

The Herbal Dispensary



Wood Betony

Price List

Julia Russell AMH, HNHI, MGNI, Dip N.Adv, ITEC, MIFR, LCMDip Member of the Association of Master Herbalists

Herbalism, Natural Health, Nutritional Advice, Iridology,

Therapeutic Massage and Reflexology

Over 20 years in practice



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Now based at Dacrelands Clinic, Lancaster

Welcome to The Herbal Dispensary's latest price list.

I offer you plant-based products to support your body and sustain the planet.

This catalogue introduces as much of our product range as possible, however it can't represent all our products, so if you don't see what you are looking for, please call me.

Ethical Policy

Our health, on every level, is interconnected with the health of the whole planet.

We are part of the environment as much as it is a part of us. I believe we need to treat the earth with the tender care, love and reverence with which we need to treat ourselves, so wherever possible the herbs used in my herbal teas, ointments and oils, and so on are organically-grown.

I care about what goes onto your body just as much as what goes in, so all the skin care range is paraben-free, and all the bath and shower products are SLS-free.

To reduce the burden of waste on our planet, the packaging for products is mainly glass and aluminium or previously recycled plastics, all of which should be easy for you to doorstep recycle.



The brown bags which are used to pack our teas, herbal pillows and bath bags are fully compostable with corn starch lining (just tear off the tin tie top before composting).

I recycle as much packaging material as possible. Please try and recycle it again.

The corn starch packaging chips and the jiffy bags labelled "jiffy green" are compostable.

**Look out for new and improved products
and our current best-selling items
throughout this edition of the catalogue.**

Natural Plant Wax Candles

£4.50 each or 3 candles for £12.00

3" x 3" natural plant wax **with pure essential oils** as listed below –

- **NEW!** Ylang ylang & Cardamon
- Cedarwood & Amyris
- Orange, Clove & Cinnamon
- Cinnamon
- Juniper & Pine
- Patchouli
- Rosemary & Thyme
- Mandarin
- Grapefruit
- Bay Laurel, Basil & Lime



Burn with a brilliant clear flame for up to 50 hours.

Artisan Handmade Soaps

£4.99 each or 3 for £13.50

Wonderful luxurious handmade soaps (110gm each) packaged in handmade paper.

Made with plant oils and pure essential oils, there's something for everyone's stocking! -

- **NEW!** Crisp fresh **Juniper & Lemongrass**
- **NEW!** **Hemp** with Rosemary, Lavender & Tea tree
- Seasonal **Frankincense & Myrrh**
- Rich and woody **Cedarwood & Patchouli**
- Gentle and soothing **Calendula**
- Spicy **Orange, Clove & Cardamom**
- Gentle abrasive **Gardener's Soap** with lemongrass
- Citrusy **St.Clement's**, a blend of grapefruit, mandarin and lemon
- Floral garden scents of **Geranium, Lavender and Chamomile**



Artisan Handmade Shampoo Bars

£4.99 each or 3 for £13.50

We also have 2 solid shampoo bars (great for travel – can be used for hair and body).

- **Tropical Coconut** – luxurious, yet gentle enough for even a sensitive scalp
- **Neem** – containing Neem herb, traditionally used for repelling nits

NATURAL FACIAL PRODUCTS

NEROLI & FRANKINCENSE RANGE

BEST SELLING PRODUCT

Neroli & Frankincense Moisturiser

A rich natural moisturiser with 100% pure essential oils of *neroli (orange blossom)* and *frankincense* for dry, mature skin. Paraben Free. **60g £7.00**

Neroli & Frankincense Facial Oil

A rich blend of sweet almond, avocado and wheatgerm oils with 100% pure essential oils of *neroli (orange blossom)* and *frankincense*, especially for drier skin, fine lines, and ideal for use at night. **30ml £7.00**

Neroli Water Spray

Neroli, extracted from orange blossoms, is a refreshing tonic for the skin. **50ml .. £6.00**

GERANIUM & ROSE RANGE

BEST SELLING PRODUCT

Geranium & Rose Moisturiser

A light natural daily moisturiser with 100% pure essential oils of *rose absolute* and *geranium* for all skin types. Paraben Free. **60g £7.00**

Geranium & Rose Facial Oil

A light blend of sweet almond oil and jojoba with 100% pure essential oils of *rose absolute* and *geranium*. For day or evening use. **30ml £7.00**

Geranium & Rose Body Lotion

For those who love our Geranium & Rose Facial Range, this all-natural paraben free skin-softening body lotion with 100% pure essential oil of *rose absolute* and *geranium essential oils*. **200ml £8.50**

PURE ROSE RANGE

Pure Rose Moisturiser

A rich daily moisturiser with avocado and wheatgerm oils and 100% pure essential oil of *rose absolute*. Suitable for all skin types, but especially nurturing for dried skin types.

