

Single essence is \$30 including postage in NZ, combinations are \$45 including postage.
Mists are \$50 including postage.

Please email larissa@harmonise-you.com to place an order or request a consultation.



Space Clearing Mist

Assists in clearing negative energies, emotional & psychic, to create a safe, sacred & harmonious environment. Gently mist onto skin or into the air around you.

Contains flower essences, aloe leaf juice, essential oils of cedarwood, lavender, eucalyptus, and sandalwood, with extracts of calendula, chamomile, arnica and echinacea.



Calm & Clear Mist

Assists in slowing down, relaxing & unwinding. Gently mist onto skin or into the air around you.

Contains flower essences, aloe leaf juice, essential oils of lavender, neroli, patchouli and orange, with extracts of chamomile, calendula, arnica and echinacea.





Alpine Mint Bush

Negative Condition - mental & emotional exhaustion, lack of joy, weight of responsibility of caregivers

Positive Outcome - revitalisation, joy, renewal

Angelsword

Negative Condition - interference with true spiritual connection to higher self, spiritually possessed, spiritual confusion

Positive Outcome - spiritual discernment, accessing gifts from past lifetimes, release of negatively held psychic energies, clear spiritual communication

Banksia Robur (aka Swamp Banksia)

Negative Condition - disheartened, lethargic, frustrated

Positive Outcome - enjoyment of life, enthusiasm, interest in life

Bauhinia

Negative Condition - resistance to change, rigidity, reluctance

Positive Outcome - acceptance, open-mindedness

Billy Goat Plum

Negative Condition - shame, inability to accept the physical self, physical loathing

Positive Outcome - sexual pleasure & enjoyment, acceptance of self & one's physical body, open-mindedness

Black-eyed Susan

Negative Condition - impatience, 'on the go', over committed, constant striving

Positive Outcome - ability to turn inward and be still, slowing down, inner peace

Bluebell

Negative Condition - closed, fear of lack, greed, rigidity

Positive Outcome - opens the heart, belief in abundance, universal trust, joyful sharing, unconditional love

Boab

Negative Condition - enmeshment in negative family patterns, for recipients of abuse and prejudice

Positive Outcome - personal freedom by releasing family patterns, clearing of other non-family negative karmic connections

Boronia

Negative Condition - obsessive thoughts, pining, broken-hearted

Positive Outcome - clarity, serenity, creative visualisation

Bottlebrush

Negative Condition - unresolved mother issues, overwhelmed by major life changes such as old age, adolescence, parenthood, approaching death

Positive Outcome - serenity & calm, ability to cope & move on, mother-child bonding

Bush Fuchsia

Negative Condition - switched off, nervousness about public speaking, ignoring 'gut' feelings, clumsy

Positive Outcome - courage to speak out, clarity, in touch with intuition, integration of information, integration of male & female aspects

Bush Gardenia

Negative Condition - stale relationships, self interest, unaware

Positive Outcome - passion, renews interest in partner, improves communication

Bush Iris

Negative Condition - fear of death, materialism, atheism, physical excess, avarice

Positive Outcome - awakening of spirituality, acceptance of death as a transition state, clearing blocks in the base chakra & trust center

Christmas Bell

Negative Condition - lack of abundance, sense of lack, poor stewardship of one's possessions

Positive Outcome - helps one to manifest their desired outcomes, assists with mastery of the physical plane

Crowea

Negative Condition - continual worrying, a sense of being 'not quite right'

Positive Outcome - peace & calm, balances & centers the individual, clarity of one's feelings

Dagger Hakea

Negative Condition - resentment, bitterness towards close family & friends & lovers

Positive Outcome - forgiveness, open expression of feelings

Dog Rose

Negative Condition - fearful, shy, insecure, apprehensive with other people, niggling fears

Positive Outcome - confidence, belief in self, courage, ability to embrace life more fully

Dog Rose of the Wild Forces

Negative Condition - fear of losing control, hysteria, pain with no apparent cause

Positive Outcome - calm & centered in times of inner & outer turmoil, emotional balance

Five Corners

Negative Condition - low self-esteem, dislike of self, crushed or held in personality, clothing drab & colourless

Positive Outcome - love & acceptance of self, celebration of own beauty, joyousness

Flannel Flower

Negative Condition - dislike of being touched, lack of sensitivity in males, uncomfortable with intimacy

Positive Outcome - gentleness & sensitivity in touching, trust, openness, expression of feelings, joy in physical activity

