



FLOWER ELIXIRS FOR
WOMEN'S WELLNESS

BY: KATIE HESS + ERIN BORBET

In health, the female endocrine system is a cascade of perfect harmony. From the monthly cycle of sex hormones to stress response hormones to metabolic hormones, these functions should happen naturally (and optimally) without intervention – much like the heart beating or lungs taking in air. Your body has an innate wisdom and capacity for staying on the road to health.

So why is female hormone imbalance so common?

From the food we eat to the thoughts we think to the way we move (or don't move) – our physical and energetic bodies can be obstructed by a myriad of experiences throughout daily life. And somewhere along the way, as these experiences accumulate, the body becomes less able to self-correct. This is when symptoms arise – advising that something is not functioning at its best within.

And in the world of women's health in particular, these symptoms have become commonplace. The mood swings, acne, PMS, cramping, back pain, breast tenderness, hot flashes with menopause – the list goes on and on – have largely been adopted by society as simply *part of being a woman*.

But, in fact, these are not part of the birth-right of women – no, they aren't normal at all. In fact, according to Chinese Medicine, the only symptom associated with a woman's menstrual cycle should be moderate bleeding.

Can you imagine?

All of these possible discomforts are signals from your body that something is out of alignment within the synergistic interplay of your system. The sooner you can address the root cause, the quicker your body can bounce back into the innate healing abilities it is designed to do.

We need to start thinking about hormonal health as a baseline for systemic health. The endocrine system plays a major role in our holistic and immune health – along with the nervous, lymphatic, circulatory and digestive systems. It is of paramount importance and should be a part of the female health consciousness from teenage years – even if taking hormonal birth control.

Hormonal balance is of vital importance to a woman's systemic health, in addition to the experience of more freedom and purpose in her life. It is her connection to intuition.

Being born a woman is truly a divine blessing because of our dynamic endocrine system. Our hormones offer us a multitude of benefits when we are willing to dial in, such as:

Holistic Health: Our hormones can alert us to a potential systemic imbalance, which can then be addressed before too much time has passed. The Thyroid, Adrenal, Digestive and Metabolic systems are intricately linked to a woman's hormonal cycle.

Life Balance: Draw on energetic strengths from each phase of the menstrual cycle: Inward Reflection (menstruation); Extrovert and Social Activism (ovulation), Increased Intuition and Creativity (post ovulation).



"Grateful to have a healthy cycle again!"

"I have noticed a complete shift emotionally and physically. After having no period for almost two years, after taking radiant energy for a month or so I got a light period. Then 5 weeks later I had a bright, full, normal healthy cycle. I am so grateful to have a healthy cycle again. Being an empath, I also have a much easier time witnessing people and feeling them without feeling as drained."

- **Thea Coughlin**, Photographer. Mama. Teacher.

Fertility Knowledge: Plan to achieve or prevent pregnancy on your timeline, confidently.

Inform Habits: Make optimum choices for exercise, nutrition and rest in alignment with your cycle phase and physiology.

Enhanced Creativity: Our reproductive anatomy is associated with creative expression, moving us towards our life's purpose.

Access Intuition: Readily access your innate knowing to make decisions about your life and health from a place of strength.

While female hormonal imbalance is prevalent among modern women, it isn't a new phenomenon. Internal and external stressors have been around as long as humans, and traditional healing systems had special protocols in place to assist women with hormonal-related complaints. Various internal remedies through food, herbs and other tonics, as well as external remedies such as bodywork or therapeutic steams and baths,

have all been a part of women's health and wisdom.

In fact, many traditional societies passed down this wisdom between grandmothers and mothers, daughters and sisters – it was knowledge that was available and discussed. Women empowered one another, allowing them to thrive in their own physiology and make appropriate choices in service of their health.

But somewhere along the way, this conversation amongst women vanished, leaving us confused, overwhelmed and in fear of our own cycles, fertility and bodies - leaving it up to us to return our health into our own hands.

