

PURVEYORS
OF NATURAL
PRODUCTS
SINCE 1844

oils, beauty, herbs, remedies, books, food & more... 2011

GBaldwin & Co

GBaldwin&Co



Welcome to the 2011
edition of our catalogue.

Throughout the 166 years we have been in business we have tried never to forget that you, the customer, are the reason we open every day. Without you there would not be much point in us being here.

We try to ensure that whether you deal with us in person, via the telephone or internet you have the best possible experience. Good product knowledge coupled with personal service and we like to think, an unrivalled range of products makes us the first choice for anyone looking for natural products.

You can be assured that we will always do our best to help you. Whatever your requirements, please do not hesitate to visit our shop, call us on 020 7703 5550 or email us at sales@baldwins.co.uk. You're assured of a warm welcome.

Stephen Dagnell and the Baldwins team.

A handwritten signature in black ink, appearing to read 'Stephen Dagnell', is written over a horizontal line.

PURVEYORS
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Follow us on
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What's new?

GIFT BOXES

Looking for a Christmas gift? Choose from one of our three gift sets, Revitalising, Moisturising or Citrus.

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ULTRASONIC DIFFUSERS

Probably the hottest item in store at the moment. These diffusers have proved to be very popular... using ultrasound vibration to create a mist that quickly, silently and most importantly without any heat, diffuse your chosen oil into the air.

Two models and several colours available.

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POMEGRANATE, BILBERRY AND ROSE BODY LOTION

We have added a Body Lotion to our very successful Pomegranate, Bilberry and Rose Range. PAGE 15



NEW MEN'S RANGE After the success of the Pomegranate range, we thought... 'How about something for men?' The Frankincense range contains four brand new products. PAGE 15

PERSONAL TEABAGS Simple ideas are sometimes the best. Keep it personal and make your own teabags with any herb.

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Diluted oils allow you to enjoy the benefits of an

expensive oil at an affordable price.

For our range of bath accessories and our silicon soap moulds see page 13.

Dilute a few drops of your favourite Essential Oil in one of our carrier oils to make a simple massage oil.

Oils

At Baldwin's we pride ourselves on having one of the most extensive ranges of Pure Essential Oils available, this along with our complimentary range of Carrier Oils, Floral Waters and much, much more means there is something for anyone interested in Aromatherapy.

Our discount structure
on Essential Oils
page 06-07

THE MORE YOU BUY
THE MORE YOU SAVE



250ml get **10% off** the 50ml price x 5
500ml get **25% off** the 50ml price x 10
1 Litre get **30% off** the 50ml price x 20

The discounts only apply to one product packed in one container.

Essential Oils

We obtain all our Essential Oils from a variety of sources around the world, and carefully select each oil individually to ensure we supply quality products at competitive prices.

How are Essential Oils produced?

There are 3 main methods of extracting Essential Oils:

Steam Distillation

Steam is passed through a material from which the oil is to be extracted. It is then cooled and the oil is skimmed from the water. The remaining liquids are floral waters e.g. Rosewater, Orange Flower Water.

Expression

The oil is pressed from the material. This method is normally used to extract oil from fruit peel (Orange, Lemon etc.).

Absolute

Another method of producing oils is Solvent extraction. This method is used when the material from which the oil is produced is adversely affected by steam, as in the case of Jasmine. It produces a more true to nature fragrance.

What is Aromatherapy?

Aromatherapy is a treatment system designed to assist the body's natural ability to balance and maintain itself and to optimise physical and emotional well-being by the use of Essential Oils. When blending oils for massage an Aromatherapist takes many factors into consideration, including the volatility of the oil and the physical and emotional condition of the person being treated. The aroma must be pleasing in order for the treatment to be a complete success.

How can you use Essential Oils?

IN THE BATH

Add a few drops to a full bath and disperse the oil with your hand or mix into Baldwins Dispersible Bath Base to produce beautiful bath milk. Soak for at least 10 minutes.

ROOM FRESHENERS

Essentials Oils can be used to create your own atmosphere. Sprinkle on to a mixture of dried flowers, add to an Oil Burner, or add a few drops to a bowl of water and place on a radiator.

IN MASSAGE

Add 5-10 drops of Essential Oil to 10ml of base oil. Shake the mixture thoroughly to blend before use. Test on a small area of skin for sensitivity before using.

INHALATIONS

Add a few drops to a bowl of very hot water, put your head over the bowl, cover with a towel and breathe deeply.

IN COSMETICS

Add a few drops to your favourite cream, cleanser or lotion. Blend thoroughly before use. Never apply undiluted Essential Oils directly to your skin!

AS A PERFUME

Mix into a base oil to create your own personal fragrance.

IN OIL BURNERS

To create a wonderful aromatic atmosphere in your home, try using an oil burner. With water in the bowl add a few drops of your favourite Essential Oils, light the candle and enjoy.



ANGELICA Aphrodisiac, Stimulant, Tonic. P

ANISEED Potent Oil, use with caution. P

BASIL Tonic, Uplifting. P

BAY Antiseptic, Stimulant, Tonic. P

BENZOIN Deodorant, Relaxing.

BERGAMOT Uplifting, Tonic.

BLACK PEPPER Stimulant, Warming.

CAJUPUT Soothing, Antiseptic.

CAMPHOR To optimise effective respiration, use with caution. P

CARDAMOM Relaxing.

CARAWAY Soothing.

CARROT SEED Tonic, Stimulant. P

CEDARWOOD Soothing for Skin, Antiseptic. P

CHAMOMILE ROMAN
Relaxing and Soothing, most popular of the Chamomiles. P

CHAMOMILE GERMAN
Soothing for Skin.

CINNAMON Warming, Stimulating.
Not recommended for use on the skin. P

CITRONELLA Antiseptic, Uplifting.

CLARY SAGE Balancing and Uplifting. P

CLOVE Spicy, not recommended for use on the skin.

CORIANDER Uplifting and Fortifying.

CUMIN Warming, Stimulating. P

CYPRESS Restoring. P

EUCALYPTUS To optimise effective respiration, Soothing for skin.

FENNEL Stimulating. P

FRANKINCENSE Rejuvenating.

GERANIUM Stimulating and Uplifting. P

GINGER Warming, Stimulating.

GRAPEFRUIT Refreshing and Stimulating.

HO LEAF Relaxing, often substituted for Rosewood.

HYSSOP
Clarifying, Stimulating. P

JASMINE Sensual, Aphrodisiac. P

JUNIPER Astringent, Stimulating. P

LAVENDER Relaxing, the most popular oil. P

LEMON Antibacterial, Astringent.

LEMONGRASS Astringent.

LIME Antibacterial, Antiseptic.

MANDARIN Uplifting, Harmonising.

MARJORAM Relaxing everyday aches and pains. P

MELISSA Relaxing, Emotional balancer. P

MYRRH Dry skin, Problem skin. P

NEROLI Soothing, Deeply Relaxing, Euphoric.

NIAOULI Similar to Tea Tree in Action.

NUTMEG Spicy and Warming, not recommended for use on the skin. P

ORANGE Soothing and Relaxing.

ORIGANUM Potent Oil, use with caution. P

PALMAROSA Good for dry skin.

PARSLEY SEED Potent Oil, use with caution. P

PATCHOULI Musky, good for skin care.

PEPPERMINT Cooling and Stimulating. P

PETITGRAIN Relaxing.

PIMENTO Warming, use with caution.

PINE Cleansing, good in a vaporiser.

ROSE Sensual, euphoric oil. P

ROSEMARY Stimulating! P

ROSEWOOD Uplifting, Enlivening.

SAGE Potent Oil, use with caution.

SANDALWOOD Sensual and Exotic.

SPEARMINT Stimulating! P

SPIKE LAVENDER
Antibacterial, Camphor. P

TAGETTE Potent Oil, use with caution. P

TEA TREE Antiseptic, Antimicrobial, many uses.

THYME Stimulating and Revitalising. P

VERBENA Aphrodisiac.

VETIVERT Relaxing.

YLANG YLANG Soothing, Relaxing.

P = Best avoided during pregnancy.
This list is to be used only as a guide.

Precautions

- Never take Essential Oils internally.
- Avoid contact with eyes and other sensitive areas.
- During pregnancy check with a professional/doctor before using Essential Oils.
- Should you suffer a reaction to any Essential Oil stop using it immediately.
- If you suffer from a medical condition (high blood pressure, epilepsy, etc.) check with a doctor before using Essential Oils.
- Never use Essential Oils undiluted on the skin.
- Never use Essential Oils on babies or small children except under professional guidance.



	5ml	10ml	25ml	50ml	country of origin
AMBER (<i>Pinus succinifera fossil</i>) (S)	£10.39	£17.65	£35.25	£59.95	Poland
ANGELICA (<i>Angelica archangelica</i>) (S)	£16.55	£31.55	£63.05	£107.19	Belgium
ANISEED (<i>Illicium verum</i>) (S)		£3.35	£6.65	£11.35	China
BASIL (<i>Ocimum basilicum</i>) (S)		£5.15	£10.25	£17.39	Comores
BAY (<i>Pimenta racemosa</i>) (A)		£6.39	£12.75	£21.65	Jamaica
BENZOIN RESINOID (<i>Styrax benzoin</i>) (S)		£3.15	£6.25	£10.55	Indonesia
BERGAMOT (<i>Citrus bergamia</i>) (S)		£5.99	£11.99	£20.39	Italy
BIRCH OIL (Rectified) (<i>Betula alba</i>) (S)		£4.85	£9.65	£16.35	Russia
BLACK PEPPER (<i>Piper nigrum</i>) (S)		£7.45	£14.95	£25.35	India
CAJUPUT (<i>Melaleuca cajuputi</i>) (S)		£4.49	£8.95	£15.19	Vietnam
CAMPHOR (<i>Cinnamomum camphora</i>) (S)		£2.49	£4.95	£8.39	China
CARDAMOM (<i>Elettaria cardamomum</i>) (S)	£8.55	£13.89	£27.79	£47.19	Guatemala
CARNATION (<i>Dianthus caryophyllus</i>) (A)	£38.35				Egypt
CARAWAY (<i>Carum carvi</i>) (S)		£5.15	£10.29	£17.49	France
CARROT SEED (<i>Daucus carota</i>) (S)	£8.65	£14.19	£28.35	£48.15	France
CEDARWOOD ATLAS (<i>Cedrus atlantica</i>) (S)		£3.89	£7.75	£13.15	Morocco
CEDARWOOD VIRGINIA (<i>Juniperus virginiana</i>) (S)		£3.55	£7.09	£12.05	USA
CHAMOMILE BLUE EGYPTIAN (<i>Matricaria recutita</i>) (S)	£17.65	£32.15	£64.25	£109.19	Egypt
CHAMOMILE ROMAN (<i>Anthemis nobilis</i>) (S)	£10.65	£18.19	£36.39	£61.85	Italy
CINNAMON (<i>Cinnamomum zeylanicum</i>) (S)		£3.65	£7.25	£12.35	Sri Lanka
CITRONELLA (<i>Cymbopogon nardus</i>) (S)		£3.65	£7.35	£12.45	Sri Lanka
CLARY SAGE (<i>Salvia sclarea</i>) (S)	£6.19	£9.25	£18.55	£31.49	France
CLOVE LEAF (<i>Eugenia caryophyllata</i>) (S)		£3.19	£6.35	£10.79	Madagascar
CORIANDER (<i>Coriandrum sativum</i>) (S)		£6.99	£13.99	£23.75	Ukraine
CUMIN SEED (<i>Cuminum cyminum</i>) (S)	£7.25	£11.35	£22.69	£38.55	France
CYPRESS (<i>Cupressus sempervirens</i>) (S)		£5.55	£11.09	£18.85	France
EUCALYPTUS (<i>Eucalyptus globulus</i>) (S)		£2.39	£4.79	£8.15	China
FENNEL (<i>Foeniculum vulgare</i>) (S)		£4.75	£9.55	£16.15	Spain
FRANKINCENSE (<i>Olibanum</i>) (<i>Boswellia thurifera</i>) (S)	£8.05	£12.95	£25.85	£43.89	Somalia
GARLIC (<i>Allium sativum</i>) (S)		£7.09			China
GERANIUM (<i>Pelargonium graveolens</i>) (S)		£8.49	£16.95	£28.75	China
GINGER (<i>Zingiber officinale</i>) (S)		£5.45	£10.85	£18.45	China
GRAPEFRUIT (<i>Citrus paradisi</i>) (S)		£2.89	£5.75	£9.75	USA
HO LEAF (<i>Cinnamomum camphora</i>) (S)		£4.35	£8.69	£14.75	Bulgaria
HYSSOP (<i>Hyssopus officinalis</i>) (S)	£9.79	£16.45	£32.95	£55.95	France
JASMINE (<i>Jasmine officinale</i>) (A)	£28.35				Egypt
JUNIPER (<i>Juniperus communis</i>) (S)		£5.25	£10.55	£17.89	Croatia
LAVENDER (<i>Lavandula angustifolia</i>) (S)		£5.89	£11.79	£20.05	France
LEMON (<i>Citrus limonum</i>) (E)		£3.75	£7.49	£12.75	Italy
LEMON EUCALYPTUS (<i>Eucalyptus citriodora</i>) (S)		£2.75	£5.45	£9.19	Portugal
LEMONGRASS (<i>Cymbopogon citratus</i>) (S)		£3.59	£7.15	£12.15	India
LIME (<i>Citrus aurantifolia</i>) (E)		£3.65	£7.25	£12.25	Mexico
MANDARIN (<i>Citrus reticulata blanco</i>) (E)		£3.49	£6.99	£11.85	Brazil
MARJORAM (CULTIVATED) (<i>Origanum majorana</i>) (S)		£5.75	£11.55	£19.59	South Africa
MARJORAM (SPANISH) (<i>Thymus masticina</i>) (S)		£6.35	£12.65	£21.49	Spain
MAY CHANG (<i>Litsea cubeba</i>) (S)		£3.49	£6.95	£11.79	Vietnam
MELISSA (<i>Melissa officinalis</i>) (S)	£52.09				France
MYRRH (<i>Commiphora molmol</i>) (S)	£6.85	£10.55	£21.05	£35.79	Somalia
NEROLI (<i>Citrus aurantium</i>) (S)	£28.89				Morocco
NIAOULI (<i>Melaleuca viridiflora</i>) (S)		£5.35	£10.69	£18.15	Madagascar
NUTMEG (<i>Myristica fragrans</i>) (S)		£5.55	£11.09	£18.85	Indonesia
ORANGE (<i>Citrus sinensis</i>) (E)		£2.85	£5.65	£9.55	Brazil
ORGANUM (<i>Thymus capitatus</i>) (S)		£6.19	£12.35	£20.95	Turkey
PALMAROSA (<i>Cymbopogon martinii</i>) (S)		£4.49	£8.95	£15.25	Madagascar
PARSLEY SEED (<i>Carum petroselinum</i>) (S)	£8.69	£14.25	£28.45	£48.35	France
PATCHOULI (<i>Pogostemon patchouli</i>) (S)		£6.55	£13.05	£22.15	Indonesia
PEPPERMINT (<i>Mentha piperita</i>) (S)		£3.39	£6.79	£11.49	USA
PETITGRAIN (<i>Citrus aurantium</i>) (S)		£4.25	£8.45	£14.35	Paraguay
PIMENTO (<i>Pimenta officinalis</i>) (S)		£9.49	£18.95	£32.19	Jamaica
PINE (Siberian) (<i>Abies sibirica</i>) (S)		£4.19	£8.35	£14.15	Austria
ROSE MAROC (<i>Rosa centifolia</i>) (A)	£20.09				Morocco
ROSE TURKISH (<i>Rosa damascena</i>) (S)	£71.85				Turkey
ROSEMARY (<i>Rosmarinus officinalis</i>) (S)		£4.09	£8.19	£13.95	Spain



	5ml	10ml	25ml	50ml	country of origin
SAGE (<i>Salvia lavandulaefolia</i>) (S)		£5.59	£11.19	£18.99	Yugoslavia
SANDALWOOD MYSORE (<i>Santalum album</i>) (S)	£15.95	£30.35	£60.69	£103.19	India
SANDALWOOD NEW CAL (<i>Santalum austracaledonicum</i>) (S)	£10.19	£18.85	£37.65	£63.99	New Caledonia
SPEARMINT (<i>Mentha spicata</i>) (S)		£4.09	£8.15	£13.85	China
SPIKE LAVENDER (<i>Lavandula latifolia</i>) (S)		£5.85	£11.65	£19.75	Spain
TAGETTE (<i>Tagettes glandulifera</i>) (S)	£8.19	£13.25	£26.45	£44.95	South Africa
TEA TREE (<i>Melaleuca alternifolia</i>) (S)		£3.59	£7.19	£12.25	Australia
THYME (RED) (<i>Thymus vulgaris</i>) (S)	£6.69	£10.25	£20.45	£34.75	Spain
VALERIAN ROOT (<i>Valeriana officinalis</i>) (S)	£6.45	£9.69	£19.35	£32.89	England
VANILLA (<i>Vanilla plantifolia</i>) (A)	£9.65	£16.15	£32.29	£54.89	Madagascar
VERBENA (<i>Aloysia triphylla</i>) (S)	£20.95				France
VETIVERT (<i>Vertiveria zizanioides</i>) (S)		£6.25	£12.49	£21.25	Java
YLANG YLANG (<i>Cananga odorata</i>) (S)		£6.89	£13.79	£23.45	Comores

Pure Organic Essential Oils

Our range of Pure Organic Essential Oils listed below is produced under the strict Soil Association Symbol Scheme of which we are proud to be a part.



	5ml	10ml	25ml	50ml	country of origin
EUCALYPTUS (<i>Eucalyptus globulus</i>) (S)		£2.79	£5.59	£9.49	Spain
GERANIUM ROSE (<i>Pelargonium graveolens</i>) (S)	£6.79	£10.55	£21.05	£35.75	South Africa
JUNIPER (<i>Juniperus communis</i>) (S)	£8.75	£14.45	£28.85	£49.05	Spain
LAVENDER (<i>Lavandula angustifolia</i>) (S)		£5.95	£11.85	£20.15	Bulgaria
LEMON (<i>Citrus limonium</i>) (E)		£4.35	£8.69	£14.75	Italy
PEPPERMINT (<i>Mentha piperita</i>) (S)		£3.89	£7.79	£13.25	India
ROSEMARY (<i>Rosmarinus officinalis</i>) (S)		£5.45	£10.89	£18.49	South Africa
TEA TREE (<i>Melaleuca alternifolia</i>) (S)		£4.35	£8.65	£14.65	Australia
YLANG YLANG (<i>Cananga odorata</i>) (S)		£14.39	£28.75	£48.89	Madagascar

Diluted Pure Essential Oils in Jojoba (10%) Pure Essential Oil diluted into pure Jojoba oil giving all the benefits of these expensive Essential Oils at an affordable price.

	5ml	10ml
CARNATION DILUTE (A)	£9.05	£15.29
JASMINE DILUTE (A)	£7.25	£11.69
MELISSA DILUTE (S)	£11.49	£20.19
NEROLI DILUTE (S)	£7.35	£11.95
ROSE MAROC DILUTE (A)	£5.89	£8.99
ROSE TURKISH DILUTE (S)	£15.05	£27.29



Gift Sets

For the perfect gift may we suggest one of our Boxed Sets. We offer 7 different boxed set combinations based on our best selling Pure Essential Oils. Each set is supplied in a hand-made wooden box.



Wooden Boxes

The perfect way to store your Essential Oils is in one of our hand-made wooden boxes.

6 x 10ml (150g) £17.35	24 x 10ml (330g) £21.45
12 x 10ml (220g) £19.45	24 x 25ml (500g) £30.65

New Gift Boxes

While our Gift sets make great Christmas presents, they are available all year round.

BALDWINS CITRUS GIFT BOX (1050g) £19.95

Contains: Baldwins Citrus Body Wash 250ml, Baldwins Citrus Body Balm 250ml, Baldwins Citrus Soap 25g, Baldwins Citrus blend Aroma candle and Natural Cotton Flannel.



BALDWINS MOISTURISING GIFT BOX (1050g) £19.95

Contains: Baldwins Moisturising Body Wash 250ml, Baldwins Moisturising Body Balm 250ml, Baldwins Moisturising Soap 25g, Baldwins Moisturising blend Aroma candle and Natural Cotton Flannel.

BALDWINS REVITALISING GIFT BOX (1050g) £19.95

Contains: Baldwins Revitalising Body Wash 250ml, Baldwins Revitalising Body Balm 250ml, Baldwins Revitalising Soap 25g, Baldwins Revitalising Aroma candle and Natural Cotton Flannel.

BALDWINS POMEGRANATE, BILBERRY & ROSE GIFT BOX (1150g) £49.99

Indulge someone special with our luxurious skincare gift box.
Contains: Pomegranate, Bilberry & Rose Cleansing Lotion 150ml, Revitalising Skin Tonic 150ml, Smoothing Eye Cream 15ml, Day Cream 60ml, and Nourishing Night Cream 60ml.

Box Sets

SET ONE (360g) £37.95

Eucalyptus, Geranium, Lavender, Lemon, Rosemary and Tea Tree*

SET TWO (360g) £40.95

Bergamot, Grapefruit, Ylang Ylang, Orange, Rosewood and Lemongrass*

SET THREE (360g) £51.95

Chamomile Roman, Cypress, Juniper, Mandarin, Patchouli and Peppermint*

SET FOUR (360g) £59.95

Ginger, Black Pepper, Frankincense, Fennel Clary Sage and Thyme*

SET FIVE (650g) £69.95

Bergamot, Eucalyptus, Geranium, Grapefruit, Lavender, Lemon, Lemongrass, Orange, Rosemary, Rosewood, Tea Tree and Ylang Ylang*

SET SIX (650g) £103.95

Black Pepper, Chamomile Roman, Clary Sage, Cypress, Fennel, Frankincense, Ginger, Juniper, Mandarin, Patchouli, Peppermint and Thyme*

SET SEVEN (650g) £163.95

Bergamot, Black Pepper, Chamomile Roman, Clary Sage, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Juniper, Lavender, Lemon, Lemongrass, Mandarin, Orange, Patchouli, Peppermint, Rosemary, Rosewood, Tea Tree, Thyme and Ylang Ylang*

*Each Essential Oil: 10ml

You may not want one of our boxed sets, so why not make up your own? Select 6 or more oils from pages 6 and 7 and deduct £5.90 from the cost of ANY size wooden box. Select 12 or more oils from pages 6 and 7 and deduct £6.35 from the cost of the 12 x 10ml. Select 24 oils from pages 6 and 7 and deduct £6.90 from the cost of the 24 x 10ml wooden box.



Carrier Oils

We offer a large range of Carrier Oils. These neutral oils are used to dilute Essential Oils so that they can be used on the skin. We also supply pre-blended base oils. If you're unsure which oils are suitable for your requirements do not to hesitate to contact us.



	25ml	50ml	100ml	250ml	500ml	1 litre	5 litre	25 litre
ALMOND (Sweet) (<i>Prunus amygdalus dulcis</i>)			£1.85	£3.25	£5.55	£8.79	£33.85	£152.75
ALMOND (Sweet Organic) (<i>Prunus amygdalus dulcis</i>)			£3.55	£7.89	£15.25	£28.99		
APRICOT (<i>Prunus armeniaca</i>)			£3.15	£5.75	£9.99	£16.45	£66.59	
ARGAN (<i>Argania spinosa</i>)			£22.15	£53.19	£104.95	£206.35		
AVOCADO (Organic) (<i>Persea americana</i>)			£4.09	£8.15	£14.79	£26.05		
AVOCADO (Refined) (<i>Persea americana</i>)			£3.49	£6.65	£11.89	£20.19	£85.35	
AVOCADO (Unrefined, Cold Pressed) (<i>Persea americana</i>)			£3.65	£6.99	£12.49	£21.45		
BORAGE SEED (<i>Borago officinalis</i>)		£9.85	£18.35	£43.69	£85.95			
CARROT (<i>Daucus carota</i>)		£4.99	£8.65	£19.55	£37.65	£71.69		
CASTOR OIL (<i>Ricinus communis</i>)			£3.35	£5.05	£8.65	£13.69		
COCONUT (Solid) (<i>Cocos nucifera</i>)				£5.55	£8.89	£16.05		
COCONUT (Fractionated) (<i>Cocos nucifera</i>)			£3.85	£7.45	£13.49	£23.39	£101.39	
EVENING PRIMROSE (<i>Cenothera biennis</i>)			£4.55	£9.29	£17.15	£30.79	£138.25	
GRAPESEED (<i>Vitis vinifera</i>)					£5.35	£8.39	£31.69	£141.89
JOJOBA (<i>Simmondsia chinensis</i>)			£5.55	£11.85	£22.19	£40.85	£188.45	
LECITHIN (Supplied in jars) (<i>Soya-glycine max</i>)			(120ml) £4.19	£8.35	£15.29			
MACADAMIA (<i>Macadamia integrifolia</i>)			£3.75	£7.29	£13.15	£22.75	£98.05	
MUSTARD SEED OIL (<i>Brasica alba</i>)			£9.55					
OLIVE OIL (Refined Virgin) (<i>Olea europaea</i>)			£1.95	£3.49	£5.99	£9.69	£38.35	
OLIVE OIL (Extra Virgin) (<i>Olea europaea</i>)				£2.49	£4.05	£6.99	£26.95	
PALM (<i>Elaeis guineensis</i>)				£5.59	£9.69	£15.85	£63.45	
PEACH KERNEL (<i>Prunus persica</i>)				£6.75	£11.99	£20.39	£86.39	
ROSEHIP (Organic) (<i>Rosa mosqueta</i>)	£8.19	£12.65	£18.39	£34.99	£50.19	£78.55		
SESAME (Cold Pressed) (<i>Sesamum indicum</i>)			£3.49	£6.65	£11.89	£20.19	£85.35	
VITAMIN E (Derived from Wheatgerm 2200 IU per kilo)			£5.15	£10.75	£20.05	£36.49	£166.79	
WHEATGERM (<i>Triticum vulgare</i>)			£4.99	£10.45	£19.39	£35.25	£160.55	



Macerated Oils

These oils are made by a process of cold infusion. The herb is submerged into Sweet Almond (SA) or Sunflower seed oil (SS) and left for up to a month for the maceration to take place. The oil is then filtered and the properties of the herb retained.

	50ml	100ml	250ml	500ml	1 litre
CALENDULA (SS) (<i>Calendula officinalis</i>)	£4.75	£8.15	£18.29	£35.15	£66.75
COMFREY (SA) (<i>Symphytum officinale</i>)	£4.09	£6.89	£15.15	£28.85	£54.15
MULLEIN (SS) (<i>Verbascum thapsus</i>)	£5.89	£10.49	£24.15	£46.79	£90.05
ST JOHNS WORT (SS) (<i>Hypericum perforatum</i>)	£4.55	£7.75	£17.25	£33.05	£62.49

Floral Waters

Floral Waters are created in the distillation process when producing Floral Essential Oils.

Skin Tip

Floral waters make excellent skin toners

	100ml	250ml	500ml	1 litre	5 litre
DISTILLED WITCHAZEL	£3.35	£6.25	£11.05	£18.55	£77.19
GLYCERINE (Vegetable)	£4.45	£7.89	£14.29	£25.05	£109.49
LAVENDER WATER	£5.25	£11.05	£20.59	£37.65	£172.65
ORANGE FLOWER WATER	£4.45	£8.85	£16.19	£28.59	£126.39
ROSEWATER	£3.99	£7.95	£14.39	£25.19	£110.35
TURPENTINE BP	£3.95	£7.75	£13.99	£24.45	£106.49

Perfume Oils

Our range of perfume oils have been created to mimic natural fragrances at an affordable price, suitable for oil burners and pot pourri.

	10ml	25ml	50ml
DARK MUSK	£2.75	£5.49	£9.35
DEWBERRY	£2.49	£4.95	£8.35
FRANKINCENSE & MYRRH	£2.59	£5.15	£8.75
JASMINE	£2.59	£5.19	£8.85
LAVENDER SPECIAL	£2.49	£4.99	£8.49
RED APPLE	£2.29	£4.55	£7.69
ROSE NO1	£2.65	£5.29	£8.99
ROSE NO2	£2.35	£4.65	£7.95
WHITE MUSK	£2.69	£5.35	£9.15



Christmas Oil

Our superb blend of Cinnamon, Clove, Nutmeg, Orange and Pine Pure Essential Oils.

CHRISTMAS OIL	10ml	£3.85
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Oil Burners & Diffusers

Create beautiful fragrances

Oil Burners and diffusers are an ideal way to infuse oils into the air, whether it's for therapeutic benefits or just as a natural air freshener. We offer a range to suit everyone, from the traditional candle burners to the cleaner, easy to use electric vaporisers, which are particularly useful in the work place.

Need help choosing your Oil Burner?

If you are unsure which is best for you don't hesitate to give us a call on 020 7703 5550 and we will be happy to guide you to the one most suitable for your requirements.

AROMA-STREAM (750g) £22.29

The Aroma-stream works by blowing air through a pad, which holds the oil. As no heat is used the oils are vapourised without changing character. It's whisper quiet in operation, safe, clean and economical.



Extra Oil Pads
£1.95 (25g)

RIO VAPORISER (310g) £15.25

The Rio vaporiser is simplicity itself, using 10% of the electricity of a light bulb. Just add 3 drops of Essential Oil.



AROMA-STONE (432g) £18.35

The new blue Aroma-stone. An electrically heated ceramic vaporiser. A practical alternative to the candle burner.



WARNING - care must be taken when using and filling any ceramic or electric oil burner with liquids.

We have introduced a range of 3 simple Oil Burners, each uses a tea light to heat the oil and comes with easy to follow instructions. Tea lights are available in packs of 10 for 99p



LUNA (340g)	VERDANT (290g)	TOWER (290g)
£4.09	£4.09	£4.09

LAMP RING (82g) £3.09

This simple glazed ring fits on top of a light bulb, fill the reservoir with water, add a few drops of Essential Oil, turn on the light and the room will soon be filled with the fragrance of your choice.



Aroma Diffusers

Create a peaceful, natural and healthy environment with these easy to use and maintain Aroma Diffusers. Utilising ultrasonic technology, tap water and essential/fragrance oils, these Aroma Diffusers create a soothing, healthy and aromatic mist which also disperses negative ions into the air. No heat source is required.



BLISS AROMA DIFFUSER (850g) £34.99

The Bliss Aroma Diffuser is available in 3 colours - Amber, Aqua and Rose.

ZENBOW AROMA DIFFUSER (650g) £44.99

Zenbow includes colour changing mood lighting which gradually changes through the complete colour spectrum with the added features of 'favourite colour selection' and 'no light' modes.



Aroma candles

Here at Baldwins we've developed our own blend of soy wax and beeswax to produce a slow, clean burning candle with a warm, lantern-style cosy glow. The soy wax used is from renewable resources and contains no genetically modified materials. The stylish cubed candles are complimented with cotton beeswax-coated wicks and are perfumed with pure essential oils.

10p from the profit on each candle sold is donated to the Bees For Development Trust helping to alleviate poverty through beekeeping and at the same time promoting good bee husbandry for this much needed and now fragile species.

AROMA CANDLES 116g (130g) £6.09

Single scents

CEDARWOOD Earthy
CINNAMON Spicy
CITRONELLA Midge deterrent
GERANIUM Balancing
LAVENDER Relaxing
LEMONGRASS Uplifting
SAGE Purifying
YLANG YLANG Romantic

Blends

CEDARWOOD & ORANGE Warming and Comforting
EUCALYPTUS & PEPPERMINT Clarifying and Stimulating
GERANIUM & LEMON Balancing and Refreshing
LAVENDER & CHAMOMILE Calming and Soothing
PATCHOULI & LIME Musky and Exotic
YULETIDE Our own blend of festive oil which contains Clove, Nutmeg, Cinnamon, Pine and Orange.



Bath Accessories

1 NATURAL LOOFAH (70g) £4.39

The natural way to exfoliate your skin. Approx 35cms long.

2 LOOFAH BRUSH (125g) £4.95

Great for exfoliating those hard to reach places.

3 LOOFAH MITT (50g) £2.75

Loofah in a handy mitt, easy to use, makes the perfect shower companion.

4 LOOFAH PAD (35g) £2.09

Baby brother of the Loofah Mitt, a Loofah pad with a strap.

5 PUMICE STONE (35g) £1.65

With its sponge like texture – pumice is perfect for removing hard – dry skin and polishing off rough spots and calluses.

6 FLANNEL (55g) £1.99

Made of 100% pure unbleached Cotton.

7 NAIL BRUSH (60g) £1.85

Natural Bristle.

8 BATH BRUSH (165g) £7.09

Natural Bristle can be used on or off the handle.

9 BACK SCRUBBER (125g) £4.99

36cm long brush with a rope handle at each end, this completely solves the back scrubbing problem.

10 SMALL BRUSH (125g) £4.99

Made from Sisal, useful for all washing purposes.

Blacksoap



This soft soap is formulated using olive oil rich in vitamin E. It prepares the skin for deep exfoliation by activating the epidermis, capillary and lymphatic circulations leaving your skin soft and free of accumulated toxins, impurities and dead cells. Apply the soap to warm skin, and leave for 3–4 minutes. Then rinse thoroughly with water. After you've rinsed using a Kesse (granular fabric mitt), proceed to exfoliate the body. Suitable for all skin types. Contains no irritants. Dermatologically tested.

BLACKSOAP 200g (340g) £14.99

Larger sizes available upon request.

KESSE (Granular fabric mitt) (40g) £2.19



Make your own soap

New Soap Making Kit

Many customers have asked for soap-making kits recently, and in response we have put together this nifty little kit for budding soap-makers.

