

# Rosemary & Bergamot

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Rosemary tones and moisturises the skin. Bergamot lifts the mood and soothes nerves. It is refreshing, deodorising and increases blood circulation.



## Shower Gel

Wake up with this fresh and lovely gel.

200ml glass bottle

200ml plastic bottle

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## Bath Fizzlers

Add one or two of these little hearts to your bath for a gentle fizz that releases a scented oil.

35g pack

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## Scented Shea Butter

A lovely natural shea butter scented with essential oils for moisturising and nourishing the body.

120ml glass jar

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## Bath Salts

Add a scoop of salt to soften and scent water before luxuriating in the bath.

250g glass jar

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## Liquid Soap

To make every handwash special, keep it by the sink

200ml glass bottle

200ml plastic bottle

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## Conditioner

Leaves hair feeling soft, silky and manageable. Use with our shampoo for best results.

250ml plastic bottle

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## Salt Scrub

A brisk rub with this scrub removes dead skin cells and leaves skin clear and soft.

120ml glass jar

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## Bath Foam

Delightfully scented foam bath to relax you.

100ml glass bottle

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## Hand cream

A rich moisturising hand cream.

60g glass jar

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## Moisture Lotion

Light and nourishing suitable for hands and body.

200ml glass bottle

200ml plastic bottle

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## Shampoo

A deep cleansing shampoo to clean all residue from hair, for best results use with our conditioner.

250ml plastic bottle

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# Rosemary & Bergamot

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## Soap

Clear glycerine soap bars, no colour just great scent

Min 70g

Guest size 15g

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## Guest Bag 1

An ideal gift or for your guests, contains 50ml each shower gel & moisture lotion plus a guest size soap.

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## Guest Bag 2

Ideal for a gift or for guests, bag contains 50ml each shampoo and conditioner and a guest size soap bar.

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## Guest Bag 3

50ml of our hair & body wash, 50ml moisture lotion and a 15g guest soap.

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## Liquid Soap - refill bottles

Simply packed larger sizes to refill your bottles

500ml

1 litre

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## Moisture Lotion - refill bottles

Simply packed larger sizes to refill your bottles

500ml

1 litre

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## Shower Gel - refill bottles

Simply packed larger sizes to refill your bottles

500ml

1 litre

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## Gift Box Small

A great gift box contains Bath Foam, Soap bar and Fizzler pack

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## Gift Box Medium

Contains 250ml liquid soap, 60g hand cream, fizzler pack and guest soap.

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## Gift Box Large

Moisture lotion, liquid soap, hand cream, scented shea butter, soap bar, fizzler pack all full size.

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# Geranium

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**Geranium** has a balancing effect on the nervous system and relieves depression, anxiety and stress.



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35g pack

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200ml glass bottle

200ml plastic bottle

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## Soap

Lovely glycerine soap bars.

Min 70g

Guest size 15g

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## Gift Box Medium

250ml shower gel, 60g hand cream, pack fizzlers, 15g soap.

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## Geranium Face Cream

Repairs and nourishes skin, balancing oil production.

60g glass jar

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## Geranium Perfume

A simple single note perfume in a handy roller bottle.

10ml glass roller bottle

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## Gift Box Small

Contains bath foam, soap bar and fizzler pack.

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## Gift Box Large

Moisture lotion, liquid soap, hand cream, scented shea butter, soap bar and fizzlers, all full size.

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# Patchouli

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**Patchouli** helps to fight infections and is an insect repellent. It is also a deodoriser and helps break up cellulite and prevent the formation of scar tissue.



## Perfume Spray

One of our most popular items a whole 50mls of fabulous patchouli perfume ready to wear.

50ml glass mistette bottle

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## Bath Fizzlers

Add one or two of these little hearts to your bath for a gentle fizz that releases a scented oil.

35g pack

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## Shampoo Bar

A glycerine based solid shampoo, great for travelling.

Min 70g

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## Shower Gel

Wake up with this fresh and lovely gel.

