**SASKIA’S FLOWER ESSENCES – Press Release September 2021**

Introducing Saskia’s Flower Essences: award-winning natural essences for emotional support.

As times become increasingly stressful and more and more of us realise the importance of nurturing our mental health, flower essences are enjoying a renaissance.

Saskia’s Flower Essences is the first company in the UK to have a shop selling just its own essences directly to the public. Owner Saskia Marjoram has developed a highly regarded range of 46 single essences, eight combination essences and three essence sprays, available both from her bricks-and-mortar shop in Wincanton, Somerset, and through her website. She also creates unique, personal blends via in-person and virtual consultations.

Saskia has been making flower essences with love and care in the UK for 18 years, and her products have won national and international awards, including The Beauty Shortlist’s Best Sleep Better Product for ‘Breathe, Deep, Seek Peace’. Her essences are all hand bottled for extra efficacy.

Saskia says: ‘Flower essences help people deal with the complex, sometimes bewildering, changes around them, offering support and personal transformation. These powerful drops and mists can bring remarkable changes to people’s lives, and I’m continually grateful for being able to do this work.’

What are flower essences?

These natural essences have been in use for thousands of years. Containing the unique, vibrational energy of plants, held in water, they are completely safe for all ages or for those taking any kind of medication.

Flower essences can be made from any flowering plant. The process involves floating the flowers in spring water, adding alcohol, and then diluting the liquid. They are either taken as drops under the tongue or sprayed as a mist and, unlike essential oils, are completely odourless. Each plant offers different qualities, and their essences can help shift a wide range of negative emotional states and patterns of behaviour. They are known to be able to help with anger, confidence, depression, grief, energy levels, self-worth, and a variety of other obstacles that we all face in life.

Saskia says: ‘Flower essences work deeply and gently, bringing positive and effective change to our lives. They act as catalysts, bringing awareness and enabling you to move forward in a safe, natural and simple way.’

Saskia’s background

Saskia Marjoram has been working with flowers her whole life. Brought up in the hills and valleys of Stroud, Gloucestershire, she spent much of her time outdoors and always had a deep connection with wild flowers. Her first job was as a gardener for HRH Prince Michael of Kent. She ran a landscaping company, began growing and delivering weekly cut flowers and then, through a chance meeting, got a job at Highgrove as assistant florist for HRH the Prince of Wales, creating flower arrangements at royal palaces around the country.

Saskia discovered flower essences through trying them out for her children and herself, and, after lots of reading and research, started making them and giving consultations. After leaving Highgrove in 2009, Saskia spent some time travelling before working with the late Davina Wynne Jones (Rosemary Verey’s daughter) at her medicinal nursery Herbs for Healing, all the while still running her flower essence company. From 2012 she spent five years at the private gardens of Iwan and Manuela Wirth (of international art galleries Hauser & Wirth). Saskia relaunched Saskia’s Flower Essences in 2018 and opened her shop in 2019.

For anyone in need of emotional support, ready for change or simply interested in flower essences, Saskia is always happy to answer any questions.

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

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