

# Wellbeing Combinations



## Five powerful and useful Flower, Gem & Crystal Essence combinations.

The five deep acting essence combinations in this group each offer support with issues that are important for our overall energetic wellbeing and which can affect the quality of life we experience.

### Environmental Stress

#### Cleansing & strengthening

Living in the environment created by current modern day life places an increasing strain on our subtle energy system and etheric blueprint. This combination helps to clear and release accumulated impurities of all kinds from the energetic blueprint.

Combination of: - White Yarrow, Malachite, Magnetite, Coal, Peridot & Turquoise

### Graceful Change

#### Feminine maturity

This combination is specifically designed to help women move gracefully and naturally through the cycle of change that occurs at all levels as they reach maturity. It will help to release old emotional and mental programming, allowing greater acceptance and understanding of this very important phase in a women's life, promoting a natural harmony & balance.

Combination of: - Creosolite, Squash, Mallow, Gold, Topaz & Evening Primrose.

### Learning Easily

#### Free flow & connection

The ability to assimilate information requires a synthesis between logic and intuition. This combination helps to strengthen and support this process by stimulating the connections between higher and lower mind and promoting a free flow of energy through the subtle bodies and etheric blueprint.

Combination of: - Gold, Copper, Platinum, Silver, Lemon & Celandine.

### Sleep

#### Natural rest

Natural restful sleep is important for us all, especially whilst we are undergoing periods of change and growth. During our sleep time we are able to gain valuable insights from our guides and teachers on the other levels as well as clearing and balancing our subtle energy systems. This combination will help to promote this process.

Combination of: - Forget-me-not, Morning Glory, Passionflower, Soapstone & Quartz Amethyst.

### Strength & Wellbeing

#### Restoring well being

A strong and vital energetic blueprint and fully functioning subtle energy system are an important factor in our well-being. This combination helps to strengthen and support these important areas as well as expelling any old patterns or impurities.

Combination of: - Pansy, Jasmine, Moss Agate, Gold, Tetrahedron & Blue Obsidian.

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Crystal Herbs is a member of the  
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