

LOTUSWEI

EXPERIENCE
LIFE IN

*full
bloom*



PRODUCT GUIDE

Welcome to the world of [LOTUSWEI](#).

The earth is alive.

That's a given, but it's something we rarely think about. The earth is also smart. We live on a planet that's *4.5 billion* years old. That's a lot of wisdom. And that wisdom lives within every plant, every flower.

Join us — and join a new kind of flower-power movement.

To experiencing life in full bloom,

Katie





"LOTUSWEI is about so much more than flowers. If you want to be transported and have your life transformed, Katie is the ticket — her elixirs, retreats, events, all of it."

CHRISTIANE NORTHRUP, M.D.
Women's Health Expert

"If you are called by the potential for radical healing, personal transformation, and the possibility of finally feeling ease and even bliss in your own skin, then Katie has illuminated the path forward. A woman of deep wisdom and intuition, LOTUSWEI is a living marketplace for energetic healing that supports you inside and out, and shows us that personal alignment can smell, taste, and feel SO good."



KELLY BROGAN, M.D.
Holistic Psychiatrist



"I'm a loyal fan of LOTUSWEI. I enjoy using Katie Hess' flower essences — she brings an intuitive knowledge of herbs and flower essences to the products of LOTUSWEI."

ANDREW WEIL, M.D.
Author and Director of Arizona Center for Integrative Medicine

WHAT ARE FLOWER ELIXIRS?

Flower elixirs are liquid infusions of fresh flowers. They consist of water that contains the bioenergetic imprint of the flowers. This energetic imprint travels through the acupuncture meridians, like an acupuncture treatment without the needles.

Historically, these types of flower remedies are called flower essences. They do not have a scent. To avoid confusion with aromatherapy and essential oils, we have always referred to them as flower elixirs.



EASY TO USE

Traditionally flower elixirs are taken internally {like a tincture}.



FLOWER ELIXIRS

And we've pioneered new applications infused with aromatherapy:



AURA MISTS



BALANCING SERUMS



ANOINTING OILS



BATH SALTS

Every product comes with a guided mindfulness practice to amplify results.



DELICIOUS HONEY ELIXIRS

Flower elixirs are taken sublingually {under the tongue}, **5 drops, 5 times each day** for best results.

Other ideas to help ensure you are getting the ideal dosage on a regular basis with the flower elixirs:

- Add **5 drops** to your morning coffee, tea or juice
- Put **1 dropperful** (approx. **25 drops**) in your water bottle and drink throughout the day ~ add a dropper each time you refill!
- Use in your favorite recipes ~ desserts, cocktails, salad dressings, you name it!



REFRESHING AURA MISTS

Aura Mists are flower essences combined with wild-crafted essential oils, infused in pure water.

Spray around the face and shoulders for an immediate shift in energy. The best results arise when used **5 times a day, every day.**

- Mist your rooms ~ bedroom, kitchen, office, wherever you spend time
- Use before and after being around large numbers of people (work, the grocery store, family gatherings, etc.)
- Mist your loved ones when they get home
- Spray your sheets + pillows before bed



AROMATIC ANOINTING OILS

Our **Anointing Oils** are the perfect alternative to traditional perfumes. The flower essences + essential oils are infused in organic Jojoba oil for a longer lasting scent.

They won't last as long as synthetic scents, but that's a great reason to apply them **5 times a day** for optimum results!

- As a perfume, apply to pulse points: wrists, neck, behind the ears
- Use as a scented pick-me-up throughout the day
- Apply before bed, and enjoy the scent as you drift to sleep



LUSCIOUS BALANCING SERUMS

Balancing Serums are a combination of flower essences + complementary essential oils, infused in an organic Safflower oil base.

Again, **use 5 times a day** for best results, or in conjunction with an **elixir, mist or anointing oil**.

- Rub your feet with the serum before bed and wake up in the mood you chose!
- Add a few pumps to your bath for moisture, relaxation + rejuvenation
- Apply a small amount to your hair as a hydrating serum
- Use as a moisturizer for face + body



LUXURIOUS FLOWER BATHING RITUALS

Single-use Bath Salts infused with flower + gem elixirs and exquisite aromatherapy.

Each bath ritual comes with its own soaking meditation that you can listen to while you bathe.

- Draw a hot bath. Once you've settled in, pour the bath salts around you and immerse yourself
- Sprinkle the salts around your feet while you shower
- Use the salts as an exfoliating scrub for your body + feet

WHAT SHOULD I EXPECT WHEN USING FLOWER ELIXIRS?

In the short term, you start to experience less irritation. Everything's smoother. The stress dissolves. You sleep more soundly. Any strong emotions get softer and lessen.

Long term: **your inner landscape changes, and your outer landscape starts to reflect that new reality back to you.** You may let go of relationships that don't work, form new ones that do, start new career paths, do things you used to be afraid of, and walk with a little more swagger.

In short, these elixirs accelerate the process of getting you from where you are to where you want to be. And into who you truly are, beyond your wildest dreams.



