

**Thank you for your interest in the Bach Flower Remedies.**



### **How to use**

Prepare a Bach treatment bottle by adding 2 drops of each remedy (up to 7 remedies) into a 30ml/1oz mixing bottle and fill with spring water. If you use Rescue Remedy you use 4 drops.

As a preservative (optional), add 1-2 tsp. of brandy, apple cider vinegar or vegetable glycerin into the treatment bottle.

From the treatment bottle take 4 drops (or 2 sprays), 4 times per day until you feel better, or add 1-2 Drops of each of the needed remedies in a glass of water and sip at intervals.

The remedies can also be taken undiluted either in the mouth or on the skin as often as needed.

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**If you have any questions, would like to place an order or have questions please contact us at  
- 1-800-214-2850 – [info@BachFlower.com](mailto:info@BachFlower.com)**

If you feel that you need individualized help from a licensed practitioner, place an order for a consultation at [www.DirectlyFromNature.com](http://www.DirectlyFromNature.com)

Directly From Nature is the exclusive distributor of BachFlower.com. At Directly from Nature you will find all the 38 individual remedies, the Rescue Remedy collection, complete kits in 10ml and 20ml versions in wooden, leather or carton cases; the world's biggest selection of Bach Flower Remedy books; and educational material and licensed practitioner consultations. Your orders are handled by Bach Centre trained help staff.