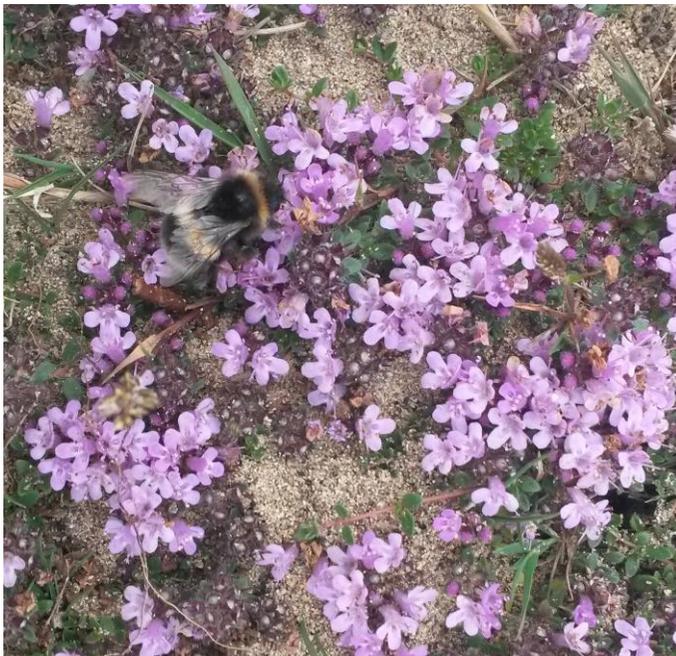


The Herbal Dispensary



Wild Thyme

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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Based at Dacrelands Clinic, Lancaster, LA1 2DU

Welcome to The Herbal Dispensary's latest price list.

The Herbal Dispensary developed alongside my Natural Health Practice to offer plant-based products to support your body and sustain the planet.

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, we choose mainly glass and aluminium or previously recycled plastics as packaging for products. These should be easy for you to re-use or recycle at your doorstep.

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.

This catalogue introduces much of our product range, however it can't represent all our products, so if you don't see what you are looking for, please do get in touch.



**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!** Tea Tree & Geranium
- 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.

Handmade Soaps & Shampoo Bars

£4.99 each or 3 for £13.50

Wonderful luxurious artisan handmade soaps (110gm each) made with plant oils and pure essential oils, packaged in handmade paper. There's one for everyone's stocking! -

- **NEW!** Juniper & Lemongrass - crisp and fresh
- **NEW!** Forest Spice with Bay, Siberian Fir, Frankincense Juniper, and Lemon
- Frankincense & Myrrh – a seasonal favourite
- Cedarwood & Patchouli - rich and woody
- Calendula - gentle and soothing
- Hemp with Rosemary, Lavender & Tea tree
- Orange, Clove & Cardamom – citrus and spicy
- Gardener's Soap - gentle abrasive with lemongrass
- St.Clement's - a blend of grapefruit, mandarin and lemon
- Geranium, Lavender and Chamomile - floral garden scents



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

- **Tropical Coconut** – luxurious, yet gentle enough for sensitive skin
- **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**

OTHER NATURAL SKINCARE PRODUCTS

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**

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 100% pure essential oils of *roman chamomile*, *palmarosa*, and *lemon*. All these oils are renowned for their skin-healing properties. **30ml £7.00**

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.

Witchhazel Water Spray

50ml £5.50

An astringent aromatic water and a staple for your herbal first aid kit

NATURAL HAND CREAMS

Simply Calendula Hand Cream

60g £7.75



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.

Almond & Palmarosa Hand Cream

60g £7.75

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*

Vetiver & Roman Chamomile Hand Cream

60g £7.75

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*

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

Heaven Scent **NEW BLEND!**

A calming blend of *lavender*, *geranium* and *ho leaf*.

Bliss

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

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*

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 **NEW BLEND!**

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

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

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 TEA BLENDS (plus a HERBAL COFFEE)

Herbal Teas offer the 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 you've done, just add the herbs to the

compost, rinse out the infuser, leave to dry and reuse over and over again.



All blended herbal tea 100gm £5.75 each

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*.

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.*

BEST SELLING PRODUCT Blood Cleansing Tea Blend

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

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*

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.

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.*



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.

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.*

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.

Happiness Tea

A delicate relaxing blend of four flowering herbs plus one with a subtle hint of lemon.

Lime flower, chamomile, passionflower, lavender and lemon verbena.

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	£5.50
Lemon Balm (Melissa)	100g	£5.50
Nettle Leaf	100g	£5.75
Chamomile Flower	100g	£5.75
Oatstraw	100g	£5.50

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

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

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

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

COMFREY SALVE

A soft to the touch salve based 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.



30ml.....£4.00

NATURAL PESSARIES & SUPPOSITORIES

Natural Tea Tree Pessaries with pure essential oil of *tea tree*. These may help ease the symptoms of fungal infections. **Pack of 6 pessaries£6.99**

Natural Witchhazel Suppositories. 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*.

DEEP TISSUE OIL

BEST SELLING PRODUCT

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. For external use only.

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

30ml £6.50

100ml £19.99.

