

The Herbal Dispensary



Stinging Nettle

Price List

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Herbalism, Natural Health, Nutritional Advice, Iridology,

Therapeutic Massage and Reflexology

Over 30 years in practice



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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. We can also refill some items.

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

I always recycle all the packaging material I receive from my suppliers. Please try to reuse, return or recycle any packaging I send to you. 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

£6.00 each or 3 candles for £16.00

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

- **NEW!!** Lavender
- **BEST SELLING CANDLE** Orange, Cinnamon and Clove
- Cinnamon
- Mandarin
- Grapefruit
- Patchouli
- Cedarwood & Amyris
- Rosemary & Thyme
- Lemongrass & Lime
- Bay Laurel, Basil & Lime
- Ylang ylang & Cardamom



Burn with a clear flame for up to 50 hours

Handmade Soaps & Shampoo Bars

£5.00 each or 3 for £14.00

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! -

- **Forest Spice** with Bay, Siberian Fir, Frankincense Juniper, and Lemon
- **Juniper & Lemongrass** - crisp and fresh
- **Frankincense & Myrrh** – a seasonal favourite
- **Cedarwood & Patchouli** - rich and woody
- **Hemp** with Rosemary, Lavender & Tea tree
- **Calendula/English Marigold** - gentle and soothing
- **Orange, Clove & Cardamom** – combining 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 which help you reduce plastic waste from shampoo bottles and are great for travel use – these 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 MOISTURISER – SAME GREAT PRICE

Neroli & Frankincense Moisturiser

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

60gm £7.50

BEST SELLING FACIAL OIL

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 £7.50

Neroli Water Spray

Neroli, extracted from orange blossoms, is a refreshing tonic for the skin. **50ml .. £7.00**

GERANIUM & ROSE RANGE

Geranium & Rose Moisturiser

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

60gm £7.50

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 £7.50

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 £9.00

ROSE & ROSEHIP RANGE

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 £9.00

High Altitude Organic Rose Water Spray

Beautiful aromatic water made from organic rose petals from Mount Lebanon. Ideal as a cooling fragrant toner.

50ml £8.50

Palmarosa & Rosehip Moisturiser

60gm.....£7.50

An everyday moisturiser to complement our Palmarosa & Rosehip Facial Oil.

This blend is designed to balance skin and stimulate microcirculation and healing with Rosehip oil and pure essential oils of Roman Chamomile, Palmarosa and Lemon.

Palmarosa & Rosehip Facial Oil

30ml £7.50

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

NATURAL HAND CREAMS

Simply Calendula Hand Cream

60gm £7.75

Washing my hands frequently during the day when I am giving massage treatments means my hands dry out quickly, so I always reach for this - my favourite hand cream.

Now it's time to share the secret with you – it's a rich, clay-like, non-greasy hand cream that absorbs easily, with a gentle scent of rosemary.

Almond & Palmarosa Hand Cream

60gm £7.75

If Goldilocks wanted a hand cream, this is it - not too light, not too heavy - soothing with nourishing almond oil and 100% pure essential oils of *palmarosa and lavender*

HERBUBBLE - SLS-free BATH FOAMS & SHOWER GELS

Our popular range of **SLS-free** richly-foaming natural bubble bath and shower gels blended with 100% pure essential oils in recyclable aluminium dispensers.

They are very economical – you only need a couple of squirts per bath or shower

200ml £9.00 each

NEW BLEND! Pure Restore – Revitalising Blend

A revitalising blend to help relax muscles and tone the skin with *rosemary, orange, juniper and geranium* (not suitable for use during pregnancy)

Tranquillity - Relaxing Blend

Breathe in soothing scents of *lavender, camomile and frankincense* and allow yourself to let go and relax.

Earthy Delights - Calming Blend

A calming, grounding blend to promote muscle and mind relaxation and well-being with *lavender, geranium and marjoram* (not suitable for use during pregnancy)

TOP SELLING FOAM BATH Heaven Scent - Soothing Blend

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

Bliss - Sensual Blend

Drift away with the exotic aromas of *lavender, sandalwood and ylang ylang*

Three Wishes – Luxurious Blend

A soothing, balsamic blend of *frankincense, ylang ylang and benzoin* essential oils

Comfort & Joy - Muscle Soak Blend

A penetrating muscle-relaxing blend of *rosemary, marjoram and juniper* – one for those who work hard and play hard (not suitable for use in pregnancy)

BEST SELLING SHOWER GEL **Lime Thyme** Shower Gel

An invigorating blend of fresh, spicy and warming scents - *lime, thyme and black pepper*

Original Cin Shower Gel

Wake up with a fresh, clear scent with a hint of spice - *cinnamon and orange*

CALENDULA OINTMENT & CREAM

BEST SELLING PRODUCT

Pure Calendula Ointment

60gm £7.75

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.

