Imagine... feeling relaxed, rejuvenated, and enlivened. Imagine suddenly sensing deep inside you: All is well.

This is what Hawaiian Essences help you do. Our vibrant Flower and Nature Essences shift your energy so that you can engage with life in potent new ways, while our exquisite sprays instantly uplift your environment with their sensuous aromas and sparkling energy. Both open the doorway to the unseen support that is always available to you.

Hawaiian Essences embody the sacred energies of the Islands, the alchemical wisdom and loving care of Jane's highly developed relationship with Nature, and some of the finest and rarest essential oils in the world. They represent an evolutionary leap in plant and nature healing preparations.

Experience the shift. Give yourself the gift of self-care. Let the spirit of Nature help you replenish so that you may flourish in your life and give your greatest gifts to the world.

"Having worked with flower essences for over 15 years, I still marvel at their unique and gentle ability to balance energy. The Hawaiian Essences are the brightest and most uplifting I have ever encountered — truly my favorites! I feel more relaxed, at ease, and free of old patterns. What a blessing!"

— Patsy Yike, Flower Essence Practitioner

Sprays

CLEAN SWEEP™
Clearing Spray
Clean Sweep clears and refreshes your energy field and environment. Spray liberally to brighten your mood, lift your spirits, and make room for future possibilities. The invigorating effects of the essential oils of Black Spruce, Lavender, Lime, Peppermint and Spearmint infuse this dynamic spray with vibrancy.

NAKED™
Self Radiance Spray
Naked liberates your self radiance so you can express yourself and share your gifts with the world. Spray whenever you want to be seen and valued for who you truly are. It's so easy to know who you are when you are being yourself! The exquisite essential oils of Bergamot Peel, Jasmine Grandiflorum, Jasmine Sambac, Sweet Orange, Tulsi Basil, Vanilla and Vetiver caress you with luscious beauty.

REPLENISH™
Deep Rest Spray
Replenish calms and soothes your mind and body, bringing you into a state of deep relaxation. Use to regain balance during stressful times, to restore energy reserves, and before bed to enhance restful sleep. The rejuvenating essential oils of Lavender, Jasmine Grandiflorum, Red Mandarin and Tangerine Peel grace this spray with their gifts of renewal.

VEIL OF LIGHT™
Inner Refuge Spray
Veil of Light envelops you in a cocoon of safety and protection, creating an inner refuge from sensory, electromagnetic, and social stimulation. Use to feel more comfortable when you are out in the world. The rare and exquisite essential oils of Bergamot, Green Mandarin, White Lavender and White Lotus wrap you in a gossamer veil of peace.

Our sprays blend the gently transformative Hawaiian Essences with the aromatic beauty of pure essential oils. Enjoy!

"The Hawaiian Sprays are like a mini vacation. Time slows down, I feel energized yet calm, and my whole body smiles. They are pure joy in a bottle!" — Donna Brown, CPCC, Certified Life Coach

For more information or to order, visit us online at
www.janebellessences.com

For questions with your order or to order by phone
800-545-9309 (U.S. & Canada)

Jane Bell ESSENCES

HAWAIIAN ESSENCES

Healing in Partnership with Nature

Welcome to Hawaiian Essences

It is with great joy and celebration that I bring you these exquisite Hawaiian Essences and Sprays so that you may nourish yourself like never before.

This project is the culmination of my thirty years as a Flower Essence practitioner, educator, researcher and co-producer of the Alaskan Essence line. I'm honored to transmit the power of the plant and nature allies straight from the Islands into your life.

With these new offerings, you will experience subtle but powerful levels of relaxation, pleasure, and potency. These are essential keys for our personal sustainability, so needed as we turn the corner into a new era with new demands.

Helping others learn to heal, nurture and transform themselves is what inspires me! In sacred partnership with Nature, I offer these potent Hawaiian Essences as a fulfillment of my life's purpose.

May you feel supported and held during these times of change.

Jane Bell

Single Essences

BAMBOO ORCHID: Evolves your capacity for loving relationships, both personal and universal. Frees your sexual/relational life from cultural conditioning or wounds from the past. Allows you to show up and be seen and valued for who you truly are.

BANYAN TREE: Grounds you during times of expansion, transition, and change. Soothing when your life is "up in the air" or when feeling tired, wired or overwhelmed.