An ancient tool that helps us access our body's wisdom + optimal health is flower elixirs.

*Intro by Health Coach [Erin Borbet](#), MS

When women use flower elixirs regularly each day, they notice that cramps go away or greatly diminish and cycles become like clockwork.



For some women entering menopause, Pomegranate flower elixir can actually bring the menstrual cycle back. Some women like that and others would rather not have their periods anymore.



Using a flower elixir like [Pomegranate](#) flower can balance out women's reproductive systems. For women who are tracking or predicting their cycles on paper or with an app, Pomegranate flower elixir helps the cycles become regular to the day, making it easier to track peak ovulation times, when trying to become pregnant or avoiding fertile times to refrain from getting pregnant. It also greatly reduces other PMS symptoms, such as mood swings, irritability, and tender breasts.

During menopause, the most common symptoms include waking up in the middle of the night and not being able to get back to sleep, along with hot flashes. The [Passion-flower](#) elixir can be helpful for menopausal sleepless nights. It may not stop you from waking up, but by using the flower elixir upon waking, if you put your head back on the pillow, you'll fall right back to sleep, rather than stay wide awake for several hours.

"No more cramps or PMS!"

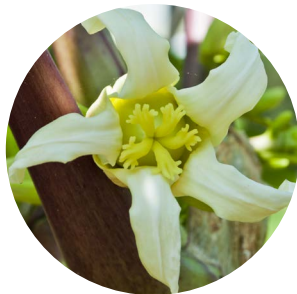
"I am amazed at how affective the Pomegranate essence infused serum is! I gently rub it on my lower belly a few times a day and it is so POWERFUL at bringing me back to balance. No more cramps or PMS-like feelings and I feel a noticeable vibrancy and strength even during my time of the month ~ amazing!"

- Anonymous.



Hong Kong Orchid encourages us to fully accept and love all parts of ourselves and embrace our sensuous side. **Silk Floss** helps us more smoothly adapt to our changing bodies and accept ourselves with the loss of collagen in our skin or gray hair.

Squash Blossom enhances fertility, balances a woman's reproductive system and dismantles fears related to pregnancy and childbirth. It helps us feel more free in our body and liberates wild creativity.



Papaya Blossom helps us perceive events such as menses, birthing, breast-feeding, and menopause as sacred and divine.

On the following pages, you will find flower profiles of the all the flower elixirs recommended for women seeking flower magic to help balance their reproductive system, sleep better at night, adapt smoothly to our changing bodies, feel divinely beautiful and live a vibrant life!

*Flower-guides excerpted from the book [*Flowerrevolution: Blooming Into Your Full Potential with the Magic of Flowers*](#) by Katie Hess.

“Regulated my sporadic & unpredictable cycle!”

“I’ve never had a regular cycle. I would sometimes go 4 months without a period! And when it did decide to come, it was so uncomfortably painful. After using a body oil infused with Pomegranate flower elixir for a few weeks, my cycle miraculously regulated to once a month! All I did was rub the serum on my belly before I went to bed at night! Fun fact: I think the flower magic also synced me up with the moon!”

- **Taylor Rico**, Creative. Blogger.





POMEGRANATE FLOWER

Activate: Strength
Message: Detox + reenergize.

What It Reveals

If you're attracted to the Pomegranate flower, you may either be doing a lot of creative projects, requiring extra creative energy, or feel slightly stuck and blocked, needing an electric jolt of creative juice to give you strength so you don't peter out.

Or you may be exposed to external toxins, such as pollution, artificial fragrances, pollen, or other physical irritants. You may need a boost of energy to help your body detoxify. You may have experienced allergies recently or felt fatigued and tired, lacking energy to accomplish your projects.

If you're a woman, being drawn to Pomegranate can mean that your reproductive system needs a boost. Perhaps you get cramps or PMS. If you have irregular cycles, you may want to regularize your cycles so that you can become pregnant or avoid becoming pregnant.