Freshwater Mangrove

Negative Condition - heart closed due to expectations or prejudices which have been taught rather than personally experienced

Positive Outcome - openness to new experiences & people & perceptual shifts, health questioning of traditional standards & beliefs

Fringed Violet

Negative Condition - damage to aura, distress, lack of psychic protection

Positive Outcome - removal of effects of recent or old distressing events, heals damage to aura, psychic protection

Green Spider Orchid

Negative Condition - nightmares & phobias from past life experiences, intense negative reactions to the sight of blood

Positive Outcome - telepathic communication, ability to withhold information until timing is appropriate, attunement

Grey Spider Flower

Negative Condition - terror, fear of supernatural & psychic attack

Positive Outcome - faith, calm, courage

Gynea Lily

Negative Condition - arrogant, attention seeking, craving status & glamour, dominating & over-riding personality

Positive Outcome - humility, allowing others to express themselves & contribute, awareness & appreciation & taking notice of others

Hibbertia

Negative Condition - fanatical about self-improvement, driven to acquire knowledge, excessive self discipline, superiority

Positive Outcome - content with own knowledge, acceptance, ownership & utilisation of own knowledge

Illawarra Flame Tree

Negative Condition - overwhelming sense of rejection, fear of responsibility

Positive Outcome - confidence, commitment, self-reliance, self-approval

Isopogon

Negative Condition - inability to learn from past experience, stubborn, controlling personality

Positive Outcome - ability to learn from past experience, retrieval of forgotten skills, relating without manipulating or controlling, ability to remember the past

Jacaranda

Negative Condition - scattered, changeable, dithering, rushing

Positive Outcome - decisiveness, quick thinking, centered

Kangaroo Paw

Negative Condition - gauche, unaware, insensitive, inept, clumsy

Positive Outcome - kindness, sensitivity, savoir faire, enjoyment of people, relaxed

Kapok Bush

Negative Condition - apathy, resignation, discouraged, half-hearted

Positive Outcome - willingness, application, 'give it a go', persistence, perception

Little Flannel Flower

Negative Condition - denial of the 'child' within, seriousness in children, grimness in adults

Positive Outcome - carefree, playfulness, joyful

Macrocarpa

Negative Condition - drained, jaded, worn out

Positive Outcome - enthusiasm, inner strength, endurance

Mint Bush

Negative Condition - perturbation, confusion, spiritual emergence, initial turmoil & void of spiritual initiation

Positive Outcome - smooth spiritual initiation, clarity, calmness, ability to cope

Monga Waratah

Negative Condition - neediness, co-dependency, inability to do things alone, disempowerment, addictive personality

Positive Outcome - strengthening of one's will, reclaiming of one's spirit, belief that one can break the dependency of any behaviour or substance or person, self empowerment

Mountain Devil

Negative Condition - hatred, anger, holding grudges, suspiciousness

Positive Outcome - unconditional love, happiness, healthy boundaries, forgiveness

Mulla Mulla

Negative Condition - fear of flames & hot objects, distress associated with exposure to heat & sun

Positive Outcome - reduces the effects of fire & sun, feeling comfortable with fire & heat

Old Man Banksia

Negative Condition - weary, phlegmatic personalities, disheartened, frustrated

Positive Outcome - enjoyment of life, renews enthusiasm, interest in life

Paw Paw

Negative Condition - overwhelm, unable to resolve problems, burdened by decision

Positive Outcome - improved access to higher self for problem solving, assimilation of new ideas, calmness, clarity

Peach-flowered Tea Tree

Negative Condition - mood swings, lack of commitment to follow through projects, easily bored, hypochondriacs

Positive Outcome - ability to complete projects, personal stability, take responsibility for one's health

Philothea

Negative Condition - inability to accept acknowledgement, excessive generosity

Positive Outcome - ability to receive love & acknowledgement, ability to let in praise

Pink Flannel Flower

Negative Condition - feeling & seeing life to be dull or flat & lack lustre, unappreciative, unhappy, taking for granted, unmindful

Positive Outcome - gratitude, open-hearted, joie de vivre, appreciative, lightness of being

Pink Mulla Mulla

Negative Condition - deep ancient wound on the psyche, an outer guarded & prickly persona to prevent being hurt, keeps people at a distance

Positive Outcome - deep spiritual healing, trusting & opening up

Red Grevillea

Negative Condition - feeling stuck, oversensitive, affected by criticism & unpleasant people, too reliant on others

Positive Outcome - boldness, strength to leave unpleasant situations, indifference to the judgement of others