PRE- & POST-NATAL PRODUCTS..... Naturally

Devised during my own pregnancy and the early months of motherhood. I had exacting standards for this range with **product purity** a critical factor. All the products are **100% natural** and the majority are made from **organically-grown ingredients**. Tested on my son and many of his friends, and for over 15 years they have been used by hundreds of mothers globally searching for a natural alternative. (Yes, these are our most travelled products, sent by happy customers to friends and family worldwide!) I trust you'll find everything you need here for this exciting phase in your life and your baby's start in the world.

Pre-Natal

Boobs and Belly Oil 200ml £9.50

Almond and wheatgerm oil blended with macerated St. John's Wort oil especially designed for use in pregnancy to help prevent stretch marks. Massage daily with this rich oil, lightly scented with essential oils of *mandarin and neroli*

Perineal Massage Oil 50ml £5.25

A blend of wheatgerm and almond oil, rich in Vitamin E, designed for use in pregnancy to prepare the perineum for stretching, help prevent tearing and aid delivery. We recommend massaging the perineal area with this oil every day - details included.

Pregnancy Herb Tea 100ml £5.75

Tastier than raspberry leaf alone, this blend, rich in iron and calcium, is designed for the third trimester to help preparation for labour - *raspberry leaf, nettle, oatstraw, peppermint*.

Labour Oil 50ml £5.25

An expertly-blended massage oil with luxurious almond, grapeseed, sunflower and wheatgerm oils which leaves your skin feeling smooth and silky. Designed for use in the early stages of labour to relax the whole body, encourage deep breathing and soothe the senses with *100% pure essential oils of frankincense, geranium and jasmine*.

Mum-to-be Gift Set £22.50

A package designed to make any mum-to-be feel great both inside and out.

A combination of our ultra-rich **Boobs and Belly Oil**, preparatory **Perineal Massage Oil**, highly nutritious and tasty **Pregnancy Tea**, and to help as labour gets underway, our ultra-relaxing **Labour Oil**.

Post-Natal

BEST SELLING PRODUCT

Seventh Heaven Herbal Bath Bags Each pack contains 10 bags £8.50

Our bath bags, in easy-to-use muslin cotton bags which attach to your hot tap, are packed with our blend of herbs to fill your bath with herbal waters and wonderful aromas.

This combination of 7 herbs is great for soothing and healing wounds, bruises, and especially suitable for tears after birth, containing *calendula*, *comfrey root*, *yarrow*, *lavender*, *plantain*, *barberry bark*, *St. John's wort*.

BEST SELLING PRODUCT

Pure Calendula Herbal Ointment 60g £7.00

Pure *organically-grown calendula flowers* are macerated in *organic sunflower oil*, ideal for minor skin irritations and many dry skin conditions. We have found it great for cracked nipples and excellent as a natural nappy cream.

This hand-crafted ointment has a rich base of top-quality organic cocoa butter and unrefined beeswax which softens on touch to ease its application.

Mother's Helper Herb Tea 100g £5.75

A rich blend of nutritious and calming herbs to enrich breast milk whilst helping you to relax and support you in your role as a mother with *fennel seed*, *nettle*, *red clover*, *lemon balm*, *basil*, *chamomile*, *raspberry leaf*, *lavender flower*.

Baby Massage Oil 50ml £5.25

Light, gently fragranced oil, safe for use on the tender baby skin, also suitable for grown-ups with sensitive skin! A *carrier oil of grapeseed and organic sunflower oil containing 100% pure essential oils of organically-grown lavender and roman chamomile*.

New Mum Gift Set £22.50

To celebrate new motherhood, we recommend this package including our healing **Seventh Heaven Herbal Bath Bags**, along with our supportive **Mother's Helper Herb Tea**, and our all-purpose **Pure Calendula Ointment** for everything from sore nipples to nappy rash, and for the little one, our gentle soothing **Baby Massage Oil**.

We are happy to mail Gift Sets directly on your behalf.

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.

NEW! Petit Fleur Moisturiser

A light floral everyday moisturiser with pure essential oils of Ylang ylang, Lavender and Petitgrain, contains Almond Oil and Beeswax. 60gm.....£7.00

Smudge Sticks

£2.00 each

Made from local Mugwort, these bound herb sticks are similar to sage smudge sticks used in Native American ceremonies. Smudging is the practice of using smoke from burning herbs to cleanse people and places, e.g. before a ceremony or to clear the energy in a new home.



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

100gm.....£5.80 each

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.



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

The Herbal Dispensary on the road

Come and see us at

The Lancaster Green Fair

Saturday 18th November 2017 10am-4pm

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.

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 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 is experienced in herbal medicine making and has taught a range of workshops using locally-growing herbs to make herbal remedies to improve health and well-being. She also leads herbal and wild food foraging walks throughout the year.

At the Herbal Dispensary we stock a wide range of herbs particularly as dried herbs and tinctures, and are able to produce herbal medicines in other forms as required.

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 Julia Russell at Dacrelands Clinic, Aldrens Lane, Lancaster, LA1 2DU.

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 November 2017 and are subject to change.

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