You've told us you use it on cracked nipples, as an unscented barrier for preventing nappy rash, to moisturise after gardening or too much washing up.



Pure Calendula Cream

60gm £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*

DEEP TISSUE OIL

BEST SELLING PRODUCT – SAME GREAT PRICE

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 £7.50

100ml £22.00

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 in recyclable aluminium dispensers.

200ml £9.00 each

Heaven Scent

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

Bliss

A rich sensual lotion with *sandalwood, lavender and ylang ylang* essential oils.

Three Wishes

Wrap your skin in this luxuriously balsamic blend of *frankincense, ylang ylang and benzoin* essential oils.

Why not pair Heaven Scent, Bliss or Three Wishes Body Lotions with the Herbubble SLS-foams of the same scent.

TOP SELLING PRODUCT 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*

Buzz Off!

A fresh scent with Lavender and Citronella essential oils which are traditionally renowned as having insect repellent properties.

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

Do you have a favourite natural body lotion, Herbubble foam or shower gel, or massage & body oil?

Why not make use of our **15% discount on bulk purchases** of 1 litre or more?

MASSAGE AND BODY OILS

These are luxurious oils with an easily-absorbed carrier of almond, grapeseed, sunflower and wheatgerm oil and expertly-blend with 100% pure essential oils.

200ml £9.00

Bliss

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

After Sport (not suitable for use in pregnancy)

Whether you need to massage muscles post-exercise, or ease hunched shoulders after a day at the office, try this with *rosemary, marjoram, black pepper, roman chamomile and lavender*

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*

BASE PRODUCTS – use alone or add essential oils

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

Massage & Body Base Oil

200ml £7.95

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 £7.95

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 £7.95

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

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 retains the healing properties of the infused herbs.

TOP SELLING PRODUCT

Trauma Oil (Not for use on broken skin) **30ml £6.00**

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.

Calendula Oil - made with organic marigold flowers **30ml £5.00**

Great for all-round healing, and for use on any areas of dry skin.

Comfrey Oil - made with organic comfrey root and leaf **30ml £6.00**

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

Arnica Oil - made with organic arnica flowers **30ml £7.00**

Traditionally used for bruises, sprains and strains. (Not for use on broken skin)

St. John's Wort Oil (made with organic St. John's Wort flowers) **30ml £8.00**

A rich red oil traditionally used for minor wounds, burns, bruises, skin inflammation and nerve-related pain.

COMFREY SALVE **30ml.....£4.50**



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.

EYEWASH HERBS

25gm£6.00

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.*

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£7.00**

100% PURE ORGANIC ESSENTIAL OILS

Our high quality organic essential oils are produced from organically-grown plants which have not been exposed to chemical fertilisers and pesticides. 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 or into baths always dilute in a carrier oil, such as almond, grapeseed or wheatgerm oil or our foam bath base.

For your own safety and enjoyment, it is recommended that you read further about essential oils before use.

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.

<i>Organic Essential Oils</i>	<i>Characteristics</i>	10ml
Eucalyptus	Stimulating, antiseptic, head-clearing	£4.75
Lavender	The most popular essential oil - floral, soothing, restorative	£9.00
Orange	Fresh, cheering, uplifting, relaxing	£5.75
Rosemary	Stimulating, invigorating, refreshing	£9.00
Tea Tree	Pungent, antiseptic	£9.00

Large size Lavender

30ml.....£24.00

HERBAL TEA BLENDS (and 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.

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

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.

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 90gm £7.00 each

TOP SELLING PRODUCT **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.

Berry Boost Tea

A blend of herbs formulated to strength and support the body.

Elderberry, olive leaf, nettle, lemon balm, cinnamon, sage, liquorice.



NEW BLEND **Lemon Lift Herbal Tea Blend**

A refreshing tea combining herbs with distinct citrusy notes with the warming energy of a little ginger. Uplifting the spirits, helps calm the mind and the digestion too.

