

LOTUSWEI

COLLECTIONS GUIDE

EXPERIENCE
LIFE IN

full
bloom



THE COLLECTIONS

To better understand which flower essences to use when and why, there are three different collections.

Each collection has a range of intentionality of what it's highlighting for us, and this framework can help you better understand how to navigate our apothecary of flower essences.

 STABILIZATION
AKA: FEEL GOOD

 EXPLORATION
AKA: GO DEEP

 EXPANSION
AKA: AWAKEN



WHICH
OF THESE
FLOWERS ARE
YOU MOST
ATTRACTED
TO?
CLICK ONE.



STABILIZATION

AKA: FEEL GOOD

These six combinations are the go-to blends for survival. When you are deeply stressed, off-center and need swift stabilization, lean into these blends for foundational stability and to feel good.



JOY JUICE

- Joy, laughter + happiness
- Freedom + fun
- Simplicity



INDICATED FOR:

- Sadness
- Apathy, lack of direction
- Confusion, tendency to overcomplicate
- Overly responsible/pride
- Overly serious, "weight-of-the-world" feelings

THE MAGIC INSIDE JOY JUICE



AFRICAN DAISY

Activate: Playfulness

Dissolve: Over-seriousness



BIRDSFOOT LOTUS

Activate: Contentment

Dissolve: Worry



CHOCOLATE DAISY

Activate: Cheerfulness

Dissolve: Over-complication

PINK SPIREA

Activate: Lightheartedness

Dissolve: Sadness or loneliness



RED GARNET

Activate: Joyful strength

Dissolve: Stagnancy



AROMA: FLORAL CITRUS

Sweet Orange, Citron, Coriander, Jasmine

INFINITE LOVE

- Self-love, self-acceptance + self-care
- Magnetism + charisma
- Beauty, gentleness, kindness



INDICATED FOR:

- Being too hard on oneself
- Feeling hardened, bitter, irritated
- Heartache, feeling unlovable
- Loneliness, yearning for outside affection
- Anger, jealousy, resentment

THE MAGIC INSIDE INFINITE LOVE



HONG KONG ORCHID

Activate: Self-acceptance
Dissolve: Holding back



PINK MAGNOLIA

Activate: Self-care
Dissolve: Burnout



FIREWEED

Activate: Forgiveness
Dissolve: Heartache

PINK TOURMALINE

Activate: Kindness to self
Dissolve: Emotional trauma



WILD HAWKWEED

Activate: Wholeness
Dissolve: Attachment

AROMA: CITRUS FLORAL

Red Mandarin, Rose Geranium, Monarda, Lemongrass, Rose, Beeswax

RADIANT ENERGY

- Radiance, vitality, strength + balance
- Revitalization from travel + wifi exposure
- Sensuality, warmth, presence



INDICATED FOR:

- Fatigue, exhaustion
- Imbalanced hormones/ reproductive system
- Excessive computer + cell phone use; wifi exposure; travel
- Taking on others' stress or emotions
- Difficulty connecting with others

THE MAGIC INSIDE RADIANT ENERGY



POMEGRANATE

Activate: Strength

Dissolve: Energetic + physical imbalance



NAVEL ORANGE BLOSSOM

Activate: Warmth

Dissolve: Disconnect from emotions



RED CLOVER

Activate: Empathy

Dissolve: Taking on others' stress

JADE FLOWER

Activate: Presence

Dissolve: Shyness



BLACK TOURMALINE

Activate: Protection

Dissolve: Foreign energies



AROMA: FRUITY GREEN

Palo Santo Fruit, Douglas Fir

INSPIRED ACTION

- Motivation, productivity, follow-through + drive
- Clarity, insight, inspiration + decisiveness
- Innovation + creativity



INDICATED FOR:

- Creative blocks, holding back
- Lack of motivation + follow-through
- Inability to make decisions + take action
- Procrastination, distraction, lack of focus
- Fear of others' opinions

THE MAGIC INSIDE

INSPIRED ACTION



FIRE STAR ORCHID

Activate: Creativity
Dissolve: Insecurity



CHANDELIER SUCCULENT

Activate: Momentum
Dissolve: Procrastination



RED BIRD OF PARADISE

Activate: Focus
Dissolve: Distraction + avoidance

EUPHRASIA

Activate: Intuition
Dissolve: Indecision



FLUORITE

Activate: Sixth sense
Dissolve: Lack of clarity



AROMA: CITRUS SPICE

Lime, Cardamom, Lemon, Pink Pepper, Bay Rum, Allspice

QUIET MIND

- Clarity + focus
- Relaxed neck + shoulders
- Deep sleep + renewed energy



INDICATED FOR:

- Sleep difficulties {falling + staying asleep}
- Monkey mind, inability to focus, restlessness
- Physical tension, especially neck + shoulders
- Overwork/perfectionism
- Over-analytical mind

THE MAGIC INSIDE QUIET MIND



BIRD OF PARADISE

Activate: Connection

Dissolve: Monkey mind



BRUGMANSIA

Activate: Balance

Dissolve: Excessive responsibility



DANDELION

Activate: Relaxation

Dissolve: Neck + shoulder tension

PASSIONFLOWER

Activate: Healing sleep

Dissolve: Mental chatter



KYANITE

Activate: Stillness

Dissolve: Overactive mind



AROMA: SPICY GREEN

Geranium, Coriander, Clove,
Mandarin, Lemon

INNER PEACE

- Calm, peace, comfort
- Confidence, stability, support
- Contentment + ease



INDICATED FOR:

- High stress + overwhelm
- Nervousness, fear
- Self-doubt, lack of confidence, shyness
- Stressful events, transitions, big life changes
- Feeling ungrounded, out of balance

THE MAGIC INSIDE INNER PEACE



ARCTIC LUPINE

Activate: Deep peace
Dissolve: Overwhelm

SILK FLOSS

Activate: Confidence
Dissolve: Feeling out of place

RED HIBISCUS

Activate: Relief
Dissolve: Stress from long-term challenges

MOUNTAIN LAUREL

Activate: Comfort
Dissolve: Insecurities

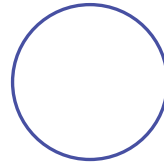
EMERALD

Activate: Calm
Dissolve: Emotional saturation



AROMA: SPICY HERBAL

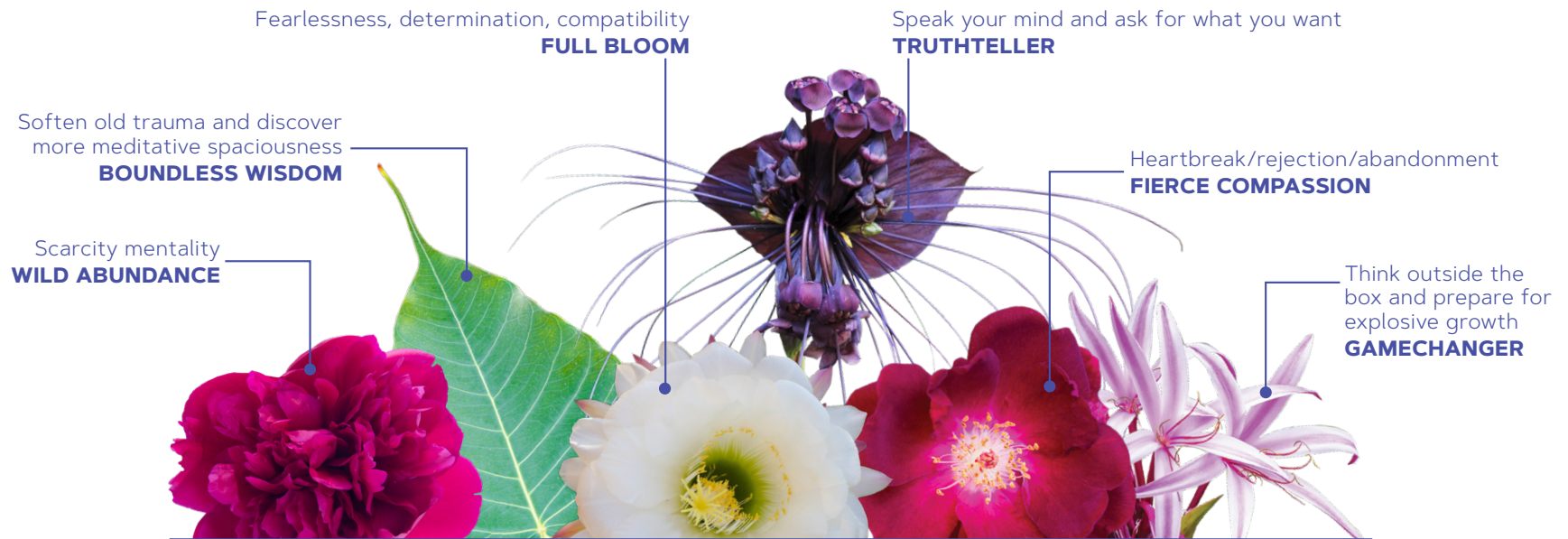
Lavender, Geranium, Coriander, Juniper, Cedar, Vetiver



EXPLORATION

AKA: GO DEEP

Now that you're stabilized in your everyday life, you're ready to take a step deeper. These six combinations are subtler, addressing issues of the heart that we rarely talk about.