Paraben Free.

60g £8.50

BEST SELLING PRODUCT

Pure Rose Facial Oil

A rich blend of sweet almond, avocado and wheatgerm oils with 100% pure essential oil of *rose absolute*. Ideal for evening use.

30ml £8.50

OTHER NATURAL SKINCARE PRODUCTS

Palmarosa & Rosehip Facial Oil

This facial oil, for most skin types, is designed for daily use to improve circulation, particularly where scarring has occurred or thread veins are prominent. An exquisite blend of three oils with macerated organic calendula oil, rosehip oil and wheatgerm oil, plus three 100% pure essential oils of *roman chamomile*, *palmarosa*, and *lemon*. All these oils are renowned for their skin-healing properties.

30ml £7.00

NEW! Witchhazel & Thyme Toner

60ml £6.00

A great astringent toner with antiseptic pure essential oil of thyme. Ideal for use on oily and problem skin.

AROMATIC WATERS

Aromatic waters are great as part of your daily facial routine for men and women or as body mist sprays instead of strong perfumes.

High Altitude Organic Rose Water Spray

Beautiful aromatic water made from organic rose petals from Mount Lebanon.

Ideal as a cooling fragrant toner.

50ml £7.50

Neroli (Orange Blossom) Water Spray

50ml £6.00

A light refreshing fragrant from orange blossoms, calming yet refreshing.

NATURAL HAND CREAMS

Simply Calendula Hand Cream

Washing my hands so often during the day when I am giving massage treatments means my hands tend dry out quickly, so I always reach for this - my favourite hand cream. So it's time to share the secret with you, a rich non-greasy hand cream that absorbs easily, with a gentle scent of rosemary.

60g £7.75

Almond & Palmarosa Hand Cream

In terms of richness, this is the middle blend of our hand creams, not too light, not too heavy, soothing with nourishing almond oil and 100% pure essential oils of *palmarosa and lavender*

60g £7.75

Vetiver & Roman Chamomile Hand Cream

This is the lightest of our hand creams, exquisitely-scented natural with shea butter and almond oil, it is absorbent yet softening, with the lingering scent of essential oils of *vetiver, roman chamomile and a hint of lavender*

60g £7.75

NATURAL BODY LOTIONS

A range of natural paraben free body lotions for a sensual skin-softening experience with the addition of 100% pure essential oils.

200ml £8.50 each

Geranium & Rose

For those who love our Geranium & Rose Facial Range, here's the same scent in a body lotion with *rose absolute and geranium essential oils*

Heaven Scent

A calming blend of *lavender, geranium and rosewood*. One of your firm favourites.

Bliss

Complements our "Bliss" Herbubble foam bath with *sandalwood, lavender and ylang ylang* essential oils.

Three Wishes

Lovely after a relaxing bath; cocoon yourself with this luxuriously balsamic blend of *frankincense, ylang ylang and benzoin* essential oils.

HERBUBBLE - SLS-free BATH FOAMS & SHOWER GELS

Our hugely popular range of SLS-free richly-foaming natural bubble bath and shower gels blended with 100% pure essential oils.

200ml £8.50 each

Tranquillity - Relaxing Blend

The soothing scents of *lavender, camomile and frankincense*

Bliss - Sensual Blend

Drift away on cloud nine with the exotic yet grounding blend of *lavender, sandalwood and ylang ylang*

Three Wishes – Luxurious Blend

Treat yourself to a luxurious bath with this soothing balsamic blend of *frankincense, ylang ylang and benzoin* essential oils to rejuvenate your whole body.