What the Elixir Catalyzes

When we find ourselves dragging, fatigued, or needing more vitality to get us through the day, Pomegranate flower elixir offers a gentle cleansing of the body, strengthening the body's natural detoxification systems and ridding the body and energetic system of toxins and irritants. Pomegranate strengthens our energetic system so that we are no longer so vulnerable to taking on other people's emotions. We can be compassionate and still be shielded from making other people's stress our own.

The result of better physical and energetic detoxification is that the female reproductive system becomes more balanced. Using Pomegranate elixir regularly over time can eliminate painful cramps, PMS, or irregular cycles within one to three cycles' time. Though I usually recommend flower elixirs to be taken at least five times each day for maximum benefit, I have noticed that in terms of benefits of women's health and cycles, using this elixir once each day is usually sufficient to have significant results.

Additionally, Pomegranate flower activates our creative juices, giving us a creative boost of energy.

Extra Credit

- Drink more water. Get a beautiful water bottle if it helps you feel more inspired. Add flower elixirs to the water to increase your desire to drink it. Add lemon or lime juice in the water to support your body's natural detox.
- Practice 5 - 10 minutes of meditation or breathing daily.
- For irregular or painful menstrual cycles, start taking Pomegranate flower elixir regularly. Rub oil infused with Pomegranate essence on your lower belly every night before going to bed. ****Note: It is not a remedy for acute situations. If you are experiencing cramps and use Pomegranate for the first time, the pain-relieving results will only be slight; however, if you use the elixir regularly for one month, by your next cycle, you'll notice tremendous improvement and, in most cases, total elimination of PMS symptoms and cramps.*

In Essence

Dissolves

Irritation & fatigue from toxic overload
Irregular or painful periods
Lack of creative energy

Magnifies

Vitality through cleaning body & energy
Balancing of reproductive system
Creative energy & self-expression

Found in Radiant Energy



elixir



mist



serum



anointing oil



PASSIONFLOWER

Activate: Healing sleep
Message: Rest more.

What It Reveals

If you are attracted to the Passionflower, you may have felt like you're moving so fast you're not operating on all cylinders. You may be overworking, or on the go so much that your nerves are frazzled. You need more rest, naps, or minibreaks throughout the day.

You may also suffer from restless sleep, disturbing dreams, or inability to sleep throughout the entire night. Conversely, you may have difficulties in winding down at night before bed. You may tend to think about something over and over, either before sleep or upon waking in the middle of the night.

What the Elixir Catalyzes

Passionflower elixir helps us let go of mental chatter, anxiety, and thinking too much and too fast. It encourages deep sleep, and facilitates the effortless resolution of issues on a subconscious level through slumber.

During the day, Passionflower slows us down ever so slightly so that we can be more effective. When we think too much, it leads to stress, depletion, and eventually to adrenal fatigue or burnout. When we make it a habit to take breaks during the day, and possibly even naps or power naps, we're sharper and more decisive.

Passionflower induces a sense of deep peace and helps us take deeper breaths. It inspires us to feel not only more grounded, but also more plugged in to what's sacred to us, enhancing both awareness and intuition.

Extra Credit

- Take a daily power nap to let your nervous system reset: set your cell phone alarm to go off in 15 to 20 minutes, lie down or recline the seat in your car, and take a little snooze during your lunch break.
- Eliminate technology use a couple hours before going to sleep. Make sure your cell phone is not plugged in close to your head where you sleep at night, and power it down at night. Consider installing “demand switches” in your house so you can turn off the electricity in your room while you sleep.
- Enhance your bedtime ritual. Try meditation or a hot bath. Drink a cup of [Passionflower tea](#) before going to sleep. Create a relaxing music playlist that you can put on as you're getting ready for bed. Make sure you absolutely love your sheets, pillows, and mattress, and that your sleeping area is fluffy, relaxing, and inviting.
- Carve out time first thing in the morning for meditation, prayer, or quiet reflection. Put a meditation app on your phone so you can do short meditations while waiting in line, on the train or public transport, or before bed.