HOW DO I KNOW WHICH ELIXIR TO USE?

Notice what flower you're visually attracted to. This method takes our mind out of the equation + we can simply trust our first thought, our intuition. What are you drawn to? These are the flowers that will benefit you most in that moment.

The important thing to remember is to use them regularly. This means committing to a flower + using it **5x a day**, in any format.



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



EXPLORATION



EXPANSION



WHICH OF THESE FLOWERS ARE YOU MOST ATTRACTED TO?



PAGE 17



PAGE 21



PAGE 25



PAGE 29



PAGE 33



PAGE 37



PAGE 42



PAGE 46



PAGE 50



PAGE 54



PAGE 58



PAGE 62



PAGE 67



PAGE 71



PAGE 75



PAGE 79



PAGE 83



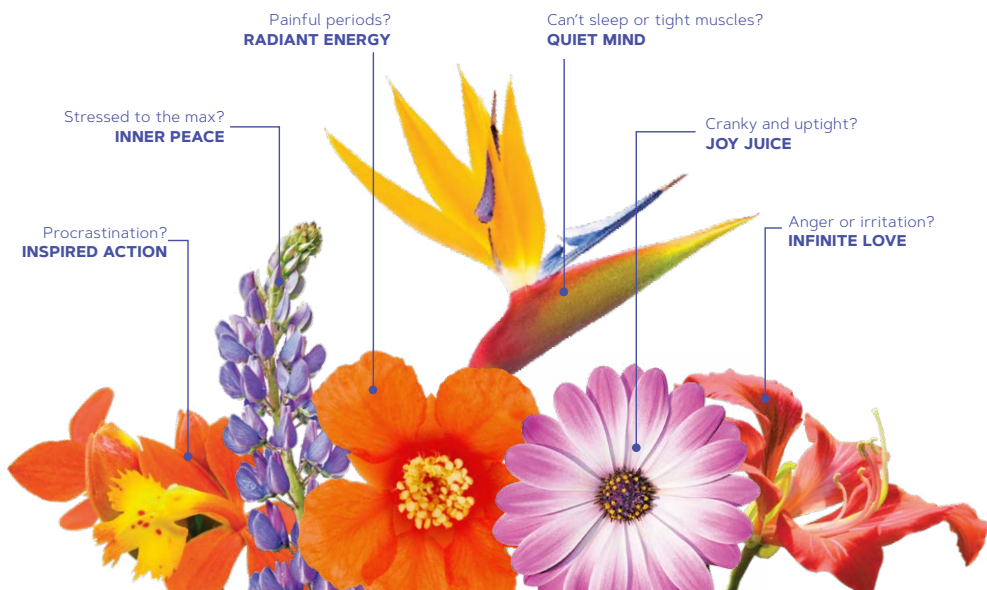
PAGE 87



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

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



INDICATED FOR:

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

You can't go wrong with Joy Juice!

The five drops under my tongue has easily become my favorite part of my morning routine. The taste is so yummy, like sweet honey nectar. Joy Juice Elixir keeps me smiling and the effects last for hours. I plan to have on hand at all times!

- Jamie





INFINITE LOVE

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

THE MAGIC INSIDE

INFINITE LOVE



HONG KONG ORCHID

Activate: Self-acceptance

Dissolve: Holding back



FIREWEED

Activate: Forgiveness

Dissolve: Heartache



WILD HAWKWEED

Activate: Wholeness

Dissolve: Attachment



PINK MAGNOLIA

Activate: Self-care

Dissolve: Burnout



PINK TOURMALINE

Activate: Kindness to self

Dissolve: Emotional trauma

AROMA: CITRUS FLORAL

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



INDICATED FOR:

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

Loving feeling for myself + others!

I enjoy all LOTUSWEI flower essences, but Infinite Love is my favorite! It makes me feel soft, open hearted, treasured, calm and happy. Thank you for this wonderful healing elixir!

- Laura





RADIANT ENERGY

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

THE MAGIC INSIDE

RADIANT ENERGY



POMEGRANATE

Activate: Strength

Dissolve: Energetic + physical imbalance



JADE FLOWER

Activate: Presence

Dissolve: Shyness



NAVEL ORANGE BLOSSOM

Activate: Warmth

Dissolve: Disconnect from emotions



RED CLOVER

Activate: Empathy

Dissolve: Taking on others' stress



BLACK TOURMALINE

Activate: Protection

Dissolve: Foreign energies

AROMA: FRUITY GREEN

Palo Santo Fruit, Douglas Fir



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

Cheers to the flowers!

*I definitely feel more radiant
+ happy and my friends have
commented that they notice.
I love these elixirs; I definitely
feel and see the changes in
my body + life!*

- Ellen





INSPIRED ACTION

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

THE MAGIC INSIDE

INSPIRED ACTION



FIRESTAR ORCHID

Activate: Creativity

Dissolve: Insecurity



EUPHRASIA

Activate: Intuition

Dissolve: Indecision



CHANDELIER SUCCULENT

Activate: Momentum

Dissolve: Procrastination



RED BIRD OF PARADISE

Activate: Focus

Dissolve: Distraction + avoidance



FLUORITE

Activate: Sixth sense

Dissolve: Lack of clarity

AROMA: CITRUS SPICE

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



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

Inspiration + focus!