Heaven Scent - Soothing Blend

Complements our Heaven Scent body lotion, with *lavender, geranium and rosewood*

Comfort & Joy - Muscle Soak Blend (not suitable for use in pregnancy)

A penetrating blend of *rosemary, marjoram and juniper*

BEST SELLING PRODUCT Lime Thyme – Invigorating Shower Gel

Lime, thyme and black pepper

Original Cin – Fresh & Spicy Shower Gel

Spicy *cinnamon and orange*

If you have a favourite Herbubble bath foam, shower gel, natural body lotion or massage & body oil, why not make use of our **15% discount on bulk purchases** of 1 litre or more?

MASSAGE AND BODY OILS

All our massage and body oils use 100% pure essential oils expertly blended into a luxurious carrier of almond, grapeseed, sunflower and wheatgerm oils which is easily absorbed, leaving your skin feeling smooth and silky.

Bliss

A subtle sensual blend of *lavender, ylang ylang and sandalwood*

After Sport (not suitable for use in pregnancy)

A blend to massage into tired muscles after exercise, but just as useful for easing hunched shoulders after a hard day at the office with *rosemary, marjoram, black pepper, roman chamomile and lavender*

Heartwood (not suitable for use in pregnancy)

A rich, woody blend with citrus tones with *frankincense, ho leaf, mandarin and petitgrain*

Smooth Operator (not suitable for use in pregnancy)

Designed to stimulate and improve circulation, and aid lymphatic drainage. A great blend for thighs and legs, with *ginger, juniper, cedarwood and grapefruit*

200ml £8.50 each

NEW! MASSAGE BALLS

£10 per pack

Spiky massage balls are great for getting into those places where muscles are tight.

Depending on the location you can massage into the area or lie on the ball and by moving help release the muscles and fascia.

Choose from

- 8cm (pack of 2) available in hard or soft texture,
- a single 10cm spiky ball in softer texture.



Please ask should you need more advice.

100% PURE ORGANIC ESSENTIAL OILS

Our high quality essential oils are excellent added to baths, footbaths, for use in massage, in oil burners to freshen rooms, etc. When using essential oils onto the skin for massage always dilute in a carrier oil, such as almond, grapeseed or wheatgerm oil. Similarly, when adding to baths thoroughly mix into a carrier oil, or our foam base. For your own safety and enjoyment, it is recommended that you read further about essential oils before use, e.g. "Aromatherapy an A-Z" by Patricia Davis or "The Encyclopaedia of Essential Oils" by Julia Lawless.

Our **organic essential oils** are produced from organically-grown plants which have not been exposed to chemical fertilisers and pesticides.

Our full range of both organic and non-organic essential oils is too numerous to list here – please feel free to contact us for our essential oils price list.

Organic Essential Oils	Characteristics	10ml
Eucalyptus	Stimulating, antiseptic, head-clearing	£4.25
Lavender	The most popular essential oil - floral, soothing, restorative	£8.50
Orange	Fresh, cheering, uplifting, relaxing	£4.25
Rosemary	Stimulating, invigorating, refreshing	£8.50
Tea Tree	Pungent, antiseptic	£8.50
Large size Lavender		30ml.....£21.00

BASES FOR YOUR FAVOURITE ESSENTIAL OILS

All these unscented bases give you the choice of using an unperfumed product or can act as carriers into which you can blend your favourite essential oils as desired.

Massage & Body Base Oil **200ml £7.50**

Unscented carrier oil blended from almond, grapeseed, sunflower and wheatgerm for use in massage or as body oil which will soak into the skin easily without leaving you too oily.

SLS-free Foam Bath Base **200ml £7.50**

Unscented SLS-free foam bath base for those who prefer a traditional bubble bath without chemicals. Can act as a carrier for your favourite essential oils.

Paraben-free Pure Body Lotion **200ml £7.50**

Unscented paraben-free body lotion, simply use alone or with the addition of your favourite essential oils.

HERBAL TEAS (plus a HERBAL COFFEE)

Herbal Teas offer an opportunity to change your daily fluid intake to something healthier than stimulating beverages, like coffee or black tea, or sugary fizzy pop drinks.