WILD ABUNDANCE

- Gratitude, abundance + prosperity
- Synchronicity, awareness + sharpened senses
- Gracefulness, divine beauty, feeling uninhibited + free



INDICATED FOR:

- Self-doubt, shyness or embarrassment
- Scarcity mentality or habit of overextending yourself
- Desire to change your appearance or jealousy
- Self-judgment or self-criticism
- Lack of clarity or feeling dull

THE MAGIC INSIDE

WILD ABUNDANCE



PEONY

Activate: Magnetism

Dissolve: Perception of lack



JASMINE

Activate: Feeling beautiful

Dissolve: Insecurity



GARDENIA

Activate: Shift in perception

Dissolve: Fear of perceived weaknesses



WHITE WATER LILY

Activate: Awareness

Dissolve: Lack of clarity



DIAMOND

Activate: Abundance

Dissolve: Scarcity mentality

AROMA: FLORAL WOOD

Jasmine, Hawaiian Sandalwood, Monarda, Orris, Buddhawood

FIERCE COMPASSION

- Love, nurturing + caring, especially for oneself
- Confidence in relationships + healing of emotional wounds
- Acceptance of life as it is



INDICATED FOR:

- Worry about personal relationships
- Internalized or unprocessed pain and grief
- Fear of loss, betrayal, misunderstanding
- Fear of being alone, abandoned or rejected
- Heartbreak or heartache



RED ROSE

Activate: Tenderness

Dissolve: Feeling that life is a struggle



HOLLYHOCK

Activate: Softness of character

Dissolve: Relationship frustration



MANDEVILLA

Activate: Acceptance

Dissolve: Fear of loss

THE MAGIC INSIDE

FIERCE COMPASSION

RHODODENDRON

Activate: Compassion

Dissolve: Feeling alone + out of place



ROSE QUARTZ

Activate: Unconditional love

Dissolve: Feeling unlovable



AROMA: FLORAL RESIN

Mimosa, Rose, Benzoin, Cognac

TRUTH TELLER

- Effortless communication + fearless speech
- Ask for + go after the things you want
- Confidence, conviction, authenticity + full expression

INDICATED FOR:

- Fear of speaking up
- Suppression of anger + frustration
- Lack of self-worth or feeling undeserving
- Avoidance of confrontation or difficult conversations
- Going with the flow + not setting boundaries



THE MAGIC INSIDE TRUTHTELLER

BLACK BAT FLOWER

Activate: Fierce compassion
Dissolve: Insecurities + fears

ROYAL POINCIANA

Activate: Conviction
Dissolve: Unworthiness

TRUMPET VINE

Activate: Effortless speech
Dissolve: Avoiding what needs to be said

GREVILLEA

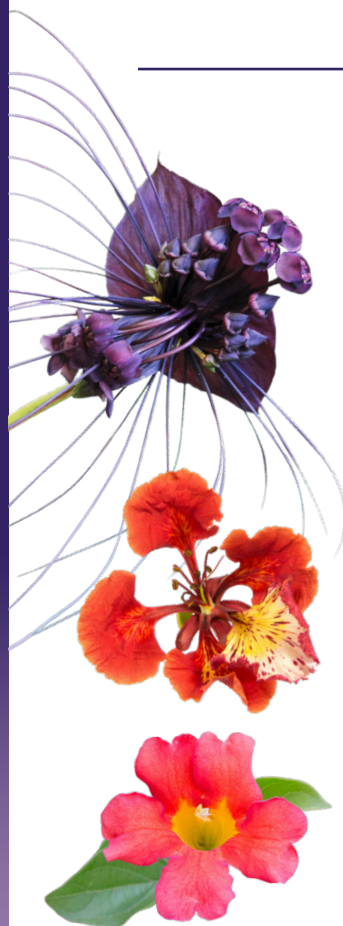
Activate: Fearless expression
Dissolve: Fear of speaking your truth

AQUAMARINE

Activate: Courage
Dissolve: Fear of confrontation

AROMA: GREEN WOOD

Lime, Cardamom, Cedar,
Douglas Fir, Amyris



GAME CHANGER

- Effortlessness, simplicity + lighthearted action
- Rapid growth, creativity + spaciousness
- Moderation, finding the middle path



INDICATED FOR:

- Sense that your to-do list is burdensome + heavy
- Fear of running out of time
- Hesitancy and holding back
- Tendency to go to extremes, i.e., overly responsible vs. undisciplined
- Fear of change



THE MAGIC INSIDE GAMECHANGER

GIANT SPIDER LILY

Activate: Lightheartedness + lightness

Dissolve: Heavy to-do list

DATE PALM FLOWER

Activate: Freedom from extremes

Dissolve: Extremes: i.e., careless or caring too much

PINK PRIMROSE

Activate: Rapid growth

Dissolve: Fear of change

BANANA BLOSSOM

Activate: Spacious mind

Dissolve: Hurry or rushing

SULPHUR

Activate: Conscious change

Dissolve: Lack of discipline

AROMA: EARTHY FLORAL

Ylang Ylang, Vetiver



FULL BLOOM

- Unexpected leaps + bounds towards your full potential
- Fearlessness, openness + confidence
- Focus, perseverance, clarity + tenacity



INDICATED FOR:

- Self-limitations or fears that hold you back
- Extremes of inferiority + superiority complexes
- Shyness or insecurity about talents + capabilities
- Lack of follow-through, stamina or determination
- Refusal to accept help or feel like you have to do it all yourself

THE MAGIC INSIDE

FULL BLOOM



NIGHT-BLOOMING CEREUS

Activate: Fearlessness

Dissolve: Self-limiting patterns



BANANA YUCCA

Activate: Hidden potential

Dissolve: Insecurity



BAMBOO

Activate: Unwavering determination

Dissolve: "I can't do it" mindset



PAPAYA FLOWER

Activate: Receptivity

Dissolve: Hardness of character



AZURITE

Activate: Clear understanding

Dissolve: Fear of the unknown

AROMA: SPICY CITRUS

Sweet Orange, Lavender, Coriander, Spearmint, Nutmeg

BOUNDLESS WISDOM

- Compassion, all encompassing love, open- heartedness
- Spiritual awareness + awakening
- Flexibility, non-attachment + ability to embrace change

INDICATED FOR:

- Constant change + transition of life
- Fears around death, change or losing control
- Feeling disconnected
- Chronic effects of traumatic stress
- Attachment to things being a certain way



THE MAGIC INSIDE

BOUNDLESS WISDOM



BODHI TREE

Activate: Boundless love
Dissolve: Disconnection from your spiritual life



WHITE MAGNOLIA

Activate: Experiencing the divine in every moment
Dissolve: Fears (including fears about death)



SPOTTED BEE BALM

Activate: Soothing calm
Dissolve: Despair

AMETHYST

Activate: Spiritual awareness
Dissolve: Emotional extremes

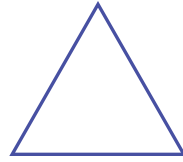


LILAC

Activate: Acceptance
Dissolve: Rigidity

AROMA: GREEN FLORAL

Cardamom, Frankincense, Amyris, Rose, Geranium, Jasmine, Monarda, Palmarosa, Davana, Rosewood, Laurel



EXPANSION

AKA: AWAKEN

Expanding on the foundation created by the first 12 blends, this collection reveals increasingly subtle layers of the psyche, allowing a fuller experience of life.



EXPANSIVE PRESENCE

- Effortless expansion + feeding your vision
- Prosperity + flourishing with ease
- Ability to receive support + nourishment



INDICATED FOR:

- Contraction, holding back or hesitation
- Self-sacrifice: the pattern of depletion as the only way to accomplish a great vision
- Feeling stuck or spinning your wheels and not getting anywhere
- Fear of the unknown, failure or things not working out



THE MAGIC INSIDE

EXPANSIVE PRESENCE

RED CUP WATER LILY

Activate: Self-actualization
Dissolve: Holding back

STAR FLOWER

Activate: Luminescence
Dissolve: Fear of leadership

MEADOW CABBAGE

Activate: Nourishment
Dissolve: Depletion

SWEET PEA FLOWER

Activate: Possibility
Dissolve: Scarcity

CITRINE

Activate: Wealth
Dissolve: Poverty mentality



AROMA: FLORAL POWDER

White Champa Flower, Costus Root, Orris Root

OPEN HEART

- Strength in vulnerability + freedom in surrender
- Curiosity + allowing the unfolding of the moment
- Feeling empowered by the truth



INDICATED FOR:

- Doing what you believe you 'should' do vs. what you truly want to do
- Repressed feelings and afraid to see the truth
- Numbness and resistance to emotion
- Fear of vulnerability or intimacy
- Wary of spinning out of control

