

WIN A SPA TRIP! Go green at NY's eco-minded Mohonk Mountain House (page 12)

# Spa

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# spa beauty

{ FOCUS ON FLOWER ESSENCES }

## awesome blossoms

Long popular in Europe and Australia, flower essences are now gaining a loyal following stateside. BY SHARI MYCEK

SOMETIMES CONFUSED WITH aromatherapy, the use of flower essences is a completely different practice that harnesses the vibrational energy of flowers (not their essential oils) for healing. Used for thousands of years by indigenous cultures from Australia to South America to Egypt, the practice experienced a surge in popularity during the 1930s when England's Edward Bach, M.D., disillusioned with allopathic medicine, began experimenting with flower essences. His theory was that they could heal emotional problems and that when a patient was healthy emotionally his or her body would stabilize as well. He created 38 Bach Flower Remedies to be used alone or in combination to address the emotions he believed hindered health: sadness, fear, worry, indecision, apathy, over-caring, impatience, doubt, pride, and aloofness.

More than half a century later, naturopath Ian White created the Australian Bush Flower Essences to update Bach's flower-based cures for the 21st century. White used the flower essences of his home country to address what he described as "modern-day challenges" related to sexuality, communication, and spirituality.



Flower essences harness the vibrational energy of blossoms to address emotional imbalances.

Now spas are beginning to incorporate flower essences into various treatments as a way to both relax guests and help bring out their inner beauty. At Joya Spa at the InterContinental Montelucia Resort & Spa in Paradise Valley, Arizona, for example, on-site organic alchemist Katie Hess creates personalized formulas based on answers to questions like "What obstacles are

holding you back?" A customized remedy might include bird of paradise (quiets the mind); rose (heals the heart); mountain laurel (fosters letting go); blue prickly pear (helps strike a balance between kindness and being taken advantage of); magnolia (brings desires to fruition); or night-blooming cereus flower (encourages recognition of one's true gifts and beauty). »