Why not make herbal tea drinking into a daily ritual? It may be the only time in the day when you can wholly concentrate on yourself. Take time to smell the tea infusing and visualise the effect the tea will have within your body.

The herbs that make up our herbal teas are organically-grown wherever possible.

If you are taking any medications or are pregnant, please check with us as to the suitability of teas before placing your order.

To benefit from the full flavour of these loose teas, it is recommended that you infuse in a pot or using one of our reusable **Cloth Tea Infuser (£2.50 each)**.



These unbleached pure cotton bags sit on a coated wire top, allowing the herbs to fully expand whilst brewing and ensure full taste and flavour. They fit easily inside a teapot or an individual mug. When finished, add the herbs to the compost, rinse the infuser, leave to dry and reuse over and over again.

All herbal tea blends 100g £5.50 each

BEST SELLING PRODUCT Blood Cleansing Tea Blend

A pleasant-tasting tea formulated for daily use. *Nettle leaf, burdock root, plantain, marigold, red clover.*

IMPROVED BLEND Treasure Tea

A soothing blend that aims to support the respiratory system and deep breathing. *Eucalyptus, mullein flowers, thyme, tulsi (holy basil) and green aniseed.*

Winter Chills Out Tea

A modern twist to a classic Cold and Flu Formula with the tingling addition of Echinacea to help support your body naturally through those winter chills.

Peppermint, elder flower, yarrow, echinacea root. You may wish to add honey to taste.

Inner Peace Tea

A calming and yet strengthening tea, suitable for daily use by young and old alike. Pour yourself a cup, take a few deep breaths and sip this slowly when the pace of modern living seems too rushed. *Lime blossoms, rosemary, lemon balm, oatstraw.*

Calmer Karma

Another calming, yet strengthening blend which makes a great alternative to our Inner Peace Blend. *Rose petals, spearmint, lime flower and oatstraw.*

Happiness Tea

A delicate relaxing blend of four flowering herbs with a subtle hint of lemon. *Lime flower, chamomile, passionflower, lavender and lemon verbena.*

BEST SELLING PRODUCT Evening Serenity Tea

A blend of herbs formulated to calm and relax the body at bedtime, but may also be drunk whenever you need a break from the stresses of the day with *chamomile, lemon balm, passionflower, spearmint.*

Nine Alive Nutrient Tea

A great daily tea with a combination of nine herbs rich in minerals and vitamins to help in cleansing and supporting all the systems of the body with *astragalus root, nettle leaf, oatstraw, rosemary, alfalfa herb, mullein, burdock root, dandelion root, liquorice root*

Digest-Ease Tea

Blended for a full and pleasant flavour – this tea is ideal after a meal to help promote good digestion. *Spearmint, aniseed, whole cardamom, fennel seed.*

Digestive Tea

A refreshing blend to soothe and relax the digestive system and encourage better digestion.

Meadowsweet, marshmallow root, dandelion root, lemon balm and peppermint.

Traditional Yogi Tea

A warming blend of herbs and spices to stimulate the palate, promote digestion and cleanse the whole body.

Ginger root, whole cardamom, whole cloves, black peppercorns, cinnamon quills.

Flow Tea

A cleansing and toning blend for the whole urinary system. Also recommended for use when following a kidney cleansing regime.

Dandelion leaf, horsetail, hydrangea root, gravel root, cornsilk, orange peel, peppermint, juniper berries, marshmallow root and nettle.

Summer Ease Blend

Formulated for use as a daily tea before and during the hayfever season or may be helpful at other times when experiencing allergies with *nettle leaf, plantain, elder flower.*

Dandelion Coffee

Richly roasted dandelion root makes a great coffee substitute. Can be brewed in a pan, or ground in a coffee mill and used in a cafetiere or stovetop espresso maker. Our blend has added spices to enhance digestion. *Dandelion root, cardamom, cinnamon, fennel.*

SINGLE HERB TEAS – all organic herbs

Lemon Verbena	50g	£5.50
Lime Flower (Tilia)	50g	£5.00
Lemon Balm (Melissa)	100g	£5.00
Nettle Leaf	100g	£5.00
Chamomile Flower	100g	£5.00
Oatstraw	100g	£5.00

We have a large stock of many other dried herbs.

If you're looking for a particular herb, please call us for availability and price.