Each kit comes with a 6-bar silicon soap mould which can be used time and time again, as well as 500g of each soap base, some dried flowers, and your choice on one of four 10ml essential oils. Lovingly prepared with a handy guide to making your soap, the Baldwins Soap Kit is the ideal way to get into this popular craft.

Just say whether you would like Lavender, Tea Tree, Ylang Ylang, or Geranium Oil with your kit.

(1900g)
£41.89



Melt and Mould Soap Crafting

C. Kaila Westerman

The complete guide to Melt and Mould soap making,

contains over 30 recipes and ideas for making melt and mould soap.
£11.99



Soap Moulds

Silicon Soap Moulds

Unique to Baldwins these soap moulds are perfect whether you're producing your own soap from scratch or just creating a few bars of melt and mould.

Made using high quality, silicon each mould should last many years of soap production.

All moulds are 6 bar size but we offer a discount if you want to buy more than one.

1 Mould	(650g) £30.59
2 Moulds	(1300g) £58.19
3 Moulds	(1950g) £84.75
4 Moulds	(2600g) £107.19

Melt and Mould Soap

The easy way to start soap making is with our Melt and Mould soap.

So easy to use, melt in a Microwave or Bain Marie, add fragrance, colour, dried flowers or anything else leave to set for a couple of hours and Voilà you're a soap maker.

Clear	(500g) £3.29	(1kg) £6.15
White	(500g) £3.29	(1kg) £6.15

New Soap Mould

- ♥ Massage Bar
- ♥ Silicone Soap Mould
- ♥ Extra Durable Easy Release



Make your own massage bar with this unique two cavity silicone mould. The shape is cleverly designed with specially stimulating massage nodules to aid relaxation, blood circulation and combat cellulite – or to simply ease those aching muscles. The super flexible and durable silicone used for this mould makes for very easy de-moulding of this complex shape.

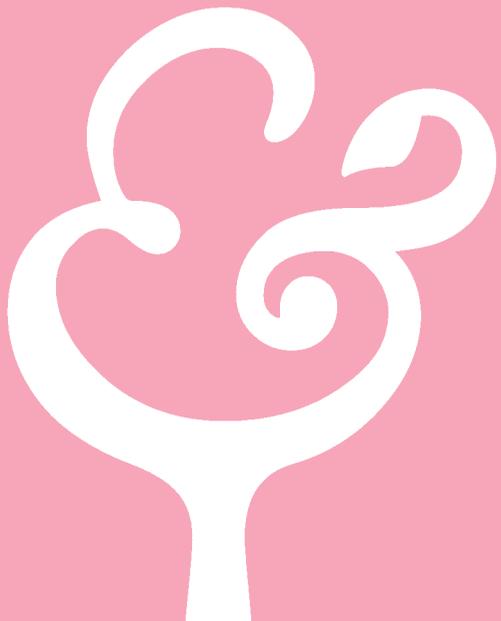
SOAP MOULD (340g)
£20.95

Bar measures approx 8x6x3cm.

Produces a soap bar weighing approx 125g (dependent on soap type)

Beauty

Our Beauty section contains our own hair and body products, Baldwins Natural Soaps as well as other popular ranges of natural beauty care products.



The fragrances used in Laughing Bird products are all 100% natural, with no parabens or petro-chemicals.



The Ultimate in Skin Care

Pomegranate, Bilberry & Rose



by G Baldwin & Co

We at Baldwins have formulated a sumptuous range of highly effective skincare products consisting of naturally derived and high performance key ingredients including pomegranate, bilberry and rose together with botanical extracts, organic hydrosols plus an essential oil blend of unparalleled luxury.

Suitable for all skin types

250ml (350g)

POMEGRANATE, BILBERRY & ROSE BODY LOTION
With Lotus Flower, Poppy Seed & Apricot £10.99

A wonderful combination of skin revitalising lotus flower extract with moisture retaining poppy seed oil and the

light but nourishing oil of apricot kernel.

Our deliciously scented, fast absorbing, non greasy body lotion sinks in quickly and will keep your skin smooth as silk and feeling remarkably pampered.

150ml (300g)

POMEGRANATE, BILBERRY & ROSE RICH CLEANSING LOTION
With White Clay, Papaya & Passion Seed Oil £9.19

Kaolin and papaya together with the botanical extract of purifying red clover gently removes everyday grime, excess oil and makeup leaving your skin clean, bright and radiant

150ml (300g)

POMEGRANATE, BILBERRY & ROSE ALCOHOL-FREE REVITALISING SKIN TONIC With Floral Waters, Aloe Vera & Cucumber £9.19

A refreshing and revitalising combination of floral hydrosols, healing aloe vera juice and the naturally moisturising extract of cucumber to leave your skin toned, fresh and comfortable. Organic Witchazel is added to provide a gentle astringent action.

NEW Men's Range

Green Tea and Frankincense

by G Baldwin & Co

Green tea and frankincense, well known for their anti-inflammatory and anti-bacterial properties, are combined with a heady fusion of essential oils and an appealing blend of effective ingredients especially chosen to improve skin condition, feel and appearance.

100ml (260g)

GREEN TEA & FRANKINCENSE HYDRATING SKIN LOTION
With Ginseng, Chickweed & Jojoba £9.99

Chickweed and jojoba oils are blended with ginseng, which contains a rich source of ginsenosides, shown to stimulate collagen synthesis. These may help improve skin tone and promote a healthy looking complexion through their skin softening and smoothing properties.

15ml (60g)

POMEGRANATE, BILBERRY & ROSE SMOOTHING EYE CREAM
With Arnica Oil, Melon Seed & Borage £8.19

Our light, easily absorbed cream containing the refreshing hydrosols of rose, lavender, geranium and orange blossom glides smoothly over the eye area giving a long lasting hydrating effect. Organic arnica and borage oils together with biosaccharide gum may help reduce dark circles and puffiness whilst preventing moisture loss.

60ml (160g)

POMEGRANATE, BILBERRY & ROSE REJUVENATING DAY CREAM
With Honeybush Tea, Kiwi Seed Oil & Blackcurrant £11.25

A combination of highly valued fruit oils to promote skin softness, a blend of honeybush, green tea and white tea packed with anti oxidants to protect the skin from harmful free-radicals and the soothing, smoothing properties of saccharomyces yeast lysate for the upmost in daytime skin care.

60ml (160g)

POMEGRANATE, BILBERRY & ROSE NOURISHING NIGHT CREAM
With Oat Oil, Ginseng & Ginkgo £11.25

Full of nutrient-rich oat oil, soothing calendula and a special blend of ginseng, gotu kola and ginkgo our night cream offers a significant improvement in skin smoothness. A yeast-derived, collagen promoting hexapeptide may help reduce the appearance of fine lines and promote an over all soft skin feel.



60ml (160g)

GREEN TEA & FRANKINCENSE EXFOLIATING FACIAL SCRUB
With Bamboo, Birch Bark and Candellia £7.99

A gently toning and deep cleansing scrub using finely milled bamboo particles with moisturising candellia wax beads, rounded nut granules and mildly astringent birch bark extract, for a super smooth and polished skin.

100ml (160g)

GREEN TEA & FRANKINCENSE REFRESHING FACIAL WASH
With Cucumber, Seaweed & Aloe £8.49

It's fresh and mild with revitalising cucumber and cooling aloe vera juice blended with toning extracts of seaweed, to leave your skin thoroughly cleansed of everyday grime and pollutants.

10ml (40g)

GREEN TEA & FRANKINCENSE SMOOTHING SHAVING OIL
With Argan Oil, Shea & Marula £4.99

We have blended the nutritive, lubricating and non greasy oils of argan, shea and marula for a non-irritating and chemical-free smooth skin-conditioning shave.

Our hair and body product range provides the perfect antidote for today's hectic, mass produced lifestyle. This carefully selected collection of oils and natural products will help soothe and restore body and soul.



Face Oils

Normal

Pure essential oils of Rose (maroc), Lavender, Lemon and Chamomile (maroc) combined with Apricot, Evening Primrose and Vitamin E provide a nourishing and restorative moisturizing oil for dry to normal skin types.

	50ml
NORMAL	£5.25

Dry

A deeply moisturizing blend of Apricot, Wheatgerm, Avocado, Jojoba and Vitamin E combined with pure essential oils of Geranium, Benzoin, Chamomile (maroc), Patchouli and Sandalwood to soothe, nourish and rehydrate dry, ageing and sensitive skin.

	50ml
DRY	£3.65

Oily

Pure essential oils of Sweet Orange, Lemon, Petitgrain, Juniper, Rosemary and Frankincense when combined with Grape seed, Hazelnut and Carrot provide a gentle antiseptic and astringent action assisting the balancing process to take place. Ideal for oily and blemished skin.

	50ml
OILY	£3.59

Body and Bath Oils

Everyday aches and pains

Nutmeg, Eucalyptus, Marjoram, Rosemary and Black Pepper provide a deeply restorative effect following physical exertion.

	50ml	100ml
BODY OIL	£3.75	£5.39
BATH OIL	£5.99	

De-toxifying

Grapefruit, Fennel and Juniper together with Oregano and Cypress produce a toning effect stimulating the breakdown of cellulite.

	50ml	100ml
BODY OIL	£3.39	£4.95
BATH OIL	£6.19	

Harmonising

Lavender, Marjoram and Geranium have been blended to produce a relaxing oil to soothe restore and balance the system.

	50ml	100ml
BODY OIL	£3.59	£5.19
BATH OIL	£6.95	

Refreshing

A spicy formula combining Orange and Geranium, this blend is designed to refresh and revitalise both mind and body - the ideal blend for those jaded moments.

	50ml	100ml
BODY OIL	£3.29	£4.75
BATH OIL	£5.55	

Revitalising

An exhilarating blend of Lavender, Peppermint and Lemon, guaranteed to wake you up and leave you feeling raring to go!

	50ml	100ml
BODY OIL	£3.25	£4.65
BATH OIL	£5.65	

Sensual

An exotic blend of Essential Oil of Rose (maroc), Jasmine and Ylang Ylang provide a euphoric concoction when combined with the uplifting qualities of Sweet Orange, Clary Sage and the balancing properties of Sandalwood, particularly nourishing for Dry, Mature Skin.

	50ml	100ml
BODY OIL	£5.85	£8.45
BATH OIL	£9.19	

Soothing

The soothing and relaxing properties of Lavender and Chamomile (maroc) have been carefully blended with Bergamot for its uplifting qualities and Neroli known for its sensual effects to produce a luxuriant skin-oil.

	50ml	100ml
BODY OIL	£5.75	£8.29
BATH OIL	£7.59	

Body Washes

As part of the range we use the ancient art of Aromatherapy to bring you the therapeutic benefits of top quality Essential Oils within a luxuriantly rich gel. The effect upon showering is a soft creamy lather, which deeply cleanses away the pollutants of today's world with irresistible fragrances to uplift the senses. Refreshing yet soothing both mind and body. Can be used as bath foam. For maximum enhancing effect, use in conjunction with our complementing Soaps and Body Balms.

CITRUS BODY WASH (270g) 250ml £4.85

CITRUS SOAP (120g) £3.09

With Mandarin, Grapefruit and Lime. If you lack energy these zesty fragrances, together with that of Lemongrass, Bergamot and Lemon will awaken and refresh you. Enlivening both body and mind.

MOISTURISING BODY WASH (270g) 250ml £4.85

MOISTURISING SOAP (120g) £3.09

A luxurious combination of Essential Oils. The lingering floral fragrance of Ylang Ylang harmonises perfectly with Lavender and Orange to soothe and uplift the mind. Enriched with the replenishing properties of Geranium and Jojoba to leave your skin feeling smooth, supple and protected from dryness.

REVITALISING BODY WASH (270g) 250ml £4.99

REVITALISING SOAP (120g) £3.09

An exhilarating blend of Lavender, Peppermint and Lemon, guaranteed to wake you up and leave you feeling raring to go!



250ml (270g)

CITRUS BODY BALM £4.85

The perfect compliment to the Citrus Body Wash, enlivens the mind and body.

250ml (270g)

MOISTURISING BODY BALM £4.95

With the floral fragrance of Ylang Ylang this balm will leave your skin feeling smooth and supple.

250ml (270g)

REVITALISING BODY BALM £4.99

Lavender, Peppermint and Lemon will wake you up and feeling ready to go.

Body Balms

Shampoo and Conditioners

250ml (270g)

SHAMPOO FOR NORMAL HAIR £4.99

Gentle yet deeply cleansing and refreshing with Orange, Geranium, Bergamot and Lemon to assist in the removal of residue 'build up' leaving hair strong and shiny. Starflower, Carrot and Jojoba ensure good condition is maintained. For maximum benefit use in conjunction with:

250ml (270g)

GERANIUM, ORANGE & JOJOBA CONDITIONER £4.85

For increased strength and manageability and a healthy shine.

250ml (270g)

SHAMPOO FOR DRY HAIR £5.69

For dry, damaged and brittle hair the combination of Parsley, Sandalwood and Chamomile provides a restorative effect further enhanced by the nourishing benefits of coconut oil. A gentle shampoo which together with:

250ml (270g)

YLANG YLANG & LAVENDER CONDITIONER £5.15

Will protect and restore vitality to dry, damaged hair.

250ml (270g)

SHAMPOO FOR OILY HAIR £5.25

Essential Oils of Rosemary, Thyme, Eucalyptus, Peppermint and Lavender are combined to produce a clarifying shampoo gentle enough for daily use. Revitalising lank, frequently washed hair in conjunction with:

250ml (270g)

ROSEMARY AND THYME CONDITIONER £4.75

Will restore balance to oil prone, lifeless hair.

250ml (270g)

ANTI DANDRUFF SHAMPOO £4.99

Astringent, antibacterial shampoo for healthy scalp and radiant hair. Essential Oils of Eucalyptus, Peppermint, Lemon, Basil and Tea Tree strengthens, adds shine and stimulates the hair and scalp. Purifying and soothing to the skin especially where dry, scaly dandruff is a problem. Use in conjunction with:

250ml (270g)

SAGE AND TEA TREE CONDITIONER £4.75

Enriched with Coconut and Evening Primrose to maximise beneficial conditioning effects.

Other

60ml (160g)

FOOT LOTION £3.95

120ml (230g)

£5.75

A light soothing lotion which combines the cooling and refreshing effects of Peppermint Oil with the antiseptic deodorising properties of Eucalyptus and Rosemary to revive tired legs and weary feet. The addition of Benzoin helps to ensure its moisturizing effects.

50ml (115g)

INFANT MASSAGE OIL £2.45

100ml (185g)

£3.35

This specially formulated oil moisturizes and protects babies skin. The unique blend of Chamomile and Lavender in a Sweet Almond base is suitably gentle yet effective in its soothing properties.

Baldwins Base Products

Our range of unfragranced Baldwins Bases is the perfect way for you to create your own, unique range of natural creams, shampoos, lotions, conditioners and massage oils. Starting with any base you can blend in your own personal touches and still be certain that the end result is mild, gentle and pure. If you prefer to know exactly what goes on to what you put in, Baldwins Bases are the right solution – naturally.

Make your own personal care products, follow one of our simple recipes.

Change the appearance of your product with natural food colours.

Recipe ideas...

Wake up!

BATH & SHOWER

Add the following blend to 50ml Bath and Shower gel for a shower that will kick start your day.

8 drops – LAVENDER
4 drops – PEPPERMINT
2 drops – LIME

Stimulate!

HAIR CONDITIONER

Add this blend to 50ml conditioner base to stimulate dry, treated or damaged hair.

7 drops – LEMON
6 drops – CYPRESS
2 drops – BASIL

Shine!

ENHANCING SHAMPOO

For silky, glossy and soft hair, add this blend to 50ml Shampoo base.

7 drops – EUCALYPTUS
5 drops – ROSEMARY
3 drops – LAVENDER

Luscious!

LOTION

Add to 50ml Lotion base, a good moisturiser for dry or mature skin.

6 drops – GERANIUM
3 drops – YLANG
3 drops – SANDALWOOD
3 drops – ROSEWOOD

First step, which base?

Our blended base oils are ideal for those of you who wish to prepare your own Massage and Bath Oils. The General Base is useful for all Massage applications. The Richer Base is particularly suitable for those who are looking for a more nourishing effect. The Dispersible Bath Base, when mixed with your choice of Essential Oils, produces a beautiful Bath Milk.

Then you will need...

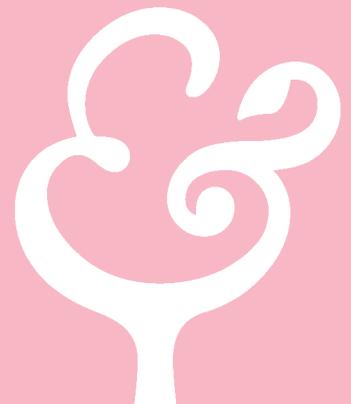
Equipment: Measuring jug, spoon and an empty container.

Ingredients: Baldwins base product, herbs, essential oils, tinctures or fresh produce of your choice.

Now make your very own product!

Making your own tailored product is easy, follow the four step guide below and you will soon be on your way. First gather all the equipment and ingredients needed, then take one of our base products and pour the correct measurement into the jug.

Next add the Baldwins essential oil, herb or tincture of your choice. If you like you can even add fresh produce such as avocado, herbs, or honey. Blend the ingredients together ready to pour into a suitable storage container. Your personalised product is ready for use. It really is that easy! But remember, if you've used fresh produce you must use it within a day for the best results.



Baldwins Base Products are PEG and SLS Free

with No Artificial Fragrances.

Bath Milk Base

Produces a luxurious bath milk

Ingredients: Glycine, Soja, Cetearyl, Octanoate, Peg-40, Sorbitan, Peroleate.

100ml (116g)	250ml (290g)	500ml (580g)	1 litre (1110g)
£2.39	£5.45	£7.75	£14.69

Base Lotion

A mild and gentle base lotion

Ingredients: Aqua (water), Glycine Soja (Soybean) Oil, Cetyl Alcohol, Cetearyl Alcohol, Ceteareth 30, Cetrimonium Bromide, Methylchloroisothiazolinone, Methylisothiazolinone.

250ml (290g)	500ml (580g)	1 litre (1110g)
£5.59	£8.59	£16.49

Cleanser Base

A mild and gentle cleanser base

Ingredients: Aqua (water), Helianthus Annus, Cetearyl Alcohol and Ceteareth 30, Methylchloroisothiazolinone, Methylisothiazolinone, Aloe Barbadensis, Triethanolmine, Carbomer.

250ml (290g)	500ml (580g)	1 litre (1110g)
£4.45	£6.39	£12.05

Conditioner Base

A nourishing conditioner base

Ingredients: Aqua (water), Cetyl Alcohol, Isopropyl Myristate, Cetrimonium Chloride, Methylchloroisothiazolinone, Methylisothiazolinone, Benzyl Alcohol.

250ml (290g)	500ml (580g)	1 litre (1110g)
£4.85	£6.59	£12.25

Light Base Cream

A light and gentle base cream

Ingredients: Aqua (water), Prunus dulcis (Sweet Almond Oil), Glyceryl stearate, Cetearyl Alcohol and Ceteareth 30, Cocos Nucifera (Coconut Oil), Polysorbate 60, Jojoba Esters, Glycerin, Isopropyl Myristate, Tocopheryl Acetate (Vitamin E), Methylchloroisothiazolinone, Methylisothiazolinone.

250ml (290g)	500ml (580g)	1 litre (1110g)
£5.59	£8.59	£16.49

Massage Oil Base

Ingredients: A blend of Sweet Almond, Grapeseed, Vitamin E, Evening Primrose and Wheatgerm Oils.

100ml (185g)	250ml (290g)	500ml (580g)	1 litre (1110g)
£1.95	£4.09	£5.59	£10.55

Richer Massage Oil Base

Ingredients: A blend of Sweet Almond, Coconut, Grapeseed, Jojoba, Avocado, Evening Primrose, Vitamin E and Wheatgerm Oils.

100ml (185g)	250ml (290g)	500ml (580g)	1 litre (1110g)
£1.99	£4.39	£6.25	£11.85

Shampoo Base

A mild and gentle shampoo base

Ingredients: Aqua (water), C14-C16 Olefin Sulphonate, Cocamidopropyl Betaine, Sodium Chloride, Glycol Distearate, Benzyl Alcohol, Methylchloroisothiazolinone, Methylisothiazolinone.

250ml (290g)	500ml (580g)	1 litre (1110g)
£4.55	£5.99	£11.15

Shower Gel and Bath Base

A gentle bath and shower gel

Ingredients: Aqua (water), Sodium C14-16 Olefin Sulphonate, Cocamidopropyl Betaine, Sodium Chloride, Methylchloroisothiazolinone, Methylisothiazolinone, Benzyl Alcohol.

250ml (290g)	500ml (580g)	1 litre (1110g)
£4.85	£6.59	£13.29

Thick Base Cream

A mild and gentle base cream

Ingredients: Aqua (water), Prunus dulcis (Sweet Almond Oil) Glyceryl Stearate, Cetearyl Alcohol and Ceteareth 30, Cocos Nucifera (Coconut Oil) Polysorbate 60, Jojoba Esters, Glycerin, Isopropyl Myristate, Tocopheryl Acetate (Vitamin E), Methylchloroisothiazolinone, Methylisothiazolinone.

250ml (350g)	500ml (580g)	1 litre (1110g)
£5.59	£8.59	£16.49

Olive Tree Base Products



Image source: Koehler's Medicinal-Plants 1887

Body Wash

A very mild non irritating formula provides excellent cleansing leaving even the most delicate types fresh and ready to go.

Ingredients: Aqua (water), Sodium coco sulphate (mild coconut derived cleansing/foaming agent), Disodium cocoamphodiacetate (very mild coconut derived cleansing agent), Glycerin (plant derived emollient/humectant), Soy protein (moisturizing nutrient), Carageenan (seaweed – thickener), Potassium sorbate (mild organic acid, anti fungal), Olea europaea (olive) leaf extract (organically grown anti bacterial, anti oxidant), Xanthan gum (natural product thickener/stabilizer), Citric acid (ph modifier)

250ml (350g)	500ml (580g)	1 litre (1110g)
£5.29	£7.85	£14.95

Shampoo

A gentle but deep cleansing shampoo mild enough for every day use. Wheat protein and D Panthenol smooth the hair shaft and add shine and freshness to all hair types.

Ingredients: Aqua (water), Sodium coco sulphate (coconut derived mild cleansing and foaming agent), Disodium cocoamphodiacetate (very mild coconut derived cleansing agent), Glycerin (vegetable derived emollient/humectant), Wheat protein (nutrient – smoothes hair shaft), D Panthenol (naturally occurring pro vitamin B5 to promote hair shine and beauty), Carageenan (seaweed – thickener), Potassium sorbate (mild organic acid, anti fungal), Olea europaea (olive) leaf extract (organically grown anti bacterial, anti oxidant), Xanthan gum (natural product thickener/stabilizer), Citric acid (ph modifier)

250ml (350g)	500ml (580g)	1 litre (1110g)
£4.69	£6.69	£12.75

Hair Conditioner

A lovely rich and creamy conditioner made with ingredients to leave all hair types exceptionally sleek, healthy and easy to manage.

Ingredients: Aqua (water), Behentrimonium methosulfate and Cetyl alcohol and Butylene glycol (GMO free plant derived conditioning/detangling emulsifier), Cetearyl olivate and Sorbitan olivate (emulsifying esters of olive oil fatty acids), Cetyl palmitate and Sorbitan palmitate (stabilizing esters of olive oil fatty acids), Jojoba oil (emollient), Glycerin (plant derived humectant), Wheat protein (nutrient, smoothes the hair shaft), Olea europaea (olive oil) unsaponifiables (emollient), D Panthenol (naturally occurring pro vitamin B5 to promote hair shine and beauty), Potassium sorbate (mild organic acid, anti fungal), Olea europaea (olive) leaf extract (organically grown anti bacterial, anti oxidant), Guar hydroxypropyl trimonium chloride (derived from guar gum for its conditioning properties), Citric acid (ph modifier)

250ml (350g)	500ml (580g)	1 litre (1110g)
£5.29	£7.85	£14.95

A range of luxury unscented skin friendly personal care products based on the moisturising, conditioning and softening cosmetic properties of Olive Oil.

All ingredients derived from natural sources.

- PEG Free
- SLS Free
- No Petrochemicals
- No Artificial Fragrances
- No Harmful Preservatives.

Light Base Cream

Great for those with a more oily skin type or as a light day cream for all. Leaves the skin velvety smooth.

Ingredients: Aqua (water), Olea europaea (organic olive oil, emollient), Prunus dulcis (organic almond oil, emollient), Cetearyl olivate and Sorbitan olivate (emulsifying esters of olive oil fatty acids), Butyrospermum parkii (organic shea butter, skin emollient), Olea europaea (olive oil) unsaponifiables (skin emollient), Cetyl palmitate and Sorbitan palmitate (stabilizing esters of olive oil fatty acids), Glycerin (plant derived humectant), Tocopherol (vitamin e from soy beans, anti oxidant, promotes a healthy skin), Potassium sorbate (mild organic acid, anti fungal), Olea europaea (olive) leaf extract (organically grown anti bacterial, anti oxidant), Citric acid (ph modifier)

250ml (350g)	500ml (580g)	1 litre (1110g)
£5.95	£9.09	£16.95

Rich Base Cream

A rich and deeply moisturising cream to give your skin a lasting soft and elegant feel.

A perfect day cream for those with dry skin or as an over night cream for skin in need of nourishment.

Ingredients: Aqua (water), Olea europaea (organic olive oil), Cetearyl olivate and Sorbitan olivate (emulsifying esters of olive oil fatty acids), Butyrospermum parkii (organic shea butter, skin emollient), Olea europaea (olive oil) unsaponifiables (skin emollient), Cetyl palmitate and Sorbitan palmitate (stabilizing esters of olive oil fatty acids), Glycerin (plant derived humectant), Tocopherol (vitamin e from soy beans, anti oxidant, promotes a healthy skin), Potassium sorbate (mild organic acid, anti fungal), Olea europaea (olive) leaf extract (organically grown anti bacterial, anti oxidant), Citric acid (ph modifier)

250ml (350g)	500ml (580g)	1 litre (1110g)
£6.15	£9.55	£18.39

Body Lotion

This light, soothing lotion provides emollience and suppleness for the skin without leaving a greasy feel. Perfect for after a morning shower.

Ingredients: Aqua (water), Olea europaea (organic olive oil, emollient), Cetearyl olivate and Sorbitan olivate (emulsifying esters of olive oil fatty acids), Glycerin (plant derived humectant), Butyrospermum parkii (organic shea butter, skin emollient), Olea europaea (olive oil) unsaponifiables (skin emollient), Cetyl palmitate and Sorbitan palmitate (stabilizing esters of olive oil fatty acids), Tocopherol (vitamin e from soy beans, anti oxidant, promotes a healthy skin), Potassium sorbate (mild organic acid, anti fungal), Olea europaea (olive) leaf extract (organically grown anti bacterial, anti oxidant), Xanthan Gum (natural stabilizer, product thickener), Citric acid (ph modifier)

250ml (350g)	500ml (580g)	1 litre (1110g)
£5.95	£9.09	£16.95

Baldwins Natural Luxury Handmade Soaps

We are proud to present our luxury handmade soaps. Handcrafted in small batches especially for Baldwins by the Natural Soap Company in rural Norfolk.

These folks really know how to make a fantastic preparation – which is beautifully finished and wrapped in handmade paper.

If you love good soap, this is as good as it gets!

CARDAMON AND ORANGE (120g)
£3.09

A lovely, exotically scented soap – conjuring souks in Morocco and Turkish coffee! This is all due to the Cardamon in this soap – a beautiful Essential Oil, especially when mixed with Orange, as here.

HEMP (120g)
£3.09

Hemp oil contains essential fatty acids, vitamins and enzymes that are easily absorbed by the skin. Wonderful hemp oil, pressed from the seeds of the Cannabis sativa plant, has been added to this lovely, rich, moisturizing soap. It has the clean scent of Rosemary, Tea Tree and Lavender Essential Oils and has to be tried to be appreciated.

HONEY, LEMON AND OATMEAL (120g)
£3.09

An exfoliating soap designed to gently remove debris from the skin's surface. Honey is added for its moisturizing and anti-bacterial effect and its skin-soothing benefits. Scented with Essential Oil of Lemongrass, Litsea cubeba and a touch of Cedarwood to anchor the Lemon scent.

LAVENDER (120g)
£3.09

Our most popular soap, a beautiful soap with the soothing qualities of Lavender Essential Oil.

MOODY BLUE (120g)
£3.09

A beautiful Aqua Blue soap with small chunks of white scattered through it. The scent is wonderfully fresh, Lavender, Juniper, Lemongrass and Ho Leaf Essential Oils combine to evoke a Mediterranean atmosphere, enjoy!

ROSEMARY (120g)
£3.09

A lovely, old fashioned soap, scented with Essential Oil of Rosemary, Vetivert and Amyris, with the addition of finely powdered Rosemary leaves for gentle exfoliation. Avocado oil is added to soothe the skin.

SHEER SILK (120g)
£3.09

A very special soap! Made to a luxurious recipe, this soap is scented with beautiful feminine scents of Geranium, Lavender and Chamomile, with the added benefits of real silk.

TEA TREE (120g)
£3.09

All the Cleansing and Anti-bacterial properties of Tea Tree Essential Oil combined in a soft natural soap.

YLANG YLANG (120g)
£3.09

We love the euphoric, sensual fragrance of Ylang Ylang.

shampoo soap

TROPICAL COCONUT (135g)
£3.19

A shampoo soap that really does work! Enriched with a wonderful cocktail of exotic oils which will leave your hair soft and shiny.

NO NITS NOW (135g)
£3.19

A shampoo soap that may help in the fight against head lice. Made with Neem oil, an Indian oil, and scented with Cinnamon Leaf and Tea Tree Essential Oils which have been shown to be effective against head lice.

shaving soap

JUNIPER SHAVING SOAP (245g)
£6.55

A soothing shaving soap for men or women, comes in its own handthrown dish. A lovely mixture of emollient oils, plus Fullers Earth for a lasting, rich lather. Scented with Sweet Orange, Juniper and Clove Essential Oils.

BAY SHAVING SOAP (245g)
£6.55

This is scented with traditional Bay Fragrance plus a modern twist – a dash of Lime. Comes in its own handthrown dish. A lovely mixture of emollient oils, plus Kaolin for a lasting, rich lather.



Alternative Range

Laughing Bird

With over thirty years of experience between them, Helen and Mark of Laughing Bird have developed a range of luxurious and beautifully scented natural body care products with a strong commitment to ethics, environmental awareness and a love of nature. All Laughing Bird ingredients are derived from natural sources.

All Laughing Bird products are made from the finest quality ingredients



SHEA BUTTER 120ml (142g)	£5.45
SHEA BUTTER 250ml (328g)	£8.75
SHEA BUTTER 500ml (534g)	£13.09

Providing intensive moisturising qualities, rich with vitamins A, D and E, Laughing Bird shea butter can bring relief to very dry skin conditions and provides a natural barrier sealing in moisture and offering superb daily protection. Their butter is free from any additives, fillers or colouring.

SHEA/COCOA BUTTER BODY CREAM (MORINGA)	250ml (253g)	£10.89
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A beautifully thick and buttery body cream packed with organic shea and cocoa butters and enriched further with Moringa and the highly moisturising oils of organic macadamia, olive and coconut. Scented with essential oils of maychang, ylang ylang, geranium and Jamaican amyris plus organic rosewater this is a truly luxurious experience.

SHEA/COCOA BUTTER BODY CREAM (LAVENDER & CHAMOMILE)	250ml (253g)	£10.89
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Another rich formula but this time with the gentle soothing properties of lavender and chamomile essential oils.

BAOBAB AND ROSEHIP FACE CREAM	60ml (150g)	£9.35
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This rich whipped cream, delicately scented with Orange Blossom, is pure facial bliss. Oils of Rosehip and Baobab, with their high GLA content, deeply moisturise and hydrate the skin resulting in a more soft and youthful complexion. Especially suitable for dry or combination skin and perfect for both day and night.

This is a rich and creamy facial treat made perfect with the deeply moisturising and hydrating combination of baobab, organic macadamia, organic apricot and vitamin e oil.

SHEA & COCOA BUTTER HAND CREAM	120ml (106g)	£8.25
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Created with working hands in mind Laughing Bird have thoughtfully blended organic shea and cocoa butters with the skin conditioning oils of papaya, organic almond and grapeseed. These ingredients, combined with the anti bacterial properties of organic lemon and uplifting geranium, result in a sublime cream your hands will really thank you for.

SHEA & COCOA BUTTER FOOT CREAM	120ml (106g)	£8.25
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Get your feet looking and feeling soft and loved. Cooling peppermint, anti bacterial tea tree and deodorizing juniper are whipped up with shea and cocoa butters and the base oils of melon seed, olive, almond and castor, giving you and your soles a real mate.

SCALP MOISTURISER	120ml (240g)	£6.39
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Dry irritated scalps can cause a lot of discomfort and soreness. Laughing Birds creamy pomade gently alleviates symptoms of itching and redness. Organic shea butter is combined with manketti oil from Namibia and then blended with organic coconut and olive oils. The essential oils of tea tree and rosemary provide anti dandruff and scalp stimulating properties. This is best applied in the evening and, as it is oily, be sure to protect your pillow.

HAIR FOOD	250ml (500g)	£10.89
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This is an elaboration of a recipe we formulated for a top notch braiding salon in south London. It is made especially for Afro Caribbean hair, curly kinky hair or to smooth very dry and damaged hair. Use to lock in moisture, soften and add high sheen and lustre to your locks. It contains d panthenol and oils packed full of enriching vitamins (A, E, B2, and B1) plus locally derived honey and heather beeswax which provide nourishment and help prevent hair damage.