CALDERA: Catalyzes movement through self-defeating patterns such as procrastination, distraction or inertia. Reminds you of the power you have to shape and remold your "reality."

COCONUT PALM: Increases your ability to meet change with acceptance, flexibility and strength. Expands your natural capacity for resourcefulness, resilience, innovation and wonder.

CORAL: Facilitates structuring pleasure and recreation into your busy days to neutralize stress and cultivate sustainability. Releases guilt about taking time for yourself and elevating self-care to a priority.

CUP OF GOLD: Restores trust in pleasure as a self-guidance system. Supports you to follow your compass of joy and stay on track as deep evolutionary impulses guide you towards your life purpose.

DOLPHIN BLESSINGS: Rejuvenates through deep interconnectedness, a reminder that you belong and are a part of everything. Enhances your experience of how rest, play, love and joy recalibrates your system towards greater health and well being.

DWARF POINCIANA: Feeds your inner flame, which enables you to initiate, co-create and celebrate life. Awakens your senses for a heightened enjoyment of life.

HIBISCUS POLLEN: Ignites potency in all aspects of your creative, spiritual, sexual and relational lives. Helps to transform dreams, visions and intentions into concrete action in the world.

LAVA: Burns away resistance to fulfilling your soul's purpose. Allows inner passion and potency to fuel the expression of your unique talents and gifts.

MALE PAPAYA: Helps you to manifest gracefully with flow, rather than force. Develops leadership qualities and increases self esteem by allowing you to see the positive impact of your contributions in the world.

MONKEYPOD TREE: Cultivates healthy male nurturing energy which shelters you from outside influences that could confuse or distract you from living authentically and with purpose. Shelters you in a big, safe canopy of protective care while you discover who you are and why you're here.

NIGHT BLOOMING CEREUS: Helps you overcome the fear of inner and outer darkness to contact the stunning beauty of your essence in its galactic, earthy and shadowy entirety. Shatters the trance of unworthiness and imperfection to allow you to live in kindness and self-appreciation.

NONI: Potentizes your will, motivation, and desire to be well. Stimulates awareness and understanding of the underlying causes of disease and disharmony. Brings acceptance of yourself and compassion for your healing journey.

PEACE BEACH: Returns you to a place of inner peace, allowing you to surrender the habit of perpetual motion and recognize when you are becoming depleted. Promotes feeling safe enough to slow down and get the rest you need and deserve.

PLUMERIA: Helps you recognize the need for pleasure as an essential daily nutrient in your life. Gives you permission to enjoy healthy forms of pleasure, which nourish and enliven you. An antidote to over-seriousness, brings a lighthearted, playful outlook on life.

PUA KENIKENI: Encourages commitment to recreation which replenishes. Teaches you to fill yourself up while cultivating discernment about giving your time and energy away to others. Prevents depletion by cultivating self-care.

RAINBOW SHOWER TREE: Nurtures you with feelings of safety so you can accept your vulnerability and trust the unfolding of life. Encourages group harmony by weaving angelic grace into the fabric of family and community.

ROYAL POINCIANA: Offers a shelter of emotional refuge for when you need nurturing. Gives support when there are many demands upon you or when you are caring for others. Connects you to the wise, life-giving, trustworthy holding of the ancient Feminine spirit.

SACRED QUEST: Takes you on an inner journey to discover your deepest values and purpose. Good for navigating life passages where you need to redefine or clarify who you are and where you are going. Helpful for times of transition, when the old has dissolved and the new has not yet been born.

SEA TURTLE: Teaches you how to share space with others so that connectedness nourishes rather than depletes you. Increases awareness of and appreciation for your interdependent relationship with nature, helping you move with grace and peace in any environment.

SPLENDID PALM: Allows you to rediscover the freedom of innocent sensual pleasure without shame or fear. Brings a balance of playful innocence and healthy responsibility to the realm of sensual exploration for those who have lost or never known it.

SUNRISE: Opens you to meet each new day and experience with curiosity and wonder. Reframes disappointment and unmet expectations into a fresh perspective, with bright optimism for what is emerging.

TIARE GARDENIA: Provides an energetic buffer for your senses, allowing you to feel more comfortable in your body when exposed to social, sensorial, electromagnetic or environmental stimulation.

TIMELESSNESS: Allows you to slow down in order to shift your relationship with time and gain clarity about what is most important to you. Grounding in the timeless realm enables you to use time wisely and experience the simple pleasure of being present.

