



Les Fleurs de Bach  
authentiques

Depuis 1993

## CUSTOMIZED ELIXIR

Each person is unique and feels their own emotions.

The emotional state changes regularly; it may be affected by the environment, lifestyle, level of stress or fatigue.

It is therefore necessary to adapt to permanent changes.

The customized elixir makes it possible to provide a personalized response to the emotions experienced.

■ We have been making these elixirs with organic Bach flowers for many years, following literally the indications left by Dr. Bach. Each bottle is handcrafted on demand.

■ It is intended for immediate use, this is the reason for which we realize custom-made with spring water, alcohol-free.

■ If the bottle may be exposed to heat, you can add the value of a teaspoon of cognac or brandy to help conserve water.

Elixirs & Co

53, rue des Batignolles - 75017 - Paris - France  
Tél : + 33 (0)1 40 54 70 00 Fax : + 33 (0)1 47 66 23 32

[www.lesfleursdebach.com](http://www.lesfleursdebach.com)

## DR BACH'S QUESTIONNAIRE

For each emotional state, choose the affirmations that are the closest to what you are feeling. You can of course choose as many emotional state as necessary. NB : Your customized elixir can have **MAXIMUM 7** flowers.

DO YOU FEEL ...

### I - FEAR AND INSECURITY

- Strong fears, panics, terrors, nightmares**  
Rock-rose n°26
- Daily specific fears of small phobias and panics**  
Mimulus n°20
- A fear of losing control: of your actions and your mind**  
Cherry plum n°6
- Fears, unclear anxieties, premonitions**  
Aspen n°2
- An excessive concern by the fate of others and the world**  
Red chestnut n°25

### II - DOUBT AND UNCERTAINTY

- The need to have the opinion of others, forgetting your own intuition, and you feel easily influenced**  
Cerato n°5
- A feeling of constant hesitation and fluctuation mood (going through ups and downs)**  
Scleranthus n°28
- Pessimism and you get discouraged easily, have a hard time seeing the positive**  
Gentian n°12
- Resignation and you accept it**  
Gorse n°13
- Lazy and postpone everything until later, you seem to be lacking in spirit**  
Hornbeam n°17
- Being lost faced to multiple choices**  
Wild oat n°36

### III - LACK OF INTEREST

- Disconnection from daily realities, you are dreamy, distracted**  
Clematis n°9
- Nostalgia, regret**  
Honeysuckle n°16
- Resignation, you are depressed and don't find pleasure in the simple things**  
Wild-rose n°37
- Moral and physical exhaustion, your «batteries are flat»**  
Olive n°23
- Ideas that go around in your head, you ruminate without finding a solution**  
White chestnut n°35
- The feeling of repeating the same mistakes without learning from your past experiences**  
Chestnut bud n°7
- Excess of sadness without knowing the reason**  
Mustard n°21

### IV - LONELINESS

- Irritability, impatience, tension**  
Impatiens n°18
- Distance, pride, you stay away from others**  
Water violet n°34
- Being too focused on yourself, you don't listen to others and don't like loneliness**  
Heather n°14

### V - VULNERABILITY & EMOTIVITY

- The feeling of hiding your sensitivity and your suffering under a cheerful mask**  
Agrimony n°1
- Shyness, you have difficulty expressing your will and saying no**  
Centauray n°4
- Feeling hard to adapt and live through the changes**  
Walnut n°33
- Feeling susceptible, jealous, resentful**  
Holly n°15

### VI - SADNESS AND DEPRESSION

- A feeling of failure, and a feeling of inferiority compared to others**  
Larch n°19
- Feeling overwhelmed by events**  
Elm n°11
- A feeling of guilt and you make yourself responsible for everything**  
Pine n°24
- The feeling of being inconsolable and feeling upset after an emotional shock**  
Star of bethlehem n°29
- A feeling of failure, and a feeling of inferiority compared to others**  
Sweet chestnut n°30
- The feeling of being in constant activity and having a hard time letting go**  
Oak n°22
- The feeling That life is unfair, you are bitter**  
Willow n°38
- The feeling of not accepting your appearance and wanting to improve it**  
Crab apple n°10

### VII - DIFFICULT RELATIONSHIP

- A tendency to be possessive, or manipulative**  
Chicory n°8
- Do you tend to be excessive, too enthusiastic, always wanting to push the limits?**  
Vervain n°31
- Do you love power, direct and dominate others? Are you authoritarian?**  
Vine n°32
- Are you critical, intolerant, demanding in terms of aesthetics?**  
Beech n°3
- Are you a hard master with yourself, purist, rigorous and rigid?**  
Rock water n°27