure about difficult situations allowing the mind to rest more readily.

### Aspen

For when you feel anxious or have sudden anxiety out about a situation. This is the type of fear that is groundless and you may not be able to pinpoint the reason. There's something that's just not right and it's keeping you awake. Aspen is the remedy for sensitive types who sometimes experience a disquieting feeling stemming from a fear of darker haunting type thoughts.



FOR A BETTER SLEEP



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### Mimulus

For some, it's the Aspen-type vague anxiousness that keeps them awake. In contrast Mimulus is for fears of the known type. This can range from any experience a person is thinking about. E.g. a presentation for the next day, having a car accident or traveling on a plane. If this is the case, Mimulus will help someone move beyond anxieties and face crippling fears.

### Vervain

Excitement about a project is great but when you dream about to do lists or completing work in your dreams at night this can be an issue. If you need to calm an over-activated mind to fall off into the quietude of sleep, Vervain essence is for you.

## How to use Flower Essences?

You can find flower essences in natural food stores or holistic pharmacies. All of the flower essences discussed are Bach flower remedies, but Healing Herbs are another excellent brand available in the UK.

Dosage: Two to three times per day add 2 to 4 drops to a glass of water. If your in a rush you can take them neat under the tongue.

Bach Flower remedies contain alcohol, for those you abstain from mix 4 drops in water and put in a 30ml glass spray bottle. Spritz yourself several times a day (you could add your favourite essential oil as well).

Flower remedies produce subtle shifts, so give the remedies time to work there magic. Look at trying a remedy for 3 to 4 weeks and observe shifts.

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