200ml glass bottle

200ml plastic bottle

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## Perfume Oil Roller Bottle

Ready to wear patchouli in jojoba oil, handy to carry with you.

10ml glass roller bottle

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## Soap Bar

A simple glycerine soap made with patchouli oil

Min. 70g

Guest size 15g

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## Deodorant

A great natural product contains no aluminium.

50ml plastic roller bottle

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## Bath Foam

Delightfully scented foam bath to relax you.

100ml glass bottle

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## Bath Salts

Add a scoop of salt to soften and scent water before luxuriating in the bath.

250g glass jar

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## Moisture Lotion

Light and nourishing suitable for hands and body.

200ml glass bottle

200ml plastic bottle

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## Gift Box

Contains Bath Foam, Soap and Fizzlers.

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# Lavender

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**Lavender** helps the growth of new cells whilst acting as an antiseptic. It balances the skin and hair to alleviate both oily and dry conditions.



## Shower Gel

Wake up with this fresh and lovely gel.

200ml glass bottle

200ml plastic bottle

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## Bath Fizzlers

Add one or two of these little hearts to your bath for a gentle fizz that releases a scented oil.

35g pack

---

## Scented Shea Butter

A lovely natural shea butter scented with essential oils for moisturising and nourishing the body.

120ml glass jar

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## Bath Salts

Add a scoop of salt to soften and scent water before luxuriating in the bath.

250g glass jar

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## Liquid Soap

To make every handwash special, keep it by the sink

200ml glass bottle

200ml plastic bottle

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## Spritzer

Lavender and aloe vera make this brilliant for cooling the skin and as an after sun treatment.

50ml glass mistette bottle

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## Gift Box Small Gift Box Medium Gift Box Large

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## Salt Scrub

A brisk rub with this scrub removes dead skin cells and leaves skin clear and soft.

120ml glass jar

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## Bath Foam

Delightfully scented foam bath to relax you.

100ml glass bottle

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## Hand cream

A rich moisturising hand cream.

60g glass jar

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## Moisture Lotion

Light and nourishing suitable for hands and body.

200ml glass bottle

200ml plastic bottle

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## Soap

Gorgeous glycerine soap bars.

Min 70g

Guest size 15g

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# Rose Maroc

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The long healing tradition of **Rose** also includes spiritual and emotional health. It is a fabulous herb for all skin but particularly for older skins. It has a toning and tightening effect on the skin and improves the circulation. It has a delicate sweet floral scent.



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## Lip Balm

15g

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## Bath Fizzlers

Add a little fizz to your bath and soften your skin at the same time.

35g

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## Floral Water

Fresh and sweet smelling, great to use as a toner or to sprinkle on linen.

100ml glass bottle

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## Bath Salts

Natural salt with a delicious scent to soften the bath water and help you unwind.

250ml glass jar

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## Face Cream

Wonderfully moisturising cream with healing aloe vera added.

60g

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## Rose Gift Box Small Rose Gift Box Medium Rose Gift Box Large

A selection of rose products

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## Soap Bar

Min 70g

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## Rose Perfume

A simple perfume of Rose Maroc absolute mixed in jojoba oil in a roller bottle for easy application.

10ml glass roller bottle

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## Bath Foam

Pour under running water to release gentle foam and wonderful relaxing scent.

100ml

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## Hand Balm

A deep penetrating hand balm full of natural ingredients:

60g

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## Moisture Lotion

Use on hands or body to keep skin moisturised.

200ml glass bottle

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## Shower Gel

Fragrantly delicious treat.

200ml glass bottle

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# For Men

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A range of creams and lotions with a more masculine scent developed to help keep skin smooth and problem free.



## Lime & Bay After Shave

A delicious fruity, spicy scent.

50ml glass bottle

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## Lime & Bay Deodorant

A roll on deodorant made using natural ingredients.

50ml plastic roll on bottle

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## Shaving Oil

Use instead of soap to soften bristles and make shaving smother.

50ml glass bottle

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## Shaving Soap

A traditional style shaving soap with a spicy scent.