ROOM SPRAYS – fragrance your home naturally

Spiced Winter Blend 50ml £5.50

A seasonal special with pure essential oils of *cinnamon, orange, and clove bud*.

Tree Blend with *cedarwood, ho leaf, bay leaf, lemon & juniper*

This fresh woody scent can help change the energy of a room 50ml £5.50

BEST SELLING PRODUCT

Meditation Blend with *neroli, sandalwood, orange & lavender*

Refresh your space, clear your mind and calm your spirit 50ml £6.50

NEW BLEND! Deep Thought Blend - with *rosemary, basil, grapefruit & petitgrain*

A cool clean invigorating blend to help clear your head for focussed thinking.

Ideal when mental clarity is needed, e.g. when studying 50ml £5.50

HERBAL PILLOWS

Dream Pillows

A relaxing blend of organically-grown herbs (*lavender, yarrow and rose petals*)

traditionally used to enhance sweet dreams in a cloth sachet to tuck inside your pillow.

£4.50 each

Deep Sleep Pillows

Containing an alternative blend of herbs to our Dream Pillows, these sachets hold organically-grown *hops and lavender*, a blend traditionally used to enhance deep sleep.

Simply tuck inside your pillow at night.

£4.50 each

NEW! LIP BALM (available from 1st Nov 2016) 15ml.....£3.50

We've been making our lip balms with almond and coconut oil plus beeswax and essential oils for Christmas fairs for years, so we're offering them out to a wider audience

– we hope you enjoy them. Choose between

- **Love of Three Oranges** with Orange, Mandarin & Tangerine
- **Minted** with Spearmint & Peppermint

HERBAL HOME FIRST AID

MACERATED OILS (external use only)

These oils are made by a process of slow cold infusion of pure herbs into organic olive or sunflower oil. The oil then retains the healing properties of the infused herbs.

Calendula (made with organic marigold flowers)

Great for all-round healing, and for use on any areas of dry skin. **30ml £4.50**

Comfrey (made with organic comfrey root and leaf)

One of the common names of comfrey is knitbone as it was traditionally used for healing broken bones, sprains and wounds. **30ml £4.50**

BEST SELLING PRODUCT Trauma Oil

A blend of macerated oils of *calendula*, *arnica* and *comfrey* with essential oil of organic *lavender*, combined to help the healing of damaged tissue, sprains, strains and bruising.

30ml £5.00

NEW! COMFREY SALVE

30ml.....£4.00

A soft to the touch salve made from a simple blend of organic comfrey macerated in a blend of olive and wheatgerm oil with a base of organic cocoa butter and beeswax.

NATURAL PESSARIES & SUPPOSITORIES

Natural Tea Tree Pessaries with pure essential oil of *tea tree* in a coconut oil base.

These may help ease the symptoms of fungal infections.

Pack of 6 pessaries£6.99

Natural Witchhazel Suppositories in a coconut oil base. Witchhazel has traditionally been used to ease haemorrhoids.

Pack of 6 suppositories£6.99

CALENDULA OINTMENT & CREAM

BEST SELLING PRODUCT

Pure Calendula Ointment

60g £7.00

Made from 4 simple ingredients - organically-grown *calendula flowers*, organic *sunflower oil*, with organic cocoa butter and unrefined beeswax, this hand-crafted ointment softens on touch to ease application. Ideal for minor skin irritations and dry skin conditions. You've told us you use it for cracked nipples, as an unscented barrier for preventing nappy rash, to moisturise after gardening or too much washing up.

Pure Calendula Cream

60g £7.75

For those who prefer a cream rather than an ointment, we also have a simple absorbent cream made using organically-grown *calendula flowers and almond oil*

EYEWASH HERBS

25g£4.50

A blend of herbs to ease tired eyes, aid clarity of vision and help against minor infections. Simply infuse the herbs in boiling water, strain through the muslin provided and rinse both eyes using an eyebath.

Contains *calendula, raspberry leaf, goldenseal root, eyebright, bayberry bark*.

WITCH HAZEL WATER SPRAY

50ml £5.50

A staple for your herbal first aid kit

DEEP TISSUE OIL

Deep Tissue Oil

30ml £6.50

100ml £19.99

A wonderfully powerful concentrated blend of herbs and essential oils designed to warm and penetrate deeply into aching joints helping to ease rheumatic pains, and assist with the healing of old injury sites.