Lemon Verbena, lemon balm, lemongrass, ginger

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 the flowers of four summer-flowering herbs plus one with a subtle hint of lemon.

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

TOP 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.

Chamomile, lemon balm, passionflower, spearmint.

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.

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.



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.

Astragalus root, nettle leaf, oatstraw, rosemary, alfalfa herb, mullein, burdock root, dandelion root, liquorice root

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.

Nettle leaf, plantain, elder flower.

Moon Time Tea (Not recommended for use during pregnancy).

A women's tea designed to be taken throughout the menstruating years; with herbs rich in iron and calcium. *Nettle, oatstraw, calendula, raspberry leaf and peppermint.*

Pregnancy Herb Tea

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.

Mother's Helper Herb Tea

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.

Fennel seed, nettle, red clover, lemon balm, basil, chamomile, raspberry leaf, lavender flower.

BEST SELLING TEA Blood Cleansing Tea Blend

A pleasant-tasting tea formulated for daily use.

Nettle leaf, burdock root, plantain, marigold, red clover.

Traditional Yogi Tea

A warming blend of herbs and spices to stimulate the palate, promote digestion and cleanse the whole body. Recommended as a part of my herbal liver cleansing regime.

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

Flow Tea

A cleansing and toning blend for the whole urinary system. Also recommended as a part of my herbal kidney cleansing regime.

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

TOP SELLING PRODUCT Dandelion Coffee

For those who miss the richness of real coffee, darkly roasted dandelion root makes a great alternative. 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

Chamomile Flower	90gm	£7.00
Lemon Verbena	50gm	£9.00
Lime Flower (Tilia)	50gm	£6.50
Lemon Balm (Melissa)	90gm	£7.00
Nettle Leaf	90gm	£7.00
Peppermint	90gm	£6.50
Oatstraw	90gm	£7.00

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.

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

Devised during my own pregnancy and early months of motherhood, with product purity a crucial factor, for over 25 years these products have been used by hundreds of mothers globally searching for a natural alternative. (Yes, these are amongst our most travelled products, sent by happy customers to friends and family worldwide!)

All the products are **100% natural** and the majority are made from **organically-grown ingredients**. You will 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 £10.00**

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*

Pregnancy Herb Tea **90gm £7.00**

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*.

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.

Post-Natal

BEST SELLING PRODUCT

Pure Calendula Herbal Ointment **60gm £7.75**

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.

ROOM SPRAYS – fragrance your home naturally

BEST SELLING PRODUCT

Tree Blend with *cedarwood, ho leaf, bay leaf, lemon & juniper* 50ml £6.50

This fresh woody scent can help change the energy of a room

Spiced Winter Blend 50ml £6.50

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

Deep in the Forest 50ml £6.50

A refreshing clear blend with Siberian *fir, cypress and white pine*

– imagine standing in a forest and breathing in deeply

Deep Thought Blend - with *rosemary, basil, grapefruit & petitgrain* 50ml £6.50

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

Ideal when mental clarity is needed, e.g. when studying

Meditation Blend with *neroli, sandalwood, orange & lavender* 50ml £8.00

Refresh your space, clear your mind and calm your spirit

AROMATIC WATERS

Aromatic waters are great as part of your daily facial routine or as body mist sprays in place 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 £8.50



Witch hazel Water Spray

An astringent aromatic water and a staple for your herbal first aid kit 50ml £5.50

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



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 30 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. Using her own clinical experience in herbal medicine making, she has taught a range of workshops using locally-growing herbs to make herbal remedies to improve health and well-being.

She leads herbal and wild food foraging walks throughout the year for both the general public and private groups.

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

Please note: *We are unable to sell many of our herbal medicines without a one-to-one consultation. However, once you have had your herbal consultation, a full range of products can be supplied.*

Want the latest news, event updates and special offers?

Simply subscribe to my e-newsletter –

sign up from my website www.juliarussellherbalist.co.uk

 **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:

Contact Tel:

Email Address:

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

Orders can be collected from Dacrelands Clinic by prior arrangement.

Postage and Packaging Charges:

Orders up to £40.00 add £4.95

Orders over £40.00 and under £100.00..... add £6.95

Orders over 100.00 free

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 2024 and are subject to change. Catalogue printed on recycled paper. © Julia Russell, 2024