80g block

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## Mens Soap

Well it isn't just for men but it does match our Mens After Shave.

Min. 70g

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## Mens Gift Box

Contains Mens Soap, After Shave and Moisture Cream.

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## Mens Moisture Cream

Use on hands, face and body to keep skin soft and supple.

60g glass jar

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## Mens Moisture Oil

A completely natural oil to soothe and smooth skin.

100ml glass bottle

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## Mens After Shave

Our lovely scent in a toning after shave.

50ml glass bottle

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## Mens Deodorant

To complete the range a natural deodorising roll on.

50ml plastic roller bottle

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## Lime & Bay Gift Box

Contains Deodorant, After Shave and Shaving Oil.

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# Hand Care

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This is a special range of products designed to promote healthy skin and strong nails. For best results use hand creams regularly, keep nails tidy and make time for a regular weekly manicure.



## Nail Spa Cubes

Bring a little fizz into your routine with these gently fizzing cubes which create a little mini hand spa.

6 cubes

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## Skin Smoother

A fabulous cream with plenty of exfoliating pumice powder to remove hard skin.

60g

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## Nail & Cuticle Conditioner

A specially selected blend of oils to nourish nails and promote healthy growth.

10ml

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## Rosemary Hand Cream

Popular with gardeners for its healing and mild pain relieving properties.

120g

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## Nail Soak

A foaming soak with lemon to deep clean and whiten nails. Use regularly.

100ml

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## Elizabethan Rose Hand Cream

Our hugely popular fragrance this hand cream is full of ingredients which soothe and soften.

60g

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## Elizabethan Rose Hand Cream

As above but a larger size.

120g

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## Hand Care Bag

Contains Lavender Hand Cream, Nail & Cuticle Conditioner, Buffing Block, Nail File.

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# Skin Care

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Our skin care range uses herbal active ingredients to create a selection of creams and lotions to suit all skin types.



## Anti-Wrinkle Oil

A natural blend of oils to moisturise skin and help keep its elasticity.

50ml glass bottle

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## Clay Face Mask

An amazing clay that has the ability to draw out impurities from the skin.

50g pack

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## Natural Face Scrub

Pure oats, rosemary and ground almonds make up this natural everyday face product.

100g pack ready to mix with water

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## Rose Maroc Facial Toner

Tones and soothes skin with natural rose and witch hazel waters..

100ml glass bottle

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## Rose Maroc Cleansing Oil

A gentle natural cleanser with Rose Maroc absolute.

100ml glass bottle

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## Lavender Face Cream

A gentle cream with lavender to balance both oily and dry skins.

60g glass jar

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## Chamomile Cleanser

A blend of floral waters to cleanse and tone skin and promote healing.

100ml glass bottle

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## Spot Treatment

A really great product for problem skin including acne, two sizes available.

10ml handbag size bottle or 50ml bottle

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## Make-Up Remover Oil

A simple oil to remove make up and cleanse skin, infused with calendula for healing.

100ml glass bottle

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## Neroli Face Cream

### Neroli Toner

Two great fresh smelling products.

60g glass jar and 100ml glass bottle

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## Geranium Face Cream

Repairs and nourishes skin, balancing oil production.

60g glass jar

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## Face Spa Bag

6 miniatures from our popular range of face products in a cute bag, makes a great gift.

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# Foot Care

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Our range of foot care products use herbs which deodorise, soothe, moisturise and soften as well as having anti-fungal and anti-septic properties to keep problems at bay.



## Refreshing Foot Spray

A deodorising spray which makes feet feel fresh and ready for anything!.

50ml

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## Bay Foot Soak

A special mix of herbs to add to warm water for a reviving foot bath.

100g

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## Foot Spa Cubes

Create your own foot spa with these bath bombs for the feet

100g

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## Heel & Corn Oil

A special blend of oils to help deal with hard skin and cracked heels and corns.

50ml glass bottle

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## Tea Tree Foot Cream

Our fabulous cream for feet, anti-septic, anti-fungal and it softens skin.

60g

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## Tea Tree Foot Cream

As above but in a larger, more economical size.