Not suitable for use in pregnancy.

Contains *capsicum, ginger, calendula, St. John's wort, and arnica herb* macerated in organic sunflower oil with *wintergreen essential oil and botanical menthol crystals*.

NEW! LIMITED EDITIONS

Ever fancy trying something different? We do.

Our limited editions allow us to offer you new blends and products.

They are made in small batches, so when they're gone, they're gone.

We welcome your feedback. Products you really love could become catalogue staples.

Floral Fusion Moisturiser

A light floral everyday moisturiser with pure essential oils of Ylang ylang, Rose, Geranium and Lavender

60gm.....£7.00

Horse Chestnut Leg Lotion

A light absorbable lotion with Horse Chestnut herbal extract, which has been traditionally used to help to improve the tone of veins in the legs

200ml.....£8.50

Salt of the Earth, Botanical Bath Salts

Two different blends available, presented in a beautiful clip-top glass jar.

Muscle Soak - relax your aching muscles with Epsom and Sea Salts blended with organically-grown Rosemary and Calendula, plus essential oils of Rosemary, Ginger and Cypress

or

Floral Soak - soothe your senses with organically-grown Lavender and Rose Petals blended into Pink Himalayan and Dead Sea

Salts, plus essential oils of Lavender, Ylang ylang and Patchouli.



100gm.....£5.80 each

Want news, updates and special offers?

Simply subscribe to my e-newsletter - go to the News & Events page at my website

www.juliarussellherbalist.co.uk, click and add your email address to join the mailing list.

The Herbal Dispensary on the road

Saturday 29th October 2016 10am-12pm

Coffee Morning in Silverdale

Gaskell Memorial Hall, Emesgate Lane, Silverdale, LA5 0RA

I'll be taking a selection of products to this fundraising event for Lancs-i-pumps (a support group for people using insulin pump technology to manage Diabetes). Cake, coffee and other stalls too.



Saturday 19th November 2016 10am-4pm

The Lancaster Green Fair

Friends Meeting House, Meeting House Lane, Lancaster, LA1 1TX

Two floors of stalls with loads of goodies from local crafts people, wholesome café and Santa plans to be there too.



The Herbal Dispensary was established by Julia Russell to provide pure and natural herbal and aromatherapy products for her clients.

Involved in Natural Health Care since 1989 and a full-time practitioner for over 20 years, Julia is a member of the Association of Master Herbalists, the British Herbal Medicine Association and an Associate Member of the General Naturopathic Council.

As a naturopathic herbalist, Julia offers herbal medicine, nutritional advice, iridology, reflexology and therapeutic massage including lymphatic drainage massage.

She teaches inspiring workshops using locally-growing herbs and making herbal remedies to improve your health and well-being, and leads herbal and wild food foraging walks for many different groups throughout the year.

Please note, we changed our catalogue in line with the EU Directive that came into force on April 30th 2011 which means it was no longer possible to sell unlicensed herbal medicines without a one-to-one consultation.

However, once you have had a one-to-one consultation, this change in the law does not affect the range of herbs which I am able to supply you with.

 **ORDER FORM**

Phone or email your order – simply leave your order, delivery address and contact number – we’ll call you back for card payment details.

Name:

Delivery Address with full postcode:



Daytime Contact Tel:

Home Tel:

Email Address:

Product	Quantity	Price
Sub Total:		
P&P:		
TOTAL:		

If you wish pay in advance by cheque – please make payable

to “Julia Russell” and send orders to 30 Long Marsh Lane, Lancaster, LA1 5QX.

Postage and Packaging Charges:

Orders up to £20.00 add £3.50

Orders over £20.00 and under £60.00.. add £5.75

Orders over £60.00 add £8.00

We are happy to mail abroad for you, please enquire for overseas postage.

Although orders are normally dispatched upon receipt of your order, **please allow 14 days** for your delivery to reach you.

This catalogue replaces all previous catalogues and price lists. All prices as at October 2016 and are subject to change. Catalogue printed on recycled paper. © Julia Russell, 2016