In Essence

Dissolves

Muscular tension, frazzled nerves, adrenal overuse, depletion
Restless sleep, mental chatter
Anxiety, panic or fear

Magnifies

Deep calm, peace, steadiness
Ability to let go, relax, rest & sleep
Awareness, intuition & spiritual connection

Found in Quiet Mind





HONG KONG ORCHID

Activate: Self-acceptance
Message: Express yourself!

What It Reveals

If you're attracted to Hong Kong Orchid, you likely have high standards. They may make you hard on yourself, or reluctant to be exposed to the world in a way that would make you vulnerable.

If you fear vulnerability, it can lead to feeling hardened, shy, or aloof. It can also manifest as a habit of preventing yourself from forming new friendships or relationships.

You may be secretly wanting to express yourself in new ways, such as speaking, dancing, singing, or artistic endeavors. You may want to accept all aspects of yourself, especially those that have previously been in hiding.

What the Elixir Catalyzes

The Hong Kong Orchid flower elixir encourages us to fully accept and love all parts of ourselves. It enhances our ability to express ourselves fully, without hesitation or editing. It coaxes the sincerest aspects of our personality out of hiding and entices us to stretch wide open and expose our hearts. It encourages us to reach outside of our protective shell and expose what's on the inside.

Hong Kong Orchid shows us that being vulnerable enhances our ability to love and be loved, and enriches our experience of the world. If we are usually hard on ourselves, it allows us to be kinder toward ourselves. That loving energy is attractive to others and draws them in, strengthening our magnetic qualities.

Hong Kong Orchid dissolves our fears of being “exposed” as we truly are. It dissolves fear of being seen or heard, including fear of public speaking, being on display, or being observed by others. It shows us that vulnerability can be lovely and even sexy. Embracing all parts of ourselves heals us and everyone we come into contact with. Loving ourselves helps other people around us to feel loved, and gives them permission to love themselves.

Hong Kong Orchid helps us feel comfortable in our own skin, and at ease with the deepest essence of who we are. As we learn to appreciate all aspects of who we are, it allows us to embrace our sensuous side, while embodying a sense of innocence and purity.

Extra Credit

- Practice being vulnerable and out of your comfort zone.
- Tell or show your loved ones how much you love them.
- Put on a little lipstick, wear silk, or dress to the nines just because.
- Go dancing, or crank up the music and dance in your living room.

In Essence

Dissolves

Fear of being “exposed”
Holding back aspects of yourself
Being hard on yourself

Magnifies

Full expression of who you are
Feeling comfortable with yourself
Self-love and appreciation

Found in Infinite Love





SILK FLOSS

Activate: Confidence
Message: It's time to shine.

What It Reveals

If you find yourself attracted to the Silk Floss flower, you may be in a new situation that is making you feel out of your element. When you feel self-conscious, it takes your focus away from being present in the moment. There may be times when you worry about what others think, or you feel weird and different, which makes it difficult to let loose. You could be feeling wary, small, and insignificant, or simply awkward.

Alternatively, feeling uncomfortable in your own skin can be particularly distressing or troublesome during the aging process.

What the Elixir Catalyzes

The Silk Floss flower enhances our ability to be at ease in our own skin, no matter what situation we are in. It dissolves shame, embarrassment, or awkwardness, and helps us embrace our uniqueness.

When we're wound up in self-consciousness, we tend to close ourselves off from enjoying the moment and experiencing what's around us. Silk Floss helps us fully accept ourselves, and shine. It helps us stand tall, exude confidence, and feel at ease with who and how we are.

Extra Credit

- Express confidence with your posture. Lift up your heart to the sky and straighten your spine. Point your nose straight ahead of you without looking down. Smile and make eye contact with people you meet.
- Take a ballroom dance class to improve your posture, balance, and grace.
- Remind yourself of the many reasons you have to be confident. Appreciate yourself for what you're good at, and when you've been a kind person.
- Ask five people who cherish and love you to give you five words that describe your greatest strengths.