120g

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## Pumice Foot Soap

Exfoliating pumice with essential oils, this soap helps to keep hard skin at bay.

Min 70g

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## Foot Soak

A mint and lemon foaming soak to refresh feet and leave them tingly clean.

100ml

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## Sage Shoe & Foot Powder

For use in shoes and on feet to get rid of smells and kill bacteria, it really works.

100g

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## Foot Care Bag

Contains Pumice Foot Soap, Tea Tree Foot Cream, Foot Soak and a Foot File.

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## Foot Spa Bag

Contains minatures of Tea Tree Foot Cream Skin Smoother, Heel & Corn Oil, Foot Soak and Foot & leg Oil.

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# Hair Care

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In addition to our Geranium and Rosemary & Bergamot shampoo & conditioners we also offer this range of products all of which have their own particular special actions for the hair and scalp.



## Tea Tree Shampoo

Good for dandruff and other dry scalp conditions.

250g plastic bottle

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## Tea Tree Conditioner

Use with our shampoo the conditioner leaves hair silky and soft.

250ml plastic bottle

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## Dry Shampoo

An instant fix for when you are in a hurry, just squirt on and brush through hair.

25g

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## Solid Shampoo Bar

With Sage, Orange and Borage this is good for general use and for those with eczema on the scalp.

70g

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## Apple & Basil Hair Tonic

A special tonic which will leave hair silky & smooth but is also good as a treatment for dandruff.

100ml

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## Rosemary & Bergamot Shampoo & Conditioner

[See Rosemary & Bergamot page](#)

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## Geranium Shampoo & Conditioner

[See Geranium catalogue page](#)

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## Guest Bag 2

Contains 50ml each of Rosemary & Bergamot Shampoo & Conditioner and a Rosemary & Bergamot Guest Soap.

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# Herb Chocolate

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We have created a fabulous range of delicious chocolates that are really unique. Made from the finest Belgian chocolate by our own chocolatier - like all our goods - right here at the Herbery.



## Lime

Just so good - lime in plain chocolate.

100g bar

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## Cappuccino

Creamy chocolate hearts with a rich coffee flavour, milk chocolate.

50g bag

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## Cinnamon

The warm tones of cinnamon in rich milk chocolate

100g bar

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## Cardamom

The delicate flavour in this white chocolate is reminiscent of Indian sweets - delicious.

50g bag

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## Coconut

White chocolate laced with tropical dried coconut.

100g bar

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## Ginger

A seriously spicy bar in either white or plain chocolate.

100g

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## Lavender

A traditional culinary herb lavender gives a really lovely flavour to this dark chocolate.

100g bar

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## Lemon

So good you have to wonder why it hasn't been done before. White chocolate.

100g bar

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## Orange

An old favourite this always goes down well, milk chocolate.

100g bar

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## Orange & Lemon Stars

A favourite in our shop and not just with the kids. A mix of white and milk chocolate.

50g bag

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## Peppermint

Another one of those flavours that are just too good not to make. Dark chocolate.

50g bag

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# Herb Chocolate

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So many we couldn't fit them on just one page.



## Coffee & Walnut

Coffee flavoured milk chocolate with a generous amount of walnut halves on top.

100g bar

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## Chilli

An unusual white version of the popular chilli chocolate. or choose the plain variety.

100g bar

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## Geranium

Even Geranium sceptics like me will love this chocolate. White.

100g bar

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## Vanilla

White chocolate with vanilla beans and extra vanilla flavouring..

100g

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## Selection Box Large

Two each of Basil, Rose, Cinnamon, Orange, Geranium, Cardamom, Lavender, Peppermint, Violet, Cappucino, Lemon and Vanilla.

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## Selection Box 1

One each of Basil, Rose, Cinnamon, Orange, Geranium, Cardamom.

50g

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## Rose

Delicately fragrant dark chocolate, you don't have to be too adventurous for this one.

50g bag

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## Violet

Heavenly fragrant flavour in dark chocolate.