I love to use this before starting work, helps me to focus and not get distracted. My creative projects have been moving steadily along since I started using Inspired Action!

- Meredith





QUIET MIND

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

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



INDICATED FOR:

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

My mind has been quieted!

I am so grateful for the Quiet Mind products - they have been very effective! My circular mind chatter is much less, which allows me to fall asleep much faster. Even if I wake up in the night, I easily go back to sleep. Love it!

- Norma





INNER PEACE

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

THE MAGIC INSIDE

INNER PEACE



ARCTIC LUPINE

Activate: Deep peace

Dissolve: Overwhelm



RED HIBISCUS

Activate: Relief

Dissolve: Stress from long-term challenges



MOUNTAIN LAUREL

Activate: Comfort

Dissolve: Insecurities



EMERALD

Activate: Calm

Dissolve: Emotional saturation



SILK FLOSS

Activate: Confidence

Dissolve: Feeling out of place

AROMA: SPICY HERBAL

Lavender, Geranium, Coriander,
Juniper, Cedar, Vetiver



INDICATED FOR:

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

Magic in a bottle!

I have been using flower remedies for years, but found LOTUSWEI and decided to try Inner Peace elixir. I felt the effects immediately! I recently suffered a big loss and I am truly inspired by how much it has been helping me through the grief process!

- Katherine



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

THE MAGIC INSIDE

WILD ABUNDANCE



PEONY

Activate: Magnetism

Dissolve: Perception of lack



JASMINE

Activate: Feeling beautiful

Dissolve: Insecurity



GARDENIA

Activate: Shift in perception

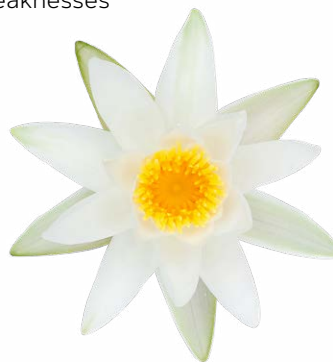
Dissolve: Fear of perceived weaknesses



WHITE WATER LILY

Activate: Awareness

Dissolve: Lack of clarity



DIAMOND

Activate: Abundance

Dissolve: Scarcity mentality

AROMA: FLORAL WOOD

Jasmine, Hawaiian Sandalwood, Monarda,
Orris, Buddhawood



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

Heavenly.

I absolutely love Wild Abundance — I mist myself five times every day, taking a moment to luxuriate in the scent and think about the abundance that surrounds me. I am a grateful person by nature, but there is new depth and my self-doubt seems to have diminished. I feel radiant, bold, and immensely happy!

- Jody





FIERCE COMPASSION

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

THE MAGIC INSIDE

FIERCE COMPASSION



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

RHODODENDRON

Activate: Compassion

Dissolve: Feeling alone +
out of place



ROSE QUARTZ

Activate: Unconditional love

Dissolve: Feeling unlovable

AROMA: FLORAL RESIN

Mimosa, Rose, Benzoin, Cognac



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

Compassion for the human experience.

Fierce Compassion helps me stay centered in deep compassion for all that we are going through — individually and collectively. It has given me a depth of love and compassion that is strong and sure.

- Susan





TRUTHTELLER

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

THE MAGIC INSIDE

TRUTHTELLER



BLACK BAT FLOWER

Activate: Fierce compassion

Dissolve: Insecurities + fears



GREVILLEA

Activate: Fearless expression

Dissolve: Fear of speaking your truth



TRUMPET VINE

Activate: Effortless speech

Dissolve: Avoiding what needs to be said



ROYAL POINCIANA

Activate: Conviction

Dissolve: Unworthiness



AQUAMARINE

Activate: Courage

Dissolve: Fear of confrontation

AROMA: GREEN WOOD

Lime, Cardamom, Cedar,

Douglas Fir, Amyris



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

Catalyst of transformation.

Trutheller was a catalyst in me speaking my truth for the first time in 30 years in several key relationships in my life. I had the courage to speak the truth while rooted firmly in love. The result? Conversations that were beautiful + transformational.

- Leslie





GAMECHANGER

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

THE MAGIC INSIDE

GAMECHANGER



GIANT SPIDER LILY

Activate: Lightheartedness + lightness

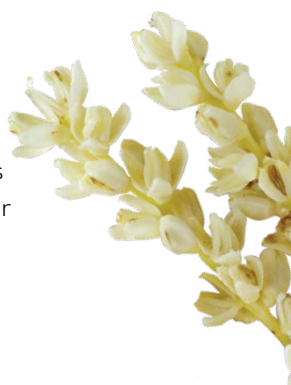
Dissolve: Heavy to-do list



DATE PALM FLOWER

Activate: Freedom from extremes

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



BANANA BLOSSOM

Activate: Spacious mind

Dissolve: Hurry or rushing



PINK PRIMROSE

Activate: Rapid growth

Dissolve: Fear of change



SULPHUR

Activate: Conscious change

Dissolve: Lack of discipline

AROMA: EARTHY FLORAL

Ylang Ylang, Vetiver



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 name fits!

