

You make a Bach Flower treatment bottle by adding 2 drops of each of the selected Bach Flower Remedies to a 30 ml/1 oz mixing bottle. You can combine up to 6 or 7 Remedies in a treatment bottle.



As a preservative (optional) you can add 1-2 teaspoons of brandy, apple cider vinegar, or vegetable glycerin.

You then fill the bottle to the top with water. From this mixture, you take 4 drops (or 2 sprays), 4 times a day until you feel better.

If you wake up one day feeling a bit out of sorts, you can add 1-2 drops of a remedy or more to a drink and take small sips throughout the day until you feel better.



Bach Flower Mixing Bottles

Rescue Remedy can be taken as often as needed, either by adding 4 drops directly in your mouth or adding 2-4 drops in a glass of water and drinking it slowly over a period of time.

For children you can add 1 drop of each of the remedies (max. 7) to a baby bottle, sippy cup or Sports bottle and have the child drink from it though out the day.

Bach Flower Remedies



Bach Flower Essences

For animals you can add 1 drop of each Bach Flower Remedy to their drinking bowl or 1-4 drops of Rescue Remedy depending on the size of the animal.