50g bag

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## Basil

An unexpected aniseed flavour permeates these dark chocolate drops.

50g bag

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## Ginger Marzipan

Glace ginger rolled in marzipan and coated in dark chocolate - all formed and dipped by hand.

100g

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## Selection Box 2

One each of Lavender, Peppermint, Violet, Cappucino, Lemon and Vanilla.

50g

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# Quirky Items

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Some unusual herbal craft items that are hugely popular in our shop. All are hand made by us here at the Herbery.



## Burning Herbs

A selection of herbs that give off pleasant scents, come with charcoal disks to burn them on.

pack

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## Seasonal Burning Herbs

Not just for Christmas but here we have the same as above but in Gold, Frankincense and Myrrh.

pack

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## Catnip Pillow

Tested on animals and they LOVE it! Treat your cat.

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## Herbal Charm Bags

Great fun these decorative charms are for Home Harmony, Home Protection and Sweet Dreams

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## Lavender Sachet Set

Hand made and filled only with lavender flowers these sachets help keep moths away.

set 3

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## Lavender Sachet

A single sachet filled with lavender flowers.

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## Pot Pourri

Hand blended pure botanical pot pourri in Rose, Freesia or Lavender

Approx 100g

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## Sleep Pillow

Filled with a herbal mixture to aid sleep.

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## Room Spray

Simple, natural air freshener in Citrus or Lavender

250ml

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## Tree Resins

Aromatic resins for burning in a choice of Sandarac, Myrrh and Frankincense.

50g bag

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## Rose Sachet

Makes a change from lavender these are filled with rose petals

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# Essential Oils

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This section contains Pure Essential Oils, Base Oils for mixing, man made Fragrance Oils and Perfumes - essential oils that have been diluted to be ready to wear.



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## Basil Pure Essential Oil

10ml glass bottle

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## Bay Pure Essential Oil

10ml glass bottle

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## Bergamot Pure Essential Oil

10ml glass bottle

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## Black Pepper Pure Essential Oil

10ml glass bottle

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## Bois De Rose Pure Essential Oil

10ml glass bottle

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## Cardamom Pure Essential Oil

10ml glass bottle

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## Carrot Seed Pure Essential Oil

10ml glass bottle

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## Cedarwood Pure Essential Oil

10ml glass bottle

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## Chamomile Pure Essential Oil

5ml glass bottle

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## Citronella Pure Essential Oil

10ml glass bottle

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## Citronella Pure Essential Oil

50ml glass bottle

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## Clary Sage Pure Essential Oil

10ml glass bottle

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## Eucalyptus Pure Essential Oil

10ml glass bottle

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## Eucalyptus Pure Essential Oil

50ml glass bottle

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## Frankincense Pure Essential Oil

10ml glass bottle

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## Geranium Pure Essential Oil

10ml glass bottle

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## Grapefruit Pure Essential Oil

10ml glass bottle

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## Jasmin Pure Essential Oil

5ml glass bottle

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## Lavender Pure Essential Oil

10ml glass bottle

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## Lavender Pure Essential Oil

50ml glass bottle

---

## Lemon Pure Essential Oil

10ml glass bottle

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# Essential Oils

---

This section contains Pure Essential Oils, Base Oils for mixing, man made Fragrance Oils and Perfumes - essential oils that have been diluted to a be ready to wear.



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## Lemon Pure Essential Oil

50ml glass bottle

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## Lemon Grass Pure Essential Oil

10ml glass bottle

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## Lime Pure Essential Oil

10ml glass bottle

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## Myrrh Pure Essential Oil

5ml glass bottle

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## Neroli Light Essential Oil

10ml glass bottle

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## Orange Pure Essential Oil

10ml glass bottle

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## Orange Pure Essential Oil

50ml glass bottle

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## Patchouli Pure Essential Oil

10ml glass bottle

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## Patchouli Pure Essential Oil

50ml glass bottle

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## Peppermint Pure Essential Oil

10ml glass bottle

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## Peppermint Pure Essential Oil

50ml glass bottle

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## Petitgrain Pure Essential Oil