Red Helmet Orchid

Negative Condition - rebelliousness, hot-headed, unresolved father issues, selfishness

Positive Outcome - male bonding, sensitivity, respect, consideration

Red Lily

Negative Condition - vague, disconnected, split, lack of focus, daydreaming

Positive Outcome - grounded, focused, living in the present, connection with life & God

Red Suva Frangipani

Negative Condition - initial grief or sadness & upset of either a relationship at rock bottom or of the death of a loved one, emotional upheaval & turmoil & rawness

Positive Outcome - feeling calm & nurtured, inner peace & strength to cope

Rough Bluebell

Negative Condition - deliberately hurtful or manipulative or exploitative or malicious

Positive Outcome - compassion, release of one's inherent love vibration, sensitivity

She Oak

Negative Condition - female imbalance, inability to conceive for non-physical reasons

Positive Outcome - emotionally open to conceive, female balance

Silver Princess

Negative Condition - aimless, despondent, feeling flat, lack of direction

Positive Outcome - motivation, direction, life purpose

Slender Rice Flower

Negative Condition - prejudice, racism, narrow mindedness, comparison with others

Positive Outcome - humility, group harmony, co-operation, perception of beauty in others

Southern Cross

Negative Condition - victim mentality, complaining, bitter, martyrs, poverty consciousness

Positive Outcome - personal power, taking responsibility, positiveness

Spinifex

Negative Condition - sense of being a victim to illness

Positive Outcome - empowers one through emotional understanding of illness

Sturt Desert Pea

Negative Condition - emotional pain, deep hurt, sadness

Positive Outcome - letting go, triggers healthy grieving, releases deep held grief & sadness

Sturt Desert Rose

Negative Condition - guilt, regret & remorse, low self esteem, easily led

Positive Outcome - courage, conviction, true to self, integrity

Sundew

Negative Condition - vagueness, disconnectedness, split, indecisive, lack of focus, daydreaming

Positive Outcome - attention to detail, grounded, focused, living in the present

Sunshine Wattle

Negative Condition - stuck in the past, expectation of a grim future, struggle

Positive Outcome - optimism, acceptance of the beauty & joy in the present, open to a bright future

Sydney Rose

Negative Condition - feeling separated or deserted or unloved or morbid

Positive Outcome - realising we are all one, feeling safe & at peace, heartfelt compassion, sense of unity

Tall Mulla Mulla

Negative Condition - ill at ease, sometimes fearful of circulation & mixing with others, loner, distressed by & avoids confrontation

Positive Outcome - feeling relaxed & secure with other people, encourages social interaction

Tall Yellow Top

Negative Condition - alienation, loneliness, isolation

Positive Outcome - sense of belonging, acceptance of self & others, knowing that you are 'home', ability to reach out

Turkey Bush

Negative Condition - creative block, disbelief in own creative ability

Positive Outcome - inspired creativity, creative expression, focus, renews artistic confidence

Waratah

Negative Condition - despair, hopelessness, inability to respond to a crisis

Positive Outcome - courage, tenacity, adaptability, strong faith, enhancement or survival skills

Wedding Bush

Negative Condition - difficulty with commitment

Positive Outcome - commitment to relationships, commitment to goals, dedication to life purpose

Wild Potato Bush

Negative Condition - weighed down, feeling encumbered

Positive Outcome - ability to move on in life, freedom, renews enthusiasm

Wisteria

Negative Condition - feeling uncomfortable with sex, closed sexually, macho male

Positive Outcome - sexual enjoyment, enhanced sensuality, sexual openness, gentleness

Yellow Cowslip Orchid

Negative Condition - critical, judgemental, bureaucratic, nit picking

Positive Outcome - humanitarian concern, impartiality & stepping back from emotions, constructive, keener sense of arbitration

Companion Essences - these are not flowers but prepared in a similar way

Autumn Leaves

Negative Condition - difficulties in the transition of passing over from the physical plane to the spiritual world

Positive Outcome - letting go & moving on, increased awareness & communication with the loved ones in the spiritual world

Green Essence

Negative Condition - emotional distress associated with intestinal & skin disorders

Positive Outcome - harmonises the vibration of any yeast or mold or parasite to one's own vibration, purifying

Lichen

Negative Condition - not knowing to look for & move into the Light when passing over, earth bound in the astral plane

Positive Outcome - eases one's transition into the Light, assists separation between the physical & the etheric bodies, releases earth bound energies