GOATS MILK & SHEA BUTTER SOAPS	(150g)	£3.59
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These eight hand made chunky soaps are created using the cold process method along with fresh milk provided by Laughing Birds much loved goats YumYum and Mitzu who graze happily each day in natural open pasture. Organic coconut, olive, grapeseed, palm (from a sustainable source) and soy oils are blended with wild harvested shea and cocoa butters. Various essential oils are used adding a gentle fragrance to our creamy, effective and long lasting soap bars.

CHAMOMILE AND LAVENDER

Soothing, calming to the skin and relaxing with lavender and chamomile.

CITRUS

Sweet, fruity and vibrant with lime, lemon and tangerine.

SPICE

Warm and exotic with cinnamon, cardamom and orange.

FLOWER

Gentle and light with ylang ylang, geranium, may chang and lavender.

HERB

Fresh, clean and invigorating with basil, lemon, fennel and thyme.

PATCHOULI & LIME

Its back due to popular demand. A blend of deep scented patchouli & sweet uplifting lime.

WELSH SLATE & SAGE

A unique clay-like soap combining slate powder from the famous Penrhyn Quarry with the purifying essential oils of sage and lavender.

WOODLAND

Earthy and masculine with amyris, cedarwood and Petitgrain.



Weleda



Wild Rose Skin Care

New to the catalogue is Weleda's award winning Wild Rose Skin care range. Rose is good for all skin types due to its balancing properties but is especially good for dry and mature skins.

	100ml (305g)	
WILD ROSE CLEANSING LOTION (V)		£8.95
WILD ROSE FACIAL TONER (VE)		£8.95
	30ml (55g)	
WILD ROSE DAY CREAM (V)		£10.95
	10ml (30g)	
WILD ROSE INTENSIVE EYE CREAM (V)		£11.95
	100ml (300g)	
WILD ROSE BODY LOTION (V)		£11.95
	100ml (290g)	
WILD ROSE BODY OIL (V)		£18.95
	30ml (50g)	
WILD ROSE INTENSIVE FACIAL MASK (VE)		£11.95
	30x 0.3ml capsules (125g)	
WILD ROSE INTENSIVE FACIAL OIL (V)		£15.95
	30ml (55g)	
WILD ROSE MOISTURE CREAM (V)		£10.95
	30ml (55g)	
WILD ROSE NIGHT CREAM (V)		£11.95
	100ml (240g)	
WILD ROSE DEODORANT (V)		£8.95
	30ml (95g)	
WILD ROSE DEODORANT (V)		£4.95

V= Vegetarian VE= Vegan

Body Washes

	200ml (245g)	
WILD ROSE CREAMY BODY WASH		£8.50
CITRUS CREAMY BODY WASH		£7.50
SEA BUCKTHORN CREAMY BODY WASH		£7.50
LAVENDER CREAMY BODY WASH		£7.50

Body Care

	30ml (95g)	100ml (240g)
CITRUS DEODORANT	£3.95	£6.95
SAGE DEODORANT	£3.95	£6.95

Mens Range

	100ml (300g)	
AFTER SHAVE BALM		£11.95
	75ml (115g)	
SHAVING CREAM		£6.50
	30ml (60g)	
MOISTURE CREAM FOR MEN		£7.95

Birch

	100ml (300g)	
BIRCH CELLULITE OIL		£18.95

Independent trial and tests have shown that skin elasticity can improve by up to 22% in 28 days and that smoothness of the skin can improve by up to 21% in 28 days.

	150ml (195g)	
BIRCH BODY SCRUB		£8.95

Gently exfoliates and smoothes the skin.

Face & Body Cream

	75ml (115g)	
SKIN FOOD		£8.50

For dry and rough skin.

Toothpaste

	75ml (130g)	
CALENDULA TOOTHPASTE		£3.50

Peppermint free.

	75ml (130g)	
RATANHIA TOOTHPASTE		£3.50

Strengthens the gums.

	75ml (130g)	
SALT TOOTHPASTE		£3.50

	75ml (130g)	
PLANT GEL TOOTHPASTE		£3.50

For delicate gums.

Also available is the Weleda Mind Your Body brochure which lists the full range of Weleda products and their uses.



For more Weleda range of Beauty Products visit our website at www.baldwins.co.uk

Aroma Sticks to Roll

Kind to skin handy roll on sticks with Essential Oil.

Created by Cassie Pilkington. ITEC. BTC. FM.

Cassie's twenty year background includes work as a therapist and consultant, combining a great deal of research into natural healing and holistic beauty care, during which time, she has developed a passion for producing innovative preparations for her many loyal clients.

Quality and care are key policies. Ingredients are carefully selected and cruelty free, incorporating essential oils, which are renowned for their ability to penetrate to the deeper layers of skin, enabling an effective hand blended product, at a very competitive price.

In consultation with Cassie, Baldwins are pleased to present some of her creations which have proved highly popular for both personal use or as an ideal gift.

RESCUE STICK 10ml (35g)
£6.39

Handy stick with many uses. Apply to the temples and forehead to balance/clear the head, e.g. for computer/study work. Antibacterial and soothing action for irritated/problem/over-heated skin conditions.

A great travelling companion. Fresh herbal Aroma with Essential Oils of Lavender, Tea Tree and a hint of Eucalyptus, Rosemary & Mint. Perfume free.

CHILL OUT STICK 10ml (35g)
£7.59

De-Stress with this recipe of pure Lavender Provence, Rose Geranium & Chamomile Essential Oils. Deeply relaxing and restoring for a jaded nervous system, soothing and balancing for everyday stress related states/stressful lifestyles. Lovely aroma. Perfume free.

BLUE OPIUM 10ml (35g)
£9.29

A soothing and sensual aroma, voted a customer favourite. Combining exotic aromatic parfum oil with pure essential oils of Sandalwood Mysore and Ylang Ylang. Gentle creamy formula, lingering and haunting aroma. Great perfume alternative for those who do not suit alcohol bases.

JASMINE ROYALE 10ml (35g)
£10.35

Delicately scented with Turkish Jasmine parfum oil, combined with Jasmine Absolute, recorded to produce a feeling of optimism and confidence. Often used in aromatherapy for uplifting when there is apathy or "feeling low". Lovely aroma with a hint of rose and melissa.

SPECIAL EDITION: ROSE BAROQUE 10ml (35g)
£11.45

With a soft yet exotic aroma, this special treat combines an exquisite rose petal parfum oil and rare essential Rose Otto oil, known to release the happy hormone dopamine. Nick named "The Happy Stick!" by clients who use it as a comfort and gloom buster on bad mood days!



HERBATINT™ and Vegetal™ Colour

Natural hair colours

We stock the complete HERBATINT™ range, you can download the colour chart from our website or we will post one to you.



HERBATINT™ per pack (200g)
£8.75

HERBATINT™ has been formulated using the minimum pharmaceutical chemical ingredients which, balanced with vegetal extracts from plants and herbs creates a unique hair colour formula that not only gently colours your hair but protects and nourishes it. It contains no Ammonia and has been specially formulated from herb extracts and proteins. HERBATINT™ uses rosemary, cinchona and walnut husk, to gently deposit colour, achieving a natural, vibrant result for your hair. Due to its unique composition, HERBATINT™ permanently colours hair without damage - resulting in a natural, subtle colour that not only looks great, but feels good time after time.



VEGETAL™ HAIR COLOUR per pack (110g)
£8.75

A range of true semi-permanent hair colours. These colours enhance the shine and clarity of your natural hair colour whilst greatly improving the condition of the hair. VEGETAL™ hair colour will not do more than mask any but the earliest few white hairs.

**ALOE VERA INTENSIVE
NORMALISING SHAMPOO** 260ml (295g)
£7.20

Suitable for all hair types. It contains coconut extracts that will gently cleanse, condition, and brings shine to even lifeless hair.

**ALOE VERA INTENSIVE
ROYAL CREAM** 260ml (295g)
£7.99

A reconstructing conditioner based on vegetable extracts. Royal Cream will restore brightness, softness and elasticity to the hair. Even treated or fragile hair is left strong and healthy with natural shine.

Herbatint contains
no ammonia and
respects the sensitive
structure
of the hair
and skin

Barefoot

Formed by natural health practitioners, Barefoot Botanicals creates unique body care products from synergistic blends of organic extracts, vitamins and Essential Oils plus special nutrients. We use modern laboratory techniques and over a thousand years of herbal wisdom. Every product is effective, ethical and wonderful to use.

🌿 100% Plant Origin 🌿 FREE from GMOS 🌿 Suitable for Vegans



**Pure Plant alchemy Guaranteed Cruelty Free,
No Synthetic or Genetically Modified Ingredients.**



S.O.S Skin Rescue

Blends of vitamins, special nutrients and organic herbal extracts which soothe, hydrate and relieve dry skin. This range is excellent for dry, cracked skin or those withdrawing from steroid creams.

RESCUE ME FACE & BODY CREAM

This is the Barefoot Botanicals flagship product and fully deserving of its acclaim.

Fantastic for calming dry, irritated problem skin and everything in between. It is a broad spectrum formula and is suitable for men, women and all ages of babies and children from birth upwards. Brilliant as an adjunct to weaning off steroid treatment in conjunction with herbal or homeopathic treatment.

50g tube (68g) £9.95 **100g tube (120g) £17.95**

LIFESAVER MOISTURISING BATH OIL

Everyone loves the therapeutic effects of a long, luxurious, well-deserved bath. But because languid soaks and tap water can actually dehydrate skin, you'll want to discover this: A creamy, soothingly-scented oil that nourishes, cocoons and replenishes even dry, itchy, irritated skin, as it disperses fragrantly. Lie back and wallow.

Just 10ml (1 tbsp) for each bath; 20 baths per bottle. This replaces petrochemical bath products. Allows people with eczema and psoriasis to take a comfortable (not to mention luxurious!) bath.

200ml (220g) £21.95

INTENSIVE CARE DRY SCALP SHAMPOO

Most shampoos get hair clean – but they do so by using harsh, skin-stripping chemical detergents. Which inspired Barefoot Botanicals' homeopathic skin (and scalp) gurus to create the mildest, gently foaming – but completely effective - natural alternative, infused with the freshness of lemon tea-tree. Our experience is that this works quickly to help soothe irritated scalps. Suitable for daily use.

200ml (242g) £12.95

INTENSIVE CARE DRY SCALP CONDITIONER

Nourishing lipids and strengthening, regulating plant extracts soothe and condition fractious scalps.

200ml (230g) £12.95

BODYGUARD SOOTHING BODY WASH

Now you can cleanse your body perfectly, from top-to-toe, in the kindest and most effective way. The creamiest of body washes foams gently, veiling skin with moisture, delicately and upliftingly infused with aromatic essential oils. A bathing experience that promises to leave skin soft, smooth and moisturised – never tight and dry. Unlike most body washes this one really does leave your skin feeling moisturized.

200ml (224g) £15.95

FOOT SOLDIER FOOT BALM

When you've been on your feet all day, ran a marathon, or squeezed into too tight shoes. With the zesty freshness of just-cut grapefruit, this puts the spring back into the weariest step, smoothing and nurturing feet back to baby softness while helping to keep foot woes at bay. Your feet will love you forever.

75ml (66g) £13.95

Rosa Fina

Harnessing the wonderful therapeutic effects of organic Rosa Mosqueta oil, expressed from the seeds of a rare rose from the Andes, this range has a triple effect: Moisturizing, Firming and Toning, resulting in visibly improved skin soon after use.

RADIANCE ANTI-AGEING DAY CREAM

A perfectly balanced cream, easily absorbed, ideally suited for daily maintenance. Use regularly to minimise fine lines and restore suppleness and firmness. Great for normal to combination and mature skins, it leaves your complexion brighter stronger and more even toned.



30g (160g) £22.95

NAKED BEAUTY NOURISHING CLEANSING MILK

More than a cleanser, this product actively nourishes and balances your complexion too. It gives more than it takes away. Especially good for oily skin types. Can be applied then removed with cotton wool or a hot towel or water as preferred.

125ml (236g) £19.95

REVELATION INTENSIVE EYE SERUM

A fabulously light refreshing lotion/gel, easily absorbed for above and below the eyes. Use regularly to minimise fine lines, to ease puffiness and soothe delicate skin tissue. Great for the morning-after-the-night-before.

15ml (58g) £24.95

Bottles and Jars

Whether you require 1 or 1000 bottles we have the range at prices which are hard to beat. Listed below are the prices for one bottle or jar. If you buy a whole pack (pack size in brackets) we offer a discount of 10%.



Alpha drop bottles with plug insert

When you screw on the cap a plastic insert is pushed into the neck of the bottle, this insert will dispense drops when the bottle is inverted. These are the bottles we use to pack our essential oils. The black caps are tamper evident, alternatively any of the alpha range can be fitted with a spray top.

5ml	Amber	29p each	(21g)	(Pack 310)
10ml	Amber	29p each	(26g)	(Pack 279)
25ml	Amber	35p each	(42g)	(Pack 135)
50ml	Amber	35p each	(66g)	(Pack 105)
100ml	Amber	45p each	(100g)	(Pack 68)

Available with Standard or Thick Plugs.

Please specify which plug you require when ordering.



Alpha bottles with plain caps (no insert)

5ml	Amber	29p each	(21g)	(Pack 310)
10ml	Amber	25p each	(26g)	(Pack 279)
25ml	Amber	35p each	(42g)	(Pack 135)
50ml	Amber	35p each	(66g)	(Pack 105)
100ml	Amber	39p each	(100g)	(Pack 68)

Caps

We now offer a choice of three caps to fit the Alpha bottles;



STANDARD PLUG These caps are fitted with the plug that fits in to the neck of the bottle and will dispense a steady flow of drops when using normal viscosity oils.

THICK PLUG Like the standard plug but for use with thick oils.

PLAIN CAP No plug, just a plain cap.



Alpha bottles with pipettes

5ml	Amber	65p each	(37g)	(Pack 310)
10ml	Amber	65p each	(42g)	(Pack 279)
25ml	Amber	69p each	(58g)	(Pack 135)
50ml	Amber	69p each	(82g)	(Pack 105)
100ml	Amber	75p each	(116g)	(Pack 68)

Alpha bottles with spray top

5ml	Amber	85p each	(29g)	(Pack 310)
10ml	Amber	85p each	(34g)	(Pack 279)
25ml	Amber	89p each	(50g)	(Pack 135)
50ml	Amber	89p each	(74g)	(Pack 105)
100ml	Amber	95p each	(108g)	(Pack 68)



Alpha bottles with lotion pump top

5ml	Amber	85p each	(37g)	(Pack 310)
10ml	Amber	85p each	(42g)	(Pack 279)
25ml	Amber	89p each	(58g)	(Pack 135)
50ml	Amber	89p each	(82g)	(Pack 105)
100ml	Amber	95p each	(116g)	(Pack 68)

Bottle and Jars continued



Syrup bottles

Our range of syrup bottles have a wide range of uses and come with either a standard tamper evident black cap or a black pump top.

100ml	Amber	39p each	(120g)	(Pack 104)
150ml	Amber	39p each	(145g)	(Pack 84)
200ml	Amber	45p each	(160g)	(Pack 67)
250ml	Amber	55p each	(175g)	(Pack 49)
300ml	Amber	55p each	(185g)	(Pack 42)
500ml	Amber	69p each	(275g)	(Pack 35)
1000ml	Amber	£1.69 each	(480g)	(Pack 20)

Syrup bottles with lotion pump tops

100ml	Amber	£1.05 each	(136g)	(Pack 104)
150ml	Amber	£1.05 each	(161g)	(Pack 84)
200ml	Amber	£1.05 each	(176g)	(Pack 67)
250ml	Amber	£1.19 each	(191g)	(Pack 49)
300ml	Amber	£1.19 each	(201g)	(Pack 42)
500ml	Amber	£1.29 each	(291g)	(Pack 35)
1000ml	Amber	£2.29 each	(496g)	(Pack 20)



Jars

Our large range of jars come in either clear or amber glass, all come with a black screw top cap. Useful if you make your own creams or to store herbs.

15ml	Clear	45p each	(46g)	(Pack 110)
30ml	Clear	49p each	(55g)	(Pack 110)
60ml	Clear	55p each	(95g)	(Pack 72)
120ml	Clear	65p each	(135g)	(Pack 54)
250ml	Clear	£1.15 each	(270g)	(Pack 40)
500ml	Clear	£1.99 each	(435g)	(Pack 24)

30ml	Amber	49p each	(55g)	(Pack 72)
60ml	Amber	55p each	(95g)	(Pack 72)
120ml	Amber	65p each	(135g)	(Pack 49)
250ml	Amber	£2.15 each	(270g)	-
500ml	Amber	£2.25 each	(435g)	(Pack 24)

Cosmetic jars

30ml	Black	59p each	(130g)	(Pack 175)
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These black cosmetic jars are perfect for storing your home-made creams or cosmetics. We offer a choice of two different lids Black or Silver.

Please specify your choice of lids when ordering.



Beta bottles with pipettes

The natural rubber bulb of the pipette has been treated to make it resistant to essential oils.

10ml	Amber	69p each	(28g)	(Pack 162)
25ml	Amber	69p each	(37g)	(Pack 135)
30ml	Amber	69p each	(42g)	(Pack 130)

Pipettes

Small 10ml	49p each	(16g)
Medium 25ml	49p each	(16g)
Large 30ml	49p each	(16g)

Winchester wide mouth bottles

These wide mouthed amber glass bottles are easy to pour into and out of, making them particularly useful when blending or mixing various oils.

10ml	Amber	55p each	(27g)	(Pack 162)
25ml	Amber	55p each	(36g)	(Pack 135)
30ml	Amber	59p each	(44g)	(Pack 130)
50ml	Amber	55p each	(62g)	(Pack 76)
100ml	Amber	75p each	(95g)	(Pack 86)

The manufacturers have decided to discontinue the larger sizes of Winchester bottles. We have replaced them with the Syrup bottles.

10% discount!
if you buy a
whole
pack
(pack size
in brackets)





Jerricans

When bulk storage of liquids is the requirement a jerrican is the answer, 3 sizes cover every requirement.

5 litre	£1.75 each	(150g)
10 litre	£7.45 each	(500g)
25 litre	£13.79 each	(1100g)

5 litre Pump top	£2.19 each	(80g)
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Spray top (8g)

This handy Spray top is an ideal way to dispense your favourite Baldwins product, and fits our alpha bottles.



69p

Pump top (16g)

This easy to use pump top is great for lotions and creams, and fits our syrup and plastic (PET) bottles.



85p

Spray and Pump tops are sold separately, bottles not included.



Bomex glass beakers

50ml	£2.19	(40g)
100ml	£2.29	(60g)
500ml	£2.29	(110g)
1000ml	£8.15	(300g)

Polypropylene measuring cylinders

10ml	£4.49	(20g)
25ml	£4.55	(25g)
100ml	£7.75	(50g)

Plastic (PET) bottles

We offer a complete range of Plastic bottles these are similar in appearance to the syrup bottles and take the same tamper evident black cap or black pump top.

50ml	Amber	75p each	(20g)
100ml	Amber	75p each	(25g)
150ml	Amber	89p each	(30g)
250ml	Amber	89p each	(32g)
500ml	Amber	£1.49 each	(36g)
1000ml	Amber	£1.55 each	(60g)

Plastic funnel

10cm	£2.89	(45g)
14cm	£6.15	(70g)

Plastic (PET) bottles with lotion pump tops

50ml	Amber	£1.35 each	(36g)
100ml	Amber	£1.35 each	(41g)
150ml	Amber	£1.49 each	(46g)
250ml	Amber	£1.49 each	(48g)
500ml	Amber	£2.15 each	(52g)
1000ml	Amber	£2.19 each	(76g)



Herbs

We believe that we offer the largest selection of retail herbs available. If you cannot find what you're looking for please do not hesitate to contact us and we will do our best to obtain it for you.

For more information on a particular herb check out the HEALTHNOTES link on our web site.

www.baldwins.co.uk

Our discount structure on herbs, roots and powders pages 31–39

THE MORE YOU BUY
THE MORE YOU SAVE



2-4 kgs get **15% off**
the price of the 500g price x 4-8
5 kgs + get **20% off**
the price of the 500g price x 10

The discounts only apply to one product packed in one packet.

World Herbs

Herbs are normally prepared as an infusion.

Add 1 teaspoon to a cup of boiling water, leave to infuse for 5-10 minutes then strain.

Roots and barks are normally prepared as a Decoction.

1-2 teaspoons of the root or bark are placed with 1.5 cups of boiling water in a small saucepan, cover and simmer for 10 minutes, allow to cool and strain.

Powders can be taken either in water (about 1/4 of a teaspoon) or by filling empty capsules.

For empty capsules and capsule filling machine see p46.

Introducing our complete range of herbs, including roots, barks, and powders

a	10g	25g	100g	250g	500g
AGNUS CASTUS (Chaste Tree)	£0.95	£2.69	£5.75	£9.75	£19.49
AGNUS CASTUS POWDER (Chaste Tree)	£1.15	£3.29	£6.99	£11.85	£23.70
AGRIMONY	£1.25	£3.45	£7.35	£12.49	£24.97
ALFALFA POWDER	£1.19	£3.35	£7.09	£12.05	£24.10
ALFALFA SEED	£1.05	£2.89	£6.09	£10.39	£20.77
ALFALFA/LUCERNE	£1.09	£3.09	£6.59	£11.25	£22.50
ALKANET	£1.35	£3.79	£8.09	£13.75	£27.50
AMARANTH	£0.89	£2.49	£4.35	£8.19	£16.37
ANGELICA HERB	£1.65	£4.65	£9.85	£16.75	£33.50
ANGELICA ROOT	£1.69	£4.75	£10.15	£17.25	£34.50
ANGELICA SEED	£1.99	£5.69	£12.15	£20.59	£41.17
ANISEED	£0.89	£2.49	£5.25	£8.95	£17.90
ANISEED POWDER	£1.09	£3.05	£6.49	£11.09	£22.17
ANISEED STAR	£1.39	£3.95	£8.35	£14.25	£28.50
ANNATO SEEDS	£1.15	£3.25	£6.85	£11.65	£23.30
ARROWROOT POWDER	£1.09	£3.09	£6.59	£11.19	£22.37
ASAFOETIDA POWDER	£1.69	£4.79	£10.15	£17.25	£34.50
ASH LEAVES	£1.15	£3.25	£6.89	£11.69	£23.37
AVENA SATIVA (Oats)	£1.25	£3.49	£7.39	£12.59	£25.17
AVENS	£1.59	£4.49	£9.55	£16.25	£32.50
b					
BALM (Melissa)	£1.25	£3.49	£7.39	£12.59	£25.17
BALM OF GILEAD	£2.29	£6.55	£13.95	£23.69	£47.37
BARBERRY BARK	£1.35	£3.79	£8.05	£13.75	£27.50
BARBERRY POWDER	£1.59	£4.45	£9.45	£16.09	£32.17
BASIL	£0.65	£1.85	£3.85	£6.55	£13.10
BAY LEAVES	£0.75	£2.15	£4.49	£7.65	£15.30
BAYBERRY BARK	£6.59	£18.75	£39.89	£67.95	£135.90
BILBERRY HERB	£1.55	£4.45	£9.39	£15.95	£31.90
BIRCH LEAVES	£1.19	£3.39	£7.19	£12.19	£24.37
BISTORT ROOT	£3.05	£8.75	£18.59	£31.65	£63.30
BLACK HAW ROOT	£3.65	£10.35	£21.99	£37.45	£74.90
BLACK ROOT	£6.39	£18.29	£38.89	£66.19	£132.37
BLACKBERRY	£0.99	£2.85	£6.05	£10.29	£20.57
BLACKCURRANT	£1.65	£4.59	£9.79	£16.65	£33.30
BLADDERWRACK	£0.89	£2.45	£5.25	£8.89	£17.77
BLADE MACE	£2.95	£8.35	£17.75	£30.19	£60.37
BLOOD ROOT	£7.35	£20.99	£44.65	£75.95	£151.90
BLUE FLAG ROOT	£2.29	£6.45	£13.75	£23.35	£46.70
BLUE MALLOW	£2.45	£6.99	£15.55	£30.05	£60.10
BOGBean	£2.15	£6.09	£12.95	£22.05	£44.10
BOLDO	£0.89	£2.49	£5.29	£8.95	£17.90
BONESET	£1.25	£3.49	£7.39	£12.59	£25.17
BORAGE	£0.89	£2.49	£5.35	£9.05	£18.10
BRIAR WIST ROOT	£2.29	£6.49	£13.85	£23.49	£46.97
BROOM FLOWERS	£1.55	£4.39	£9.39	£15.95	£31.90
BROOM TOPS	£1.39	£3.99	£8.49	£14.49	£28.97
BUCHU	£4.09	£11.65	£24.79	£42.19	£84.37

Creaking aching joints?

Many of us suffer from joint problems in some form. For many the problem is serious. Ensuring that you include lots of the essential fatty acids in your diet will help keep the joints mobile. So when you reach for a mid morning or afternoon snack make it a handful of seed mix or some nuts. Become a fan of Hemp Seed Oil and use it liberally. If you are non-vegetarian, aim to eat oily fish regularly.

Regular exercise and high impact sports may affect joints. Taking Glucosamine can help prevent damage and general wear and tear.

For those who already suffer from arthritis there is a wide range of products that can help. But remember, your condition has occurred over a number of years so be patient when trying new remedies as it may take a few weeks before you feel an improvement.

As well as making sure you get lots of the essential fatty acids, cutting out any foods from the deadly nightshade family could be of benefit. These include aubergine, peppers, potatoes and tomatoes. Reduce the amount of red meat eaten and if possible cut it out altogether. Avoid fried foods and dairy products, cut down on caffeine (try decaffeinated tea or coffee) and reduce consumption of fizzy drinks.

	10g	25g	100g	250g	500g
BUCKTHORN BARK		£1.09	£3.15	£6.65	£11.29
BUGLEWEED		£2.85	£8.05	£17.05	£29.05
BURDOCK HERB		£1.75	£4.95	£10.49	£17.89
BURDOCK ROOT		£1.05	£2.95	£6.29	£10.69
BUTCHERS BROOM ROOT		£1.79	£5.09	£10.79	£18.39
BUTTERBUR ROOT		£1.69	£4.79	£10.15	£17.25

C

CALAMUS ROOT		£2.05	£5.75	£12.25	£20.85
CALIFORNIA POPPY		£3.25	£9.19	£19.59	£33.35
CALUMBA ROOT		£1.05	£3.05	£6.45	£10.89
CARDAMON POWDER		£2.55	£7.25	£15.39	£26.25
CARDAMON SEEDS		£3.55	£10.15	£21.55	£36.69
CARAWAY POWDER		£0.99	£2.75	£5.85	£9.95
CARAWAY SEED		£0.75	£2.05	£4.35	£7.39
CASCARA BARK		£1.99	£5.69	£12.09	£20.55
CASCARA POWDER		£2.35	£6.59	£14.05	£23.89
CASSIA BARK		£1.15	£3.19	£6.75	£11.49
CATMINT		£2.39	£6.79	£14.39	£24.55
CATS CLAW BARK		£1.75	£4.99	£10.59	£17.99
CATS CLAW POWDER		£1.95	£5.55	£11.75	£20.05
CAYENNE POWDER		£0.75	£2.15	£4.59	£7.79
CELERY SEED		£0.65	£1.85	£3.89	£6.65
CENTAURY		£1.29	£3.59	£7.65	£12.99
CHAMOMILE ROMAN		£4.65	£13.29	£28.25	£48.09
CHAMOMILE GERMAN (Matricaria)		£1.79	£5.09	£10.85	£18.45
CHAMOMILE POWDER		£1.59	£4.59	£9.69	£16.49
CHICKWEED		£1.25	£3.49	£7.39	£12.59
CHICORY ROOT		£1.19	£3.39	£7.15	£12.19
CHILLIES		£0.75	£2.15	£4.49	£7.65
CINNAMON STICKS (6")		£1.65	£4.65	£9.85	£16.79
CINNAMON POWDER		£0.69	£1.95	£4.15	£7.05
CLEAVERS (Clivers)		£1.15	£3.25	£6.85	£11.65
CLOVES		£1.15	£3.19	£6.79	£11.55
CLOVE POWDER		£1.09	£3.05	£6.49	£11.05
COHOSH (Black) ROOT		£2.75	£7.79	£16.55	£28.15
COHOSH (Blue) ROOT		£3.75	£10.65	£22.59	£38.45
COLTSFOOT		£1.65	£4.75	£10.05	£17.15
COMFREY		£1.39	£3.89	£8.29	£14.09
COMFREY HERB POWDER		£2.05	£5.75	£12.19	£20.75
COMFREY ROOT		£1.29	£3.65	£7.69	£13.05
COMFREY ROOT POWDER		£1.75	£4.89	£10.39	£17.65
CORIANDER SEED		£0.65	£1.85	£3.95	£6.69
CORIANDER SEED POWDER		£0.69	£1.95	£4.15	£6.99
CORNFLOWERS		£1.59	£4.45	£8.39	£16.29
CORNSILK		£1.45	£4.05	£8.59	£14.59
COUCH GRASS		£1.65	£4.69	£9.99	£17.05
COWSLIP		£3.59	£10.25	£21.79	£37.09
CRAMP BARK		£1.79	£5.05	£10.75	£18.29
CRANESBILL ROOT		£4.09	£11.69	£24.89	£42.35
CUMIN SEED		£0.79	£2.29	£4.85	£8.25
CUMIN SEED POWDER		£0.85	£2.35	£4.95	£8.39
CURRY POWDER (MADRAS)		£0.75	£2.15	£4.59	£7.79



d

	10g	25g	100g	250g	500g
DAMIANA		£1.35	£3.89	£8.25	£13.99
DAMIANA POWDER		£1.85	£5.29	£11.25	£19.19
DANDELION HERB		£1.45	£4.09	£8.75	£14.85
DANDELION ROOT		£1.25	£3.55	£7.55	£12.85
DEVILS CLAW ROOT		£1.45	£4.09	£8.69	£14.79
DEVILS CLAW ROOT POWDER		£1.79	£5.05	£10.75	£18.25
DILL SEED		£0.75	£2.15	£4.55	£7.75
DILL WEED		£1.45	£4.05	£8.65	£14.69
DITTANY OF CRETE		£1.95	£5.55	£11.79	£20.09
DRAGONS BLOOD POWDER	£7.05	£16.05	£45.75	£97.35	£165.65

e

ECHINACEA ANGUSTIFOLIA ROOT		£5.35	£15.15	£32.25	£54.89
ECHINACEA ANGUSTIFOLIA POWDER		£5.99	£17.05	£36.25	£61.69
ECHINACEA PURPUREA POWDER		£3.39	£9.75	£20.65	£35.15
ELDER FLOWERS		£1.79	£5.05	£10.69	£18.19
ELDER LEAVES		£1.29	£3.65	£7.69	£13.05
ELDERBERRIES		£1.25	£3.59	£7.65	£12.95
ELECAMPANE ROOT		£1.45	£4.09	£8.65	£14.69
EUCALYPTUS LEAVES		£1.15	£3.29	£7.05	£11.95
EVERLASTING		£1.49	£4.29	£7.99	£15.55
EYEBRIGHT		£2.05	£5.79	£12.35	£20.99

f

FENNEL HERB		£1.39	£3.99	£8.49	£14.45
FENNEL SEED		£0.79	£2.25	£4.69	£7.99
FENNEL SEED POWDER		£0.75	£2.15	£4.55	£7.75
FENUGREEK SEED		£0.59	£1.65	£3.45	£5.85
FENUGREEK SEED POWDER		£0.65	£1.85	£3.89	£6.65
FEVERFEW		£2.19	£6.19	£13.19	£22.45
FIGWORT		£2.49	£7.15	£15.19	£25.85
FO-TI POWDER		£1.09	£3.09	£6.55	£11.09
FRINGETREE BARK		£9.05	£25.85	£54.99	£93.65
FUMITORY		£1.05	£2.89	£6.09	£10.35

g

GALANGAL ROOT		£1.35	£3.79	£8.09	£13.75
GARAM MASALA POWDER		£0.75	£2.15	£4.59	£7.79
GARLIC POWDER		£0.69	£1.95	£4.15	£7.05
GENTIAN ROOT		£2.49	£7.15	£15.19	£25.85
GINGER ROOT		£1.19	£3.39	£7.25	£12.29
GINGER ROOT POWDER		£1.25	£3.55	£7.55	£12.85
GINKGO		£1.09	£3.15	£6.65	£11.29
GINKGO POWDER		£1.15	£3.25	£6.85	£11.65
GINSENG ROOT POWDER Korean		£4.95	£14.15	£30.05	£51.15
GINSENG ROOT POWDER Siberian		£1.45	£4.09	£8.69	£14.75
GINSENG ROOT WHITE Korean		£4.65	£13.19	£28.05	£47.75
GOATS RUE		£1.55	£4.45	£9.39	£15.95
GOLDEN ROD		£0.89	£2.55	£5.39	£9.15
GOLDENSEAL ROOT	£7.15	£16.25	£46.35	£98.65	£167.89
GOLDENSEAL ROOT POWDER	£7.19	£16.29	£46.55	£99.05	£168.59
GRAVEL ROOT		£5.45	£15.59	£33.15	£56.39
GRINDELIA		£2.25	£6.29	£13.39	£22.79
GROUND IVY		£1.49	£4.19	£8.89	£15.15
GUAIACUM BARK		£1.65	£4.59	£9.79	£16.65
GUINEA PEPPER (Grains of Paradise)		£3.29	£9.45	£20.05	£34.09



h	10g	25g	100g	250g	500g
HAWTHORN BERRIES		£1.05	£2.89	£6.15	£10.49
HAWTHORN TOPS		£1.39	£3.95	£8.45	£14.35
HEARTSEASE		£1.15	£3.19	£6.79	£11.55
HEATHER		£1.55	£4.45	£9.39	£15.99
HELONIAS ROOT	£13.75	£31.19	£89.15	£189.65	£322.79
HENNA POWDER (Black)		£1.15	£3.19	£6.79	£11.55
HENNA POWDER (Red)		£0.89	£2.55	£5.45	£9.25
HENNA POWDER (White)		£0.89	£2.49	£5.29	£9.05
HIBISCUS		£1.15	£3.29	£6.99	£11.89
HOLY THISTLE		£0.95	£2.75	£5.79	£9.85
HOPS		£2.15	£6.15	£13.05	£22.25
HOREHOUND (Black)		£1.35	£3.85	£8.15	£13.85
HOREHOUND (White)		£1.05	£3.05	£6.39	£10.89
HORSERADISH POWDER		£1.09	£3.09	£6.59	£11.19
HORSETAIL		£0.99	£2.75	£5.85	£9.95
HYDRANGEA ROOT		£2.69	£7.69	£16.35	£27.79
HYDROCOTYLE		£1.19	£3.35	£7.09	£12.05
HYDROCOTYLE POWDER		£1.69	£4.85	£10.25	£17.45
HYSSOP		£1.05	£3.05	£6.39	£10.89

i					
IRISH MOSS		£1.79	£5.05	£10.75	£18.35
IRISH MOSS POWDER		£1.85	£5.25	£11.19	£19.05

j					
JAMAICAN DOGWOOD ROOT		£1.55	£4.29	£9.15	£15.55
JASMINE FLOWERS		£2.65	£7.45	£15.85	£26.95
JUNIPER BERRIES		£1.29	£3.59	£7.69	£13.05

k					
KELP POWDER (Bladderwrack)		£0.99	£2.75	£5.85	£9.89
KNOTGRASS		£1.45	£4.09	£8.65	£14.69
KOLA NUT POWDER		£1.09	£3.09	£6.59	£11.19

l					
LADIES BEDSTRAW		£1.35	£3.75	£7.99	£13.59
LADIES MANTLE		£1.65	£4.59	£9.79	£16.65
LAVENDER FLOWERS		£1.59	£4.55	£9.65	£16.45
LEMON PEEL		£1.09	£3.15	£6.65	£11.25
LEMON SLICES DRIED		£1.99	£5.65	£11.95	£20.35
LEMON VERBENA		£2.19	£6.29	£13.35	£22.69
LEMONGRASS		£1.25	£3.49	£7.45	£12.59
LIME FLOWERS (Linden Blossom)		£2.05	£5.79	£12.35	£21.05
LIQUORICE ROOT Sticks		£1.19	£3.45	£7.29	£12.45
LIQUORICE ROOT (Decortinated)		£1.75	£4.99	£10.65	£18.09
LIQUORICE ROOT POWDER		£1.05	£2.99	£6.35	£10.75
LUNGWORT		£1.69	£4.75	£10.09	£17.19
LYCOPODIUM POWDER		£2.65	£7.45	£15.85	£26.99

m					
MALLOW		£1.59	£4.55	£9.65	£16.35
MANDRAKE (White Bryony) ROOT		£2.59	£7.35	£15.59	£26.49
MARIGOLD FLOWERS		£1.25	£3.55	£7.49	£12.79
MARIGOLD PETALS		£1.39	£3.95	£8.39	£14.25
MARJORAM		£0.79	£2.25	£4.79	£8.15
MARSHMALLOW HERB		£1.15	£3.15	£6.75	£11.45
MARSHMALLOW ROOT		£1.39	£3.95	£8.45	£14.35
MARSHMALLOW ROOT POWDER		£2.05	£5.79	£12.35	£20.95
MEADOWSWEET		£1.05	£3.05	£6.39	£10.89
MEADOWSWEET POWDER		£1.35	£3.85	£8.15	£13.79
MEADOWSWEET COMPOUND POWDER		£1.09	£3.05	£6.45	£10.99



NEED HELP WITH HERBS?