10ml glass bottle

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## Pine Pure Essential Oil

10ml glass bottle

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## Rose Geranium Pure Essential Oil

10ml glass bottle

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## Rose Maroc Absolute Oil

5ml glass bottle

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## Rosemary Pure Essential Oil

10ml glass bottle

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## Sandalwood Mysore Pure Ess. Oil

5ml glass bottle

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## Spearmint Pure Essential Oil

10ml glass bottle

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## Tea Tree Pure Essential Oil

10ml glass bottle

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## Tea Tree Pure Essential Oil

50ml glass bottle

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## Thyme Pure Essential Oil

10ml glass bottle

---

## Vetiver Pure Essential Oil

10ml glass bottle

---

# Essential Oils

---

This section contains Pure Essential Oils, Base Oils for mixing, man made Fragrance Oils and Perfumes - essential oils that have been diluted to a be ready to wear.



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## Ylang Ylang Pure Essential Oil

10ml glass bottle

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## Coconut Fragrance Oil

10ml glass bottle

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## Elizabethan Rose Fragrance Oil

10ml glass bottle

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## Freesia Fragrance Oil

10ml glass bottle

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## Sandalwood Fragrance Oil

10ml glass bottle

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## Sandalwood Musk Fragrance Oil

10ml glass bottle

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## Sea Breeze Fragrance Oil

10ml glass bottle

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## Sea Grass Fragrance Oil

10ml glass bottle

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## Vanilla Fragrance Oil

10ml glass bottle

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## White Musk Fragrance Oil

10ml glass bottle

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## Avocado Base Oil

100ml glass bottle

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## Grapeseed Base Oil

100ml glass bottle

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## Jojoba Base Oil

100ml glass bottle

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## Sweet Almond Base Oil

100ml glass bottle

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## Jasmine Ready to Wear Oil

10ml glass roller bottle

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## Kitty Perfume Oil

10ml glass roller bottle

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## Ms Kitts Perfume Oil

10ml glass roller bottle

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## Sandalwood Ready to Wear Oil

10ml glass roller bottle

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## Ylang Ylang Ready to Wear Oil

10ml glass roller bottle

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# Medicinal

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Our range of medicinal creams has been selected to treat most common ailments. Most have a choice of sizes, some are available as ointments.



## Aloe Vera Gel

Aloe vera in a handy gel form, ideal to carry in your bag for all minor skin complaints.

30g glass jar

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## Aloe Vera Liquid

Use topically for the treatment of sunburn, minor burns, cuts, scratches, grazes and skin irritations

50ml glass bottle

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## Arnica Cream

The bruise treatment for bumps and knocks.

30g glass jar

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## Borage Cream

For eczema - fabulous.

30g glass jar

120g glass jar or 500g plastic tub

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## Borage Oil

Pure borage oil, higher strength than the cream same uses.

50ml glass bottle

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## Borage Ointment

Still for eczema, this ointment is made with only natural ingredients.

60ml glass jar

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## Burdock & Chickweed Cream

To relieve itchy skin and draw out splinters, calm boils and treat eczema

30g glass jar or 120g glass jar

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## Calendula Cream

For dry, chapped skin, good for gardeners hands.

30g glass jar

120g glass jar

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## Calendula Oil

Same uses as the cream but this oil version can get to areas cream can't reach.

100ml glass bottle

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## Calendula Ointment

Very popular ointment version made with only natural ingredients.

60g glass jar

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## Capsicum Cream

For arthritis and muscle & joint pain.

30g glass jar

120g glass jar

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## Capsicum Cream

Extra large size to save money.

500g plastic tub

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# Medicinal

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## Comfrey Ointment

For sprains, strains and to promote healing

60g glass jar

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## Echinacea Cream

Minor cuts, boils, sunburn, acne and nettle rash and can help treat psoriasis and rosacea.

30g glass jar or 120g glass jar

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## Lavender Cream

Brilliant all round cream for minor skin conditions.