WHALE: Facilitates receptivity to guidance and understanding about patterns that affect our personal and collective evolution. Living in a time when old systems are collapsing and new ones are emerging, this essence helps you both focus on the big picture and see your own part in the migration from old to new. Encourages you to embody love in action.

WHITE POND LILY: Supports opening and closing in response to natural cycles in your life. Helps you know when it is time to expand, grow, take in new experiences, and when you need to rest, digest, integrate and embody.

WIND: Surrenders what is outdated in your attitudes, outlook, habits, and approach to life. Purifies your mind so you can perceive life in the present with clarity of vision and purpose.

Combination Formulas

CLEAN SWEEP™
Clearing Formula
Coconut Palm • Rainbow Shower Tree • Sunrise • Wind
Clean Sweep allows your mind and emotions to be swept clear of non-serving patterns, creating a clean slate for what is emerging. A mood brightener, it encourages you to embrace change and stay on purpose. This is a great Space Clearing essence.

HULA MOON™
Playtime Formula
Dwarf Poinciana • Rainbow Shower Tree • Royal Poinciana
Hula Moon surrounds you in maternal nurturing and warmth, allowing the sweet, frisky, lighthearted and spontaneous parts of yourself to frolic in the flow of life. Feeling safe and cared for allows you to cultivate the art of play, liberating a "full body smile" for enjoying life.

NAKED™
Self Radiance Formula
Bamboo Orchid • Dolphin Blessings • Hibiscus Pollen
Naked removes your invisibility cloak, liberating you to be fully yourself. Rather than judging, you feel confident and courageous, radiating inner beauty and sharing your gifts with the world. It's so easy to know who you are when you are being yourself!

PASSION & PURPOSE™ (formerly Male Trio)
Guiding Light Formula
Male Papaya • Monkeypod Tree • Splendid Palm
Passion & Purpose gives the direct experience of healthy male energy, helping neutralize distortions in the perception, experience, and expression of your masculine nature. It supports the translation of your inner goals and visions into reality, helping you manifest your full potential. You learn to look out for the welfare of others, honorably providing guidance and protection as they grow.

PLEASURE FULL™
Embodiment Formula
Cup of Gold • Coral • Hibiscus Pollen • Plumeria • Pua Kenikeni
Pleasure Full supports you in embodying healthy pleasure which truly nourishes and sustains your well-being. It allows you to trust pleasure to guide you towards what is good and right for you. Give yourself permission to enjoy life to the fullest!

REPLENISH™ (formerly Deep Rest)
Deep Rest Formula
Dolphin Blessings • Peace Beach • Rainbow Shower Tree
Replenish helps maintain a restful inner environment, allowing you to recharge, regenerate, relax and thrive. It enables you to dive beneath surface level stress to reconnect with your calm inner center. This formula enhances deep sleep, enabling you to renew yourself on all levels.

TIMELESS PRESENCE™
Self Attunement Formula
Sacred Quest • Timelessness
Timeless Presence creates a bridge between your inner and outer worlds connecting you to the sacred. It allows you to go deep and really listen to your inner guidance before taking action. Use for meditation, visioning, enhancing intuition, and connecting with the unseen world.

VEIL OF LIGHT™ (formerly The Four Whites)
Inner Refuge Formula
Plumeria • Pua Keni Keni • Tiare Gardenia • White Pond Lily
Veil of Light envelops you in a cocoon of safety and protection, promoting relaxation in the midst of sensory, electromagnetic, and social stimulation. Frees ultra-sensitives to expand their range of comfort while feeling protected.

"I have known Jane for many years... I know of no one else who has the sensitivity, experience, and wisdom to blend the energetics of the essences, the aesthetics of the essential oils and the biointelligence of the plants in such a stunning way."

— John Steele, founder of Lifetree Aromatix and world-renowned aromatic consultant, fragrance designer and author

How to Use Hawaiian Essences & Sprays

Single essences and combination formulas can be ingested two to four drops at a time, four times daily or more frequently during acute situations. They can also be rubbed on the skin, added to baths, massage oils and body care products.

All essences are stock concentrates. To make your own combination, choose up to six essences, and put two drops of each into a 1-ounce dropper bottle with pure water and 20% brandy or vegetable glycerine.

Sprays are for external use only. Shake well and mist around your body and environment. Great for everywhere you live, work and play.