

Rescue Remedy, Rescue Remedy Spray



...is the most famous of the Bach remedies, but in fact is not 'a remedy' at all. Instead it's a blend of five different Bach Flower Remedies:

This mix was created by Dr Bach to deal with emergencies and crises – the moments when there is no time to make a proper individual selection of remedies. It can be used to help us get through any stressful situations, from last-minute exam or interview nerves, to the aftermath of an accident or bad news. **Rescue Remedy** helps us relax, get focused and get the needed calmness.

Impatiens: For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others. We've found it very fast-acting in alleviating an impatient attitude and lowering stress.

Star of Bethlehem: For trauma and shock, whether experienced recently or in the past. Teaches the ability to recover from traumas and to integrate them into the present life.

Cherry Plum: For those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in one's spontaneous wisdom and the courage to follow one's path.

Rock Rose: For situations in which one experiences panic or terror.

Clematis: For those who find their lives unhappy and withdraw into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Teaches one to establish a bridge between the physical world and the world of ideas; may foster great creativity. Is also used to bring clarity and alertness to the present moment.

The Rescue Remedy is designed to help deal with immediate problems. If you are working through an underlying problem – or if you need rescuing every day – you will find a longer-term solution by selecting a personal blend of remedies.