30g glass jar

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## Lavender Roller Bottle

Ready to use lavender blended with aloe vera liquid, handy for headaches, spots, bites and cuts.

10ml glass bottle

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## Lavender Balm

All purpose balm made with all natural ingredients.

120g glass jar

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## Neem Oil

For treating a huge range of problems including eczema, psoriasis, dandruff and headlice.

60g glass jar

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## Tea Tree Gel

Anti-septic, anti-fungal gel for all types of skin complaints.

30g glass jar or 120g glass jar

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## Tea Tree Roller Bottle

Ready to use mixed with witch hazel water, handy for stings, bites, cuts, grazes.

10ml glass bottle

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## Witch Hazel Cream

For spots, blemishes & teenage skin.

60g glass jar

120g glass jar

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## Witch Hazel Water

For spots, blemishes, teenage skin and as a great toner.

100ml glass bottle

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# Tinctures

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We have selected a range of tinctures to help treat the most common ailments. Easy to use and natural, they come in 50ml glass bottles with a pipette.



## Burdock

Used as a remedy for acne, boils, abscesses, eczema and psoriasis, may assist in treatment of arthritis.

*Actium lappa*

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## Calendula

For treating gastritis, minor burns and wound healing

*Calendula officinalis*

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## Californian Poppy

For anxiety, sleeplessness, hyperactivity, pain relief especially toothache, nightmares & tension.

*Eschscholtzia californica*

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## Vitex Agnus Castus

Hormone balancer suitable for a wide range of female hormone related complaints.

*Vitex Agnus Castus* or Chaste Berry

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## Damiana

Aphrodisiac: anti-depressant: a tonic for the central nervous system.

*Turnera Diffusa* willd

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## Dandelion

Helps to stimulate digestion increase bile production, acts as a tonic helping to eliminate waste.

*Taraxacum officinale*

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## Devils Claw

A relatively fast acting remedy for arthritis, rheumatism, and sport injuries, gout.

*Harpagophytum procumbens*

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## Echinacea

Immune system booster, helps to control infection.

*Echinacea purpurea*

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## Eyebright

A soothing tonic wash for the eyes and to treat minor eye infections.

*Euphrasia officinale*

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## Feverfew

For headaches and migraine.

*Tanacetum vulgare*

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## Garlic

Helps lower blood cholesterol, reduces sticky blood, lowers blood pressure, anti-biotic.

*Allium sativum*

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## Ginger

Reduces nausea, aids digestion, improves circulation

*Zingiber officinale*

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# Tinctures

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We have selected a range of tinctures to help treat the most common ailments. Easy to use and natural, they come in 50ml glass bottles with a pipette.



## Hawthorn Berry

A tonic for the heart and circulatory system, can help high & low blood pressure & reduce cholesterol

*Cretageous leavigata*

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## Marshmallow

Asthma, bronchitis, common cold, sore throat, ulcers, cystitis, eases symptoms of bowel/urinary disorders.

*Althea malva*

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## Milk Thistle

Protects and improves liver function including bile flow. May also improve psoriasis. Use for candida.

*Silybum marianum*

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## Myrrh

Can be used as a mouthwash to treat gum problems.

*Commiphora molmol*

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## Oat

Relieves depression, anxiety, nerve tonic, promotes nail growth & soothes itchy skin.

*Avena sativa*

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## Passion Flower

For sleeplessness, anxiety, toothache, cramp, menstrual pain, headache.

*Passiflora incarnata*

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## Rhodiola

Enhances performance, reduces anxiety symptoms, helps promote weight loss, stimulates nervous system

*Rhodiola roseacea*

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## Siberian Ginseng

For stress related conditions: acts as an aphrodisiac raising sexual performance:

*Eleutherococcus senticosus*

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## St Johns Wort

Can help in the treatment of herpes simplex, scarring from burns and depression.

*Hypericum perforatum*

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## Valerian

Sedative: useful for nervous tension and restlessness: also for tension headaches.

*Valeriana officinalis*

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# Dried Herbs

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These herbs have been picked for their medicinal actions on the body. Remember herbs are medicines and you should seek appropriate advice prior to taking them. All are sold in 50g bags.