If you need any more information about herbs, then call our helpline where a member of staff will be at hand to give you the advice you need.

020 7703 5550

	10g	25g	100g	250g	500g
MELILOT		£1.19	£3.39	£7.25	£12.35
MILK THISTLE SEEDS		£0.95	£2.69	£5.69	£9.69
MILK THISTLE SEEDS POWDER		£1.35	£3.79	£8.09	£13.75
MINT		£0.75	£2.15	£4.55	£7.75
MISTLETOE		£1.05	£2.99	£6.35	£10.85
MIXED HERBS		£0.85	£2.45	£5.19	£8.85
MIXED SPICE POWDER		£0.85	£2.35	£4.95	£8.39
MOTHERWORT		£0.95	£2.75	£5.75	£9.79
MOUNTAIN ASH BERRIES		£1.35	£3.75	£7.95	£13.55
MOUSEAR		£1.49	£4.19	£8.89	£15.15
MUGWORT		£1.05	£2.95	£6.25	£10.59
MUIRA PUAMA		£1.29	£3.69	£7.85	£13.35
MULLEIN		£1.25	£3.59	£7.65	£12.99
MULLEIN FLOWERS		£2.19	£6.29	£13.35	£22.69
MUSTARD SEED (Black)		£0.59	£1.69	£3.55	£6.05
MUSTARD SEED (White)		£0.65	£1.75	£3.75	£6.35
MUSTARD SEED POWDER (White)		£0.85	£2.39	£5.09	£8.69

N

NETTLES		£0.99	£2.85	£6.05	£10.29
NUTMEG POWDER		£1.95	£5.49	£11.65	£19.79
NUTMEGS		£1.39	£3.99	£8.45	£14.39

O

OAK BARK		£1.15	£3.19	£6.79	£11.55
OAT STRAW		£1.25	£3.49	£7.39	£12.59
OATS (Avena Sativa)		£0.79	£2.25	£4.79	£8.15
OLIVE LEAVES		£0.75	£2.15	£4.59	£7.79
ORANGE FLOWERS		£2.25	£6.39	£13.59	£23.15
ORANGE PEEL		£0.89	£2.49	£5.25	£8.95
ORANGE SLICES (Dried)		£2.05	£5.75	£12.19	£20.75
OREGANO		£0.89	£2.59	£5.45	£9.29
OREGON MOUNTAIN GRAPE ROOT		£3.25	£9.19	£19.59	£33.35
ORRIS ROOT POWDER		£3.85	£10.89	£23.15	£39.39

P

PAPRIKA POWDER		£0.79	£2.29	£4.89	£8.29
PARSLEY		£0.95	£2.59	£5.49	£9.35
PARSLEY PIERT		£2.05	£5.75	£12.25	£20.85
PASSIFLORA		£1.39	£3.89	£8.29	£14.09
PATCHOULI LEAVES		£1.75	£4.95	£10.55	£17.89
PAU D'ARCO		£1.09	£3.05	£6.49	£11.05
PELLITORY		£1.55	£4.45	£9.39	£15.95
PENNYROYAL		£0.85	£2.45	£5.19	£8.79
PEONY		£3.55	£10.05	£22.69	£44.39
PEPPER POWDER (Black)		£0.79	£2.25	£4.79	£8.19
PEPPER POWDER (White)		£1.09	£3.09	£6.55	£11.15
PEPPERCORNS (Black)		£0.79	£2.25	£4.69	£7.99
PEPPERCORNS (White)		£0.75	£2.15	£4.55	£7.75
PEPPERMINT		£1.15	£3.29	£6.99	£11.89
PERIWINKLE		£1.19	£3.39	£7.19	£12.25
PICKLING SPICE		£0.69	£1.95	£4.15	£7.05
PILEWORT		£3.25	£9.19	£19.59	£33.29
PIMENTO BERRIES		£0.95	£2.59	£5.49	£9.35
PIMENTO POWDER (Ground Allspice)		£1.15	£3.29	£6.99	£11.89
PIPSISSIWA		£3.59	£10.19	£21.69	£36.95
PLANTAIN		£1.15	£3.29	£6.95	£11.85
PLANTAIN POWDER		£1.45	£4.05	£8.55	£14.55
PLEURISY ROOT		£3.59	£10.25	£21.79	£37.09
POKE ROOT		£2.49	£7.05	£14.95	£25.45
POPPY SEEDS		£0.85	£2.39	£5.09	£8.65
PRICKLY ASH BARK		£3.95	£11.29	£23.99	£40.85
PRICKLY ASH BARK POWDER		£7.55	£21.55	£45.85	£78.05



	10g	25g	100g	250g	500g
PSYLLIUM BLONDE		£0.85	£2.39	£5.05	£8.59
PSYLLIUM DARK		£1.35	£3.85	£8.19	£13.95
PSYLLIUM HUSKS		£1.19	£3.39	£7.25	£12.29
PULSATILLA		£2.15	£6.15	£13.05	£22.15
PYGEUM AFRICANUM BARK		£2.09	£5.95	£12.65	£21.49

q

QUASSIA BARK		£1.19	£3.45	£7.29	£12.35
QUEENS DELIGHT (Stillingia)		£5.45	£15.55	£33.09	£56.29

r

RASPBERRY		£1.05	£2.99	£6.35	£10.79
RED CLOVER		£1.39	£3.95	£8.45	£14.35
RED CLOVER FLOWERS POWDER		£2.29	£6.49	£13.75	£23.39
RED ROOT		£5.95	£16.89	£35.95	£61.15
RHUBARB ROOT POWDER		£1.29	£3.69	£7.89	£13.39
ROSE BUDS (Pink)		£2.49	£7.15	£16.15	£31.75
ROSE BUDS (Red)		£1.35	£3.79	£6.95	£13.45
ROSE PETALS (Red)		£1.79	£5.15	£9.75	£18.99
ROSEHIPS (Granules)		£1.19	£3.39	£7.25	£12.29
ROSEHIPS (Whole)		£0.85	£2.35	£4.95	£8.39
ROSEMARY		£0.75	£2.05	£4.35	£7.39
ROSEMARY POWDER		£0.75	£2.15	£4.55	£7.75
RUE		£1.05	£3.05	£6.39	£10.89

s

SAFFRON Each	1g £4.79 each				
SAGE		£0.99	£2.75	£5.85	£9.95
SAGE POWDER		£1.35	£3.89	£8.25	£14.05
SARSAPARILLA ROOT		£1.99	£5.65	£12.05	£20.49
SARSAPARILLA ROOT POWDER		£1.89	£5.35	£11.35	£19.25
SAW PALMETTO		£2.99	£8.49	£18.05	£30.69
SCULLCAP		£3.45	£9.89	£20.99	£35.69
SCULLCAP POWDER		£4.75	£13.45	£28.65	£48.75
SELF HEAL		£2.19	£6.25	£13.35	£22.65
SENNA LEAVES		£0.79	£2.29	£4.85	£8.25
SENNA LEAF POWDER		£1.15	£3.25	£6.85	£11.65
SENNA PODS		£0.79	£2.29	£4.85	£8.25
SHEEPS SORREL		£1.05	£2.95	£6.25	£10.65
SHEPHERDS PURSE		£0.99	£2.79	£5.95	£10.15
SLIPPERY ELM POWDER		£3.89	£11.09	£23.65	£40.19
SMALL FLOWERED WILLOW HERB		£1.55	£4.45	£9.45	£16.09
SOAPWORT HERB		£1.69	£4.79	£10.15	£17.25
SOAPWORT ROOT		£2.95	£8.45	£17.95	£30.55
SOUTHERNWOOD		£1.05	£2.95	£6.19	£10.55
SPEARMINT		£0.95	£2.65	£5.59	£9.55
SPEEDWELL		£1.49	£4.25	£8.99	£15.35
SQUAW VINE		£9.05	£25.79	£54.79	£93.29
ST JOHNS WORT		£1.05	£2.95	£6.29	£10.69
STONE ROOT (Collinsonia)		£2.89	£8.19	£17.39	£29.55
STRAWBERRY LEAVES		£1.55	£4.39	£9.35	£15.89

t

	25g	100g	250g	500g
TANSY	£0.99	£2.79	£5.95	£10.09
TARRAGON	£1.29	£3.69	£7.79	£13.29
THUJA (Tree of Life)	£1.29	£3.65	£7.69	£13.09
THYME	£0.95	£2.59	£5.49	£9.35
THYME (Lemon)	£1.45	£4.05	£8.55	£14.49
THYME (Wild)	£1.29	£3.65	£7.75	£13.19
TORMENTIL ROOT	£1.55	£4.29	£9.15	£15.55
TURMERIC POWDER	£0.99	£2.79	£5.95	£10.09

Traditional Uses of Plants In The United Kingdom – Booklet 25p

This useful booklet provides
a summary of the most
consistent
traditional
applications of
herbs in the
United Kingdom.

	10g	25g	100g	250g	500g
U					
UVA URSI		£1.05	£2.95	£6.29	£10.69
V					
VALERIAN ROOT		£1.39	£3.99	£8.49	£14.49
VALERIAN POWDER		£1.99	£5.69	£12.09	£20.55
VANILLA PODS Each	£1.79 each				
VERVAIN		£1.09	£3.05	£6.49	£11.09
VINE LEAVES		£1.29	£3.69	£7.89	£13.39
VIOLET LEAVES		£1.35	£3.79	£8.05	£13.69
W					
WALNUT LEAVES		£1.39	£3.89	£8.29	£14.09
WHITE BRYONY (See Mandrake)		-	-	-	-
WHITE POPLAR BARK		£1.09	£3.09	£6.59	£11.19
WHITE WILLOW BARK		£1.25	£3.55	£7.49	£12.79
WILD CHERRY BARK		£2.89	£8.29	£17.59	£29.95
WILD INDIGO ROOT		£9.55	£27.29	£58.05	£98.79
WILD LETTUCE		£2.99	£8.55	£18.15	£30.85
WILD YAM ROOT		£3.29	£9.39	£19.95	£33.99
WITCHAZEL BARK		£2.59	£7.45	£15.79	£26.85
WITCHAZEL LEAVES		£2.55	£7.25	£15.35	£26.09
WOOD BETONY		£1.09	£3.09	£6.59	£11.19
WOOD SAGE		£1.75	£4.95	£10.55	£17.89
WOODRUFF		£1.99	£5.69	£12.15	£20.59
WORMWOOD		£1.09	£3.15	£6.69	£11.35
y					
YARROW		£1.09	£3.05	£6.49	£11.09
YARROW POWDER		£1.25	£3.49	£7.45	£12.69
YELLOW DEAD NETTLE		£1.39	£3.95	£8.45	£14.35
YELLOW DOCK ROOT		£1.59	£4.55	£9.65	£16.45
YERBA MATE		£0.89	£2.49	£5.29	£8.99
YERBA SANTA		£3.05	£8.75	£18.55	£31.55



Chinese Herbs

	25g	100g	250g	500g
ASTRALAGUS (Huang Qi)	£2.45	£6.95	£14.75	£25.05
ATRACTYLUS (Bai Zhu)	£1.79	£5.09	£10.79	£18.29
CHINESE ANGELICA (Dang Gui)	£3.15	£8.95	£18.99	£32.29
CHRYSANTHANUM (Ju Hua)	£3.35	£9.45	£20.09	£34.15
CINNAMON (Gui Pi)	£1.55	£4.39	£9.35	£15.89
CODONOPSIS (Dang Shen)	£1.69	£4.85	£10.29	£17.49
DIOSCORIA (Shan Yeo)	£1.75	£4.89	£10.39	£17.65
FLEECEFLOWER (He Shou Wu)	£2.15	£6.05	£12.79	£21.79
LIQUORICE (Gan Cao)	£1.85	£5.29	£11.25	£19.09
LYCIUM FRUIT (Gou Qi Zi)	£2.65	£7.59	£16.09	£27.35
PAEONIA LACTIFOLIA (Bai Shao Yao)	£2.09	£5.99	£12.69	£21.55
PORIA COCOS (Fu Ling)	£1.59	£4.55	£9.65	£16.35
RED DATES (Da Zao)	£1.55	£4.35	£9.25	£15.75
REHMANNIA (Shu Di Huang)	£1.69	£4.79	£10.19	£17.29
SCHIZANDRA (Wu Wei Zi)	£1.99	£5.65	£12.05	£20.45

Indian Herbs

	25g	100g	250g	500g
AMLA FRUIT (Amalaki) POWDER	£1.89	£5.35	£11.29	£19.25
ASHWAGANDHA ROOT	£2.29	£6.49	£13.75	£23.35
ASHWAGANDHA ROOT POWDER	£1.75	£4.95	£10.55	£17.89
BHRINGARAJ POWDER	£1.75	£4.95	£10.49	£17.79
NEEM LEAF POWDER	£2.09	£5.89	£12.55	£21.29
NEEM LEAVES	£1.89	£5.39	£11.45	£19.39
SHATAVARI ROOT	£2.09	£5.89	£12.49	£21.25
SHATAVARI POWDER	£1.75	£4.95	£10.55	£17.89

Pick herbs from your own garden seeds

Following huge demands from our customers wanting to grow their own, we are proud to announce in conjunction with John Chambers and Suffolk Herbs a range of popular and easy to cultivate seeds, suitable for all gardens and window boxes.

Packet seeds

	5g
BORAGE	£1.45
BURDOCK (Lesser)	£0.99
BURDOCK (Greater)	£0.99
CATMINT	£1.49
COLTSFOOT	£0.99
ECHINACEA ANGUSTIFOLIA	£0.89
EVENING PRIMROSE	£0.99
FEVERFEW	£1.15
HYSSOP	£1.49
LEMON BALM	£1.45
LAVENDER	£1.49
MARIGOLD (Pot)	£1.49
MINT	£1.45
OREGANO	£1.45
PASSION FLOWER	£0.89
PARSLEY CURLED	£1.45
PARSLEY FRENCH	£1.45
PULSATILLA (Pasqueflower)	£0.99
ROCKET	£1.45
ROSEMARY	£1.45
SAGE	£1.45
SWEET BASIL	£1.45
SWEET MARJORAM	£1.45
THYME	£1.45
VALERIAN (Common)	£1.55
WILD CHAMOMILE	£0.95



Organic Herbs

All our organic herbs and packaging processes are fully certified by the Soil Association



	25g	100g	250g	500g
BALM (Melissa)	£1.75	£5.25	£12.25	£24.05
CHAMOMILE (German)	£2.15	£6.65	£15.59	£30.59
CHICKWEED	£1.35	£4.15	£9.29	£18.05
CLEAVERS (Clivers)	£1.59	£4.95	£11.35	£22.09
COMFREY HERB	£1.89	£5.79	£13.55	£26.55
COMFREY ROOT	£1.19	£3.69	£8.19	£15.89
DANDELION HERB	£1.15	£3.55	£7.89	£15.25
DANDELION ROOT	£1.69	£5.25	£14.19	£27.85
ECHINACEA ROOT (Angustifolia)	£4.25	£13.09	£31.85	£63.19
ECHINACEA ROOT (Purpurea)	£1.89	£5.85	£11.75	£22.95
ELDERFLOWER	£2.15	£6.59	£18.15	£35.75
HAWTHORN BERRIES	£1.09	£3.35	£7.35	£14.19
HAWTHORN TOPS	£1.25	£3.85	£8.55	£16.55
HORSETAIL	£1.09	£3.29	£7.25	£13.95
LIME FLOWERS	£2.09	£6.49	£17.79	£35.05
LIQUORICE ROOT	£1.45	£4.35	£9.95	£19.29
MARIGOLD	£1.79	£5.45	£12.65	£24.69
MARSHMALLOW HERB	£1.19	£3.59	£7.95	£15.35
MARSHMALLOW ROOT	£2.15	£6.59	£15.49	£30.39
MEADOWSWEET	£1.09	£3.35	£7.29	£14.05
MILK THISTLE	£1.29	£3.99	£8.99	£17.45
MISTLETOE	£1.39	£4.29	£9.75	£18.95
NETTLES	£1.49	£4.55	£10.39	£20.25
OATSTRAW	£1.05	£3.15	£6.89	£13.19
PASSIFLORA (Passion Flower)	£1.75	£5.25	£14.25	£27.95
PEPPERMINT	£1.49	£4.55	£10.35	£20.09
RASPBERRY	£1.19	£3.69	£8.29	£15.99
ROSEMARY	£1.05	£3.25	£7.15	£13.75
SAGE	£1.35	£4.15	£9.35	£18.15
SCULLCAP	£2.69	£8.35	£19.95	£39.39
SHEEP SORREL	£3.95	£9.99	£24.09	£47.69
SPEARMINT	£1.15	£3.39	£6.49	£12.55
ST. JOHN'S WORT	£1.55	£4.75	£10.85	£21.19
VALERIAN ROOT	£2.39	£7.29	£17.25	£33.89
VERVAIN	£1.39	£4.25	£9.55	£18.55
WHITE WILLOW BARK	£1.09	£3.29	£7.25	£13.89
YARROW	£1.15	£3.45	£7.65	£14.75

Need help
with herbs?

Call 020 7703 5550

and a member of
staff will do
their best
to assist you.



Tinctures

	50ml	100ml	250ml	500ml	Herbal Liquid	% Alcohol
AGNUS CASTUS	£3.05	£4.65	£9.85	£17.75	1:3	45%
AGRIMONY	£2.95	£4.49	£9.39	£16.95	1:4	25%
ALFALFA	£3.09	£4.75	£10.15	£18.19	1:4	25%
ASAFOETIDA	£3.75	£6.09	£13.39	£24.09		75%
BALM (Melissa)	£4.59	£7.75	£17.55	£31.55	1:3	45%
BARBERRY	£3.89	£6.35	£14.05	£25.29	1:4	45%
BAYBERRY	£5.05	£8.59	£19.69	£35.45	1:3	45%
BENZOIN SIMPLE	£4.65	£7.85	£17.85	£32.15		83%
BIRCH LEAF (Silver)	£3.49	£5.49	£11.95	£21.49	1:4	25%
BLADDERWRACK	£3.35	£5.19	£11.19	£20.09	1:2	25%
BLUE FLAG	£3.49	£5.55	£12.05	£21.69	1:3	25%
BUCHU	£4.95	£8.39	£19.19	£34.55	1:5	60%
BURDOCK ROOT	£3.05	£4.59	£9.69	£17.45	1:3	25%
CACTUS	£4.35	£7.25	£16.29	£29.29	1:5	70%
CALENDULA	£3.09	£4.75	£10.05	£18.05	1:4	90%
CAPSICUM	£4.05	£6.59	£14.69	£26.39	1:3	60%
CELERY SEED	£3.15	£4.85	£10.29	£18.49	1:3	60%
CHAMOMILE GERMAN	£2.99	£4.55	£9.59	£17.25	1:3	45%
CHICKWEED	£3.15	£4.79	£10.19	£18.35	1:4	25%
CLEAVERS	£3.05	£4.65	£9.85	£17.75	1:4	25%
COHOSH BLACK	£3.99	£6.49	£14.45	£25.99	1:3	60%
COHOSH BLUE	£4.19	£6.95	£15.55	£27.95	1:3	70%
COLTSFOOT	£2.85	£4.19	£8.69	£15.65	1:4	25%
COMFREY HERB	£3.05	£4.65	£9.85	£17.75	1:5	25%
CORN SILK	£3.25	£5.09	£10.89	£19.59	1:4	25%
COUCH GRASS	£3.59	£5.69	£12.45	£22.45	1:3	45%
CRAMP BARK	£3.65	£5.85	£12.79	£22.99	1:3	25%
DAMIANA	£2.99	£4.55	£9.59	£17.25	1:4	60%
DANDELION ROOT	£3.09	£4.75	£10.05	£18.05	1:3	25%
DEVIL'S CLAW	£3.39	£5.35	£11.55	£20.75	1:3	25%
ECHINACEA (Angustifolia)	£4.39	£7.35	£16.59	£29.85	1:3	45%
ECHINACEA (Purpurea)	£3.69	£5.95	£13.09	£23.55	1:3	45%
ELDERBERRIES	£3.09	£4.89	£10.15	£18.19	1:25	25%
ELDERFLOWER	£3.39	£5.35	£11.59	£20.89	1:4	25%
ELECAMPANE	£3.09	£4.75	£10.05	£18.05	1:3	25%
EYEBRIGHT	£3.35	£5.29	£11.39	£20.49	1:4	25%
FENNEL SEED	£3.45	£5.49	£11.89	£21.39	1:3	45%
FENUGREEK	£3.19	£4.89	£10.49	£18.85	1:3	25%
FEVERFEW	£3.95	£6.45	£14.35	£25.79	1:3	25%
GENTIAN	£3.45	£5.45	£11.75	£21.15	1:3	45%
GINGER ROOT	£3.15	£4.85	£10.25	£18.45	1:2	90%
GINKGO	£3.05	£4.65	£9.85	£17.75	1:4	25%
GOLDEN ROD	£3.35	£5.25	£11.29	£20.35	1:3	25%
GOLDEN SEAL/HYDRASTIS	£5.29	£9.09	£20.95	£37.69	1:10	60%
GRAVEL ROOT	£4.29	£7.09	£15.95	£28.69	1:3	25%
GROUND IVY	£3.79	£6.15	£13.59	£24.45	1:4	25%
HAWTHORN BERRY	£3.05	£4.65	£9.85	£17.75	1:3	45%
HELONIAS ROOT	£12.29	£23.15	£55.99	£100.79	1:5	45%
HOLY THISTLE	£3.35	£5.25	£11.29	£20.35	1:4	25%
HOPS	£3.09	£4.75	£10.05	£18.05	1:5	60%
HOREHOUND (White)	£3.35	£5.25	£11.29	£20.35	1:4	25%
HORSE CHESTNUT	£2.99	£4.59	£9.65	£17.35	1:3	25%
HORSETAIL	£2.99	£4.59	£9.65	£17.35	1:4	25%
HYDRANGEA	£4.95	£8.49	£19.39	£34.89	1:3	25%
HYDROCOTYLE	£3.45	£5.39	£11.75	£21.09	1:4	25%
HYSSOP	£3.79	£6.09	£13.49	£24.25	1:3	45%
JAMAICAN DOGWOOD	£3.59	£5.75	£12.55	£22.59	1:3	45%

Our discount structure on tinctures

**THE MORE YOU BUY
THE MORE YOU SAVE**

500ml get **10% off**
the 250ml price x 2
1 litre get **15% off**
the 250ml price x 4



The discounts only apply to one product packed in one container.

What are tinctures?

Tinctures offer a convenient alternative to infusing herbs. Instead of brewing 2-3 cups of herbal tea each day, simply put 2-5 ml's of tincture in water and drink. This is particularly useful when at work or travelling. Tinctures are alcoholic extractions of herbs.

The herb is placed into a mixture of alcohol* and water, the strength of which is varied depending on the material from which the tincture is made.

It is left at room temperature for 2-4 weeks. At which time it is filtered and bottled.

Tinctures are normally 1:3 or 1:5 parts herb to liquid in 25%-60% alcohol. If the dose is put into hot water, most of the alcohol will evaporate.

*Alcohol is derived from sugarbeet.



	50ml	100ml	250ml	500ml	Herbal Liquid	% Alcohol
JUNIPER BERRY	£3.45	£5.39	£11.75	£21.09	1:3	45%
KOLA	£3.19	£4.89	£10.49	£18.85	1:3	45%
LADIES MANTLE	£3.05	£4.59	£9.69	£17.45	1:5	25%
LAVENDER COMPOUND	£4.65	£7.85	£17.85	£32.09		87%
LIME FLOWERS	£2.99	£4.55	£9.59	£17.25	1:4	25%
LIQUORICE	£3.39	£5.29	£11.49	£20.65	1:3	25%
MARSHMALLOW	£3.19	£4.89	£10.45	£18.79	1:3	25%
MEADOWSWEET	£3.25	£5.09	£10.89	£19.59	1:3	25%
MILK THISTLE	£2.99	£4.59	£9.65	£17.35	1:3	25%
MOTHERWORT	£3.35	£5.25	£11.29	£20.35	1:4	25%
MUIRA PUAMA	£3.49	£5.55	£11.99	£21.59	1:4	25%
MULLEIN	£3.35	£5.19	£11.19	£20.09	1:4	25%
MYRRH	£3.05	£4.65	£9.85	£17.75	1:3	90%
NETTLE	£3.25	£4.99	£10.75	£19.29	1:4	25%
OAK BARK	£3.79	£6.19	£13.65	£24.55	1:3	25%
OREGON MOUNTAIN GRAPE	£4.35	£7.29	£16.39	£29.45	1:3	45%
PASSION FLOWER	£3.85	£6.25	£13.85	£24.95	1:4	25%
PAU D'ARCO	£3.69	£5.89	£12.95	£23.35	1:4	45%
PLANTAIN	£3.45	£5.39	£11.75	£21.09	1:3	25%
POKE ROOT	£4.05	£6.59	£14.69	£26.49	1:3	45%
PRICKLY ASH BARK	£4.55	£7.59	£17.19	£30.95	1:3	45%
PULSATILLA	£4.25	£7.05	£15.85	£28.45	1:5	45%
RASPBERRY	£3.25	£5.09	£10.89	£19.59	1:4	25%
RED CLOVER	£3.25	£4.99	£10.75	£19.29	1:5	25%
ROSEMARY	£4.89	£8.35	£18.99	£34.19	1:4	45%
SARSAPARILLA	£4.19	£6.89	£15.45	£27.79	1:3	45%
SAW PALMETTO	£4.45	£7.45	£16.85	£30.35	1:3	45%
SCULLCAP	£4.59	£7.75	£17.59	£31.65	1:4	25%
SENNA LEAF	£3.35	£5.29	£11.39	£20.49	1:4	45%
SHEPHERDS PURSE	£3.45	£5.39	£11.75	£21.09	1:4	25%
ST JOHN'S WORT	£3.15	£4.79	£10.19	£18.35	1:3	25%
STONE ROOT (Collinsonia)	£3.89	£6.35	£14.05	£25.29	1:3	45%
TANSY	£3.15	£4.85	£10.29	£18.49	1:4	45%
THUJA	£3.19	£4.99	£10.65	£19.15	1:4	60%
THYME	£3.29	£5.15	£11.15	£19.99	1:3	45%
UVA URSI (Bearberry)	£3.45	£5.39	£11.75	£21.09	1:3	25%
VALERIAN	£3.35	£5.25	£11.35	£20.39	1:3	45%
VERVAIN	£3.15	£4.85	£10.29	£18.49	1:3	25%
VIOLET	£4.25	£7.09	£15.89	£28.55	1:4	25%
WHITE WILLOW	£3.35	£5.25	£11.29	£20.35	1:3	25%
WILD INDIGO	£3.85	£6.25	£13.79	£24.85	1:6	60%
WILD YAM	£3.89	£6.29	£13.95	£25.09	1:3	25%
WITCHAZEL	£4.55	£7.59	£17.19	£30.89	1:3	25%
WOOD BETONY	£2.99	£4.55	£9.59	£17.25	1:4	25%
YARROW	£3.05	£4.65	£9.85	£17.75	1:4	25%
YELLOW DOCK	£3.55	£5.69	£12.39	£22.29	1:3	25%

Chinese Tinctures

	50ml	100ml	250ml	500ml	Herbal Liquid	% Alcohol
ASTRAGALUS	£4.45	£7.45	£16.79	£30.19	1:3	30%
ATRACTYLUS	£4.55	£7.65	£17.35	£31.19	1:3	25%
CHINESE ANGELICA	£4.59	£7.79	£17.65	£31.75	1:3	25%
CINNAMON	£3.75	£5.99	£13.25	£23.79	1:3	45%
CODONOPSIS	£3.99	£6.59	£14.65	£26.35	1:3	25%
CORNUS	£5.15	£8.85	£20.29	£36.55	1:3	25%
FLEECEFLOWER	£4.09	£6.75	£14.99	£26.99	1:3	25%
GINSENG (Ren Shen)	£5.65	£9.79	£22.75	£40.89	1:3	45%
GINSENG (San Qi)	£5.65	£9.85	£22.85	£41.09	1:3	60%
LIGUSTICUM	£4.25	£7.05	£15.85	£28.55	1:3	25%
LIQUORICE	£3.85	£6.29	£13.95	£25.05	1:3	25%
LYCIUM FRUIT	£4.39	£7.29	£16.45	£29.59	1:3	25%
LYSIMACHIA	£3.69	£5.95	£13.09	£23.59	1:3	25%
PAEONIA	£3.75	£5.99	£13.19	£23.69	1:3	25%
PORIA COCOS	£3.85	£6.25	£13.75	£24.75	1:3	25%
REHMANNIA	£3.75	£5.99	£13.19	£23.75	1:3	25%
SCHIZANDRA	£4.05	£6.65	£14.79	£26.59	1:3	25%

Indian Tinctures

	50ml	200ml	250ml	Herbal Liquid	% Alcohol
AMLA FRUIT	£3.75	£5.99	£13.15	1:3	25%
ASHWAGANDHA	£3.79	£6.15	£13.55	1:3	45%
BRAHMI	£3.79	£6.19	£13.65	1:3	25%
NEEM	£3.55	£5.65	£12.29	1:3	25%
SHATAVARI	£3.85	£6.25	£13.75	1:3	25%

Herbal Fluid Extracts

	25ml	50ml	Herbal Liquid	% Alcohol
AVENA SATIVA (Oats)	£3.35	£5.05	1:1	25%
BARBERRY	£4.15	£6.65	1:1	25%
BAYBERRY	£5.55	£9.49	1:1	45%
BLACK ROOT	£6.59	£11.49	1:1	70%
BLADDERWRACK	£3.65	£5.65	1:1	25%
BURDOCK ROOT	£3.29	£4.95	1:1	25%
CALENDULA (Marigold)	£3.95	£6.25	1:1	90%
CASCARA	£3.59	£5.55	1:1	25%
CHAMOMILE	£3.69	£5.75	1:1	45%
CORN SILK	£3.49	£5.35	1:1	25%
CRANESBILL	£6.85	£11.99	1:1	45%
DAMIANA	£4.55	£7.39	1:1	60%
DANDELION ROOT	£3.49	£5.35	1:1	25%
ECHINACEA (Angustifolia)	£6.29	£10.89	1:1	45%
GENTIAN	£4.15	£6.65	1:1	45%
KOLA	£3.29	£4.95	1:1	45%
LIQUORICE ROOT	£2.99	£4.39	1:1	25%

	25ml	50ml	Herbal Liquid	% Alcohol
MOTHERWORT	£3.79	£5.95	1:1	25%
NETTLE	£3.39	£5.15	1:1	25%
OREGON MOUNTAIN GRAPE	£4.49	£7.35	1:1	25%
PASSIFLORA (Passion Flower)	£4.09	£6.55	1:1	25%
POKE ROOT	£4.19	£6.69	1:1	45%
PRICKLY ASH BARK	£4.35	£6.99	1:1	45%
RED CLOVER	£4.39	£7.15	1:1	25%
RED SAGE	£4.19	£6.75	1:1	25%
SARSAPARILLA	£5.15	£8.69	1:1	45%
SAW PALMETTO	£5.05	£8.45	1:1	60%
SCULLCAP	£4.99	£8.35	1:1	25%
STONE ROOT (Collinsonia)	£4.35	£7.05	1:1	45%
UVA URSI (Bearberry)	£3.59	£5.55	1:1	25%
VALERIAN	£3.69	£5.75	1:1	45%
VERVAIN	£4.19	£6.75	1:1	25%
WILD YAM	£4.85	£8.09	1:1	45%
YARROW	£3.59	£5.59	1:1	25%



What are herbal fluids?

