

BITE RELIEF RANGE

I initially created a Bite Relief Cream in 2012, ahead of a trip to Bordeaux with the choir I was in at the time as it was early September and I felt it was best to be prepared! Not only was it very effective for me; it was also used by several choir members who were amazed by how well it worked!

The Constellation has a unique combination of specific Earth-based herbal & flower essences (Mother Tinctures), as well as their high vibration counterparts. I had felt intuitively that horsetail, together with other specific wild herb and flower essences I have made, would be perfect internally as well as externally to not only relieve pain and discomfort, but also act as a preventative.



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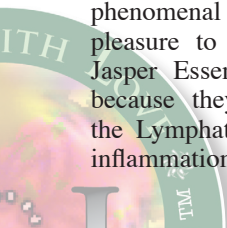
The **Elixir** is designed to flood your body with specific herbs which are known to inhibit insects biting you as well as detox your body from the poison should you get bitten, so it is good to use ahead of the summer or if you are generally prone to getting bitten.

The **Energy Spray** and **Healing Creams** also have Lemon; Lime; May Chang; Sweet Orange and Citronella in a special combination. These oils are not only known to be natural insect repellents but also have great anti-viral; anti-bacterial; anti-spasmodic; anti-inflammatory; analgesic and antiseptic properties as well as all being uplifting *and* calming between them all!

The *Gem & Flower Essences* used are:-

Dandelion Leaf & Root – made from leaves and roots collected from my garden. The leaves were collected in the spring and are a known diuretic and as such, encourages the removal of poisons from the body. I collected the roots in the autumn and made my Dandelion Root Elixir, which has been known for centuries for being a fabulous diuretic and genitourinary cleanser as well as a liver detox, which is why it is in the Bite Relief Constellation and the Super Detox.

Green & Red Ocean Jaspers – arguably the most phenomenal healing gemstone I have ever had the pleasure to encounter! The Green and Red Ocean Jasper Essences are in the Bite Relief Constellation because they cleanse and eliminate poisons through the Lymphatic System; are Liver Tonics; ease throat inflammation; detoxify the body and lower fevers.



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Cleavers Dark & Light – I made two different Mother Tincture & High Vibration Essences because each have their own unique healing properties and, when used in conjunction with each other, they maximise the healing process. Cleavers Elixir is known to be phenomenal at removing toxins from the lymphatic system, which is why it is in the Bite Relief Constellation.

Horsetail – on the “SAS Survival Kit” website, Horsetail is recommended as the leading herb to use as a preventative and treatment for insect bites. I had felt intuitively this was the case as well. It has great beneficial uses as a genitourinary cleanser as well as being an astringent herb. It is one of the most diuretic species of all plants, possessing a great capacity to eliminate water from the body. That’s why it is highly effective in the treatment and prevention of insect bites.

Yarrow - specially selected Yarrow from England and Sweden. It is in the Bite Relief Constellation due to its ability to cleanse and purify the blood; reduce inflammation and skin irritations.

Bindweed – I have always had an abundance of bindweed in my garden! I discovered it is a very effective detoxifier & that it is believed to have special properties within it which stop the flow of blood to tumours, whether benign or cancerous. I was guided to make two types of bindweed; one for the upper body & the other for the lower. The upper body essence is made of the vines, leaves and flowers only, whereas for the lower body, there is a separate root tincture as well as a vine, leaves and flowers one as well. Both bindweeds are used in the Bite Relief Constellation because of its detoxification properties.

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Elderflower – elder as a plant is one of the most phenomenal healing plants, valued by the 17th Century Herbalist John Evelyn who wrote in 1664 :- “If the medicinal properties of its leaves, bark and berries were fully known, I cannot tell what our country men would ail for which he might not fetch a remedy from every hedge either for sickness or wounds.”

The flowers either dried or as an Essence are also known to be an “eliminator” of toxins from the body, encouraging it to eliminate poisons from your system. It is this particular attribute, together with an intuitive “knowing” that it would work well with the other wild herbs, that it is in the Bite Relief Constellation.

Red & White Clover - both Red and White Clover are known to help the body remove toxins through the lymphatic system as well as being very good in the treatment of wounds and sores on the skin. It is for this reason that they are in the Bite Relief Constellation. The Red Clover was gathered in Sweden and the White Clover from the upper lawn in my back garden, which has an abundance of it.



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Additional information :-

- All Elixirs are preserved in a water/Raspberry Vodka combination
- Additional ingredients in the Energy Spray – Polysorbate 20 (from Coconut) as an emulsifier and St Helen's Spring Water
- Additional Ingredients in Healing Cream – Hand made Hypoallergenic Base Cream plus Coconut Butter & Carrier Oils of Apricot Kernel, Jojoba and Wheatgerm.

