

Alpine Mint Bush

This flower grows in exposed rocky sites in the alpine and sub-alpine areas of south eastern Australia. This Essence works on the mental and emotional levels. It is for people who work in healing, health administration and caring situations where there is a great deal of responsibility for other people. They give much of themselves both physically and emotionally, often listening to people in pain and need. These care givers can be in danger of burning out or becoming disillusioned. They can reach a point of tiredness feeling their life has lost its joy. Alpine Mint Bush can revitalise and bring about in these people a renewed enthusiasm and joy in their life for what they do.

Negative Condition:

- mental & emotional exhaustion
- lack of joy and weight of responsibility of care givers

Positive Outcome:

- revitalisation
- joy
- renewal



Preparation of Dosage Bottles

Place seven (7) drops of Stock Essence into a 15ml to 30ml dropper bottle filled with 1/3 brandy and 2/3 purified water.

Preparation of Combination Essences

Place seven (7) drops of each Stock Essence into a 15ml to 30ml dropper bottle filled with 1/3 brandy and 2/3 purified water.