Herbal Fluid Extracts are similar to tinctures. The main difference lies in the strength.

Fluid Extracts are prepared so that 25ml of the Extract equals 25g of the dried herb making them approx 3 or 4 times as strong as tinctures. Accordingly dosages are reduced, 5-10 drops of the extract in water is the normal dosage.

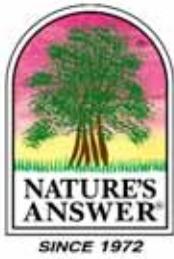
Alcohol Free Extracts may be prepared in the same way as standard Tinctures.

Our discount structure on fluid extracts

THE MORE YOU BUY
THE MORE YOU SAVE

250ml **10% off** the 50ml price x 5
500ml **25% off** the 50ml price x 10
1 litre **30% off** the 50ml price x 20

The discounts apply only to one product packed in one container.



Alcohol Free Fluid Extracts

Alcohol-free extracts are produced using alcohol, water and natural extractants. All alcohol and extractants are then removed by a cold extraction process, yielding a Holistically Balanced[®] standardized extract. Holistically Balanced[®] guarantees that the constituents of the extract are in the same synergistic ratios as in the plant.

Alcohol Free Fluid Extracts (95g)

	30ml	Herbal Liquid
AGNUS CASTUS	£8.29	1:1
ASHWAGANDHA (per 60ml)	£15.29	1:1
ASTRAGALUS	£8.29	1:1
BLACK COHOSH	£8.29	1:1
BLACK WALNUT	£8.29	1:1
BURDOCK ROOT	£8.29	1:1
CAT'S CLAW BARK (per 60ml)	£15.99	1:1
CHAMOMILE FLOWERS	£8.29	1:1
CINNAMON (low alcohol)	£9.99	1:1
DAMIANA LEAF	£8.29	1:1
DANDELION ROOT	£8.29	1:1
DEVIL'S CLAW ROOT	£11.99	1:1
DONG QUAI	£11.49	1:1
ECHINACEA	£9.99	1:1
ECHINACEA (per 60ml)	£14.99	1:1
ELDERBERRY (per 120ml)	£9.99	1:1
EYEBRIGHT HERB	£8.29	1:1
GINKGO	£9.99	1:1
GOLDENSEAL	£14.99	1:1
GOTU KOLA	£8.29	1:1
GYMNEMA	£10.49	1:1

	30ml	Herbal Liquid
HAWTHORN	£8.29	1:1
HORSETAIL	£8.29	1:1
HYSSOP	£8.99	1:1
LIQUORICE	£8.99	1:1
MILKTHISTLE	£8.29	1:1
MULLEIN	£8.29	1:1
NETTLE	£8.29	1:1
OLIVE LEAF (per 60ml)	£14.99	1:1
OREGANO OIL	£20.99	1:1
PASSION FLOWER	£8.29	1:1
RED CLOVER	£9.99	1:1
RHODIOLA ROOT	£10.49	1:1
SAGE	£9.99	1:1
SAW PALMETTO	£8.29	1:1
SCHISANDRA BERRY	£10.99	1:1
SKULLCAP	£9.29	1:1
SIBERIAN GINSENG (per 60ml)	£12.49	1:1
ST JOHN'S WORT	£9.29	1:1
VALERIAN ROOT	£9.29	1:1
VALERIAN ROOT (per 60ml)	£12.99	1:1

Combinations

	30ml	Herbal Liquid
ALLERTONE	£8.29	1:1
BALANCED GINSENG	£11.99	1:1
BLACK WALNUT & WORMWOOD	£9.29	1:1
C & F COMPLEX	£8.29	1:1
COMPLEX FEMALE	£8.29	1:1
DI-JEST	£8.29	1:1
DORMATONE	£8.29	1:1
ECHINACEA & GOLDENSEAL	£9.99	1:1
ECHINACEA & GOLDENSEAL (low alcohol)	£9.99	1:1
ELECAMPANE & COLTSFOOT COMPLEX	£8.29	1:1
GINGER BITTERS (per 60ml)	£8.99	1:1
HAWTHORN CT COMPLEX	£8.29	1:1
HEMATONE	£8.29	1:1
LIV-CLEANSE COMPLEX	£8.99	1:1
LIVERTONE COMPLEX	£8.99	1:1
NERVETONE	£8.29	1:1
PROSTATONE COMPLEX	£8.29	1:1



	30ml	Herbal Liquid
LOBELIA HOMEOPATHIC TINCTURE (low alcohol)	£9.99	1:1

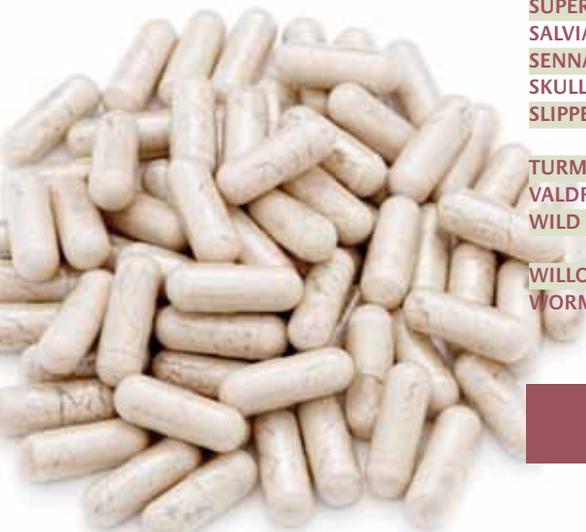
Kids

	120ml	Herbal Liquid
E-KID NACEA	£11.99	1:1
E-KID NACEA PLUS	£11.99	1:1
IMMUNO KID	£11.99	1:1
WINDY POPS (per 30ml)	£7.29	1:1

Herbal Capsules

For your convenience we offer the following herbs in capsules. This is often a more convenient method of taking herbs than making an infusion.

AGNUS CASTUS	400mg	60 vegetarian capsules	£7.40	(55g)
	400mg	120 vegetarian capsules	£11.95	(95g)
BLACK COHOSH	200mg	60 vegetarian capsules	£7.40	(55g)
	200mg	120 vegetarian capsules	£11.95	(95g)
BUCHU LEAF	350mg	60 vegetarian capsules	£10.19	(55g)
CAPSICUM FRUIT	250mg	60 vegetarian capsules	£6.09	(55g)
CELERY SEED	450mg	60 vegetarian capsules	£6.89	(55g)
CHAMOMILE FLOWERS	250mg	60 vegetarian capsules	£6.89	(55g)
CINNAMON BARK	350mg	60 vegetarian capsules	£7.40	(55g)
CRAMP BARK	350mg	60 vegetarian capsules	£9.45	(55g)
CRANESBILL ROOT	400mg	60 vegetarian capsules	£8.45	(55g)
DAMIANA HERB	300mg	60 vegetarian capsules	£7.40	(55g)
DANDELION LEAF	300mg	60 vegetarian capsules	£6.89	(55g)
DEVIL'S CLAW	350mg	60 vegetarian capsules	£7.65	(55g)
	350mg	120 vegetarian capsules	£12.55	(55g)
DOG ROSE HIPS	500mg	120 vegetarian capsules	£12.20	(95g)
ECHINACEA ROOT	400mg	60 vegetarian capsules	£8.45	(55g)
	400mg	120 vegetarian capsules	£14.79	(95g)
FENUGREEK SEED	550mg	60 vegetarian capsules	£6.89	(55g)
FEVERFEW LEAF	125mg	60 vegetarian capsules	£6.89	(55g)
GARLIC	250mg	60 vegetarian capsules	£6.59	(55g)
GINGER ROOT	500mg	60 vegetarian capsules	£6.89	(55g)
GINKGO LEAF	450mg	60 vegetarian capsules	£7.10	(55g)
	450mg	120 vegetarian capsules	£11.65	(55g)
GOLDENSEAL ROOT	125mg	60 vegetarian capsules	£10.75	(55g)
HAWTHORN BERRY	450mg	60 vegetarian capsules	£7.10	(55g)
	450mg	120 vegetarian capsules	£11.65	(95g)
HOP (Strobile)	300mg	60 vegetarian capsules	£6.39	(55g)
HYPERIDRINE	300mg	60 vegetarian capsules	£9.95	(55g)
	300mg	120 vegetarian capsules	£14.95	(95g)
ICELAND MOSS	450mg	60 vegetarian capsules	£7.10	(55g)
KOREAN GINSENG	500mg	30 vegetarian capsules	£6.39	(55g)
LIQUORICE ROOT	400mg	60 vegetarian capsules	£6.89	(55g)
MELILOT HERB	350mg	60 vegetarian capsules	£6.39	(55g)
MELISSA HERB	450mg	60 vegetarian capsules	£7.40	(55g)
MILK THISTLE	450mg	60 vegetarian capsules	£7.10	(55g)
	450mg	120 vegetarian capsules	£11.65	(95g)
MISTLETOE	200mg	60 vegetarian capsules	£6.09	(55g)
MOTHERWORT & SKULLCAP	400mg	60 vegetarian capsules	£8.15	(55g)
NETTLE ROOT	400mg	60 vegetarian capsules	£7.10	(55g)
PAPAYA ENZYMES	120mg	60 vegetarian capsules	£7.65	(55g)
PASSIFLORA HERB	300mg	60 vegetarian capsules	£7.10	(55g)
PRICKLY ASH BARK	300mg	60 vegetarian capsules	£7.65	(55g)
PRIMULA ROOT	400mg	60 vegetarian capsules	£6.39	(55g)
PSYLLIUM HUSK	400mg	120 vegetarian capsules	£9.96	(95g)
RASPBERRY LEAF	900mg	60 vegetarian capsules	£8.65	(55g)
RED CLOVER	325mg	60 vegetarian capsules	£7.65	(55g)
SUPER RUTIN	60mg + Buckwheat	60 vegetarian capsules	£6.09	(55g)
SALVIAN	300mg	60 vegetarian capsules	£9.95	(55g)
SENNA LEAF	400mg	60 vegetarian capsules	£6.59	(55g)
SKULLCAP HERB	400mg	60 vegetarian capsules	£9.15	(55g)
SLIPPERY ELM	300mg	60 vegetarian capsules	£8.19	(55g)
	300mg	120 vegetarian capsules	£13.65	(95g)
TURMERIC	500mg	60 vegetarian capsules	£7.40	(55g)
VALDRIAN ROOT	400mg	60 vegetarian capsules	£9.35	(55g)
WILD YAM ROOT	400mg	60 vegetarian capsules	£8.19	(55g)
	400mg	120 vegetarian capsules	£13.65	(95g)
WILLOW BARK	350mg	60 vegetarian capsules	£6.89	(55g)
WORMWOOD	250mg	60 vegetarian capsules	£7.40	(55g)



Please note that prices are subject to alteration without notice. For the latest prices check our website at www.baldwins.co.uk

Herbal Tablets

LICENSED MEDICINES

100 tablets (55g)

BLUE FLAG ROOT

COMPOUND TABLETS £10.19

A herbal remedy for skin disorders and acne.

100 tablets (55g)

BOLDO AID TO

SLIMMING TABLETS £7.40

A herbal remedy used as an aid to slimming, diets and to help weight loss.

100 tablets (55g)

DAMIANA TABLETS

£7.10

Damiana tablets are a herbal medicinal product to promote general well being.

100 tablets (55g)

DIGESTION TABLETS

£7.40

To aid digestion and relieve flatulence.

100 tablets (55g)

ECHINACEA TABLETS

£7.40

A herbal remedy for general skin disorders/acne.

100 tablets (55g)

GARLIC TABLETS

£6.45

A herbal remedy to help with coughs and colds.

50 Tablets (50g)

GOODNIGHT

£6.09

A traditional herbal remedy for the symptomatic relief of sleeplessness to promote natural sleep.

100 tablets (55g)

LOBELIA COMPOUND TABLETS

£7.65

A herbal remedy for the symptomatic relief of coughs, blocked sinuses and catarrh.

100 tablets (80g)

LOWATER

£8.45

To help maintain normal body fluid balance.

100 tablets (55g)

NATURAL HERBAL

LAXATIVE TABLETS

£7.40

A herbal remedy for the relief of occasional or non-persistent constipation.

100 tablets (100g)

NEUROTONE

£8.45

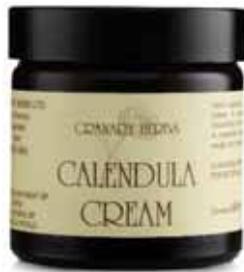
A traditional herbal remedy for the symptomatic relief of tenseness, anxiety and irritability.

100 tablets (72g)

RUNO

£8.69

A herbal remedy for the symptomatic relief from the pain of rheumatism.



Herbal Ointments

42g (87g)

ARNICA OINTMENT

£5.99

42g (87g)

CHAMOMILE OINTMENT

£5.99

42g (87g) 500g (540g)

CHICKWEED OINTMENT

£5.99 £24.00

42g (87g)

COMFREY OINTMENT

£5.99

42g (87g)

ECHINACEA OINTMENT

£5.99

42g (87g)

GARLIC OINTMENT

£5.99

42g (87g)

MARIGOLD OINTMENT

£5.99

42g (87g)

TEA TREE OINTMENT

£5.99

42g (87g)

WITCH HAZEL OINTMENT

£5.99

Granary Herb Creams

These creams are made from the best home grown herbs.

30ml (87g) 60ml (150g)

CALENDULA CREAM

£4.49 £7.99

30ml (87g) 60ml (150g)

COMFREY CREAM

£4.49 £7.99

30ml (87g) 60ml (150g)

SOOTHING CREAM

£4.49 £7.99

30ml (87g) 60ml (150g)

LEMON BALM CREAM

£4.49 £7.99

Swedish Bitters

Swedish Bitters got its name from the well-known 18th century Swedish Physician and Rector of Medicine, Dr. Claus Samst. In the 18th Century, Dr Samst rediscovered the formula through a family tradition. The formula recorded by Dr Samst is the Swedish Bitters that we know today. The Swedish doctor also compiled a manuscript describing the 46 conditions for which Swedish Bitters can bring relief. Dr Samst himself lived to be 104 and finally succumbed, not to the ravages of old age, but as a result of a fall while out riding!

The actual creation of the formula is credited to Dr. Phillipus Paracelsus, a Swiss Physician who lived



around 1541. However, it was Maria Treben, the distinguished Austrian herbalist, who brought Swedish Bitters to the world's attention. In her book "Health Through God's Pharmacy" Maria Treben writes of the various benefits of Swedish Bitters.

Books MARIA TREBEN

(300g)

HEALTH THROUGH

GOD'S PHARMACY

£16.99

CURES

£11.50

HEALING WITH ALOE

£11.50

Swedish Bitters

100g Packet

HERBS (Instructions Included)

£8.59

250g Packet

£17.89

500g Packet

£33.69

100ml Bottle (250g)

LIQUID

£5.65

250ml Bottle (460g)

£11.25

500ml Bottle (900g)

£19.69

30ml (87g) 60ml (150g)

CREAM

£4.49

£7.99



Fill your own capsules!

We now offer both size O and OO capsule machines and capsules. The volume that each capsule contains varies depending on the powder density, but as a guide if the size O holds 300mg then the OO will hold 430mg. Please specify O or OO when ordering.

Capsule Machine

At last, an easier way to fill your own capsules. The capsule machine enables you to fill 24 capsules in about 2 minutes. Separate the capsules and put into the machine fill with the powder of your choice, tamp down with the tool top up, push the two parts together and then eject the finished capsules. All that and it's dishwasher safe as well.



Capsule Machine only
£15.85
(245g)

Empty Capsules

These can be filled with the herb or powder of your choice. Simply separate the two halves, fill the larger one with the chosen ingredient and then re-seal. PRICES HERE RELATE TO BOTH SIZES.

Gelatine Capsules	100 (12g)	500 (50g)	1000 (98g)	5000 (510g)
	£1.45	£5.79	£11.25	£53.09

Available in size O and also in size OO

Vegetarian Capsules	100 (12g)	500 (50g)	1000 (98g)	5000 (510g)
	£4.29	£20.19	£39.95	£196.69

Available in size O and also in size OO. Made from potato starch.

Pestle & Mortar

142ml (580g)	199ml (840g)	284ml (1090g)	426ml (1455g)	568ml (2130g)
Size 0 £15.39	Size 1 £16.09	Size 2 £17.09	Size 3 £21.15	Size 4 £25.65



It's easy!



For the easy infusion of herbs, try a tea ball. It's just like a reusable tea bag. (20g)
TEA BALL ONLY £3.05



Often customers want to encapsulate herbs that are not available in powder form, so they ask how. Up to now we have only been able to offer Pestle and Mortars which are effective but hard work when doing more than a small amount. The Revel Wet and Dry Grinder offers a practical alternative. (1300g)
GRINDER £23.95

Personal Tea Bags

These personal tea bags made of PP-fleece (Polypropylene) allow you to individually enjoy your favourite tea in any place, at any time. Suitable for cups and pots.

(25g)
PERSONAL TEA BAGS 64 Tea Filters £5.09



Tea Bags

Too busy to brew? Then our selection of speciality herbal tea bags offer the next best alternative.

The Dr Stuarts Botanical, Salus and Dalgety range of teas offer you the convenience of all your favourite herbs in easy to use tea bags.

Time to put the kettle on!

Dr Stuarts Botanical Teas

		(86g)
APPLE & GINGER	20 tea bags	£1.99
CHAMOMILE	20 tea bags	£1.29
DETOX TEA	20 tea bags	£2.09
ECHINACEA PLUS	20 tea bags	£1.99
GINKGO PLUS	20 tea bags	£2.09
LAX PLUS	20 tea bags	£2.09
LIVER DETOX	20 tea bags	£2.09
PEPPERMINT	20 tea bags	£1.29
SKIN PURIFY	20 tea bags	£2.09
SLIM PLUS	20 tea bags	£2.09
THROAT RELIEF	20 tea bags	£2.09
TRANQUILLITY	20 tea bags	£1.99
TRIPLE GINSENG PLUS TEA	20 tea bags	£2.09
VALERIAN PLUS	20 tea bags	£1.99
WILD FENNEL	20 tea bags	£1.29
WILD NETTLE	20 tea bags	£1.29
WINTER EASE	20 tea bags	£2.09
GREEN TEA CHAI	25 tea bags	£1.49
GREEN TEA		
LEMON MYRTLE	25 tea bags	£1.49
GREEN TEA ORIGINAL	25 tea bags	£1.49
GREEN TEA		
ORGANIC GENMAICHA	25 tea bags	£1.89

Salus House Organic Tea Bags

		(75g)
DANDELION	15 tea bags	£1.45
FENNEL	15 tea bags	£1.45
HAWTHORN	15 tea bags	£1.45
HORSETAIL	15 tea bags	£1.45
LEMON BALM	15 tea bags	£1.45
LINDEN BLOSSOM	15 tea bags	£1.75
MATE	15 tea bags	£1.45
MISTLETOE (non-organic)	15 tea bags	£1.45
NETTLE	15 tea bags	£1.45
SAGE	15 tea bags	£1.45
ST JOHN'S WORT	15 tea bags	£1.45
THYME	15 tea bags	£1.45
VERVAIN	15 tea bags	£1.45
YARROW	15 tea bags	£1.45



Dalgety Caribbean Teas

		(75g)
LEMON & GINGER	24 tea bags	£1.35
GINGER	18 Sachets	£1.35
GINGER & SORREL	24 tea bags	£1.35
GINGER-MINT	24 tea bags	£1.35
PEPPERMINT	24 tea bags	£1.35
LEMONGRASS (Fevergrass)	24 tea bags	£1.35
CERASSIE	24 tea bags	£1.35
REGGAE MIX	24 tea bags	£1.35

8 each of Cerassie, Lemon & Ginger and Peppermint.

SOCA MIX	£1.35
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8 each of Ginger & Honey, Lemongrass and Ginger & Sorrel.

Tea & Coffee Substitutes

We have a wide range of teas, fruit and herb teas coffees and coffee substitutes.

The following is a small selection of the range.

	50 bags (140g)
EQUAL EXCHANGE ORGANIC FAIR-TRADE ROOIBOS TEA	£1.99
	100g (120g)
COTSWOLD ROASTED DANDELION ROOT COFFEE	£1.75
	125g (220g)
LIMA ORGANIC YANNOH COFFEE SUBSTITUTE	£3.79

Pukka Teas

	(75g)
BLACK SPICED CHAI	20 Sachets £2.09

Enriching black tea with spicy cinnamon & cardamom.

CLEANSE	20 Sachets £2.09
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A purifying blend of nettle, fennel & aloe vera to cleanse the skin from within.

DETOX	20 Sachets £2.09
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A nourishing blend of aniseed, fennel & licorice.

HARMONISE	20 Sachets £2.09
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A divine blend of rose, vanilla & shatavari for balancing women's health.

HERBAL SPICED CHAI	20 Sachets £2.09
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Enriching herbal blend with cinnamon & sweet vanilla.

LEMONGRASS & GINGER	20 Sachets £2.09
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A zesty blend of ginger, lemongrass and gotu kola to bring a little zing to the mind.

LICORICE & CINNAMON	20 Sachets £2.09
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A decadent blend of cocoa, licorice & chicory to feed your desires.

LOVE	20 Sachets £2.09
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A sweet floral infusion of rose, chamomile and lavender to lift your spirits.

NIGHT TIME	20 Sachets £2.09
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A blissfully soothing night time tea with oatstraw, chamomile & lavender.

REFRESH	20 Sachets £1.99
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A cooling blend of peppermint, licorice and rose to help you feel completely refreshed.

RELAX	20 Sachets £1.99
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Put the 'ooo' back into soothing with this calming blend of chamomile, fennel and marshmallow root.

REVITALISE	20 Sachets £1.99
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A spicy warming blend of cinnamon, cardamom & ginger to help get you going.

THREE BERRY TEA	20 Sachets £2.99
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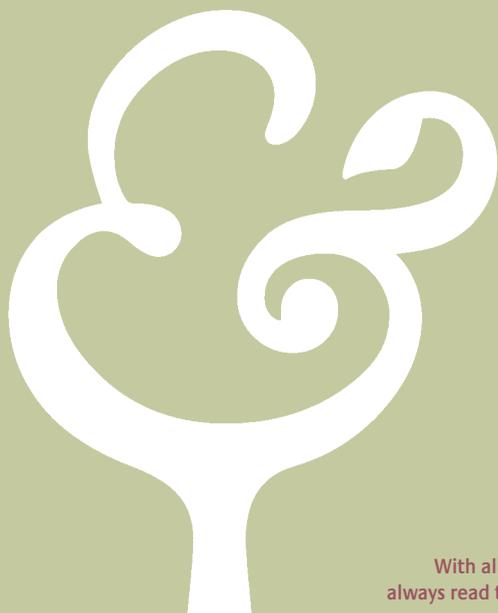
A fruity little number full of delicious real berries including elderberry, blueberry & blackberry.

A. Vogel

and fresh herb remedies

In the mid 1930's, a herbalist named Alfred Vogel set up one of Switzerland's first naturopathic clinics in the village of Teufen, in the Canton of Appenzell.

Taking advantage of the clean mountain air, Vogel cultivated medicinal plants for the many people who travelled far and wide to see him. He came to insist on using only freshly picked herbs in his remedies -and this led him to pioneer the technique of fresh herb extraction.



With all products,
always read the leaflet.

ATROGEL ARNICA GEL is a traditional herbal medicinal product for use in the symptomatic relief of muscular aches, pains and stiffness, sprains, bruises and swelling after injury, exclusively based upon long-standing use as a traditional remedy.

50ml (85g) £6.25 100ml (140g) £9.45

DORMEASAN VALERIAN-HOPS ORAL DROPS A traditional herbal medicinal product used for the temporary relief of sleep disturbances caused by the symptoms of mild anxiety, exclusively based upon long-standing use as a traditional remedy.

50ml (130g) £8.95

ECHINAFORCE Contains extracts of freshly harvested, organically grown Echinacea purpurea herb and root. Plants are picked fresh and used within 24 hours of harvest - this has been shown by research to produce almost 3 times more active substances than the same amount of dried herb. A traditional herbal remedy used for the symptomatic relief of colds, influenza type infections and similar upper respiratory tract conditions.

Tincture **50ml (130g) £8.95 100ml (225g) £15.75**

Tablets 120 (140g) £8.95

GINKGOFORCE Made from extract of the fresh Ginkgo biloba leaves. Ginkgo biloba is native to China and is the oldest living tree species known. A traditional herbal medicinal product for use in the relief of symptoms of Raynaud's syndrome and tinnitus exclusively based upon long-standing use as a traditional remedy.

Tablets 60 (105g) £15.99

HYPERIFORCE A traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet. Made from extracts of fresh Hypericum perforatum (St. John's Wort) flower heads.

Tablets 60 (105g) £9.75

MENOFORCE SAGE TABLETS A traditional herbal medicinal product used for the relief of excessive sweating associated with menopausal hot flushes, including night sweats exclusively based upon long-standing use as a traditional remedy.

Tablets 30 one-a-day (105g) £12.50

PROSTASAN SAW PALMETTO CAPSULES is a traditional herbal medicinal product used for the relief of urinary symptoms arising from an enlarged prostate, in men with a confirmed diagnosis of Benign Prostatic Hypertrophy (BPH), exclusively based upon long-standing use as a traditional remedy.

Capsules 30 (105g) £13.15 Capsules 90 (165g) £33.50

VENOFORCE HORSE CHESTNUT GASTRO-RESISTANT

A traditional herbal medicinal product for the relief of symptoms associated with chronic venous insufficiency and varicose veins, such as tired, heavy legs, pain, cramps and swelling, exclusively based upon long standing use as a traditional remedy.

Tablets 30 (110g) £9.75 Tablets 90 (150g) £16.99

BRONCHOSAN PINE COUGH SYRUP

Traditional herbal medicinal product used for the relief of coughs, such as chesty coughs and dry, tickly, irritating coughs, and catarrh exclusively based on long-standing use as a traditional remedy.

100ml (260g) £5.59

MOLKOSAN VITALITY May help reduce digestive discomfort and improve gut health. Prebiotics such as Molkosan Vitality encourage a healthy digestive tract, supporting your good bacteria, helping your digestion to work well. Molkosan Vitality is rich in soluble fibre, helping to promote good digestion and also contains antioxidant-rich green tea extract. Use Molkosan Vitality daily to:

- Revitalise your good bacteria
- Enjoy better digestion
- Increase energy and vitality

Molkosan Vitality is a prebiotic powdered drink made from fermented whey, high in L(+) lactic acid, and rich in soluble fibre.

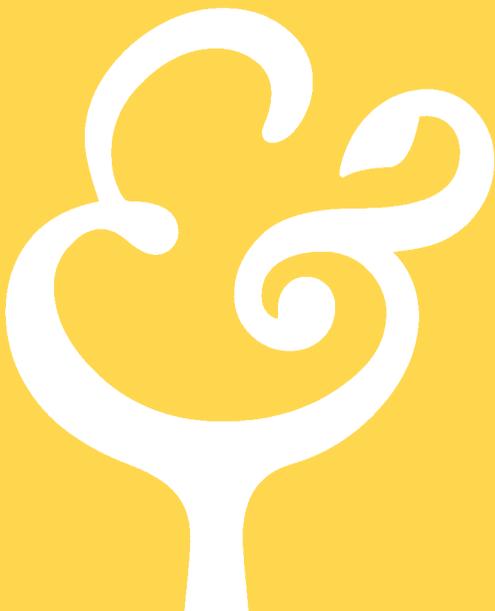
275g (350g) £8.95

Flower Essences

What are the benefits?

Flower Essences now have a large number of advocates right across the world. At Baldwins we keep the two most popular ranges, Dr Bach's original Bach Flower Remedies, and the unique formulations of the Australian Bush Flower Essences, with their rare remedial qualities, ecologically gathered in unpolluted and naturally occurring regions of the vast Australian landscape.

Those of you new to these remedies will find a guide on the following pages outlining the benefits, which may be gained from their use.



Bach Flower Remedies

Edward Bach was a Harley Street doctor in the 1930s. He carefully researched and identified 38 negative states of mind and then created a plant or flower based remedy for each one.

We are proud to present a full range of Bach flower Remedies and below you will find a helpful guide which will assist in identifying the correct flower remedy for you.

Rescue™ Remedy can be used to help cope with everyday situations such as going to the dentist, interviews, or even wedding day nerves. It can also help in times of crisis or trauma such as bereavement and relationship breakdown.

Rescue™ Cream contains a blend of six flower remedies, applied externally it moisturizes rough dry skin to restore it to its natural good condition.

If you...

Try...

☛ Put on a cheerful face	AGRIMONY
☛ Have unexplained fears and worries, are nervous and anxious	ASPEN
☛ Are critical and intolerant of others	BEECH
☛ Have difficulty in saying no and are anxious to please	CENTAURY
☛ Doubt your own ability to judge situations	CERATO
☛ Fear losing control of your behaviour	CHERRY PLUM
☛ Fail to learn from experience, repeating the same mistakes	CHESTNUT BUD
☛ Are overly possessive and expect others to conform to your values	CHICORY
☛ Day-dream and generally have a lack of interest in the present	CLEMATIS
☛ Have a poor self-image and are ashamed or embarrassed by unpleasant physical symptoms, characteristics or features	CRAB APPLE
☛ Are overwhelmed or burdened by responsibility	ELM
☛ Are easily discouraged, hesitant and despondent	GENTIAN
☛ Feel hopelessness and despair and are pessimistic and are excessively talkative	GORSE

If you...

Try...

☛ Feel self-absorbed, dislike being alone **HEATHER**

☛ Have feelings of extreme jealousy, are envious and suspicious

HOLLY

☛ Live in the past, feel homesick or nostalgic

HONEYSUCKLE

☛ Get the 'Monday morning' feeling, doubting your ability to face the day's work

HORNBEAM

☛ Are impatient and easily irritated

IMPATIENS

☛ Lack self-confidence and feel inferior

LARCH

☛ Have a fear rooted in known causes e.g. spiders, flying, death etc.

MIMULUS

☛ Experience unexplained deep gloom which comes and goes for no apparent reason

MUSTARD

☛ Are driven by a strong sense of duty, and struggle on although exhausted

OAK

☛ Feel exhausted in body and mind

OLIVE

☛ Feel full of guilt and blame yourself for other peoples mistakes

PINE

Prices

MIXING BOTTLE (50g)		30ml	£1.55
	7ml	10ml	20ml
REMEDIES (38g)			£6.40
RESCUE REMEDY LIQUID (35g)		£5.65	
RESCUE REMEDY LIQUID (38g)			£7.75
RESCUE REMEDY SPRAY (30g)	£5.65		
RESCUE REMEDY SPRAY (57g)			£8.25
RESCUE REMEDY NIGHT DROPS (30g) New	£5.75		
RESCUE REMEDY NIGHT SPRAY (55g) New			£8.55
		30g	50g
RESCUE REMEDY CREAM (packaged weight 50g)	£5.65		
RESCUE REMEDY CREAM (packaged weight 80g)			£7.75
PROFESSIONAL WOODEN BOX SET (3700g)			£245.15
38x20ml Bach Remedies, 2x20ml Rescue Remedy and 2 x mixing bottles.			
CARDBOARD SET BOX (2400g)			£141.00
38x10ml Bach Remedies and 2x10ml Rescue Remedy.			
LEATHER WALLET SET (2300g)			£188.55
38x20ml Bach Remedies, 2x20ml Rescue Remedy and 1 x mixing bottle.			
		5g	
RESCUE REMEDY BALM (packaged weight 20g)			£6.05
For use on dry chapped lips and can also be massaged into your temples.			
		50g	
RESCUE REMEDY PASTILLES (50g)			£5.65
Available in Blackcurrant or Elderflower			
RESCUE REMEDY CHEWING GUM (37g)			£4.10
Soothing chewing gum with orange and elderflower.			
EMOTIONAL EATING KIT (100g)			£10.70
The Emotional Eating Kit is a set of 3 (10ml) carefully selected flower essences from the system of 38 to deal specifically with emotions linked to comfort eating.			