In Essence

Dissolves

Feeling out of your element, awkward, embarrassed

Feeling small, insignificant

Feeling ashamed, weird, different

Magnifies

Confidence & comfort with who you are

Ability to shine and be proud of yourself

Self-expression, self-assuredness

Found in Inner Peace





PAPAYA BLOSSOM

Activate: Receptivity
Message: Gentle is powerful.

What It Reveals

If you are attracted to the Papaya flower, you may be exerting a lot of effort and overextending yourself. You may feel the desire to collaborate instead of compete, yet find it difficult to accept help.

Being drawn to Papaya may indicate that you are reevaluating your relationship to masculine and feminine qualities within yourself. You may have had a difficult relationship with your mother or a mother figure, or simply wish to express more tenderness and vulnerability.

If you're in a relationship, you may not be sure of your compatibility. You may be seeking a sign that you are compatible, or not, so that you can split amicably.

What the Elixir Catalyzes

Papaya flower plays a special role in helping our planet recognize the power in being tender and soft. As we enter into a time of increasing female leadership, Papaya flower elixir prepares our collective consciousness for honoring the feminine just as much as the masculine. It makes the collective more open to what are traditionally known as "feminine," or yin, qualities: receptivity, listening, nurturing, intuition, collaboration, compassion, and tenderness.

Papaya flower teaches us how to flourish by attaining a healthy balance of both yin and yang qualities in ourselves and our culture - both are necessary and vitally important. Cultural indicators that we have gone too far to one end of the spectrum include the following: a sense that menstruation, birthing, and breast-

-feeding are dirty or strange; the absence of maternity/paternity leave; an environment that's highly competitive, not collaborative; and soft character traits like tenderness being commonly perceived as "weakness."

By honoring the feminine, the Papaya flower elixir helps us perceive events such as menses, birthing, breast-feeding, and menopause as sacred and divine—activities that relate to giving life and supporting the sustainability of humankind.

Papaya flower elixir also assists greatly in any type of relationship by clarifying compatibility, sexual orientation, and our ability to love ourselves and others with the unconditional love that a mother shows her child. Beyond romantic relationships, it also helps us understand our relationship with our mother and anyone that we "mother."

Extra Credit

- Notice when you find yourself doing too much or overextending your energy.
- Support people and systems that are collaborative, receptive, nurturing, and community-minded.
- Notice when you respond in a "hard" way to situations in life or refuse help from others.
- Spend more time with your mother, sister, girlfriends, or children.

In Essence

Dissolves

Hardeness of character
Discord within relationships
Fears about pregnancy, breast-feeding, motherhood, menopause

Magnifies

Balance of feminine & masculine aspects
Collaboration & receptivity
Harmony within relationships with mother or children
Clarity regarding sexuality

Found in Single Elixir





SQUASH BLOSSOM

Activate: Liberation
Message: Feel free in your body.

What It Reveals

If you're attracted to the Squash blossom, you may feel creatively stagnant, shut down, or blocked. A subtle resistance may be preventing you from tapping into your usual innovative ideas.

Another possibility is that intimate relationships may feel difficult or challenging. This can also manifest as a general hesitancy regarding close romantic or sexual relationships, as a fear of not being beautiful, or a feeling of shame about one's body.

Yet another possibility is that you may be afraid of one of the following: getting pregnant, not getting pregnant, having a miscarriage, or motherhood. If you are pregnant, you may have inexplicable fears around pregnancy and childbirth, the possibility of the baby's being born with health issues, or of not having sufficient mothering skills.

What the Elixir Catalyzes

Squash blossom liberates our creative energy, promoting a prolific imagination. It leaves us inspired and able to inspire others. It cuts through blocks and stuckness to help us create.