I've noticed I'm moving in the world differently, breaking out of habitual patterns, feeling more in my body, expanded, and confident. My clarity with my inner guidance seems stronger and the supportive synchronicities that have occurred are validating.

- Nicole





FULL BLOOM

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

THE MAGIC INSIDE

FULL BLOOM



NIGHT-BLOOMING CEREUS

Activate: Fearlessness

Dissolve: Self-limiting patterns



BANANA YUCCA

Activate: Hidden potential

Dissolve: Insecurity



BAMBOO

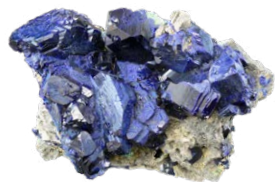
Activate: Unwavering determination

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



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

Live your full life!

Full Bloom inspired me to push beyond my comfort zone while I was studying for my boards, as well as give me an uplift when burn out was coming. I could also address fears I have been struggling with for years. I recommend this elixir for people who want to live their full life once again!

- R





BOUNDLESS WISDOM

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

THE MAGIC INSIDE

BOUNDLESS WISDOM



BODHI TREE

Activate: Boundless love

Dissolve: Disconnection from your spiritual life

SPOTTED BEE BALM

Activate: Soothing calm

Dissolve: Despair



LILAC

Activate: Acceptance

Dissolve: Rigidity



WHITE MAGNOLIA

Activate: Experiencing the divine
in every moment

Dissolve: Fears (including fears
about death)



AMETHYST

Activate: Spiritual awareness

Dissolve: Emotional extremes



AROMA: GREEN FLORAL

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



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

Gentle presence.

Boundless Wisdom has helped me be more gentle with myself. I am willing to look at certain aspects with compassion, curiosity and just allowing them to be there - without judgment or feeling the need to change.

- Kate



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

THE MAGIC INSIDE

EXPANSIVE PRESENCE



RED CUP WATER LILY

Activate: Self-actualization

Dissolve: Holding back



SWEET PEA FLOWER

Activate: Possibility

Dissolve: Scarcity

MEADOW CABBAGE

Activate: Nourishment

Dissolve: Depletion

STAR FLOWER

Activate: Luminescence

Dissolve: Fear of leadership



CITRINE

Activate: Wealth

Dissolve: Poverty mentality

AROMA: FLORAL POWDER

White Champa Flower, Costus
Root, Orris Root





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
- Feeling that you have to 'go it alone' and do everything yourself

"While taking this elixir, clarity that was sitting in my peripheral came into full view. Big changes — like the closing of a business & relocating my home — became very clear next best steps. I observed a dissolving of prejudices I didn't even realize I had. Overall, Expansive Presence helped me see blind spots in areas of my life that are very important to me."

- Margaret





OPEN HEART

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

THE MAGIC INSIDE

OPEN HEART



CANNONBALL FLOWER

Activate: Attunement

Dissolve: Resistance to emotion

CLOCK VINE

Activate: Vulnerability

Dissolve: Fear of being exposed



SARACA

Activate: Alignment

Dissolve: Feeling stuck



LADY'S MANTLE

Activate: Curiosity

Dissolve: Boredom



GREEN TURQUOISE

Activate: Integration

Dissolve: Fragmentation

AROMA: FLORAL FRUIT

Bourbon Rose, Cardamom, Cedar,
Tonka Bean, Lemon



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

"Within just a couple days, I felt way more expressive and willing to sit with the things I had been afraid of before. I became conscious of the ways in which I hide from being vulnerable with others and myself. I became more forgiving, gentle, and open with myself and I felt more alive! I found myself being vulnerable without knowing how it would land and more comfortable with feelings and truths I hadn't been wanting to feel before. This elixir has created so much change in my life!"

- Dasha





LUMINOUS CHI

- Powerful presence
- Energetic reinforcement
- Freedom to thrive

THE MAGIC INSIDE

LUMINOUS CHI



JADE VINE

Activate: Engagement

Dissolve: Disturbing energies

DESERT MILKWEED

Activate: Benevolence

Dissolve: Fear of persecution



NECTARINE BLOSSOM

Activate: Camaraderie

Dissolve: Feeling under attack



SKYROCKET

Activate: Boundaries

Dissolve: Energetic drain



OBSIDIAN

Activate: Protection

Dissolve: Fogginess



AROMA: FRUITY SPICE

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



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

"Luminous Chi is amazing! It feels like there's an auric field around me that's shifting my perspective to see how the world actually is—not how I would like it to be, while also not feeling negative or judgmental about it."

- Sandra K.





