

# RestQ



Martin & Pleasance  
Since 1855

restqcalm.com.au

@RestQMP

@RestQ\_MP

Unique combinations of Bach Flower Remedies traditionally used for Stress, Sleep & Focus.



## SPRAY

- Ready-to-go use
- Bring spray nozzle to mouth and apply 2 sprays onto your tongue (under the tongue for RestQ Focus). Repeat as necessary.

## DROPPERS

- Traditional use dropper, can be further diluted
- Place 4 drops on the tongue (under the tongue for RestQ Focus), or add 4 drops to water & sip at intervals. Repeat as necessary.

## PASTILLES

- Travel friendly, perfect for handbag or car use
- Mixed Berry flavour
- Chew one pastilles as required. Repeat as necessary.

## ABOUT MARTIN & PLEASANCE



Martin & Pleasance  
Since 1855

*Ainsworths*

Martin & Pleasance has been distributing Bach flower remedies for over 85 years. We are committed to preserving the traditional practice, principles, and philosophy of Dr Bach who left a legacy that Martin & Pleasance has continued to uphold, and build into our unique range of formulations. Martin & Pleasance have formed a relationship with Ainsworths in the UK. Each of Ainsworths' Bach flower remedies are prepared and made with the spirit, philosophy and method of Dr Bach. The RestQ range assists with everyday emotional need states. Each unique formula is designed to support a restful & quiet mind in an increasingly busy world.

## DR BACH'S PHILOSOPHY



Dr Edward Bach was a physician who developed Bach Flower remedies over 150 years ago. He believed that the emotional and mental state of a person, influenced their overall health and wellbeing. Martin & Pleasance has continued to keep alive the Bach Flower remedies in the RestQ range, with integrity and commitment to the original methods used by Dr Bach.

## FEATURES



ALCOHOL FREE



COMPLEX FORMULAS



AUSTRALIAN MADE & OWNED



SUITABLE FOR USE THROUGHOUT THE DAY



HIGH POTENCY NOT DILUTED TO A HOMEOPATHIC POTENCY



MADE TO DR BACH'S ORIGINAL SPECIFICATIONS



VEGAN (EXCLUDING PASTILLES)



CONVENIENT ON-THE-GO USE



SAFE FOR THE WHOLE FAMILY



SAFE WHILE PREGNANT OR LACTATING



GLUTEN FREE



NATURAL EMOTIONAL & WELLBEING SUPPORT

Your Moment of Calm

FOR HEALTHCARE PROFESSIONAL EDUCATION

## Traditionally used to calm the mind and relieve symptoms of stress and mild anxiety

8 Remedy Formula in an alcohol free liquid

DR BACH ORIGINAL RESCUE FORMULA:

**CHERRY PLUM** – fear of losing control

**CLEMATIS** – lack of interest in the present

**IMPATIENS** – impatience

**ROCK ROSE** – panic and terror

**STAR OF BETHLEHEM** – shock, loss or grief

WITH ADDITIONAL:

**ASPEN** – fear and anxiety of unknown origin

**MIMULUS** – fear of known things

**WHITE CHESTNUT** – unwanted thoughts



STRESSED MUM



STUCK IN TRAFFIC



WEDDING STRESS

Calm



## Traditionally used to calm the mind and relieve sleeplessness

6 Remedy Formula in an alcohol free liquid

**AGRIMONY** – inner worry and torment

**CHERRY PLUM** – fear of losing control

**ELM** – overwhelmed by responsibility

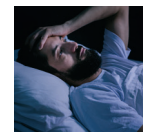
**IMPATIENS** – impatience

**VERVAIN** – over-enthusiastic, active mind

**WHITE CHESTNUT** – unwanted thoughts



AWAKE AT NIGHT



OVERACTIVE MIND



RACING THOUGHTS

Sleep



## Traditionally used to calm the mind and support mental concentration & clarity

7 Remedy Formula + vitamin B12 in an alcohol free liquid

**CLEMATIS** – lack of interest in the present

**ELM** – overwhelmed by responsibility

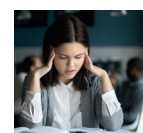
**HORNBEAM** – mental fatigue, brain fog

**LARCH** – lack of self-confidence

**SCLERANTHUS** – indecision & uncertainty

**WALNUT** – over-sensitive to life change

**WHITE CHESTNUT** – unwanted thoughts



EXAM CONCENTRATION



WORK PRESENTATION



JOB INTERVIEW

Focus