If you...

Try...

☛ Are over-anxious or over-concerned for others

RED CHESTNUT

☛ Are in a demanding or stressful situation

RESCUE REMEDY

☛ Have experienced terror, have been frozen in fear and feel helpless

ROCK ROSE

☛ Are inflexible, setting yourself very high standards

ROCK WATER

☛ Suffer from indecision

SCLERANTHUS

☛ Have experienced shock, grief or a fright

STAR OF BETHLEHEM

☛ Are at the limits of endurance and in deep despair

SWEET CHESTNUT

☛ Are over-enthusiastic, argumentative with fixed principles and ideas

VERVAIN

☛ Are strong-willed with a tendency to be domineering or inflexible

VINE

☛ Face major life changes and are in need of protection from the influences of others

WALNUT

☛ Prefer to be alone or are proud and aloof

WATER VIOLET

☛ Have unwanted thoughts, preoccupations and worries

WHITE CHESTNUT

☛ Are uncertain as to the correct path in life, dissatisfied with your current lifestyle, and can't decide which path to follow

WILD OAT

☛ Make little effort to improve situations, are apathetic

WILD ROSE

☛ Are resentful and have feelings of self-pity, 'poor me'

WILLOW

PROFESSIONAL WOODEN BOX SET (3700g)
20ml size – 40 per set. In a wooden carry case.
£245.15

Please note that prices are subject to alteration without notice. For the latest prices check our website at www.baldwins.co.uk

Bush Flower Essences

Australian Bush Flower Essences

These unique formulations have been blended using Australian Bush Flower Essences with rare remedial qualities, ecologically gathered in unpolluted and naturally occurring regions of the vast Australian landscape.

The range of 17 essences are formulated to assist with the whole family's emotional care and well being.



Abund Essence - DROPS

For pessimistic, closed to receiving, fear of lack, poverty consciousness.

Adol Essence - DROPS

Creating harmony and balance through adolescence.

Calm & Clear Essence - DROPS/ORAL SPRAY

For always over committed, no time for self, always last priority.

Cognis Essence - DROPS

For day-dreaming, confusion, overwhelm.

Confid Essence - DROPS

For low self esteem, guilt, shyness, lack of conviction, victim mentality.

Dynamis Essence - DROPS

For temporary loss of drive, enthusiasm and excitement.

Electro Essence - DROPS

For feeling drained and flat, out of balance with earth rhythms; reduces emotional effects of radiation.

Emergency Essence - DROPS/ORAL SPRAY

For panic, distress, fear.

Creative Essence - DROPS

For creative blocks and inhibitions, difficulty expressing feelings.

Meditation Essence - DROPS

For psychic attack, damaged aura, tense and uptight, psychically drained.

Purifying Essence - DROPS

For emotional waste, feeling encumbered, emotional baggage.

Relationship Essence - DROPS

For confusion, resentment, emotional pain and turmoil, blocked emotions, inability to relate.

Sexuality Essence - DROPS

For shame, uptight about sexuality, fear of intimacy, lack of sensitivity, emotional effects of sexual abuse.

Solaris Essence - DROPS

For fear and distress associated with fire.

Transition Essence - DROPS

For feeling stuck, Lack of direction, fear of death, fear of unknown, non acceptance.

Travel Essence - DROPS

For personally depleted and drained, disorientation, Emotional effects of travel.

Woman Essence - DROPS/ORAL SPRAY

For mood swings, weary, physical dislike.

	15ml	20ml	30ml	45ml	50ml	100ml
ORAL SPRAYS (50g)		£10.15				
COMBINATION DROPS (80g)			£9.19			
INDIVIDUAL ESSENCES (50g)	£10.15					
SET OF 69 INDIVIDUAL ESSENCES (3500g)						SET £638.29

Please note that prices are subject to alteration without notice.
For the latest prices check our website at www.baldwins.co.uk

Drops Take seven drops under the tongue or in a little water

Oral Sprays

2 Sprays on the tongue, anytime, anywhere.

Bush Flower Essences

1. **Alpine Mint Bush**
Revitalisation; joy; renewal.
2. **Angelsword**
Spiritual discernment; accessing gifts from past lifetimes; releases negative psychic energy; clear spiritual communication.
3. **Banksia Robur**
Enjoyment of and interest in life.
4. **Bauhinia**
Acceptance and open mindedness; embracing new concepts and ideas.
5. **Billy Goat Plum**
Sexual pleasure and enjoyment; acceptance of one's physical body.
6. **Black-eyed Susan**
Slowing down; ability to turn inward and be still; inner peace.
7. **Bluebell**
Opens the heart; joy; sharing.
8. **Boab**
Personal freedom by releasing family patterns; clearing of other non-family negative karmic connections.
9. **Boronia**
Serenity; clarity of mind and thought; creative visualisation.
10. **Bottlebrush**
Letting go; serenity whilst adjusting to change; bonding between mother and child.
11. **Bush Fuchsia**
Allows one to integrate information; develops intuition; trusting and following one's intuition.
12. **Bush Gardenia**
Renews interest in others; improves communication; passion.
13. **Bush Iris**
Spiritual insight; awareness and understanding beyond the material/physical plane.
14. **Christmas Bell**
To manifest ones desired outcome.
15. **Crowea**
Balances and centres the individual; in touch with one's feelings.
16. **Dagger Hakea**
Forgiveness; open expression of feelings.
17. **Dog Rose**
Confidence; courage; belief in self; ability to embrace life more fully.
18. **Dog Rose of the Wild Forces**
Calm and centred in times of inner or outer turmoil; emotional balance.
19. **Five Corners**
Love and acceptance of self; celebration of own beauty; letting true self stand out.
20. **Flannel Flower**
Gentleness; enjoyment of all physical expression and touch; trust to express and reveal self; sensuality; healthy boundaries.
21. **Freshwater Mangrove**
Openness to new experiences, people and perceptual shifts; healthy questioning of traditional standards and beliefs.
22. **Fringed Violet**
Removes effects of past or present distress; psychic protection.
23. **Green Spider Orchid**
Telepathic communication; ability to withhold information until timing is appropriate; attunement.
24. **Grey Spider Flower**
Faith; courage; calmness.
25. **Gynea Lily**
Humility; allowing others to express themselves and contribute; awareness; appreciation and taking notice of others.
26. **Hibbertia**
Acceptance of self and own innate knowledge; integration of knowledge and philosophies.
27. **Illawarra Flame Tree**
Self approval; self reliance; inner strength.
28. **Isopogon**
Able to learn from past experiences; remember the past; retrieval of forgotten skills.
29. **Jacaranda**
Decisiveness; clear mindedness; focused attention.
30. **Kangaroo Paw**
Relaxed; sensitivity; saviore faire; enjoyment of people.
31. **Kapok Bush**
Persistence; willingness to "give it a go"; application.
32. **Little Flannel Flower**
Playfulness; joyful; ability to have fun; spontaneity.
33. **Macrocarpa**
Renews enthusiasm.
34. **Mint Bush**
Smooth spiritual initiation; clarity; calmness; ability to cope.
35. **Mountain Devil**
Unconditional love; forgiveness; happiness; inner peace.
36. **Mulla Mulla**
Reduces the negative effects of fire and the sun's rays.
37. **Old Man Banksia**
Ability to cope with whatever life brings.
38. **Paw Paw**
Focus and clarity.
39. **Peach-flowered Tea-tree**
Balance; responsibility for own health; completion of projects.
40. **Philotheca**
Ability to accept praise; acknowledgement and love; open to abundance.
41. **Pink Flannel Flower**
Feeling of gratitude; open hearted; Appreciative; Joie De Vivre; Lightness of being.
42. **Pink Mulla Mulla**
Deep spiritual healing; trusting and opening up.
43. **Red Grevillea**
Strength to leave unpleasant situations; boldness; indifferent to judgement of others.
44. **Red Helmet Orchid**
Helps father/child bonding; sensitivity: respect.
45. **Red Lily**
Grounded; focused living in the present; opens crown chakra; enhances spiritual evolvment.
46. **Red Suva Frangipani**
Feeling calm and nurtured; inner peace and strength to cope.

47. **Rough Bluebell**
Compassion; release of one's inherent love vibration; sensitivity.
48. **She Oak**
Overcomes imbalances in females.
49. **Silver Princess**
Life purpose and direction; motivation.
50. **Slender Rice Flower**
Co-operation and group harmony; humility; perception of beauty in and acceptance of others.
51. **Southern Cross**
Personal power; positive attitude; taking responsibility for self.
52. **Spinifex**
Empowers through understanding and awareness of the emotional causes of illness.
53. **Sturt Desert Pea**
Diffuses sad memories; allows one to let go; motivates.
54. **Sturt Desert Rose**
Allows one to follow own inner convictions and morality; personal integrity.

55. **Sundew**
Practical; attention to detail; grounded; focused.
56. **Sunshine Wattle**
Optimism; hope; acceptance of the beauty and joy in the present; joyful expectation.
57. **Tall Mulla Mulla**
Feeling relaxed and secure with other people; encourages social interaction.
58. **Tall Yellow Top**
Sense of belonging.
59. **Turkey Bush**
Inspired creativity; renews artistic confidence.
60. **Waratah**
Courage; tenacity; faith; adaptability; survival skills.
61. **Wedding Bush**
Commitment to relationships and goals; dedication to life purposes.
62. **Wild Potato Bush**
Freedom to move on in life.
63. **Wisteria**
Trust; fulfilment and enjoyment of sexuality; allowing warm sensuous feelings in the body.

64. **Yellow Cowslip Orchid**
Humanitarian concern; impartiality; can see both the detail and the big picture; objective analysis.
65. **Monga Waratah**
Strengthening of one's will; reclaiming of one's spirit; belief that one can break the dependency on any behaviour, substance or person; self empowerment.
66. **Sydney Rose**
Realising we are all one; feeling safe and at peace; heartfelt communication.
67. **Autumn Leaves**
Letting go; in one's last days before passing over it increases awareness and communication with loved ones in the spiritual world.
68. **Lichen**
Eases one's transition into the Light; assists separation between the physical and etheric body; releases earth bound energies.
69. **Green**
Harmonise the vibration of any yeast mould or parasite to one's own vibration; purifying.

FREE
POSTAGE AND
PACKING ON
ALL ORDERS OF
£70* OR OVER.

*WITHIN UK ONLY



Please note that prices are subject to alteration without notice.
For the latest prices check our website at www.baldwins.co.uk

Flower Essences

Light Frequency Essences

For books on Bach and Flower Essences see page 75.



The White Light Essence pyramid pack has been carefully developed to embrace and protect the beauty and potency of these wonderful essences. The White Light Essence pyramid pack contains all 7 spiritual stock essences, Ian's new book and the White Light CD.

(665g)
THE WHITE LIGHT ESSENCE PYRAMID PACK £142.95

INDIVIDUAL ESSENCE PYRAMID PACKS

Stock essences for each of the individual White Light Essences are available. They each come in the individual pyramid packs carefully developed to embrace and protect the beauty and potency of these wonderful essences.

White Light Essences (70g)
WATER ESSENCE £20.39

For nurturing and encouraging us all to be more open to receiving and trusting.

(70g)
EARTH ESSENCE £20.39

For those doing Spiritual work who are ungrounded. To centre, ground, find direction to proceed forward.

(70g)
FIRE ESSENCE £20.39

For dealing with impurities, or burning off the dross, to inspire and motivate one to follow their life path.

These Essences come in an individual pyramid pack that has been carefully developed to embrace and protect the beauty and potency of these wonderful Essences.

(70g)
AIR ESSENCE £20.39

For those going through emotional stress and trauma, to invoke peace and harmony within your heart and mind.

(70g)
HIGHER SELF ESSENCE £20.39

To be aware of what is beyond the physical experience and to tap into sources of ancient wisdom and knowledge.

(70g)
DEVIC ESSENCE £20.39

For those who are stressed out, wound up, stuck for time or feel disconnected. To care for ourselves on a spiritual level and bring about a devotional, nurturing quality within us for ourselves and others as well as nature.

(70g)
ANGELIC ESSENCE £20.39

For becoming open to the Angelic tones of inspiration, love, awareness, communication, guidance and instruction which can lead us to an infinite range of potential possibilities in our moral lives.

(50g)
WHITE LIGHT MUSIC CD £17.35

Sound (pure vibration), is the force inherent in all things, it has a powerful effect on the cellular structure of human beings and a very profound effect on our psyche and soul.

In esoteric numerology each person's master number corresponds with a specific colour.

Also associated with each colour is a musical composition. The White Light CD contains these 8 specific musical masterpieces, beautifully recorded, that when heard, will help bring into balance anyone whose master number corresponds to that particular colour.



(125g)
WHITE LIGHT ESSENCES BOOK
 by Ian White £17.35



10ml (45g)
ANTARCTIC ESSENCE £27.55

- Allows you to feel tremendous calm, peace and stillness within yourself.
- Enables you to be aware of and enhances your vision of what is necessary and essential.
- Helps reveal and dissolve very deep and hidden aspects of yourself.
- Connects one to both the Wisdom of the Ancients and your ancient past.
- To trust Spirit and the unfolding of your life and its direction.
- Assists you to find your own core, pure essence.

10ml (45g)
AMAZON ESSENCE £27.55

- Strengthens our connection to the Elementals and the natural world.
- Enlists new ways for our senses to perceive afresh, enabling us to comprehend, interpret and align to all the new energies being released.
- Assist you to read and speak the language of nature.
- Allows one to access a doorway to consciousness that is beyond matter.
- Enables you to flow more easily through life, to be effective and active but not attached, building up your aura of love and acceptance.
- Anchors the divine feminine and masculine within us.

10ml (45g)
ARCTIC ESSENCE £27.55

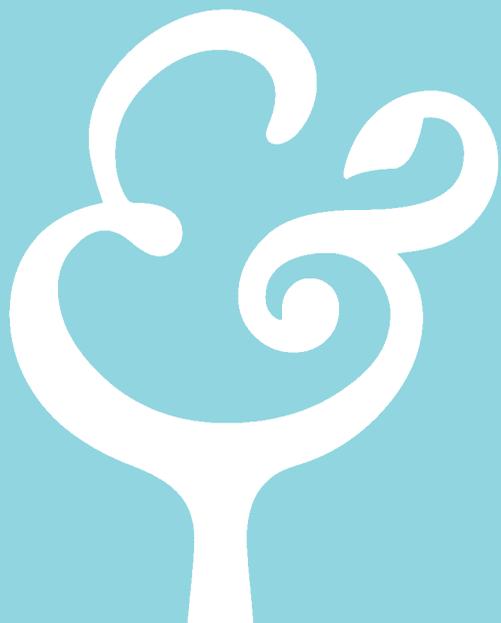
- Brings in and releases pure light energy within the person.
- Activates suspended pure light energy held within an individual, increasing our spiritual awareness.
- Balancing one's own electro-magnetic frequency and harmonising one to the earth's changing electro-magnetic frequency.
- Addresses issues of separation from self, someone or something.
- Assists one to see their negative aspects and rectify them.
- Can repair and return the soul to a state of innocence, purity and peace.
- This Essence shows what you need to come alive, to flow, to be joyous and light.

10ml (45g)
CHINA ESSENCE £27.55

- Brings the gift of feeling peaceful and calm.
- Helps you deal with karmic overload in this life allowing you to forgive yourself, which will help let go of guilt and karma.
- Allows you to tap deep within your psyche into your inner knowing, which leads to a trust in the grand cosmic scheme of things and a sense that all is right in the world.
- Strengthens your connection to Nature and the Earth.

Health and Medicine

These pages list a number of specialist herbal products including Homeopathic and Ayurvedic preparations.



Ayurveda is based on ideas from Hinduism. Some Ayurvedic ideas also evolved from Persian thoughts on Health and Wellbeing.

Did you know?

Homeopathy seeks to stimulate the body's defense mechanisms and processes so as to prevent or treat illnesses.

Pukka



Bring balance to your life, bring harmony to nature.

At Pukka Herbs we believe that only the best organic herbs can aid your health and well being. Our herbs are supplied directly from farmers we know in India and Sri Lanka which means we can guarantee you an exceptional herbal range that is ecologically grown, sustainable, fairly traded, 100% organic and from a source you can trust.

The Pukka capsules and tonics listed below are all certified organic.

Capsules

90 vegetarian capsules (180g)

ALL-IN-ONE ASHWAGANDHA & SHATAVARI £15.75

Works as a general tonic to the whole system and as a natural multi-vitamin substitute. It may also be used to treat tiredness, weak immunity, poor muscle tone and is useful as a tonic after childbirth.

90 vegetarian capsules (180g)

AMLA & PEPPERMINT £14.75

Good for treating heartburn and acid digestion. This formula combines cooling, soothing and anti-inflammatory herbs to help reduce any burning symptoms from excessive gastric secretions, caused by stress and spicy foods. It may also benefit any upper abdominal discomfort.

90 vegetarian capsules (180g)

ANDROGRAPHIS £14.75

Andrographis is simply the best remedy to help manage winter and spring health problems associated with that run down feeling. It is the most popular winter remedy in Scandinavia above Echinacea. It is a wonderful stimulant for the body's own natural defences. It is a small annual plant that is easy to grow and its use in no way threatens any natural wild populations. Known as 'The King of Bitters' it is a truly disgusting tasting herb that we have packed into a taste-free vegetarian capsule.

90 vegetarian capsules (180g)

ANDROGRAPHIS & HOLY BASIL £14.75

The herbs in this formula have been used traditionally to help adjust to winter and spring changes in health. Use for repeated colds, weakness and general feelings of malaise.

90 vegetarian capsules (180g)

ARJUNA & HAWTHORN £14.75

The herbs in this formula help the flow of blood to the heart and strengthen the heart muscle. Take care if you are pregnant or taking anticoagulant medication. Always seek the professional advice of a herbalist for any heart condition.



90 vegetarian capsules (180g)

ASHWAGANDHA £15.65

Ease the stress of 21st century living. The perfect treatment for many of the health problems caused by the frenetic pace of modern living. Use as a tonic that both strengthens and calms. Take care if you are pregnant.

90 vegetarian capsules (180g)

ASHWAGANDHA & GOTU KOLA £15.75

Helps reduce daytime anxiety. These herbs are strengthening and calming herbs that help a hyper and tired nervous system. Used by many people who can no longer buy Kava Kava. Caution in pregnancy.

90 vegetarian capsules (180g)

ASHWAGANDHA PLUS £15.95

These herbs have been traditionally used to treat male health. Full of steroidal saponin active ingredients as well as sweet and nourishing properties, they act as reproductive rejuvenatives that nourish the whole system and provide sustained energy.

90 vegetarian capsules (180g)

BRAHMI PLUS £15.75

The herbs in Brahmi Plus are renowned for their ability to enhance the power of the mind and help to boost mental clarity and memory. They are also used to enhance concentration and attention.

90 vegetarian capsules (180g)

GOKSHURA & SHATAVARI £14.75

Good for maintaining a healthy urinary system. Cooling and soothing with sweet and demulcent properties that heal any urinary problems caused by swellings and stagnations. Always seek the advice of a herbalist in prolonged urinary infections.

90 vegetarian capsules (180g)

GOTU KOLA £14.75

Gotu Kola is traditionally used to boost the quality of the mind, memory and concentration. It also helps to relax the nervous system. It has recently become renowned for helping to assist circulation on long-haul flights. Caution in pregnancy.

90 vegetarian capsules (180g)

GOTU KOLA & TURMERIC £14.75

Good for Varicose veins, the 'doctrine of signatures' says that the veins in the Gotu Kola leaf indicate what it does. The deep yellow and red colour of Arjuna, Manjishta and Turmeric has a resonance for any parts of the body that are coloured red. Caution if you are pregnant.

90 vegetarian capsules (180g)

GUDUCHI & NEEM £14.75

The herbs in this formula work by helping to assist detoxification in the body, primarily via the liver. An excellent formula for regulating the body's natural cleansing functions and helping with detoxification. Take care if you are pregnant.

Please note that prices are subject to alteration without notice.
For the latest prices check our website at www.baldwins.co.uk

90 vegetarian capsules (180g)**GUGGUL PLUS** £14.75

For healthy weight and cholesterol. The herbs in this formula help to stimulate metabolism, assist the elimination of excess toxins and provides general health benefits. Caution if pregnant.

90 vegetarian capsules (180g)**GYMHEMA PLUS** £14.75

Helps blood sugar imbalances. Gymnema is known as 'Gurmar' in Ayurveda and this means 'the sugar destroyer'. If you eat a leaf of the plant you can no longer taste sugar and lose the desire for sweet foods. Caution if pregnant.

90 vegetarian capsules (180g)**LICORICE & GINGER** £15.75

Aids a healthy respiratory system. The herbs combine to help with the elimination of mucus, hoarseness and breathlessness. Use for coughs, asthma and bronchitis. It also helps to clear the sinuses and head of mucus.

90 vegetarian capsules (180g)**NEEM** £14.75

Neem is a powerful cleansing herb renowned for its ability to purify both the inside and outside of the body. It's effective for gut bacteria and reducing bloating, discomfort and skin outbreaks. Caution if pregnant.

90 vegetarian capsules (180g)**NEEM & SARSAPARILLA** £15.75

Promotes healthy skin. The herbs in this formula are renowned for having a cooling and soothing effect. Use for skin inflammations when they are, sore, oozing and itchy; including eczema, psoriasis, acne and rosacea. Caution if pregnant.

90 vegetarian capsules (180g)**PEPPERMINT & PIPPALI** £14.75

Use this formula for seasonal allergic rhinitis and hayfever with sneezing, itchy eyes, runny nose and wheezing. The warming spices help to dry mucus secretions and stop sneezing and itching.

90 vegetarian capsules (180g)**PUNARNAVA PLUS** £14.75

Beneficial for the treatment of High blood pressure. The herbs in this formula help to reduce pressure in the body by reducing fluid retention and calming the nervous system.

90 vegetarian capsules (180g)**SHATAVARI** £15.45

Good for women's health and menopause. The perfect balance to clear some of the uncomfortable menopausal hot flushes, night sweats, memory loss, anxiety and dryness in the body.

90 vegetarian capsules (180g)**SHATAVARI PLUS** £15.95

This formula enhances the inherent balancing and nourishing properties of Shatavari by blending it with herbs that are specifically used to regulate the menstrual cycle, treating PMS, menstrual pain and water retention. It helps to alleviate menopausal problems such as hot flushes, night sweats and dryness.

90 vegetarian capsules (180g)**SEVEN SEEDS for the digestive system** £14.75

A powerful blend of seven organic seeds with Ginger and Asafoetida. Seven Seeds (NEW reformulated Asafoetida Plus) helps to improve the assimilation of nutrients from food and supports the health of the digestive system.

90 vegetarian capsules (180g)**TRIKATU** £14.75

Great for colds, respiratory allergies and poor circulation. Traditionally used for lung and nasal problems, is specific for allergic rhinitis, hayfever and colds. Also used in Ayurveda as part of a weight loss regime to increase metabolism, digest fats and balance appetite. Caution if you have hyperacidity, ulcers or are pregnant.

90 vegetarian capsules (180g)**TRIPHALA** £14.75

A great digestive remedy for constipation and detoxification. A mixture of three fruits are used to cleanse the whole system by regulating the bowels and liver. Triphala also promotes bowel movements and maintains healthy mucus membranes. Caution in pregnancy.

90 vegetarian capsules (180g)**TRIPHALA PLUS** £15.75

For stubborn constipation and detoxification. Triphala Plus is based on the famous Triphala formula with an extra boost to treat stubborn constipation, dry stools, toxins and bad breath. It acts as a bulk laxative, colon tonic and detoxifier. Caution in pregnancy.

90 vegetarian capsules (180g)**TURMERIC** £15.75

Turmeric is a wonderful herb that should be used everyday. A very useful remedy to maintain healthy joints, circulation and skin. It directly inhibits the enzymes that cause inflammation in the body and can be used wherever there is pain in the joints, shoulders and back. It specifically increases circulation and is therefore used when there are stiff or tense muscles. It is also a useful anti-oxidant and is considered to be beneficial as part of a healthy heart regime.

90 vegetarian capsules (180g)**TURMERIC & BOSWELLIA** £15.75

Use for joint pain, arthritis, and sports injuries. Turmeric and Boswellia benefits joints, muscles, ligaments and bones. Caution if you are pregnant or taking anticoagulant medication.

90 vegetarian capsules (180g)**VALERIAN & ASHWAGANDHA** £15.75

A useful formula for the symptomatic relief of insomnia and anxiety. These herbs help to ground and settle the body and mind. They help with restless leg syndrome, difficulty getting to sleep and waking up in the night. A very relaxing formula.

Tonic

250g jar (424g)**CHYWANAPRASH** £9.95

Chywanaprash is a delicious traditional Indian food supplement blend of fruit, spices, herbs and honey. It is renowned as a pure and natural nutritional tonic that tastes amazing. One or two teaspoonfuls can be taken each day, on its own, spread on toast, or dissolved in warm milk or herbal tea for a heavenly fortifying drink. Free from any artificial preservatives. Suitable for children.



PUKKA



Juice

ALOE VERA JUICE 500ml (800g) £12.95

ALOE VERA JUICE 1000ml (1600g) £19.95

Pure, fresh and cleansing. An unfiltered Aloe Vera juice made from the inner leaf with no rind and associated bitter taste. No synthetic preservatives.

Floral Water

ORGANIC ROSEWATER 100ml pump spray (245g) £10.95

Blissfully cooling rosewater essence.

Natural Oils (Medicated & Massage)

ASHWAGANDHA TONIC OIL IN SESAME OIL 200ml (420g) £14.95

Massage oil to nourish and relax.

BHRINGARAJ HAIR OIL 200ml (420g) £14.95

A nourishing oil for strengthening and rejuvenation.

BRAHMI MIND OIL 200ml (420g) £14.95

The perfect oil for a relaxing and soothing head massage.

CASTOR OIL (Cold-Pressed) 250ml (430g) £6.95

CASTOR OIL (Cold-Pressed) 500ml (830g) £12.95

Superb for nourishing dry skin and for removing stagnations from the body.

COCONUT OIL (Cold-pressed) 120ml (230g) £7.95

A light massage oil which can also be used in cooking.

GHEE 300g (480g) £8.25

A delicious, healthy and nourishing cooking oil.

HEMP SEED OIL 250ml (520g) £7.75

HEMP SEED OIL 500ml (910g) £13.75



MAHANARAYAN JOINT OIL 200ml (420g) £15.95

Massage oil for easing pain in joints and stiff muscles.

NASYA NASHA OIL 30ml nose dropper (70g) £10.95

A traditional nasal oil for yoga and meditation.



NEEM OIL (Cold-Pressed) 200ml (345g) £11.45

For healthy skin, scalp and nails. Strongly protective, dilute before use.

NEEM & SESAME OIL (5%) MIX (Cold-pressed) 200ml (330g) £12.75

With Peppermint Essential oil. For healthy skin, scalp and nails.

SESAME OIL 200ml (420g) £6.85

SESAME OIL 500ml (860g) £13.95

Tinctures

AMLA 50ml (120g) £8.75

NEEM 50ml (120g) £8.75

TRIKATU 50ml (120g) £8.75

TRIPHALA 50ml (120g) £8.75

CD's

3 EASY STEPS TO DEEP RELAXATION (85g) £10.95

Simple, yet powerful steps to relax from the stresses of life.

AJAPA JAPA MEDITATION (Double CD) (100g) £15.95

Synchronize your inner being to the mantra of the cosmos.

CHAKRA MEDITATION (85g) £10.95

Transform and expand your perceptions and feelings through authentic experience of your psychic centers.

CORE STRENGTH CALM MIND (Double CD) (100g) £15.95

Handle difficulties of life with courage and calm.

ILLUMINATING YOUR HEART'S DESIRE - SANKALPA (85g) £10.95

Align your deepest desire to your life's purpose.

INTRODUCTION TO MEDITATION AND YOGA NIDRA (85g) £10.95

Learn the essential basics of relaxation meditation.

PRANA AND PRANIC HEALING (Double CD) (100g) £15.95

Release blocked energy from your body, mind and emotions.

Weleda

Homeopathic Medicines Range (50g)

6c **£5.95** 125 tablets 30c **£6.50** 125 tablets

a

ACONITE	6 & 30
ACTAEA RAC	6 & 30
ALLIUM CEPA	6
APIS MEL	6 & 30
ARGENT NIT	6 & 30
ARNICA	6 & 30
ARSEN ALB	6 & 30

b

BELLADONNA	6 & 30
BELLIS PERENIS	6
BRYONIA	6 & 30

c

CALC CARB	6 & 30
CALC FLOUR	6 & 30
CALC PHOS	6 & 30
CANTHARIS	6 & 30
CARBO VEG	6 & 30
CAUSTICUM	6
CHAMOMILLA	30
CINA	6
COCCULUS	6
COFFEA	6
COLOCYNTHIS	6
CUPRUM MET	6 & 30

d

DROSEREA	6 & 30
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EUPHRASIA	6 & 30
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f

FERRUM PHOS	6 & 30
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g

GELSEMIUM	6 & 30
GRAPHITES	6 & 30

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HAMAMELIS	6 & 30
HEPAR SULPH	6 & 30
HYPERICUM	6 & 30

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IIGNATIA	6 & 30
IPECAC	6 & 30

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KALI BICH	6 & 30
KALI PHOS	6 & 30

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LACHESIS	6
LEDUM	6
LYCOPodium	6 & 30

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MERC SOL	6 & 30
MIXED POLLEN	30

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NAT MUR	6 & 30
NUX VOM	6 & 30

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PHOSPHORUS	6 & 30
PHYTOLACCA	6
PULSATILLA	6 & 30

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RHUS TOX	6 & 30
RUTA GRAV	6 & 30

s

SEPIA	6 & 30
SILICEA	6 & 30
SULPHUR	6 & 30
SYMPHYTUM	6

t

THUJA	6 & 30
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u

URTICA URENS	6 & 30
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Lotions and Ointments

ARNICA - Sprains and bruises		
	50ml (116g)	25g (36g)

LOTION	£6.95	
OINTMENT		£5.50

CALENDOLON - Calendula Ointment for cuts, minor wounds and abrasions		
	50ml (116g)	25g (36g)

LOTION	£6.95	
OINTMENT		£5.50

COMBUDORON - Minor burns and scalds		
		25g (36g)

OINTMENT		£5.50
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COPPER - Muscular rheumatic pain		
		25g (36g)

OINTMENT		£5.50
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RHUS TOX		
		25g (36g)

OINTMENT		£5.50
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MASSAGE BALM WITH ARNICA For muscular and rheumatic pain		
	50ml (156g)	100ml (280g)

	£5.95	£9.95
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The Family Guide to Homeopathy By Dr. Andrew Lockie an excellent guide to ailments and remedies.

(1180g)



Robert Gray

Intestinal Cleansing Programme

Detoxification and cleansing is the key to optimal health, more energy, vitality and a better immune system. With the Robert Gray formula a clean and healthy colon has never been easier. Using a well-developed formula combining a herbal tablet with a psyllium based bulking agent. The Robert Gray intestinal cleanse can also lead to increased energy a clearer complexion, loss of weight and better food absorption. Please call 020 7703 5550 for more information or a leaflet.

Approximately 1 month (1165g)

ROBERT GRAY CLEANSING PACKAGE £58.75

2 x intestinal bulking agent
100 intestinal cleansing tablets
1 x skin brush

Approximately 2 months (1575g)

ROBERT GRAY CLEANSING PACKAGE £83.20

3 x intestinal bulking agent
250 intestinal cleansing tablets
No skin brush

Approximately 3 months (3125g)

ROBERT GRAY CLEANSING PACKAGE £155.35

5 x intestinal bulking agent
350 intestinal cleansing tablets
1 x Lactobacteria food
1 x skin brush

Approximately 3 months (3125g)

ROBERT GRAY CANDIDA CLEANSE £155.35

4 x Special formula bulking agent
1 x intestinal bulking agent
350 intestinal cleansing tablets
1 x Lactobacteria food
1 x skin brush

Skin Brush

SKIN BRUSH

(500g)

£8.85

Natural bristle skin brush. Dry skin brushing stimulates lymph and blood circulation for the removal of impurities from under the skin surface. This skin brush has a detachable brush head. Instruction leaflet included.

Additional Products

COLON HEALTH HANDBOOK (105g) £7.75

INTESTINAL BULKING AGENT 12oz (428g) £18.80

SPECIAL FORMULA BULKING AGENT 12oz (428g) £18.80

Taken instead of intestinal bulking agent when you suffer with candida or yeast infection.

INTESTINAL CLEANSING FORMULA 100 tabs (133g) £18.80

INTESTINAL CLEANSING FORMULA 250 tabs (308g) £35.45

LACTO BACTERIA FOOD (428g) £18.80



FREE
POSTAGE AND
PACKING ON ALL
ORDERS OF £70*
OR OVER.