INNER KNOWING

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

THE MAGIC INSIDE

INNER KNOWING



EAGLE FERN

Activate: Internal resourcing

Dissolve: Seeking external reinforcement

INDIAN PAINTBRUSH

Activate: Wayfinding

Dissolve: Feeling lost or off track

ROSE OF VENEZUELA

Activate: Wild breakthroughs

Dissolve: Sense of limitation

SHELL GINGER

Activate: Embodiment of vision

Dissolve: Limited viewpoint

GREEN FLASH MOONSTONE

Activate: Lucid clarity

Dissolve: Uncertainty

AROMA: GREEN WOOD

Himalayan Cedar, Yuzu, Cypress,
Holy Basil, Hay



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

Allow something bigger to unfold.

This has helped me to “get out of my own way” and to allow something bigger to unfold in my life. It seems to have cleansed some old gunk and dissolved my tendency to control or worry. Overall, I feel much lighter, open & trusting.

- Laura





TRUE STRENGTH

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

THE MAGIC INSIDE

TRUE STRENGTH



PINK TORCH GINGER

Activate: Interconnectedness

Dissolve: Separation/Loss



REDWOOD

Activate: Divine Masculine

Dissolve: Lack of support



HORSETAIL

Activate: Foundation

Dissolve: Doubts



STRAWBERRY BLOSSOM

Activate: Optimism

Dissolve: Pessimism



MALAYA GARNET

Activate: Healing

Dissolve: Woundedness

AROMA: WOOD RESIN

Hinoki, Benzoin, Cedar,
Cardamom, Tobacco



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

"This elixir has helped me be more fearless about facing tough situations that would be easy to avoid. I have deep feelings of abandonment and am not always able to really express my thoughts and feelings. This elixir allowed me to 'bring it up to bring it out.' Be ready to do transformational work on yourself with this one -- it's quite liberating."

- Susan





LUSCIOUS EMBODIMENT

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

THE MAGIC INSIDE

LUSCIOUS EMBODIMENT



PRIDE OF MADEIRA

Activate: Self-celebration

Dissolve: Feeling awkward or out of place

WILD DELPHINIUM

Activate: Wild expression

Dissolve: Isolation, constriction
& shyness



ICELANDIC VICIA

Activate: Embodied pleasure

Dissolve: Feeling closed off or hardened

SQUASH BLOSSOM

Activate: Liberated sensuality

Dissolve: Feeling stagnant or
shut down



SAPPHIRE

Activate: Release

Dissolve: Constriction

AROMA: SPICY FLORAL

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



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

"This elixir broke down a lot of barriers I had in terms of my self-expression & confidence. The first time I took it, I felt magical, powerful, free & sexy, but on deeper levels than just physical. I felt worthy & powerful with my thoughts & inner feelings. This was truly a companion to me when I needed it"

- Celeste



PINK LOTUS & YARROW

In addition to the different flowers + gems that make up the magic of each of these 12 combinations, every single creation also contains essences of Pink Lotus and Yarrow.

PINK LOTUS FLOWER elixir reveals our own inner wisdom, deepening our understanding of life. It is also known as a 'catalyst' which refers to any botanical, herb, or flower that strengthens the overall effectiveness and synergy of the other remedies in the formulation.



YARROW FLOWER boosts the body's natural energy and helps clear energetic saturation (from technology and people). You know the feeling of static and fatigue after spending long hours in front of electronic screens or air travel? Yarrow flower elixir cleanses the body's energetic field.

Because of our modern lifestyle with its ever-present level of exposure, we use Yarrow for extra support in all formulas.



FAQ

HOW OFTEN SHOULD I USE MY FLOWER ELIXIRS?

For the most tangible and noticeable results, use your elixir, mist, serum, or anointing oil {or combination} a minimum of 5 times a day. If you are using it at least 5 times every day, typically within 3-5 days you will notice a significant shift in your state of mind.

CAN I TAKE MORE THAN ONE BLEND/ELIXIR AT ONCE?

Absolutely! Multiple flower essences will work synergistically to best benefit your state of being. If you want to pinpoint the results from a particular flower elixir though, you may want to only take one at a time, because it is easier to track the results specific to that blend.



HOW MANY WEEKS WILL ONE BOTTLE OF ELIXIR LAST ME?

If you are taking the 5 drops/5x a day, one elixir bottle will typically last 3-4 weeks.

ARE YOUR PRODUCTS VEGAN?

Most of them are! However, all of our ingestible elixirs contain ethically sourced honey. In addition, the entire Infinite Love collection contains beeswax absolute (a distillation from beeswax).

WHAT ARE THE DIFFERENCES BETWEEN FLOWER ESSENCES AND ESSENTIAL OILS?

Different from aromatherapy, flower essences don't have a scent and they work through the acupuncture meridians. It is a liquid infusion of a flower or plant's chi or life-force, whereas an essential oil is distilled or extracted from the plant into a highly aromatic oil.



WHAT IF I'M ALLERGIC TO FLOWERS?

Like homeopathic remedies, flower elixirs are diluted several times after the original collection of the 'mother essence.' For this reason even people with severe allergies can use flower elixirs safely. The final dilution no longer has any plant parts in it - only the energetic imprint, or essence, of the flower.