It also enhances fertility, balances a woman's reproductive system, and regularizes menstrual cycles. It enhances our maternal instincts, and helps us understand and dismantle our fears related to pregnancy and childbirth. It dissolves our fear

of losing control and our fear of our own bodies. Squash blossom can be helpful for challenging conceptions and pregnancies.

Squash blossom also unravels and heals trauma from feeling exploited or abused in the past. It clarifies any confusion, shyness, or apprehension we may have regarding our sexuality.

Extra Credit

- Whether you're a man or a woman, find ways to get in touch with your feminine, receptive, and tender side.
- If you're considering pregnancy or are already pregnant, find a supportive midwife and doula in your area.
- Spend time around mothers with small babies.
- Blast through any creative blocks by writing a one-minute poem, messing around with watercolors for 20 minutes, or building a mandala with flower petals, leaves, and twigs you find outside.

In Essence

Dissolves

Limiting patterns regarding sensuality & sexuality, trauma from past sexual abuse

Fear of losing control, fear of labor & childbirth

Lack of creativity or feeling stagnant

Magnifies

Fertility, easeful labor, and childbirth

Women's reproductive balance

Healthy expression of sensuality & sexuality

Prolific creative expression, birthing new ideas

Found in Single Elixir



Meet Katie Hess + Erin Borbet



Katie Hess is a flower alchemist, the founder of **LOTUSWEI**, one of the world's leading floral apothecaries, and author of [*Flowerrevolution: Blooming Into Your Full Potential with the Magic of Flowers*](#). After 15 years of independent research of flower and plant-based healing, her flower-powered community is thriving in over 15 countries. She instigates a revolution with the premise that you transform the world by transforming yourself (*with a little help from flowers!*). Katie travels worldwide to seek out flowers that reduce stress, improve sleep, and accelerate personal growth. Her work has been featured in O, The Oprah Magazine, The New York Times, Los Angeles Times, Sunset, and Organic Spa Magazine. A lifelong spiritual seeker, Katie has studied meditation and mindful-awareness techniques with several Tibetan Buddhist masters, including the Dalai Lama and the Karmapa, Tibet's next generation leader. Discover what your favorite flower means about you at www.lotuswei.com!



Erin Borbet has a Masters of Traditional Chinese Medicine, is a Licensed Acupuncturist, Board Certified in Chinese Herbal Medicine and has nearly ten years of clinical experience in women's reproductive health.

After seven years of private practice in New York City, [Erin now works with women remotely](#) – from the comfort of their own homes – using custom herbal formulations, nutrition and intuitive life coaching to regain vibrant health. She has particular expertise and additional training in the fields of Infertility, Post Partum Support, and Female Hormonal Imbalance. She lives in the Teton Valley, Idaho with her husband and two daughters. Sign up for her [newsletter](#) or follow her on [Instagram](#) to stay connected!

ADDITIONAL RESOURCES

BOOKS

- [*Herbal Healing for Women*](#) by Rosemary Gladstar
- [*Taking Charge of Your Fertility*](#) by Toni Wechsler
- [*A Mind of Your Own*](#) by Kelly Brogan MD
- [*Ina May's Guide to Childbirth*](#) or [*Spiritual Midwifery*](#) by Ina May Gaskin
- [*Women's Bodies Women's Wisdom*](#) by Christiane Northrup MD
- [*Hormone Cure*](#), Dr. Sara Gottfried
- [*The Adrenal Thyroid Revolution*](#) by Aviva Romm MD
- [*No More Dirty Looks*](#) by Siobhan O'Connor & Alexandra Spunt

ONLINE COURSES

- [*Vital Mind Reset*](#) by Kelly Brogan MD
- [*Herbal Medicine for Women*](#) by Aviva Romm MD

WEBSITES

- [*DiaMethod.com*](#): pre and post-partum fitness for reversing and preventing diastasis recti
- [*ErinBorbet.com*](#): Health coaching for women, herbal medicine and personalized nutrition for lasting transformation and hormonal balance.
- Midwifery Resources: [*mana.org*](#) + [*nacpm.org*](#)