*WITHIN UK ONLY

Feminine Hygiene



NATRACARE ORGANIC COTTON
FEMININE HYGIENE

NATRACARE TAMPONS x 20 Regular (55g) £2.49

NATRACARE TAMPONS x 20 Super (70g) £2.59

NATRACARE TAMPONS x 20 Super Plus (90g) £2.79

NATRACARE TAMPONS WITH APPLICATOR x 16 Regular (95g) £2.80

NATRACARE TAMPONS WITH APPLICATOR x 16 Super (110g) £2.89

NATURAL PANTY LINERS x 30 mini breathable (90g) £1.59

NATURAL ULTRA PADS x 14 Regular (120g) £2.15

NATURAL ULTRA PADS x 12 Super (120g) £2.15

NATRACARE PADS x 14 Regular (160g) £1.49

NATRACARE PADS x 20 Slender (190g) £1.75

NATRACARE PADS x 10 Night Time (195g) £1.85

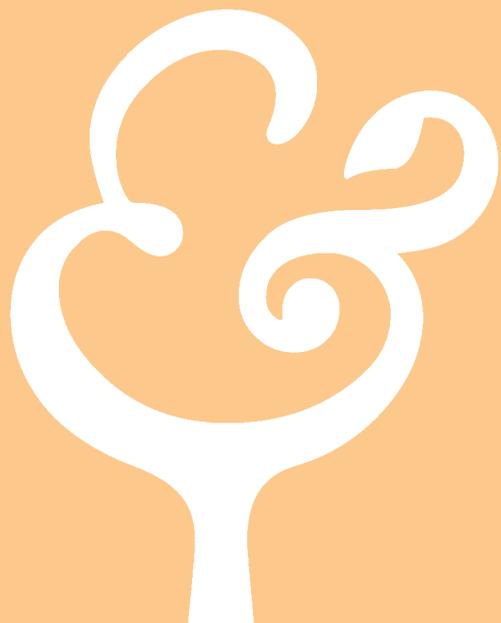
MOON CUP A (45g) £20.49

MOON CUP B (45g) £20.49

For under thirties no birth or caesarean birth.

Food and Supplements

Our range of supplements is so extensive that it's impossible to list everything in a catalogue, the following pages give a taste of the range we have to offer.



Did you know?

Quinoa was a staple in the diet of the ancient Inca

Indians, and is a great

source of protein.

See page 69 for prices.



B Vitamins play important roles in cell metabolism and have been shown

to enhance immune and nervous system function.



Our Supplements

We believe that our range offer the best combination of value and quality available. Please don't hesitate to contact us on 020 7703 5550 if you need any help or advice. Our friendly team will be on hand to give you all the information you might need.

PRODUCT DESCRIPTIONS

key guide: **V** VEGAN **LV** LACTOVEGETARIAN **E** PRODUCT CONTAINS NON GM VITAMIN E



Multivitamins and Minerals

	30 vegetarian tablets (160g)	
BASIC MULTI		£4.85
	60 vegetarian tablets (195g)	£7.45
	90 vegetarian tablets (250g)	£10.45
	180 vegetarian tablets (365g)	£18.49

	120 chewable vegetarian tablets (500g)	
SUPER KIDS MULTI – CHILDRENS MULTIVITAMIN AND MINERAL		£13.05

	60 vegetarian tablets (255g)	
HAIR, SKIN & NAILS MULTI		£11.25

	90 vegetarian tablets (345g)	
WOMAN'S 45+ MULTI		£18.15

Women's Multi is specifically formulated to suit the nutritional demands of today's women. Women's Multi includes the amino acid L-tyrosine, lavender extract, chaste berry extract and several other herbs and vitamins critical to women's health.

A&D Vitamins

	100 softgels (160g)	
VITAMIN A 10,000 IU		£5.35

Vitamin A is essential to the maintenance of healthy eyes, skin and mucous membranes. Required to support a healthy immune system.

	100 softgels (145g)	
VITAMIN A&D 10,000 IU A + 400 IU D		£5.20

These vitamins are important for promoting strong teeth, bones, eyes, as well as to support growth and the immune system.

	100 softgels (150g)	
VITAMIN D 10mcg		£4.85

	100 softgels (160g)	
VITAMIN D 1000 IU		£5.30

Vitamin D helps maintain healthy bones by stimulating the absorption of calcium in the body and promotes overall cellular wellness, immune, bone, and prostate health.

	100 softgels (190g)	
COD LIVER OIL		£5.75

	250 softgels (340g)	
		£11.39

Naturally sourced from fish liver oil which provides both vitamins A and D in a low dosage.

50 softgels (100g)
NATURAL BETA CAROTENE 25,000 IU £8.35

100 softgels (215g)
NATURAL BETA CAROTENE 25,000 IU £13.29

Beta-carotene is not only an important antioxidant, it is also an excellent source of pro-vitamin A. Our Beta-Carotene product is 100% natural and contains other beneficial carotenoids that can be found in a variety of fruits and vegetables.

B Complex

B vitamins have been shown to provide maximum benefit when taken together, supports the diverse role of B vitamins including skin, hair, eye, nerve, adrenal and cardiovascular health.

30 vegetarian tablets (150g)
BALANCED B-50 £4.75

60 vegetarian tablets (180g)
 £7.85

90 vegetarian tablets (215g)
 £10.45

Our Balanced B-50 tablets are formulated to provide a balanced combination in a single tablet.

30 vegetarian tablets (100g)
BALANCED B-100 £7.35

60 vegetarian tablets (195g)
 £11.95

90 vegetarian tablets (265g)
 £17.05

Balanced B-100 is a comprehensive and well balanced higher potency formula for those wanting greater nutritional support.

30 vegetarian tablets (165g)
HI-POTENCY B-STRESS With Herbs £5.75

60 vegetarian tablets (215g)
 £9.45

B formula designed to help the body manage both mental and physical stress – Contains "relaxation" herbs.

B Vitamins

The B Vitamins are involved in nerve health and energy metabolism.

50 tablets (145g)
VITAMIN B6 100mg LV £4.25

100 tablets (175g)
 £6.25

B6 is required for the metabolism of fats and proteins and for energy production.

30 tablets (135g)
VITAMIN B12 1000mcg (Prolonged Release) LV £5.95

60 tablets (175g)
 £10.25

Important vitamin for everyone and especially important for seniors and vegetarians. Essential for proper energy metabolism, nerve function, red blood cell formation and cardiovascular health.

100 lozenges (135g)
B-12 LOZENGE 1000mcg £11.05

60 vegecaps (140g)
BIOTIN 5mg £7.95

Biotin is part of the Vitamin B family and important for skin, hair, nails, as well as its role in energy production.

100 vegetarian tablets (215g)
NIACIN 500mg (Prolonged Release) £9.25

Also known as vitamin B3 Promotes healthy cholesterol levels and supports energy production.

60 vegetarian tablets (225g)
PANTOTHENIC ACID 500mg (Prolonged Release) £11.35

A member of the B Vitamins, Pantothenic Acid plays an essential role supporting metabolism, the adrenals, and in the proper utilization of PABA and Choline. Especially beneficial during times of stress.

C Vitamins

Vitamin C is important for immune health and is involved in the renewal and repair of tissues. A daily supplement regimen with Vitamin C plus Rosehips offers powerful protection against free radical damage.

100 vegetarian tablets (185g)
VITAMIN C 500mg PLUS ROSEHIPS £6.35

250 vegetarian tablets (340g)
 £13.05

Vitamin C and Rosehips work synergistically for a more effective supplement in providing antioxidant protection.

50 vegetarian tablets (190g)
VITAMIN C 1000MG PLUS ROSEHIPS £5.95

100 vegetarian tablets (315g)
 £10.35

250 vegetarian tablets (650g)
 £23.25

A high potency C plus Rosehips for added support.

50 vegetarian tablets (200g)
BUFFERED VITAMIN C 1000mg PLUS MINERALS (Prolonged Release) £8.15

100 vegetarian tablets (335g)
 £13.85

Buffered C lowers the acidity offering better tolerance to those with gastric irritation. Gentle and easy to digest and contains additional health promoting minerals.

113g (130g)
VITAMIN C CRYSTAL POWDER £9.95

227g (240g)
 £17.25

E Vitamins

Vitamin E is an antioxidant nutrient needed to maintain heart and circulatory health, nerves, muscles and red blood cells.

60 softgels (150g)
VITAMIN E 200 IU (Mixed Tocopherols) £6.65

90 softgels (300g)
 £8.95

100% natural vitamin E from soy. Popular low potency formula with the added benefits of mixed tocopherols, the form closest to the way vitamin E is found in nature.

60 softgels (165g)
VITAMIN E 400 IU (Mixed Tocopherols) £10.45

90 softgels (195g)
 £14.65

Most popular dosage associated with promoting cardiovascular health.

30 softgels (175g)
VITAMIN E 1000 IU (Mixed Tocopherols) £10.79

Our highest potency Vitamin E with mixed tocopherols.



Mineral Combinations

	100 vegecaps (200g)
CAL-MAG	£13.05
	250 vegecaps (630g)
	£25.15

Calcium and Magnesium are vital for many functions of the body, especially in promoting bone density and strength.

	90 vegetarian capsules (300g)
CAL-MAG 1:1 WITH VITAMIN D3	£7.95

Our Cal-Mag 1:1 with Vitamin D3 supports bone and nervous system health by providing these essential nutrients required to maintain bone density, muscle and nerve health.

	100 vegetabs (200g)
CAL-MAG CITRATE COMPLEX	£11.95

Our Cal-Mag Citrate complex includes citrate and ascorbate forms of calcium for higher absorbability.

Individual Minerals

	100 softgels (100g)
CALCIUM 600mg WITH VITAMIN D 200IU	£8.75

Calcium is required to maintain strong and healthy bones and teeth.

	60 vegetarian tablets (300g)
CALCIUM CITRATE WITH VITAMIN D	£6.75

Calcium citrate has been found to be the most efficiently absorbed form of calcium available, and mixed with vitamin D makes for an outstanding bone support product.

	100 tablets (140g)
CHROMIUM PICOLINATE 200mcg	£9.35

Chromium Picolinate plays a role in regulating metabolism, helps to support healthy blood levels of sugars and fats, as well as the development of lean muscle tissue.

	30 beadlets (140g)
IRON COMPLEX 29mg (Prolonged Release)	£7.50

Contains iron, folic acid, vitamin B-6 and B-12 which are all essential for the formation of healthy red blood cells.

	100 capsules (140g)
SELENIUM 100mcg (Yeast Free)	£10.85

Supports eye and cardiovascular health.

	100 capsules (145g)
ZINC PICOLINATE 30mg	£10.35

Zinc supports a healthy immune system as well as healthy skin. Also important for men's health.

Bones & Joints

	60 vegecaps (210g)
VEGETARIAN GLUCOSAMINE 750mg V	£14.35

Our Vegetarian Glucosamine comes from an all natural vegetarian source, making it an effective joint support supplement for everyone.

	90 capsules (285g)
GLUCOSAMINE & CHONDROITIN	£27.85

	180 capsules (510g)
	£53.75

Chondroitin attracts fluid into web-like cartilage that covers the bone and joint, acting as shock absorption to surrounding bones. This pair has been shown to support anti-inflammatory activities, and promote decreased pain.

	150 tablets (245g)
GLUCOSAMINE & CHONDROITIN COMPLETE	£45.99

Provides 1500mg of Glucosamine Sulfate, 1500mg of Chondroitin Sulfate, 300mg of vitamin C, 105mg as well as Calcium and 3mg Manganese.

	120 tablets (360g)
GLUCOSAMINE-CHONDROITIN-MSM	£22.95

These three popular ingredients are combined to provide comprehensive joint support. MSM is a natural sulfur compound found in high concentrations in the joints and has been shown to provide positive benefits to joint health making it a wonderful addition to a Glucosamine Chondroitin combination product.

	60 tablets (205g)
GLUCOSAMINE SULPHATE 500mg	£9.75

	90 tablets (245g)
	£12.85

Glucosamine Sulphate is a natural seafood extract derived from crab shell and is an important building block of joint tissue.

	60 vegecap (215g)
MSM (optiMSM) 1000mg	£9.85

	120 vegecap (350g)
	£17.35

Supports over 150 compounds in the body, including amino acid production, connective tissue, and skin.

Fatty Acids

Essential fatty acids (EFAs) are just that, they are essential, meaning that they must be provided by the diet or supplements. There are two important classes of essential fatty acids, omega-3 and omega-6, which refer to the chemical structure of the fat molecule. Both are important to maintain adequate health. Aging, stress, or a high consumption of saturated or trans fatty acids can contribute to an imbalance of EFA's in the body.



	30 softgels (175g)
BORAGE OIL 1000mg	£8.35

Borage oil is nature's most concentrated source of GLA (gamma-linolenic acid) and is a good way to ensure adequate EFA uptake.

	60 softgels (270g)
CONCENTRATED OMEGA-3 1200mg	£12.25

	120 softgels (470g)
	£23.05

A highly concentrated fish oil softgel. Each softgel contains a minimum of 360 mg EPA and 240 mg DHA Sourced from fresh, cold water sources. Includes all natural Florida orange oil for an aesthetically pleasing softgel.

	100 softgels (330g)
OMEGA-3 FISH OIL EPA & DHA 1000mg	£9.75

Our Omega-3 Fish oil softgels are derived from a high potency fish oil concentrate and provide two important omega-3 fatty acids. EPA and DHA. Contains 180mg EPA and 120mg DHA a total 300mg of Omega-3 fatty acids.

	180 softgels (610g)
EVENING PRIMROSE OIL 500mg	£12.35

	90 softgels (410g)
EVENING PRIMROSE OIL 1300mg	£14.05

	180 softgels (610g)
	£25.35

Evening primrose oil is a natural source of essential fatty acids (EFAs), commonly called "good" fats. Essential fat supplements have been shown to offset the high consumption of trans and saturated fats consumed in our diet. Research on EPO continues to support its importance in assisting the body in obtaining healthy joints, combating symptoms of PMS, gastrointestinal health as well as providing benefits to those with various skin care problems.

90 softgels (295g)
FLAX SEED OIL 1000mg £10.89

180 softgels (520g)
£20.55

Flax seed oil is nature's richest vegetarian source of the essential fatty acids, ALA (omega-3) and LA (omega-6). These fatty acids produce prostaglandins that help maintain healthy skin, joints and cell membrane structure as well as promote cardiovascular and nervous system health.

90 softgels (345g)
ULTIMATE OMEGA COMPLEX £19.39

Provides a comprehensive blend of EFAs from Flax seed oil, Borage oil, and Fish oil all in one capsule. Contains 10 IUs of vitamin E, included as a natural antioxidant.

Heart Health

60 vegetarian tablets (175g)
HIGH ALLICIN GARLIC (Odour Free)
 500mg £9.19

The health benefits of garlic have been known for thousands of years. Used by the Romans, Egyptians, Chinese and much of southern Europe as medicine and food, garlic has been documented throughout history as a valuable herb.

100 vegecaps (250g)
NO FLUSH NIACIN 500mg V £19.90

Also known as vitamin B3 Promotes healthy cholesterol levels and supports energy production.

Antioxidants

60 vegetarian capsules (175g)
ADVANCED ANTIOXIDANT COMPLEX V £14.55

This complex contains high amount of alpha lipoic acid and speciality antioxidants. For overall cellular wellness.

60 vegetarian capsules (150g)
ALPHA-LIPOIC ACID 300mg £16.35

Alpha-lipoic acid was discovered in 1951, and has long been recognized as a coenzyme needed to break down sugar for energy production.

30 vegetarian capsules (130g)
CO-ENZYME Q10 30mg £12.55

60 vegetarian capsules (145g)
£22.75

Coenzyme CoQ10 also known as Ubiquinone, is an important component in the energy producing systems in the body's cells.

30 vegetarian capsules (135g)
CO-ENZYME Q10 60mg £21.45

60 vegetarian capsules (150g)
£30.35

Our highest dosage of CoQ10 provides potent antioxidant benefits.

100 vegecaps (220g)
QUERCETIN COMPLEX £17.05

A powerful antioxidant that can provide many benefits to the overall body.

Quercetin is a naturally occurring Bioflavonoid compound. Bioflavonoids are compounds that give colour to fruit and vegetables. This naturally occurring plant pigment has also been found to reduce wheezing and sneezing, common symptoms of Hayfever.

Enzymes & Digestion

100 vegetable tablets (420g)
CHEWABLE PEPPERMINT ENZYMES £9.25

Provides a plant based formula with a broad range of enzymes used to break down fats, carbohydrates and proteins. Contains natural fruit digestive enzymes from bromelain (pineapple), and papain (papaya).

90 vegecaps (175g)
ENZYME COMPLEX £20.65

Promotes digestion of fat, carbohydrates and protein.

120 vegecaps (345g)
NATURAL CLEANSE COMPLEX £8.75

A complete two-week program designed to naturally flush the body with all the essential digestive support ingredients.

Probiotics

50 capsules (140g)
ACIDOPHILUS £5.25

100 capsules (195g)
£8.15

Our freeze-dried acidophilus capsules contain a minimum of 500 million viable lactobacillus acidophilus cells per capsule.

50 capsules (125g)
DUAL ACTION ACIDOPHILUS & BIFIDUS £11.05

100 capsules (145g)
£19.95

A supplement that requires no refrigeration. Formulated with two well-researched strains of bacteria: LA-5 and BB-12 which provides equal amounts of the probiotics, Lactobacillus acidophilus and Bifidobacterium lactis.



Speciality

60 vegecaps (240g)
LIVER DETOX COMPLEX V £9.95

Liver health may never have been so important than in today's society, where polypharmacy (taking multiple pharmaceutical drugs) is common among many. Our Liver Detox Complex contains an Amino Acid and plant-based ingredients such as Burdock root, Aloe vera, Fennel seed and Artichoke leaf which have been traditionally used for added liver support.

Eye Health

60 softgels (165g)
LUTEIN 20mg £29.79

Lutein, a carotenoid found in plants, is another important nutrient shown to help support eye health. Research shows that 6-20mg is optimal for eye health.

60 capsules (225g)
OCU COMPLETE WITH LUTEIN £22.35

Contains vitamins beneficial to eye health and a combination of powerful antioxidants, such as beta-carotene, aimed specifically at the eye.

30 vegecaps (150g)
ULTIMATE EYE FORMULA £19.95

Our Ultimate Eye Formula is an advanced botanical eye supplement that contains the highest quality extracts available. Provides the full potency of lutein (from Calendula officinalis) recommended for maintaining optimal eye health, contains pure Bilberry extract with added Blueberry for additional support.

Food Supplements

100 softgels (375g)
LECITHIN 1200mg £7.75

Provides phospholipids found in all the body cells that help in the emulsification of fats in the body.

Greens

100 vegetarian tablets (140g)
KELP 225mcg £4.45

Contains kelp powder, the most popular source of iodine. A healthy thyroid requires iodine to function properly.

100 vegetarian tablets (185g)
SPIRULINA £8.99

250 vegetarian tablets (330g)
£19.90

One of the world's best "super foods", Spirulina is a rich source of important nutrients. Spirulina is nature's answer to providing an easy-to-utilize supplement that is purely food based. Beta-carotene, B vitamins, iron, essential fatty acids and complete protein are all packed into each serving of this green "super food".

Herbs

60 vegecaps (140g)

BILBERRY EXTRACT 100mg V £17.25

Bilberry is a fruit rich in anthocyanins, an antioxidant compound that helps to relieve oxidative stress, especially on the eyes. Excellent for anyone seeking to support eye health as well as an antioxidant for general health.

100 vegecaps (240g)

BLACK COHOSH V £13.85

Black cohosh (*Cimicifuga racemosa*) is a Native American herb used to relieve menopausal and pre-menstrual symptoms.

50 vegecaps (170g)

ECHINACEA 400mg £9.95

100 vegecaps (230g)

£17.35

Echinacea purpurea, also known as the purple coneflower, has been one of the most popular herbal supplements used in both Europe and the United States for over a century.

Research demonstrates that *Echinacea* can enhance the immune system and decrease the recovery time for colds and flus. It has been shown to support the body in preventing the formation of a cold, when taken at the first sight of symptoms.

50 vegecaps (180g)

ECHINACEA & GOLDENSEAL £12.35

This formula contains a wide variety of other supporting herbs to assist the body's natural defenses. This product is recommended for short-term immune boosting.

60 vegecaps (140g)

GINKGO BILOBA 60mg £7.25

120 vegecaps (225g)

£12.35

Ginkgo is most commonly known for being a stimulant of the brain and is often used for age related memory loss. Studies have shown that Ginkgo can improve circulation, decreasing the risk of blood clots. Ginkgo has also been found to relieve fluid retention and minimize breast pain for women experiencing symptoms of PMS.

50 vegecaps (150g)

HAWTHORN 500mg £11.35

Supports circulation and provides antioxidant protection. Popular for cardiovascular health.

30 vegecaps (130g)

MENOPAUSE FORMULA £10.45

90 vegecaps (210g)

£26.85

Provides a complete herbal formula designed to support women through the transition of menopause. Includes standardized Red Clover,

Dong Quai, and Black Cohosh, providing natural plant estrogens known as isoflavones.

50 vegecaps (130g)

MILKTHISTLE 175mg £6.65

100 vegecaps (160g)

£11.15

Milkthistle, *Silybum Marianum*, is a spiny leaved plant containing reddish-purple flowers. The seeds or fruits naturally consist of four substances known collectively as silymarin and has been shown to alleviate symptoms of chronic liver disease such as fatigue, nausea, weakness, pain and loss of appetite, as well as providing long-term benefits such as regeneration of the liver cells.

30 vegecaps (135g)

MILKTHISTLE 350mg £6.25

60 vegecaps (300g)

£10.45

60 vegecaps (180g)

OLIVE LEAF LIQUID EXTRACT V £29.65

Used traditionally as an antiviral and antibacterial herb, modern science has revealed a whole new realm of health properties from olive leaf. In addition to being useful in supporting the immune system, some animal studies have shown olive leaf to support healthy blood pressure as well. This is due to the mild vasodilatory and smooth muscle relaxing properties of oleuropein, a potent antioxidant and the active constituent of this promising herb.

60 softgels (145g)

SAW PALMETTO 160mg £14.35

Saw Palmetto berries contain a variety of fatty acids and sterols that help maintain prostate and male urinary system health. A healthy prostate is very important for the proper function of the male urinary and reproductive system.

50 vegecaps (140g)

ST JOHN'S WORT 300mg £8.65

Always check with a qualified professional before taking this herb. This product contains standardized St. John's Wort (*Hypericum perforatum*) extract powder from the highest grade flowering tops, containing 0.9mg of hypericin.

100 vegetarian tablet (145g)

VALERIAN ROOT 125mg £8.69

Magnesium and passionflower are included for superior calming support. Promotes relaxation and a good nights rest.

Amino Acids

Amino Acids are the building blocks of protein. Protein has an important job in building and rebuilding body tissue and providing the body with nitrogen.

30 capsules (155g)

ACETYL L-CARNITINE 500mg V £16.55

Acetyl L-Carnitine (ALC) is a molecule composed of acetic acid and L-Carnitine bound together. Free form amino acid Acetyl L-Carnitine can be used for nervous system health, sports performance as well as to support adrenal glands and other brain functions.

90 capsules (265g)

L-ARGININE 500mg £14.65

This amino acid has several roles in the body, such as assisting in wound healing, stimulating immune function as well as promoting secretion of several hormones.

50 vegecaps (195g)

L-ARGININE & L-ORNITHINE COMPLEX £13.05

Provides 500 mg of L-Arginine and 250 mg of L-Ornithine. L-Arginine acts as a precursor to nitric oxide that allows enhanced blood flow and L-Ornithine is a precursor to L-Arginine and may help stimulate growth hormone to promote lean body mass.

30 vegecaps (155g)

L-CARNITINE 500mg £23.55

Carnitine releases fatty acids allowing them to be converted to energy. Carnitine is a popular supplement for heart health, liver health and weight loss.

50 tablets (150g)

L-GLUTAMINE 500mg £8.35

The most abundant amino acid found in muscle. Popular for sports nutrition.

50 capsules (170g)

L-LYSINE 500mg £7.35

Often taken to help strengthen the immune system and also improves calcium absorption. Many use it as an alternative therapy for herpes and cold sores.

90 vegecaps (245g)

L-TYROSINE 500mg £17.55

L-Tyrosine is the direct precursor to several important neurotransmitters which affect many functions in the brain and is also an important component for hormones that are produced by the thyroid.

60 capsules (215g)

N-ACETYL CYSTEINE 600mg £19.45

N-Acetyl Cysteine has been shown to provide numerous health benefits to the body, such as promoting heart health, supporting immune function, and helping to protect the body from toxins.

Rio Trading

Rio Trading Company has been importing Guarana and other herbal products from Brazil for the last ten years. The company has gained extensive knowledge of which plantations are using traditional methods of farming.



Guarana

Known around the world as the Energy Seed of the Amazon Rainforest, Guarana is a simple, natural stimulant that has been used by the Indians for centuries and by European settlers since the 17th Century.

	500mg 20 vegicaps (30g)	
GUARANA CAPSULES		£3.99
	500mg 60 vegicaps (65g)	£8.99
	500mg 120 vegicaps (105g)	£14.99
	500mg 180 vegicaps (150g)	£19.99
	liquid 15ml (30g)	
GUARANA JUNGLE ELIXIR		£1.99
	liquid 250ml (600g)	£19.99
	powder 50g (75g)	
GUARANA POWDER		£7.50
	500mg 100 vegitabs (110g)	
GUARANA TABLETS (Vegan)		£9.99

	12 pieces (20g)	
GUARANA BUZZ GUM Fresh mint (Sugar free with Xylitol - No Aspartame)		£1.09
Natural energizer chewing gum...now with even more Guarana!		

	500mg 60 vegicaps (70g)	
SUMA (BRAZILIAN GINSENG) (Vegan)		£10.99
Tonic, aphrodisiac, debility		
	500mg 120 vegicaps (125g)	£16.99

Suma (*Pfaffia paniculata*) is the common name of a large rain forest root also known as 'Brazilian Ginseng'. In Brazil it also referred to as 'Para todo' - meaning 'for everything'. Suma may improve physical performance, improve concentration and reduce stress.

	500mg 60 vegicaps (70g)	
CATUABA		£9.99
	500mg 120 vegicaps (125g)	£15.99

Comes from the bark of the Brazilian *Anemopaegma mirandum*, which flourishes in the north of the country. Increases libido, calms nerves, reduces anxiety.

	2500mg 60 vegicaps (65g)	
LAPACHO (also known as Pau d'Arco)		£9.99
	2500mg 120 vegicaps (115g)	£15.99
	40 x 2000mg tea bags (165g)	£5.99

This herbal remedy is prepared from the inner bark of a deciduous Brazilian hardwood known to botany as *Tabebuia avellanedae*.

A superb immune enhancer, Anti-bacterial, relieves pain and reduces inflammation.

	500mg 90 vegicaps (95g)	
CATS CLAW BARK		£10.99
	500mg 180 vegicaps (185g)	£18.99
	40 x 2000mg tea bags (165g)	£6.99

Rich in antioxidants, stimulates the immune system, great for circulation and reduces inflammation.

	500mg 60 vegicaps (70g)	
MUIRA PUAMA		£9.99
	500mg 120 vegicaps (125g)	£15.99

Increases libido, Immune stimulant, protects cells, tones and balances.

	500mg 90 vegicaps (100g)	
MACA		£15.99
	500mg 180 vegicaps (160g)	£24.99
	100ml Elixir (220g)	£15.99
	100g Powder (150g)	£12.99

Peruvian restorative plant, suitable for both men and women, particularly where physical or hormonal imbalances occur.

	90 vegicaps (195g)	
QUEBRA PEDRA		£15.99
	150g Tea (220g)	£12.99
	40 x 1500mg tea bags (165g)	£5.99

Also known as Chanca Piedra, the stonebreaker, a herbal tea that can help with kidney and gall stones.

	500mg 60 vegicaps (65g)	
ACAI (2:1 Extract)		£10.99
	500mg 120 vegicaps (120g)	£18.99

Acai fruits contain high levels of the cholesterol fighting essential fatty acids, Omega 6 and Omega 9. Acai also contains vitamins, minerals, an almost perfect complex of essential amino acids and a significant amount of fibre. New research has also highlighted the presence of plant sterols, plant chemicals that have been shown to reduce cholesterol and may help to support a good immune system.

	100g Powder (170g)	
YERBA MATE		£9.99
	40 x 1500mg tea bags (150g)	£5.99

Yerba Maté is especially valuable as a tonic for those with busy lifestyles. It provides many nutrients, controls appetite, can combat physical and mental fatigue. Yerba Maté capsules can be used as an antioxidant supplement - or, like Green tea capsules, can be used to contribute to the maintenance of a healthy body weight.

	30 vegicaps (40g)	
ANTI .A. FORMULA		£9.99

Anti-A capsules contain a blend of herbs that have been used historically to aid detoxification. The primary ingredients in this simple one-a-day formula are Suma root (Brazilian ginseng), Chickweed, Sarsparilla, Burdock root and Dandelion leaf, in a base of other herbs. It is thought by many practitioners that a build up of toxins can contribute to many minor skin conditions. A minimum course of one month is recommended - but some individuals may benefit from further supplementation.

	500mg 60 vegicaps (65g)	
CAMU-CAMU		£10.99
	500mg 120 vegicaps (120g)	£18.99

Camu-camu contains over twice the levels of vitamin C as the Acerola Cherry (a more famous Amazonian fruit) and thirty times the level found in Oranges. The key advantage from taking a natural Vitamin C supplement such as Camu-camu is that it is gentle on the stomach, and easier to digest and metabolise by the human body than synthesised vitamin C. In addition, Camu-camu is an excellent source of 'gentle' iron, phosphorous, potassium, vitamins B2, B3, beta-carotene and other carotenoids. It also contains amino acids, bio-flavonoids, anthocyanins and other nutrients that can aid in the absorption of the vitamin C.

Infinity Organic Foods



All the Infinity products listed are Soil Association certified Organic.

We stock a wide range of Organic foods from Infinity Foods. The following is a selection of the most popular. If there is a product you are looking for which does not appear here please contact us. Prices and country of origin can fluctuate and may be subject to change, please check at the time of placing the order.



Grains

AMARANTH SEED Peru	(500g)	£2.45
	(500g)	(1kg)
BROWN FAIRTRADE BASMATI RICE India	£1.69	£3.05
	(500g)	(1kg)
BROWN RICE SHORT GRAIN	£1.25	£2.15
	(500g)	(1kg)
BROWN RICE LONG GRAIN	£1.25	£2.19
	(500g)	(1kg)
BUCKWHEAT GROATS Chinese	£1.79	
	(500g)	
BULGHUR France	£1.25	
	(500g)	
COUSCOUS (Wholewheat)	£1.55	
	(500g)	
KASHA ROAST BUCKWHEAT China	£2.25	
	(500g)	
MILLET USA	£1.45	
	(500g)	
OAT GROATS UK	£1.09	
	(500g)	
POT BARLEY UK	£1.09	
	(500g)	
POLENTA	£1.79	
	(500g)	
QUINOA Ecuador	£2.39	
	(500g)	
RYE GRAIN	£0.99	
	(500g)	
WHEAT GRAIN	£0.89	

Flakes

BARLEY FLAKES UK	(500g)	£1.35
BUCKWHEAT FLAKES Holland	(500g)	£2.35
MILLET FLAKES Holland	(500g)	£2.15
	(500g)	(1kg)
JUMBO OATS UK	£1.09	£2.09
	(500g)	(1kg)
PORRIDGE OATS (Rolled Oats) UK	£1.09	£2.09
	(500g)	
QUINOA FLAKES Holland	£3.55	
	(500g)	
RICE FLAKES Austria	£2.09	

RYE FLAKES UK	(500g)	£1.35
MUESLI BASE	(1kg)	£2.55

Flours

GF= Gluten Free

BARLEY FLOUR UK	(500g)	£1.15
BROWN RICE FLOUR GF	(500g)	£1.69
BUCKWHEAT FLOUR GF	(500g)	£1.69
CHICKPEA FLOUR GF	(500g)	£1.95
CORN FLOUR GF	(500g)	£1.25
OAT BRAN UK	(500g)	£1.79
FINE OATMEAL UK	(500g)	£1.35
MEDIUM OATMEAL UK	(500g)	£1.35
COARSE OATMEAL UK	(500g)	£1.35
QUINOA FLOUR GF	(500g)	£3.05
SOYA FLOUR	(500g)	£1.75

Beans & Pulses

ADUKI BEANS China	(500g)	£1.85
BROWN LENTILS Turkey	(500g)	£1.55
BUTTER BEANS China	(500g)	£1.75
CHICKPEAS Turkey	(500g)	£1.35
FRENCH PUY LENTILS France	(500g)	£1.99
GREEN LENTILS Canada	(500g)	£1.39
HARICOT BEANS China	(500g)	£1.35
MUNG BEANS China	(500g)	£2.25
RED KIDNEY BEANS China	(500g)	£1.45
RED SPLIT LENTILS	(500g)	£1.39
SOYA BEANS USA	(500g)	£1.19

Nuts & Seeds

ALFALFA SEEDS USA	(250g)	£2.45
	(125g)	(250g)
ALMONDS	£1.75	£2.95
	(250g)	(500g)
BRAZIL NUTS FAIRTRADE Brazil	£1.85	£3.19
	(250g)	(500g)
CASHEWS WHOLE India	£1.55	£2.65
	(250g)	(450g)
LINSEED GOLD USA/Canada	£1.09	£1.55
	(250g)	(500g)
PUMPKIN SEEDS China	£1.45	£2.29
	(250g)	(450g)
SESAME SEEDS (Whole) Nicaragua	£1.55	£2.45
	(250g)	(500g)
SUNFLOWER SEEDS China	£1.05	£1.69
	(250g)	(500g)

Dried Fruit

APRICOTS (Whole) Turkey	(250g)	(500g)	(1kg)
	£2.49	£4.39	£8.59
DATES FAIRTRADE Tunisia	(250g)	(500g)	(1kg)
	£1.95	£3.39	£6.65
FIGS Turkey	(250g)	(500g)	(1kg)
	£1.95	£3.29	£6.45
PITTED PRUNES	(250g)	(500g)	
	£1.89	£3.25	
RAISINS Turkey	(250g)	(500g)	
	£1.39	£2.19	
SULTANAS Turkey	(250g)	(500g)	
	£1.39	£2.19	



For our full range of Infinity Organic Foods see our website www.baldwins.co.uk

Say Aloe Vera, goodbye bowel complaints

Many people make Aloe Vera part of their daily diet, especially those with irritable bowel. If your bowel is irritable, Aloe Vera can help it smile again. It does this by acting as an anti-inflammatory, soothing both the stomach and the intestines.