I AM FEELING THE OPPOSITE OF WHAT I AM SUPPOSED TO FEEL. IS THIS NORMAL?

When a flower elixir targets a pattern that is deep-seated, invisible to us or ripe for change, it is possible that for a brief period we feel the exact opposite of what we think we should feel. The flower elixir may be showing us what has been preventing us from developing the quality that it imparts by amplifying our awareness of what's in the way.



ARE YOUR PRODUCTS SAFE DURING PREGNANCY?

Absolutely! For more information go to www.lotuswei.com/motherhood.

ARE YOUR PRODUCTS SAFE FOR CHILDREN?

Yes! We have many happy parents reporting wonderful results. Please note, the ingestible elixirs should not be given to babies under 1 year of age due to the honey content. That said, breastfeeding mothers can take the elixirs and pass the benefits on to little ones that way.

ARE YOUR PRODUCTS SAFE FOR PETS?

Yes! You can put five drops of elixir into your hand and let your pets lick the elixir from your hand, or add drops to their water bowl {make sure you change the water daily}. You can also mist them lightly on their back + pet them.



BLOOMING INTO YOUR
FULL POTENTIAL
WITH THE MAGIC OF FLOWERS
Lotuswei
OLUTION

JOY
OF
LIFE

Lotuswei
Essence

RESOURCES:

***Flowerevolution: Blooming into Your Full Potential with the Magic of Flowers*, by Katie Hess**

Dive deeper into the wisdom of flowers, plus modern methods for harnessing flowers' unique qualities, including flower baths, elixirs, mandalas, body oils, desserts, and more!

Flowerevolution Card deck

Inspire, reflect, ask questions + more deeply connect with loved ones + Mother Nature.



"How can we remain whole and awake to our lives? We can be completely present. Flowerevolution invites us to be soothed and inspired, and to rediscover the essence that lies waiting for us both within our deepest selves and in the miraculous world of flowers."

HENRY EMMONS, M.D.

Author of The Chemistry of Joy, The Chemistry of Calm, and Staying Sharp

"LOTUSWEI is modern magic. A simple & profound re-connection to our natural birthright that employs ancient wisdom for modern times. I use the essences regularly, and recommend them wholeheartedly!"

STEPHANIE MARANGO, M.D.

RYT, founder of i.m.body and creator of Functional Anatomy for Movement and Injuries series



"As a holistic/integrative psychiatrist, I search for safe tools to support healing and recovery. Katie Hess offers a deep resource for supporting your path to healing in vibrant new ways. I highly recommend this beautiful book that blossoms like a flower within as you read it."

SCOTT SHANNON, M.D.

Psychiatrist and author of Parenting the Whole Child

INDEX

ABANDONMENT:

Fierce Compassion - feeling alone or left behind

Infinite love - self love + forgiveness

Inner Peace - calm + comfort

Expansive Presence - feeling left out or left behind; fear of being cast out or alienated

True Strength - exploring wounds of rejection, abandonment & feeling like you don't belong

Luminous Chi - feel that you are among friends and foster an atmosphere of camaraderie

ATTACHMENT:

Fierce Compassion - fear of loss or change

Wild Abundance - scarcity mindset; strong emotions around physical appearance

Infinite Love - dependent on external love; unable to forgive

Quiet Mind - perfectionism; unable to delegate

Boundless Wisdom - things being a certain way; fear of death

Open Heart - fear of loss

AWARENESS:

Wild Abundance - of opportunities available

Full Bloom - awareness of everyday actions + how they relate to greater goals

Quiet Mind - of mental activity

Boundless Wisdom - of the divine in every moment

Inner Peace - of emotional currents

Truth teller - where your fears hold you back; truths you've been avoiding

Expansive Presence - fuller realization of who we are as divine beings

Open Heart - of authenticity, intimacy and perfect timing

True Strength - observation of your thoughts + feelings as they arise, knowing that they are coming up to come out

Luminous Chi - ability to be more present, expansive and connected with others

CLARITY:

Joy Juice - confusion/uncertainty of life's path; hesitation

Inspired Action - fearlessness; decisive action

Full Bloom - clarity around purpose or vision

INDEX

Quiet Mind - stillness, awareness; quiet the mind

Boundless Wisdom - insight into inner landscape

Expansive Presence - confusion around how to make your vision a reality

Inner Knowing - lucid clarity & embodiment of vision

CONFIDENCE:

Infinite Love - self-expression; being seen + heard

Inspired Action - creative abilities + ideas; trusting intuition

Full Bloom - dissolve insecurities

Inner Peace - inner strength; comfort being oneself

Truth teller - certitude

Expansive Presence - leadership from within; fearless independence; freedom of expression

Open Heart - ability to 'be with' intense and complex emotional states

Inner Knowing - trust in your inner vision

True Strength - dissolve uncertainty that you don't have what it takes for true freedom

Luminous Chi - become more fearless about your self-expression or lack of expression; ability to speak and act more freely