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## Calendula

Mouth ulcers, sunburn, to sooth skin, add to pot pourri

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## Catmint

Catnip is used to settle the stomach and stimulate sweating to flush toxins from the body.

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## Chamomile

Sedative, calming, reduces swelling, antiseptic.

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## Damiana

aphrodisiac, anti-depressant, diuretic, stimulating tonic for the central nervous system.

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## Elderflower

For colds and flu and to combine with marshmallow to sooth digestive system, .

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## Eyebright

For styes, conjunctivitis, hayfever and eye strain.

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## Fennel Seed

Use to relieve bloating and wind, take half an hour before eating to avoid heartburn

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## Hops

Sedative, soporific, promote appetite and sleep, relieve indigestion and cleanse blood

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## Lady's Mantle

Difficult periods, anti-inflammatory, PMS, astringent.

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## Lavender

For relaxing, use in pot pourri and sachets.

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## Lemon Balm

Flatulence, indigestion, mildly sedative.

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## Lemon Verbena

The tea is calming and lifts the spirits as well as calming the digestive system.

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# Dried Herbs

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## Lime Flowers

Migraine, hysteria, feverish colds, has pain relieving qualities.

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## Liquorice

Coughs and chest problems

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## Marshmallow

For soothing respiratory system, and digestive system.

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## Meadowsweet

For stomach disorders and complaints.

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## Nettle

Drink 3 times a day for iron deficiency, hay fever, blood cleansing and to lower blood sugar

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## Peppermint

For digestive upset, nausea, tension, flatulence, colds.

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## Psyllium Husk

Uses include: blood sugar control, cholesterol reduction, colitis, cystitis, diverticulitis, weight control & loss.

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## Quassia Chips

Treat and assist in preventing headlice

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## Raspberry Leaf

Uterine tonic, astringent, good after 3rd month of pregnancy

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## Red Clover

It may help with bronchitis, cough, acne and boils and menopausal symptoms.

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# Dried Herbs

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## Rooibosch

Calming and mildly sedative it is good for rheumatic aches and pains & hayfever

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## Soapwort

A natural alternative to soap products. Use with caution can cause eye irritation.

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## Rose Petals

Eye conditions, night sweats, add to bath and pot pourri.

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## Valerian

For insomnia and anxiety.

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## Rose Hips

High in vitamin C, use for colds, as mouthwash for bleeding gums

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## Vervain

Nerve tonic, migraine, anxiety, depression.

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## Sage

Use to gargle, or as an antiseptic cleaner. Sage can be drunk as a tea in small amounts.

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## Yarrow

Anti-inflammatory, lowers blood pressure

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## Sandalwood Chippings

For Pot pourri.

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## Orris Root

For perfumery and fixing pot pourri.

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# Miscellaneous

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Can't find it anywhere else?  
Perhaps it's here! If not you  
can always give us a ring.

## Stacker Pots

Our ever popular stack of 4 trial size pots - may vary usually face and hand cream.

4 times 15g pots

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## Stacker Bottles

Four trial size pots may vary usually moisture lotion, bath foam, shower gel, liquid soap.

4 times 50ml bottles

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## Sandalwood & Frankincense Face Cream

A rich face cream for retaining skins youthful look.

60g glass jar

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## Sandalwood & Frankincense Bath Foam

Great fragrance bath foam.

200ml glass bottle

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## Eye Gel

Amazingly good eye gel, highly recommended by many of our customers.

60g glass jar

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## Soaps

Those not in our main ranges are Tea Tree, Bois de Rose & Ylang Ylang and Pine & Lavender

Each Minimum 70g

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## Body Scrub

Pack of dry mix oat, thyme & orange scrub for exfoliating the body.

100g pack

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## Sandalwood & Frankincense Moisture Lotion

Great fragrance, super lotion.

200ml glass bottle

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## Mint Lip Balm

Refreshing aroma and good moisturising properties to keep lips kissable.

15g glass jar

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