



LOTUSWEI

FOUNDER + VISIONARY

Katie Hess is a flower alchemist, author of Flowerrevolution and founder of LOTUSWEI, one of the world's leading floral apothecaries.

Katie's magic has sparked a fire with leading brands: from Flowerlounges to exclusive scents and products, apothecaries to blending bars, Katie has infused her transformative touch into collaborations with the world's top spas, beauty stores and more.

Whether it's a retreat in the hot springs of Iceland, her meditations, or her travels to find the planet's rarest flowers, her work all boils down to bringing people into a whole new world, both outside and in.

AS SEEN IN:

The New York Times

Los Angeles Times

well+
GOOD

mbg
mindbodygreen

martha
stewart

HW/
HERWORLD

O
THEOPRAH
MAGAZINE

Sunset

Prevention





A FLOWER APOTHECARY FOR YOUR INNER EXPLORER

Flower elixirs that reconnect you to yourself by reconnecting with nature. Tune into your inner wisdom with rituals, flower readings and flower meditations. Pair six-sense flower essence experiences with reflective moments. Bloom into your full potential with the power of Mother Nature and dedicate yourself to effortless awakening.

MAGIC TRAVELS

Flowers are like the antennae of Mother Earth. Reaching their roots deep down into the ground, they are inseparable from the Earth's ecosystem of 4.8 billion years of wisdom and experience.

Katie travels worldwide to hand-collect flower elixirs from special places around the world where the energy is conducive to awakening, where the power of nature is felt - from sacred sites in India to luscious botanical gardens in Singapore to vast landscapes in Iceland - and more.

Traveling with a team of support, we document the magic of the collection process to enhance connection and bring you an immersive experience - wherever you may be.



WHY IT'S VITAL

We live in an era of unbelievable stress, disruption + static. Most of us are multi-tasking + jamming our schedules, and over a third of us have trouble sleeping.

Even worse, WiFi signals + cell-phone towers are sending unprecedented levels of electro-magnetic activity coursing through our bodies every minute.

Creating stillness + inner peace is more challenging today than ever before.

Tapping into the power of nature is a powerful + effective way to de-stress naturally + immediately.





"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 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

"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



"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



"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*



"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*



FLOWER ELIXIRS MAKE PEOPLE HAPPY, WITHIN MINUTES. THE RESULT?

Thousands of people experience less irritation and more clarity. They sleep more soundly. They get from where they are to where they want to be.

In short, happiness is contagious.

Transform yourself.

Transform the world.

WHAT ARE FLOWER ELIXIRS?

Flower elixirs are liquid infusions of fresh flowers, collected from the wild. 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.

Flower alchemy is based on the premise that your body operates like a finely-tuned instrument. Flower remedies act as a tuning fork ~ removing static + bringing your body back into tune.





EASY-TO-USE

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



FLOWER ELIXIRS

Also we've pioneered new applications infused with aromatherapy:



AURA MISTS



BALANCING SERUMS



ANOINTING OILS



BATH SALTS

EVERY FLOWER ELIXIR COMES WITH A MEDITATION

to amplify your awareness
+ results of the flower elixir
you are taking.





FLOWER ELIXIRS

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!







AURA MISTS

REFRESHING + AROMATIC 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
- Before and after being around large amounts of people {work, the grocery store, family gatherings, etc.}
- Mist your loved ones when they get home
- Your sheets + pillows before bed







ANOINTING OILS

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 reminder to ensure you apply them *5 times a day!*

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







BALANCING SERUMS

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







BATH SALTS

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





JOY JUICE

BATH SALTS

3.5 oz

INFINITE LOVE

BATH SALTS

3.5 oz

FIERCE COMPASSION

BATH SALTS

3.5 oz

WILD ABUNDANCE

BATH SALTS

3.5 oz

GAME CHANGER

BATH SALTS

Spacious mind.
Out-of-the-box thinking.
Rapid growth.

3.5 oz

TRUTH TELLER

BATH SALTS

Fearless speech.
Authentic expression.
Conviction.

3.5 oz



FLOWER BOOK



FLOWER CARD DECK

FLOWEREVOLUTION BOOK

In Flowerevolution, flower alchemist Katie Hess and photographer Louie Schwartzberg invite us to venture into the vast and beautiful world of flowers, and learn how they can be used to give us a fuller experience of our everyday lives.

This flower-filled hardcover guidebook is rich with information, stories, images, and rituals that demonstrate the largely untapped power of flowers. Flowers are ready to spark us to reach our greatest potential—one that is likely bigger than we can even imagine!



FLOWEREVOLUTION CARD DECK

Wake up your inner wisdom with 54 beautiful flower cards + 8 different readings.

Choose the flowers you're most attracted to + find out what it means about you. Discover new insights about yourself, navigate through challenging situations + reveal your greatest impact.