CONSTRICTION:

Luscious Embodiment - release tension, feel free

Luminous Chi - feeling trapped or triggered; ability to speak and act more freely

COURAGE:

Inspired Action - creative expression; innovation

Full Bloom - taking huge steps towards your full potential

Inner Peace - fully being oneself; moving through change/transitions

Gamechanger - think outside the box; rapid growth

Truth teller - speaking up; asking for what you want

Expansive Presence - more ease being in the spotlight; ability to take greater risks

Open Heart - effortless turning toward vulnerability and what's scary

Inner Knowing - fearless action regardless of what others think

Luminous Chi - establish clear boundaries

INDEX

CREATIVITY:

Infinite Love - full expression of self

Inspired Action - inspiration; think outside the box

Full Bloom - uncovering hidden potential; collaboration

Truth teller - authentic expression; singing voice, public speaking

Expansive Presence - forward thinking; feed your vision; expansion

Inner Knowing - liberation of creative energy; innovation; uninhibited imagination; pioneering

True Strength - bravery; no fear of loss; more fearlessness about taking risks in relationships

DISCIPLINE:

Inspired Action - determination; decisiveness; focus

Quiet Mind - focused mind; clarity

Full Bloom - perseverance, tenacity + determination

Gamechanger - middle path vs. going to extremes

Open Heart - ability to address the present without rushing or getting stuck

True Strength - determination; tenacity; bring your dreams into reality

EFFICIENCY:

Inspired Action - decisiveness; productivity

Quiet Mind - mental clarity; focus

Truth teller - effortless communication

Gamechanger - effortless action

Expansive Presence - see your priorities clearly + focus action on them; attract & receive support

Open Heart - cutting right to the chase; addressing the elephant in the room

EMBODIMENT:

Luscious Embodiment - pleasure, spacious freedom

Inner Knowing - of vision; bring new concepts to the world from the inside out

Luminous Chi - deeper level of fearlessness around being who you are

ENERGY:

Radiant Energy - vitality; cleansing

Inspired Action - inspiration; motivation

Full Bloom - endurance, strength + stamina

INDEX

Luminous Chi - protected + impervious to abrasive energies; clear boundaries + stop energy leakage

EXPRESSION:

Luscious Embodiment - free to be yourself

Luminous Chi - fearless about your self-expression or lack of expression; speak and act more freely

FATIGUE:

Infinite Love - not taking enough time for self/giving all energy to others

Radiant Energy - recharge from travel, others' energy + EMF exposure

Quiet Mind - take rejuvenating breaks; deep sleep

Gamechanger - feeling like there isn't enough time

Open Heart - dissolves apathy, boredom and the doldrums

Luminous Chi - energetic drain or energetic parasites

FEAR:

Fierce Compassion - betrayal, being taken advantage of or being unlovable

Inspired Action - others' opinions, esp. towards creative ideas

Quiet Mind - overthinking, "what-if scenarios"

Full Bloom - self-limiting beliefs + negative patterning

Boundless Wisdom - death, change, losing control, feeling unsafe

Inner Peace - general worries; nervousness; feeling unstable

Truth-teller - fear of retribution for using your voice/speaking up; paranoia + phobias

Expansive Presence - fear of the unknown, failure or things not working out

Open Heart - fear that what's inside us is scary/ugly; fear of intimacy

Inner Knowing - fear of the unknown; fear of persecution

Luminous Chi - fear of persecution or blame; fear of being judged

FUN:

Joy Juice - playfulness; joy; laughter

Gamechanger - light-heartedness

INDEX

GRATITUDE:

Wild Abundance - gratitude, prosperity, abundance

Joy Juice - celebration of life

Infinite Love - self + others

Open Heart - intimacy, warmth, connection

GRIEF:

Fierce Compassion - heartbreak or loss

Infinite Love - take care of self; heartache (past or present)

Boundless Wisdom - trauma, loss, disconnect from emotions + spirituality

Inner Peace - acceptance of emotions; coping with change

Open Heart - fear of time running out, fear of losing our loved ones

HEARTACHE:

Fierce Compassion - disappointment, unreciprocated love

Infinite Love - forgiveness; feeling whole; self-love

Joy Juice - old emotional wounds

Inner Peace - feeling unstable/insecure

Open Heart - sense of surrender and operating from our heart

True Strength - examine old father wounds regarding abandonment, not getting enough love or attention, or feeling disregarded

INTUITION:

Wild Abundance - enhanced sensory perception

Inspired Action - listen to + trust your inner voice

Quiet Mind - dissolve mental chatter; follow your heart

Boundless Wisdom - spiritual awareness

Open Heart - perceiving interconnectedness with loved ones

Inner Knowing - see deeper into reality; heightened sixth sense perception

LACK MENTALITY:

Infinite Love - needing love or affection

Wild Abundance - scarcity mentality

Expansive Presence - magnify ability to receive support instead of depletion

INDEX

LIBIDO:

Luscious Embodiment - sensuality & warmth

LOVE:

Wild Abundance - gratitude, magnetism, attraction

Fierce Compassion - tenderness, nurturing, motherly love

Infinite Love - self-love, magnetism, self-care

Boundless Wisdom - boundless love + compassion

Full Bloom - discerns whether there is compatibility

Truthteller - self-compassion; advocacy + speaking the truth

Open Heart - intimacy, connection, fearless empathy and presencing

True Strength - compassion to transform pain or challenges into insights, without extremes of isolation and withdrawal

MOTIVATION:

Infinite Love - self care; not giving all energy to others

Inspired Action - focus; inspiration

Full Bloom - follow-through + determination

Truthteller - conviction in what you want

True Strength - determination, momentum, optimism; openness to growth & opportunities

NOURISHMENT:

Wild Abundance - self-acceptance and self-love; overflowing abundance and sensory pleasure

Expansive Presence - ability to receive support, dissolve the pattern that depletion is the only way to accomplish a great vision

PREGNANCY:

Luscious Embodiment - fear of pregnancy, labor, childbirth

REJECTION:

Fierce Compassion - loss, betrayal + bitterness

Infinite Love - forgiveness + self-love

Inner Peace - emotional strength + confidence

Open Heart - ability to keep our hearts open despite rejection

True Strength - ability to take risks without fear of rejection or loss

INDEX

SADNESS:

Fierce Compassion - loss or rejection

Joy Juice - letting go of old emotional wounds

Infinite Love - forgiveness

Boundless Wisdom - intense emotional experiences

Open Heart - ability to open to complex and intense emotional states

SELF-ACCEPTANCE:

Luscious Embodiment - spacious embodied freedom

SENSUALITY:

Wild Abundance - feel uninhibited + divinely beautiful

Infinite Love - self-love; feeling beautiful; magnetism

Radiant Energy - warmth; radiance; vitality

Expansive Presence - unapologetic beauty; stepping into your (inner) power

Open Heart - intimacy, connection, empathy, presencing

Luscious Embodiment - warmth & self-acceptance

SEXUAL ABUSE:

Luscious Embodiment - healing past abuse

SHOCK:

Inner Peace - emotional strength; new perspective; moving through changes

Boundless Wisdom - traumatic experiences

Open Heart - ability to see what we perceive as scary or ugly

True Strength - strength when you feel a sudden loss of foundation or support

SHYNESS:

Wild Abundance - feeling beautiful, graceful + uninhibited

Radiant Energy - sharing your true self; radiance + vitality

Full Bloom - self-worth + confidence in abilities

Inner Peace - self confidence; emotional stability

Truth-teller - speaking up for oneself + advocating for others

Luscious Embodiment - confidence, let loose, be your full self

Luminous Chi - sharpens your tongue, expand your aura and shift the way that you

INDEX

interact with people; speak and act more freely

SLEEP:

Quiet Mind - fall + stay asleep more easily, quiet the mind; dissolve physical tension

STRENGTH:

Fierce Compassion - self-sufficient + self-fulfilled

Radiant Energy - vitality; balance of physical systems, especially hormones

Inner Peace - steadiness; self-confidence

Open Heart - strength in vulnerability and authenticity

Inner Knowing - break through limitations; personal knowingness that we can achieve anything we want

Luminous Chi - deeper level of fearlessness around being who you are

STRESS:

Joy Juice - over-serious

Infinite Love - lack of self-care

Quiet Mind - mental stress/thinking too much; physical tension

Inner Peace - emotional stress/a lot going on

Open Heart - ability to open to complex and intense emotional states

True Strength - waiting for the other shoe to drop; expecting the worst; pessimism

TRUST:

Fierce Compassion - confidence in love and relationships

Infinite Love - trust within relationships with others

Radiant Energy - ability to connect with others

Inspired Action - trusting self; listening to inner voice

Full Bloom - relying on self + trust in one's own abilities

Quiet Mind - delegation; trust in others' abilities

Boundless Wisdom - inner wisdom

Truth-teller - communication with self + others

Inner Knowing - trust in internal resources & abilities; ability to reveal vision one step at a time without worry

INDEX

WORRY:

Joy Juice - over-serious; unable to laugh (esp. at oneself)

Quiet Mind - overthinking; unable to let go


Boundless Wisdom - change, loss, things not going your way

Inner Peace - emotional unrest

Truth teller - fears, paranoias, what others will think

Gamechanger - overwhelm + running out of time

See our Master Flower Essence Index at lotuswei.com/masterindex.

A woman with dark hair, wearing a bright yellow t-shirt and dark pants, is sitting on a pile of large, grey rocks. She is smiling and looking towards the camera. The background is a dense, lush green forest with various types of trees and plants. In the foreground, there are large, green, blade-like plants, possibly grasses or sedges, which are slightly out of focus. The overall scene is a beautiful, natural landscape.

When you look at nature, you soak up its
truth, and understand that you're exactly
where you need to be.

- Katie Hess

Contact us

www.lotuswei.com | 1-844-WEI-COOL | hello@lotuswei.com



Copyright © 2019 - 2020