THE MAGIC INSIDE OPEN HEART



CANNONBALL FLOWER

Activate: Attunement

Dissolve: Resistance to emotion



SARACA

Activate: Alignment

Dissolve: Feeling stuck



LADY'S MANTLE

Activate: Curiosity

Dissolve: Boredom



CLOCK VINE

Activate: Vulnerability

Dissolve: Fear of being exposed



GREEN TURQUOISE

Activate: Integration

Dissolve: Fragmentation

AROMA: FLORAL FRUIT

Bourbon Rose, Cardamom, Cedar, Tonka Bean, Lemon

LUMINOUS CHI

- Powerful presence
- Energetic reinforcement
- Freedom to thrive



INDICATED FOR:

- Fear of persecution or blame
- Under attack or malevolent environment
- Energetic drain or parasite
- Feeling trapped or triggered
- Afraid of what others think of you

THE MAGIC INSIDE LUMINOUS CHI



JADE VINE

Activate: Engagement
Dissolve: Disturbing energies



NECTARINE BLOSSOM

Activate: Camaraderie
Dissolve: Feeling under attack



OBSIDIAN

Activate: Protection
Dissolve: Fogginess



DESERT MILKWEED

Activate: Benevolence
Dissolve: Fear of persecution



SKYROCKET

Activate: Boundaries
Dissolve: Energetic drain

AROMA: FRUITY SPICE

Thai Plai Root, Makrut Lime Leaf, Rose, Sandalwood, Nutmeg + Juniper Berry

INNER KNOWING

- Liberation of creative energy + lucid clarity
- Strength to break through limitations
- Step-by-step unfolding of inner vision



INDICATED FOR:

- Doubt in your vision or abilities
- Intellectual pondering & overstimulation
- Irritation from being held back
- Feeling like you need external help
- Bending to the weight of the world



THE MAGIC INSIDE INNER KNOWING

EAGLE FERN

Activate: Internal resourcing
Dissolve: Seeking external reinforcement

ROSE OF VENEZUELA

Activate: Wild breakthroughs
Dissolve: Sense of limitation

GREEN FLASH MOONSTONE

Activate: Lucid clarity
Dissolve: Uncertainty

INDIAN PAINTBRUSH

Activate: Wayfinding
Dissolve: Feeling lost or off track

SHELL GINGER

Activate: Embodiment of vision
Dissolve: Limited viewpoint

AROMA: GREEN WOOD

Himalayan Cedar, Yuzu, Cypress, Holy Basil, Hay



TRUE STRENGTH

- Courage, boldness + unshakeable strength
- Support, belonging + wholeness
- Deeper sense of interconnectedness



INDICATED FOR:

- Abandonment issues or father wounds
- Childhood experiences of being unprotected, unsafe or neglected
- Experience of separation, longing or missing someone
- Lack of support or loss of foundation
- Expecting worst case scenario



THE MAGIC INSIDE

TRUE STRENGTH

PINK TORCH GINGER

Activate: Interconnectedness
Dissolve: Separation/Loss

HORSETAIL

Activate: Foundation
Dissolve: Doubts

MALAYA GARNET

Activate: Healing
Dissolve: Woundedness

REDWOOD

Activate: Divine Masculine
Dissolve: Lack of support

STRAWBERRY BLOSSOM

Activate: Optimism
Dissolve: Pessimism

AROMA: WOOD RESIN

Hinoki, Benzoin, Cedar,
Cardamom, Tobacco



LUSCIOUS EMBODIMENT

- Feeling exotic, exquisite, sexy & fierce
- Wild spacious freedom & pleasure in the body
- Setting boundaries when enough is enough



INDICATED FOR:

- Emotional constriction in the body
- Feeling awkward, isolated or out of place
- Disconnected, left out or not fitting in
- Fear of expressing all facets of oneself
- Trauma from past sexual abuse



THE MAGIC INSIDE

LUSCIOUS EMBODIMENT

PRIDE OF MADEIRA

Activate: Self-celebration

Dissolve: Feeling awkward or out of place

ICELANDIC VICIA

Activate: Embodied pleasure

Dissolve: Feeling closed off or hardened

SAPPHIRE

Activate: Release

Dissolve: Constriction

WILD DELPHINIUM

Activate: Wild expression

Dissolve: Isolation, constriction & shyness

SQUASH BLOSSOM

Activate: Liberated sensuality

Dissolve: Feeling stagnant or shut down

AROMA: SPICY FLORAL

Ylang Ylang, Pink Pepper, Yuzu, Blue Tansy & Palo Santo

