

# Quick Guide to CinderRemedies Bach Flower Blends



*Bach Flowers improve our emotional and mental state... balancing the body and mind.*

Anyone can use Bach Flowers for health and mind-body wellness!

Try *CinderRemedies Blends* in sequence beginning with  
Refresh Blend#1 or Tranquility Blend#4

Follow up with the next blend in the series.

Have fun and seek guidance when needed!

Take 4 drops on the tongue, 4 times a day

Place Your Order for Blends

\$18/each

## CinderRemedies Blends by Cindy Tomblin

**Refresh Blend#1** ~ motivation, confidence, energy, purity, joy, learning ~ Get up and go do the best thing for yourself! ~ **Hornbeam, Larch, Olive, Crab Apple, Gentian, Chestnut Bud.**

**Uplift Blend#2** ~ fearlessness, balance, ability, focus, acceptance, optimism ~ Become more grounded to reach a peaceful calm! ~ **Aspen, Scleranthus, Elm, Clematis, Beech, Willow.**

**Flow Blend#3** ~ openness, trust, tolerance, flexibility, protection, release, direction ~ Relax and Unwind, it's smooth sailing! ~ **Agrimony, Cerato, Vervain, Rock Water, Walnut, Honeysuckle, Wild Oat.**

**Tranquility Blend#4** ~ peace, selflessness, assurance, perspective, composure, courage ~ Quiet the mind and stop worrying! ~ **White Chestnut, Chicory, Red Chestnut, Crab Apple, Cherry Plum, Mimulus.**

**Healing Blend#5** ~ comfort, forgiveness, serenity, compassion, strength, patience, versatility ~ Overcome your obstacles, prepare for brighter days! ~ **Star of Bethlehem, Pine, Mustard, Heather, Oak, Impatiens, Walnut.**

**Chillax Blend#6** ~ perseverance, faith, bravery, vitality, self-transcendence, hope ~ You can get through anything! ~ **Elm, Gentian, Aspen, Olive, Rock Rose, Sweet Chestnut.**

### How to make the CinderRemedies Bach Flower Blends

Start with a Bach Flower dropper bottle from your local health store

Clean and fill with pure water – fresh spring water or filtered water

Purchase stock bottles of the single remedies you need from your local health store

Add two drops of each remedy to your blend bottle

***Follow the directions on the dropper bottle box for mixing your blend or consult with Cindy***

For more information visit [CindyTomblin.com](http://CindyTomblin.com)

Cindy Tomblin ∞ Holistic Nutritionist

*Natural Remedy Expert*

Bach Flower Blends & Nutritional Consulting

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