It enhances production of digestive enzymes and makes bowel movements more comfortable and frequent (in an ideal world, you should have a bowel movement, after each meal).

In addition to its bowel benefits, Aloe Vera enhances the immune function, elevating both vitamin C and E levels in the body by over two hundred percent. With better bowel function comes the bonus of more energy. Long-term use of Aloe Vera can also help maintain healthy cholesterol levels.



The added benefits of the manuka honey make this a good choice for those suffering from stomach complaints.

FSC ALOE VERA & MANUKA HONEY

500ml (560g)	£5.99
1litre (1090g)	£9.99

Aloe Vera can have quite a dramatic effect on blood sugar levels too, in one study, reducing them by 43%. For this reason, diabetics should inform their GP before making it a regular part of the diet.

Aloe Vera helps regulate bacterial levels in the bowel killing off unfriendly bacteria such as Candida Albicans, while encouraging the growth of bifidus. This action is much enhanced by the addition of **Manuka**, a very powerful antibacterial agent, which can help control Helicobacter, Streptococcus and other infection causing organisms.

Try taking 25ml before meals 1-3 times a day and see how much better you'll feel!

The added benefits of the manuka honey make this a good choice for those suffering from stomach complaints.

Noni

ORGANIC BODY TEC FRUIT INFUSIONS	(1125g)
TAHITIAN NONI JUICE 1Ltr	£18.39
Contains 99.4% concentrated Noni Juice	
CARIBBEAN NONI JUICE 330ml	£8.35 (330g)
Contains 100% pure Noni Juice.	

Lily of the Desert Organic Aloe Vera



ALOE VERA JUICE 473ml (864g)

100% Organic, no preservatives £7.89

946ml (1535g)

£12.29

WHOLE LEAF GEL Organic 473ml (524g)

£5.65

946ml (1095g)

£10.59

Some people find this more palatable than the juice.

WHOLE LEAF JUICE 473ml (528g)

£5.65

946ml (1095g)

£10.59

ALOE VERA GELLY 120ml (136g)

99% Aloe Vera £4.99

360ml (408g)

£9.15

ALOE VERA OINTMENT 60ml (68g)

75% Aloe Vera £5.09

Great for eczema and burns.

Clearspring Misos

ORGANIC BARLEY MISO	300g (330g)	£4.09
ORGANIC BROWN RICE MISO	300g (330g)	£3.99
HATCHO MISO	300g (330g)	£4.59
SWEET WHITE MISO	250g (260g)	£3.99

Omega Oils & Essential Fatty Acids

VIRIDIAN ORGANIC GOLDEN FLAXSEED OIL	200ml (370g)	£7.70
	500ml (810g)	£16.70
VIRIDIAN ORGANIC HEMP SEED OIL	200ml (370g)	£9.20
	500ml (810g)	£19.45
VIRIDIAN ORGANIC PUMPKIN SEED OIL	200ml (370g)	£9.05

A larger range of superfoods are available



on the web site.

Superfoods

NEW CHAPTER PROBIOTIC BERRY GREEN 185g (585g) £55.19

A blend of dark leafy greens and berries with friendly bacteria to help absorption. Good for people who don't eat much fruit and vegetables or those needing an extra boost.

Blue Green Algae

A complete source of everything your body needs. Improves memory, energy, strengthens the immune system.

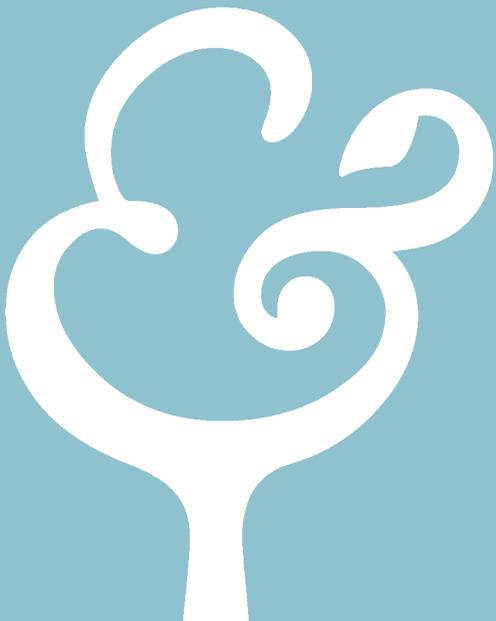
KLAMATH BLUE GREEN ALGAE 250mg	60 tabs (130g)	£9.95
	60 veg caps (55g)	£16.90
	130 veg caps (105g)	£33.95
KLAMATH BLUE GREEN ALGAE POWDER	30g	£13.95
	80g (115g)	£35.60
	160 veg caps (125g)	£33.50

Seaweeds

ARAME	50g (95g)	£3.99
HIJIKI	50g (95g)	£3.69
KOMBU	50g (95g)	£4.39
NORI SHEETS	25g (30g)	£3.49
NORI FLAKES	20g (25g)	£2.99
WAKAME	50g (95g)	£3.99

Miscellaneous

Balsams, Waxes and Gums,
along with all the other things
we had left over are here.





Ear Candles (Hopi)

Revitalising heat for head and ears. Soothes, relieves, relaxes.

	(20g)
PER PAIR	£8.95
	(60g)
3 PAIR PACK	£22.50
	(100g)
5 PAIR PACK	£38.50

Clear Gusseted Cellophane Bags

(2g)	(3g)	(5g)	(6g)	(9g)
Size 1 9p	Size 2 9p	Size 3 15p	Size 4 19p	Size 5 25p
174(L)x10.3(W)	220(L)x114(W)	260(L)x163(W)	299(L)x204(W)	340(L)x250(W)

Maximum dimensions. Size in mms.

Perfect for packing herbs, incense and pot pourri.

Muslin Cloth

130cm X 130cm (Approx) (100g) £3.55 Each



BLACK SPANISH LIQUORICE STICK approx (25g) £1.55 each

EPSOM SALTS 2kg £9.99

ISINGLASS 10g £1.95 25g £5.09

LANOLIN (Anhydrous) 60ml (150g) £4.79 120ml (240g) £8.69 250ml (520g) £14.49 500ml (1040g) £27.55

MENTHOL CRYSTALS (10g) £1.99

PARCHMENT PAPER 10cm x 10cm £2.59 15cm x 23cm £5.75 23cm x 30cm £11.25

SEA SALT 2kg £1.49

Gums

	10g	25g	100g	250g	500g
AGAR AGAR POWDER		£3.29	£9.39	£19.95	£33.95
ALOES		£1.05	£2.95	£6.19	£10.55
ARABIC (Acacia)		£1.89	£5.39	£11.45	£19.45
ARABIC POWDER (Acacia)		£2.05	£5.85	£12.39	£21.05
ASAFOETIDA POWDER		£1.69	£4.79	£10.15	£17.25
BENZOIN		£0.99	£2.79	£5.89	£10.05
BENZOIN POWDER		£1.29	£3.59	£7.65	£12.99
COLOPHONY (Pine resin)		£1.55	£4.35	£9.29	£15.79
COPAL		£1.25	£3.55	£7.59	£12.89
DAMAR		£1.49	£4.25	£8.99	£15.29
FRANKINCENSE GRAINS (Olibanum)		£0.99	£2.85	£6.05	£10.29
FRANKINCENSE POWDER (Olibanum)		£0.85	£2.35	£4.95	£8.39
FRANKINCENSE & MYRRH Grains			£1.95	£4.05	£6.89
MASTIC	£5.85	£13.25	£37.85	£80.45	£136.95
MYRRH GRAINS		£1.05	£2.99	£6.35	£10.79
MYRRH POWDER		£2.59	£7.45	£15.75	£26.85
SANDARAC		£3.19	£9.05	£19.19	£32.69
TRAGACANTH POWDER		£4.49	£12.89	£27.35	£46.59

Baldwins Shopping Bags

Large Printed Fabric Bag. 100% natural cloth. (250g) £2.39
40cms(L)x36cms(W)x17cms(D) 24 LITRE CAPACITY

Baldwins Natural Cotton Bag (60g) £0.99
40cm(H) x 34cm(W)

Clays & Powders

	25g	100g	250g	500g
BENTONITE CLAY POWDER	£0.95	£2.59	£5.55	£9.45
BORAX POWDER	£0.75	£2.09	£4.49	£7.65
CAMPHOR POWDER (Synthetic)	£1.99	£5.69	£12.09	£20.59
CITRIC ACID POWDER	£1.09	£3.15	£6.69	£11.39
CHARCOAL POWDER (Activated)	£1.75	£4.99	£10.59	£17.99
FULLERS EARTH POWDER	£0.85	£2.39	£5.05	£8.65
GREEN CLAY POWDER	£1.85	£5.25	£11.09	£18.89
KAOLIN POWDER	£1.65	£4.75	£10.05	£17.05
RED CLAY POWDER	£1.99	£5.65	£11.99	£20.39
SULPHUR POWDER	£0.95	£2.65	£5.59	£9.49



Waxes & Butters

	25g	100g	250g	500g
BEESWAX (White)	£1.19	£3.35	£7.15	£12.15
BEESWAX (Yellow)	£1.29	£3.65	£7.75	£13.15
CARNAUBA WAX	£2.65	£7.59	£16.15	£27.49
COCOA BUTTER	£1.55	£4.35	£9.25	£15.75
EMULSIFYING WAX (Vegetable)	£3.39	£9.69	£20.65	£35.09
SOYA WAX	£0.69	£1.95	£4.15	£7.09

BALDWINS SHEA BUTTER (Refined) 120ml (240g) £5.45 250ml (500g) £8.75 500ml (1000g) £11.99

Balsams & Resinoids

	10ml	25ml	30ml	50ml
COPAIBA BALSAM			£6.45	
GALBANUM RESINOID	£8.39	£18.35		£34.65
PERU BALSAM			£6.25	
STORAX RESINOID (Liquid)			£12.49	
TOLU BALSAM			£6.45	



hot-eeze
 only
£14.19
 (1325g)

Hot-Eeze

A handcrafted Microwaveable Heating Pad. Cold Feet? Migraine? Tension Headaches? Arthritic Pain? Neck Problems? Stomach Cramps?

Hot-Eeze can help ease all these symptoms. It's strong, safe and it's 100% Natural. Heat in the microwave or oven or place in the freezer for a cold compress. Specially treated grains and relaxing herbs in a bean bag form which can be moulded to the area which needs hot or cold treatment.

Terracotta Incense Burners



(350g)
BURMA £6.15

2 piece, comprising of large bowl and lid.

(350g)
MYSORE £5.95

Small 2 piece with decorated base and vented dome top.

(350g)
SHANGAI £5.95

Small 2 piece cauldron shape.

(300g)
TANJORE £6.15

1 piece burner with large open bowl area.



(600g)
LHASA £10.25

2 Piece, oil diffuser featuring a lid and copper bowl.

Nag Champa

The delightful Indian Incense

APPROX 12 STICKS	(20g) 99p	APPROX 80 STICKS	(105g) £4.99
APPROX 32 STICKS	(45g) £1.99	APPROX 200 STICKS	(255g) £12.49



Smudge Sticks

Traditionally used by the North American Indians as a means of purification, when lit the smouldering bundle of herbs produces a highly aromatic fragrance.

CALIFORNIA WHITE SAGE LARGE BUNDLE (Approx 24cm x 5cm)	£5.49 (95g)
CALIFORNIA WHITE SAGE MINI BUNDLE (Approx 12cm x 4cm)	£2.39 (60g)
CEDAR BUNDLE (Approx 25cm x 4cm)	£5.75 (124g)
DAKOTA SAGE BUNDLE (Approx 25cm x 4cm)	£5.95 (45g)
DESERT SAGE BUNDLE (Approx 20cm x 4cm)	£5.19 (54g)
DESERT SAGE MINI BUNDLE (Approx 8cm x 2.5cm)	£2.55 (24g)
JUNIPER BUNDLE (Approx 50cm)	£4.95 (78g)
MUGWORT BUNDLE (Approx 25cm x 4cm)	£6.55 (28g)
SWEETGRASS BRAID (Approx 50cm)	£6.55 (36g)

Instant Lighting Charcoal

Incense is easily burned using charcoal disks. Light a disk, place in a heat resistant container, when glowing sprinkle with incense.

	(70g)	(590g)
10 DISKS	79p	
1 BOX OF 8 X 10 DISKS		£5.75

Prepared Incense

PRINKNASH	50g pack	425g box
ABBEY	£2.49	£11.15
BASILICA	£3.09	£16.45
CATHEDRAL	£2.19	£11.35
PRIORY	£2.09	£10.95
SANCTUARY	£2.19	£11.15

Spa Essentials

Prepared using the same method as the individual fragrances, these pure blended incenses are created to harmonise your mood and emotion. Complete with stone stick holder.

- ♥ Clear Thoughts
- ♥ Happy Heart
- ♥ Joy
- ♥ Meditation
- ♥ New Energy
- ♥ Purify
- ♥ Quiet Mind
- ♥ Sweet Dreams
- ♥ Tranquillity

	(20g)
	£2.55

Encens D'Auroville

A range of incense made with pure essential oils hand rolled on bamboo sticks. Each pack contains 10 wands in a recycled cotton packet. The burning time is approximately 50 minutes per stick.

- AMBER
- CEDARWOOD
- CHAMPAK
- CINNAMON
- COCONUT
- CYPRESS
- EUCALYPTUS
- FERN & MOSS
- FLOWERS
- FRANGIPANI
- FRANKINCENSE
- FRANKINCENSE & MYRRH
- GERANIUM
- MARGOLD
- GREEN APPLE
- GREEN TEA
- HONEYSUCKLE
- INTO THE NIGHT
- JASMINE
- LAVENDER
- LAVENDER
- ROSEMARY
- LEMONGRASS
- LEMON VERBENA
- LILAC
- LILY OF THE VALLEY
- LOTUS
- MIMOSA
- MANDARIN
- MUSK
- MYRRH
- OCEAN
- OPIUM
- ORANGE BLOSSOM
- ORANGE
- CINNAMON
- ORANGE VANILLA
- ORIENTAL ORCHID
- PATCHOULI
- PEACH VANILLA
- PINE
- RAIN FOREST
- RAJASTHAN
- ROSE
- ROSEWOOD
- SAFFRON
- PATCHOULI
- SANDALWOOD
- SANDALWOOD
- VETIVERT
- SNOW MUSK
- SUMMER PEACH
- TEA NEROLI
- VANILLA
- VETIVERT
- YLANG YLANG

	(20g)
	£2.35

Books

We stock large number of books, many more than space here will allow us to display. If you're interested in a particular book or want a book that deals with a specialist interest contact us for information on the most suitable book available.

hardback (1000g)
GROW YOUR OWN DRUGS: EASY RECIPES FOR NATURAL REMEDIES AND BEAUTY TREATS
 James Wong £17.99

DVD (150g)
GROW YOUR OWN DRUGS: SERIES 1
 James Wong £15.99

hardback (1200g)
A YEAR WITH JAMES WONG
 James Wong £16.99

Over 100 great new remedies, a seasonal guide to growing and storing plus the non-gardener's guide to sourcing ingredients.

paperback (1200g)
POTTERS CYCLOPEDIA R. C Wrens £19.99

Enlarged and updated from the renowned 1907 original, giving uses, dosages, synonyms and distinctive characteristics of botanical drugs used in medicine today. A valuable addition for any discerning herb enthusiast or practitioner, with useful information on Potters own products.

paperback (227g)
THE NEW HERB BIBLE Earl Mindell £8.99

Registered pharmacist and master herbalist Earl Mindell's indispensable classic is both engaging and informative, alphabetically indexed with facts and benefits, very easy to use with cautions listed clearly.

paperback (720g)
THE HOLISTIC HERBAL
 David Hoffman (NEW EDITION) £14.99

A great asset, with clear explanations of the body's systems, a comprehensive cross-referenced dictionary and easy to follow instructions on making your own herbal preparations. A Baldwin's shop favourite.

paperback (250g)
HERBAL REMEDIES FOR CHILDREN'S HEALTH Rosemary Gladstar £5.99

Rosemary Gladstar has provided parents with an excellent herbal guide giving advice on how to make and apply remedies specifically for children and babies, including recommended dosages.

paperback (500g)
BACK TO EDEN Jethro Kloss £8.99
 1070g large print paperback
 £10.79

Our best selling book, with over three million copies sold worldwide. Packed with sensible and practical advice on herbs, nutrition, ailments and exercise. Available in three size formats and print.

paperback (190g)
BACK TO EDEN COOKBOOK
 Jethro Kloss £4.29

Balanced nutritional and natural recipes. A treasury of health and healing information.

Soap making and beauty

paperback (292g)
THE NATURAL SOAP BOOK
 Susan Millar Cavitch £11.99

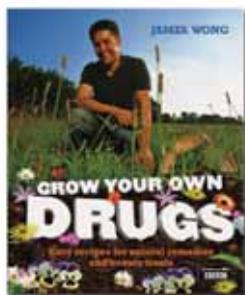
Clear guidance and step by step instruction on making your own soaps both additive free and natural. Susan Millar Cavitch is the founder and President of Soap Essentials Inc. This authoritative book on making herbal vegetable based soaps is an invaluable soap makers purchase.

paperback (177g)
MILK BASED SOAPS
 Casey Makela £8.99

Not only is this book packed with interesting recipes, but also useful tips on making and using moulds, types of milk, equipment advice and product marketing.

paperback (518g)
THE SOAPMAKERS COMPANION
 Susan Millar Cavitch £12.99

From the author of the Natural Soap Book, this illustrated guide to making over forty speciality soaps features marbling and layering techniques, plus liquid soaps and many other creative ideas.



paperback (300g)
MAKING AROMATHERAPY CREAMS AND LOTIONS Donna Maria £12.99

101 Natural Formulas to Revitalize & Nourish Your Skin. Learn how easy it is to craft natural skin-care products that rival those found at the most exclusive department stores and salons. With a simple five-step method you can create personalised facial creams, body rubs, moisturisers, lip balms, and more with all-natural ingredients. Free yourself from synthetic substances, experience the pleasure of homemade lotions.

Aromatherapy

46 pages (100g)
AROMATHERAPY – A GUIDE FOR HOME USE
 Christine Westwood £1.99

A simple introductory guide to Aromatherapy for the general public. It provides an easy-to-use reference section of essential oils and their applications, for conditions commonly encountered.

50 pages (100g)
AROMATHERAPY – STRESS MANAGEMENT
 Christine Westwood £3.50

Useful guide for blending oils to deal with everyday stress and anxieties. This book contains aromatherapy to beat stress, relevant essential oils listed, interesting case studies, useful lifestyle tips, professional methods and usage.

65 pages (100g)
AROMATHERAPY – THE PREGNANCY BOOK
 Jennie Supper £5.99

This book explains how to use aromatherapy during pregnancy, it covers common associated conditions, most suitable essential oils listed, actual case studies discussed, practical safe uses and warnings given.

131 pages (300g)
AROMATHERAPY – THE ESSENTIAL BLENDING GUIDE Rosemary Caddy £12.99

This book explains how to build your own home collection to treat fifty common ailments and gradually assemble your complete set of fifty well proven blends of essential oils from easy to follow instructions.

90 pages (300g)
AROMATHERAPY – ESSENTIAL OILS IN COLOUR Rosemary Caddy £9.99

This book reports the widely accepted therapeutic properties and uses of ninety essential oils. Each profile of the essential oil has been created in a way to help you see the chemical nature of the oil at a glance.

paperback (440g)
THE FRAGRANT PHARMACY
 Valerie Anne Worwood £9.99

Valerie Anne Worwood's splendid essential oils blending book makes it easy for all who would like to prepare their own formulas. The recipes include both physical and mental ailments.

paperback (100g)
THE BABY BOOK
 Marim de Guado Mak £3.99

This book is a simple guide for home use, it explains baby and infant massage, which oils to use for infants, an index of childhood ailments, benefits for baby and mother.

(780g)
COMPLETE ILLUSTRATED GUIDE TO AROMATHERAPY Julia Lawless £14.99

A practical approach to the use of essential oils for health and well-being. Easy to follow, simple guide for anyone wishing to explore aromatherapy and its many uses.

THE ENCYCLOPEDIA OF ESSENTIAL OILS (580g)
Julia Lawless £12.99

This is the definitive reference guide to essential oils, covering every aspect you need to know about aromatic oils from their history and how they work on your body and mind to how you can make your own individual blends. Indispensable to aromatherapists in their healing work as well as to anyone interested in the use and potential of essential oils.

Bach books

THE 38 FLOWER REMEDIES By Wigmore (130g)
£14.99

An Introduction to the work of Dr Edward Bach, this book is ideal for those new to flower therapy. With keyword references to the 38 individual remedies, this book is ideal as a quick reference to help use the remedies in everyday situations.

THE BACH REMEDIES REPERTORY (103g)
FJ Wheeler £12.99

A supplementary guide to the use of flower remedies discovered by Edward Bach.

DICTIONARY OF THE BACH FLOWER REMEDIES (115g)
T.W. Hyne Jones £4.99

Dictionary Of The Bach Flower Remedies – Positive and Negative Aspects. This simple dictionary lists the negative and positive aspects for each of the 38 remedies. The object is simply this - if your state of mind is in the negative column you might require the remedy; if in the positive, you do not.

THE TWELVE HEALERS AND HEAL THYSELF (45g)
Dr. Edward Bach £4.99

The simple method of healing through the personality by means of wild flowers for the lay healer and the home.

THE ILLUSTRATED HANDBOOK OF BACH FLOWER REMEDIES (385g)
Philip M. Chancellor £14.99

This attractive illustrated guide provides an in-depth and detailed description of each of the 38 remedies. It also includes case histories to show how the remedies may be put into practice. Philip Chancellor created this fascinating book out of the descriptions and case studies used by Nora Weeks in her Bach Remedy Newsletter and it is ideal for beginners and more experienced users of Bach Remedies.

Flower Essences

AUSTRALIAN BUSH FLOWER ESSENCES (385g)
Ian White £12.95

Beautifully illustrated with photos of the individual flowers this book is an informative and personal picture of the first fifty Bush Flower Essences which includes the unique story behind each Essence and its use in all areas of healing. Also covers chapters on, History and philosophy of Flower Essences, How Flower Essences work, How to make, prepare and take an Essence and an index of illnesses and their treatment.

BUSH FLOWER HEALING Ian White (385g)
£29.00

The long awaited companion volume to Ian White's best-selling Australian Bush Flower Essences, first published in 1991 and still the authoritative book in the field. This second book, Australian Bush Flower Healing, covers the 12 Essences that were developed after his first book was published. Fully illustrated and contains stunning photos of not only the new Bush Essence flowers, but also landscapes of the areas where they grow. This index is a wonderful reference point when researching or selecting a Bush Essence.

ANIMAL HEALING WITH AUSTRALIAN BUSH FLOWER ESSENCES (385g)
Marie Matthews £21.95

A must read book for animal lovers everywhere, Animal Healing with Australian Bush Flower Essences gives very practical hints for keeping your animals fit and happy as well as dealing with their problems of health and behaviour.

AUSTRALIAN BUSH FLOWER REMEDIES (125g)
Ian White £7.95

A concise illustrated reference summary of each of the 69 Bush Essences together with all the Combinations. This book is available individually and is also included as a complimentary addition in the Australian Bush Flower Essence Stock Kit.

AUSTRALIAN BUSH FLOWER ESSENCES INSIGHT CARDS Ian White (125g)
£35.95

An outstanding pictorial collection of Australian Bush Flowers meticulously photographed by Ian White. Designed to provide greater insights into the profound healing qualities of these stunning Australian species.

HAPPY HEALTHY KIDS Ian White (385g)
£21.95

Happy Healthy Kids traces a child's physical, emotional and spiritual development from preconception, through pregnancy and birth, to age seven. It is a very accessible, easy to use book jammed full of practical advice and case histories. Key emotional issues and a wide variety of everyday ailments a child may face at each stage of growth are described alongside easy-to-implement solutions and a selection of appropriate Australian Bush Flower Essences.

WHITE LIGHT ESSENCES Ian White (125g)
£17.35

Ian White's book 'White Light Essence', takes you on a magical journey to some of the worlds most sacred sites where you will experience the making of these vibrational Essences. These breath taking panoramas have been exquisitely captured in the colour photographs which accompany the text. The book will lead you through each essence's unique spiritual and soul healing qualities which can be utilised in both personal and practitioner application.

Diet and nutrition

FOOD ALLERGIES, THE COMPLETE GUIDE TO UNDERSTANDING & RELIEVING YOUR FOOD ALLERGIES William E. Walsh. M.D. paperback (560g)
£12.99

William E. Walsh, M.D., Shares his extensive knowledge about the cause of food allergies, which foods and chemicals to avoid, and ultimately, which foods will help you feel your very best. Filled with dozens of enlightening case studies and engaging writing, this unique guide offers a detailed, easy to follow diet tailored for adults and children who may be prone to allergies. It also includes clinically tested plans for cooking and advice on how to avoid troublesome foods at the store and when eating out.

VEGETARIAN COOKING WITHOUT (410g)
Barbara Cousins £10.99

With certain food intolerance's on the increase, as well as people looking for a healthier vegetarian diet, Barbara Cousins has provided us with a gluten, dairy, sugar, yeast free, enjoyable recipe book. With fourteen years experience as a practicing nutritional therapist she has helped thousands achieve better personal wellbeing and transformation.

Posters and Charts

VEGAN NUTRITION CHART (35g)
£3.95

Proteins, fats, carbohydrates and fibre are listed alongside all vitamins and minerals and their organic and processed sources, particularly good for vegetarians and vegans.

WOMAN'S HEALING HERB CHART (35g)
£3.95

18 popular herbs are beautifully illustrated with their uses. Directed solely at women's health.

AROMATHERAPY CHART 42 x 59 cms (135g)
£4.95

Colourful, glossy wall guide for quick reference.

PSYCHO-AROMATHERAPY CHART 42 x 59 cms (135g)
£4.95

Quick reference guide for aromatherapy tips to benefit the mind.

FIRST AID CHART 18 x 88 cms (35g)
£3.95

Quick reference guide to Natural First Aid Remedies.

BRITISH SCHOOL OF REFLEXOLOGY FOOT CHART 54 x 80 cms (140g)
£12.99

Clear and colourful map of the foot and its relation to other body organs.

BRITISH SCHOOL OF REFLEXOLOGY FOOT CARD (10g)
£0.99

Same as the reflexology foot chart but in a handy credit card size.

How to Order

Telephone: **020 7703 5550**

(Answerphone outside of business hours).

If you would like to pay by Credit or Debit Card, one of our friendly staff will be happy to take your order. Please have your card details ready.

Fax: **020 7252 6264**

You may fax in your Credit or Debit Card order. Please make sure you include your telephone number in case of transmission difficulties.

Internet: **www.baldwins.co.uk**

You can now order from our online catalogue. All credit card purchases are conducted over a secure server link. We now take Paypal on orders placed on-line.

Email: **sales@baldwins.co.uk**

Post

(Postage is calculated by total weight of order.) Send your order form with your cheque, postal order (made out to G.Baldwin & Co.) or credit card details in the enclosed FREEPOST envelope. If you prefer you can use your own stationery and use the **FREEPOST** address below.

G.Baldwin & Co
FREEPOST LON7690
LONDON
SE17 1BR

Postage and packing

Despite our very best efforts to keep our Postage & Packing prices as low as possible we have been forced to increase our courier costs on heavier orders.

Please add the following to your order within the United Kingdom.

Postage and packing rates within the UK mainland.

Weight	Normal	Express
0g-100g	£1.50	£7.50
101g-250g	£2.00	£7.50
251g-500g	£3.00	£7.50
501g-1000g	£4.50	£12.95
1001-1500g	£5.75	£12.95
1501-2000g	£5.75	£12.95
2001-10000g	£8.50	£17.50
10001-25000g	£10.75	£27.99

Free Postage and Packing for orders over £70 on Normal delivery within the UK only.

(This only applies if the total order weight is 25kg or less)

Pricing policy

We make every effort to maintain our prices for the duration of our catalogue however, at times it's impossible to avoid price increases. All prices are subject to alteration without notice.

VAT

The prices reflect the VAT rate applicable at time of printing. Prices are subject to change should the VAT rate alter.

Express Delivery

Orders over £70 on Express Delivery are charged according to the weight as stated above. We are sorry we cannot offer a discount on Express Delivery.

For same day Express dispatch we must receive your order by 1.00pm.

Express orders placed after 1.00pm will be dispatched the following day.

Express orders placed after 1.00pm on Friday or during the weekend will be dispatched on Monday.

The Express Delivery rate applies to UK mainland only and excludes the Scottish Highlands and some rural postcodes. If you are unsure please contact us for further information.

International postage

We charge International carriage at cost. We would be happy to quote you by phone or fax, or via our website. Please do not hesitate to contact us.

Overseas customers

Overseas customers not wishing to pay by Credit or Debit Card please send a Bankers Draft or Money Order in pounds sterling.

Gift card

Gift cards are now available to use in store.

Items we do not stock

We are happy to order in items we do not stock if available through our suppliers, but regret they are non returnable.

Weights

Postage is calculated based upon the weights of items as signified in the current catalogue. Some weights, however, may vary from time to time, due to the nature of particular products or containers.

Delivery

We try to process and despatch all orders within 3 days of receipt, using 1st Class Post, or, if the goods weigh over 2kgs, by Parcel Courier Service.

As a guide to how much to add for postage, listed below are the weights of our filled bottles of oils, tinctures, fluid extracts and base products. Where possible, for other products we show the weight in brackets after the item.

Weights of liquids in bottles

5ml bottle with oil	27g
10ml bottle with oil	38g
25ml bottle with oil	66g
50ml bottle with oil	114g
100ml bottle with oil	185g
250ml bottle with oil	270g
500ml bottle with oil	536g
1 litre bottle with oil	1025g

Mail order guarantee

It is our Policy to give 100% satisfaction. If for whatever reason you decide to return any unopened goods within 28 days of purchase, we will without quibble refund the full cost of the goods. This is in addition to your statutory rights.

Medicinal policy

We are required by law to make no claim for the therapeutic qualities of the remedies that we sell. However, the traditional values of herbal remedies are well known and information may be obtained from books, leaflets and the Internet. We are also able to give you limited information and one of our friendly staff will be pleased to answer your queries, when possible. Before making your purchase please ask yourself the following questions:

- Q Am I taking prescription medication?
- Q Am I taking or intend to take nutritional or herbal supplements?

If the answer to **BOTH** these questions is 'yes', we advise you to check with your doctor that the combination of your medication and supplements is suitable. Please remember that the ultimate choice is yours, thus giving you more control over your, health.

We have tried to answer as many of the questions we are regularly asked here, but as always if you cannot find

the answer to your question please do not hesitate to get in touch.



Discount structure



These discounts only apply to one product packed in one packet or container.

Essential Oils pages 06-07

250ml **10% off**
the 50ml price x 5
500ml **25% off**
the 50ml price x 10
1 litre **30% off**
the 50ml price x 20



Herb, roots and powders pages 30-39

2-4 kgs **15% off** the 500g price x 4-8
5 kgs + **20% off** the 500g price x 10



www.baldwins.co.uk

At Baldwins we like to take pride in all that we do and we rarely settle for being merely average. For example, our ever growing, extensive range of high quality natural products is outstanding and now exceeds even the elastic and comprehensive limits of this catalogue.

We also aim to make purchasing easy and convenient by catering for all types of shopping preferences. Hence the continuous development of our online shop at www.baldwins.co.uk. This is not only open and at your service 24/7 but it is also updated more frequently than is possible with traditionally printed lists. The product range on the website is larger too, helping to make it one of the most in-depth, natural product selections available anywhere.

If new products or the latest special offers are what interests you, then becoming a regular visitor to our website is bound to bring exciting discoveries and worthwhile savings.

The high quality and traditional values that underpin our everyday activities may not have changed much since 1844, but our adaptation to the more convenient aspects of modern shopping is, as you might expect, perfectly in harmony with the needs of our customers.



Tinctures pages 40-42

500ml **10% off**
the 250ml price x 2
1 litre **15% off**
the 250ml price x 4

Fluid Extracts page 43

250ml **10% off**
the 50ml price x 5
500ml **25% off**
the 50ml price x 10
1 litre **30% off**
the 50ml price x 20

**THE MORE YOU BUY
THE MORE YOU SAVE**



how to find us

 **NEAREST TUBE**
Elephant & Castle

 **NEAREST BRITISH RAIL**
Elephant & Castle

ADDRESS
171/173 Walworth Road, London SE17 1RW

TELEPHONE
020 7703 5550

 **BUSES**
The following buses stop nearby: 12, 35, 40, 45, 68, 148, 171, 176, 468, P5.

 **PARKING**
We are positioned outside the Congestion Charge Zone. Meter Parking is available in Amelia Street and there is a large 'Pay and Display' Car Park at the bottom of Browning Street. You can also park at the Elephant & Castle Shopping Centre. All of the above are within walking distance.

HOURS OF BUSINESS
Monday-Saturday 9am-6pm, except Thursdays 9am-7pm
Closed all day Sunday and Bank Holidays

how to order

TELEPHONE MAIL ORDER
020 7703 5550
You can place your order with one of our helpful Mail Order staff or outside of business hours you can leave your order on our answering service.

FAX
Fax your order to 020 7252 6264, 24 hours a day.

WEBSITE
www.baldwins.co.uk
Our secure website is the easy way to order 24 hours a day. Just put the items you want into your shopping basket and the system does the rest, right down to calculating the postage to anywhere in the world. If you chose to register it will even remember your details.

EMAIL
sales@baldwins.co.uk

