

Catalogue
2019/2020



*Purveyors of
natural products
since 1844*

GBaldwin & Co

www.baldwins.co.uk



*Purveyors of
natural products
since 1844*



G Baldwin & Co

**Welcome to the 2020
edition of our catalogue.**

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Welcome to our 2020 catalogue! We have spent a lot of time this year working on increasing the content to reflect the questions that you, our customers have been asking.

When looking at the sections that cover herbs and oils you will notice more information about country of origin, Latin names & production methods, all of which I hope you will find helpful and interesting.

We're also introducing our new, Balancing Neroli & Willow Bark Skincare range (Pages 24-25), utilising the wonderful, anti-inflammatory & astringent properties of Willow Bark in combination with revitalising Neroli oil.

Throughout 2019 we have worked extremely hard on removing as much plastic from our packaging as we can. We now use card, paper, compostable packets and water-based adhesives from sustainable sources to pack our goods for shipping.

As always, a big Thank You from all the team at Baldwins for your custom and support.

Stephen Dagnell
Director



All our herb packaging is now



How To...

Download our "How To..." Booklet from our website for useful hints, tips and guide to natural preparation and practice.

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From Amyris to Ylang Ylang

! 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.

Amyris - Anti-inflammatory, Antiseptic, Antiviral, Fixative.

Angelica - Anti-inflammatory, Antiseptic, Stimulant, Tonic. **P**

Aniseed - Potent Oil, use with caution. **P**

Basil - Tonic, Uplifting. **P**

Bay - Antiseptic, Stimulant, Tonic. **P**

Benzoin - Resinoid Deodorant, Relaxing, Uplifting.

Bergamot - Antiviral, Relaxing, Tonic, Uplifting.

Birch - Anti-inflammatory, Antiseptic, Tonic. **P**

Black Pepper - Stimulant, Tonic, Warming.

Cade - Anti-inflammatory, Antiseptic, Calming.

Cajuput - Antiseptic, Soothing, Tonic.

Camphor - To optimise effective respiration, Use with caution. **P**

Cardamon - Antiseptic, Relaxing, Stimulant, Tonic.

Carnation - Anti-inflammatory, Antiseptic, Aphrodisiac, Relaxing. **P**

Caraway - Antiseptic, Soothing, Stimulant, Tonic. **P**

Carrot Seed - Stimulant, Tonic. **P**

Cedarwood - Atlas Antiseptic, Aphrodisiac, Soothing for skin, Stimulant, Tonic. **P**

Cedarwood - Virginia Antiseptic, Stimulant. **P**

Chamomile Blue Egyptian - Anti-inflammatory, Relaxing, Soothing for skin.

Chamomile Roman Antiseptic - Relaxing, Soothing, Tonic. **P**

Cinnamon - Warming, Stimulating. Not recommended for use on the skin. **P**

Citronella - Antiseptic, Uplifting. **P**

Clary Sage - Balancing, Uplifting. **P**

Clove Leaf - Antiseptic, Spicy. Not recommended for use on the skin. **P**

Coriander - Aphrodisiac, Revitalising, Stimulant, Tonic.

Cumin Seed - Antiseptic, Aphrodisiac, Stimulating, Warming, Stimulating, Tonic. **P**



Cypress - Antiseptic, Restoring, Tonic. **P**

Eucalyptus - Globulus Antiseptic, Stimulant. To optimise effective respiration. Soothing for skin.

Eucalyptus Radiata - Cooling, Refreshing, Energising.

Fennel - Anti-inflammatory, Antiseptic, Relaxing, Stimulating, Tonic. **P**

Frankincense - Anti-inflammatory, Antiseptic, Rejuvenating, Tonic.

Garlic - Antiseptic, Antiviral, Tonic.

Geranium - Anti-inflammatory, Antiseptic, Balancing, Stimulating, Tonic, Uplifting.

Ginger - Antiseptic, Balancing, Stimulating, Tonic, Warming.

Grapefruit - Antiseptic, Refreshing, Stimulating, Tonic.

Helichrysum - Anti-inflammatory, Antiseptic, Fixative, Revitalising, Soothing for skin.

Ho Leaf - Relaxing. Often substituted for Rosewood.

Hyssop - Antiseptic, Antiviral, Clarifying, Relaxing, Stimulating, Tonic. **P**

Jasmine - Anti-inflammatory, Antiseptic, Aphrodisiac, Relaxing, Tonic. **P**

Juniper - Antiseptic, Aphrodisiac, Relaxing, Tonic. **P**

Kunzea - Anti-inflammatory, Antiseptic, Antiviral, Relaxing. Soothing for skin. **P**

Lavender - Anti-inflammatory, Antiviral, Antiseptic, Balancing, Relaxing, Soothing for skin. Tonic. The most popular oil. **P**

Lemon - Antibacterial, Astringent, Tonic.

Lemon Eucalyptus - Anti-inflammatory, Antiseptic, Antiviral, Calming, Stimulating.

Lemon Myrtle - A powerful antibacterial, antiseptic, and antifungal agent. Energising yet calming and clarifying. Good in a vaporiser. Potent oil. Use with caution. **P**

Lemongrass - Anti-inflammatory, Antiseptic, Astringent, Calming, Uplifting, Stimulant, Tonic.

Lime - Antibacterial, Antiseptic, Antiviral, Calming, Stimulant.

Mandarin - Antiseptic, Harmonising, Stimulating, Tonic, Uplifting.

Manuka - Antiseptic, Relaxing. **P**

Marjoram - (Cultivated) Antiseptic, Antiviral, Balancing, Calming, Relaxing everyday aches and pains, Tonic. **P**

Marjoram - (Spanish) Antiseptic, Calming, Decongestant, Stimulant.

May Chang - Antibacterial, Relaxing. **P**

Melissa - Emotional balancer, Relaxing. **P**

Myrrh - Anti-inflammatory, Antiseptic, Antiviral, Astringent, Calming, Dry skin, Problem skin, Tonic. **P**

Myrtle - Generally aids respiratory & immune system.

Neroli - Antiseptic, Aphrodisiac, Balancing, Calming, Deeply relaxing, Euphoric, Tonic.

Niaouli - Antiseptic, Antiviral, Stimulant, Tonic. Similar to Tea Tree in action.

Nutmeg - Spicy, Warming. Not recommended for use on the skin. **P**

Oakmoss Resin - Antiseptic, Fixative, To optimise effective respiration. **P**

Orange - Anti-inflammatory, Antiseptic, Astringent, Relaxing, Soothing, Tonic.

Origanum - Potent oil, Not recommended for use on the skin. Use with caution. **P**

Original Bush Tea Tree - Strongly Antibacterial, Antifungal, Anti-inflammatory and Antiviral.

Palmarosa - Antiseptic, Stimulant, Tonic. Good for balancing dry or oily skin.

Parsley Seed - Potent oil, use with caution. **P**

Patchouli - Anti-inflammatory, Antiseptic, Antiviral Aphrodisiac, Astringent, Stimulant, Tonic.

Peppermint - Anti-inflammatory, Antiseptic, Antiviral, Astringent, Cooling and Stimulating. **P**

Petitgrain - Antiseptic, Relaxing, Stimulant, Tonic.

Pimento - Warming. Use with caution. **P**

Pine - Aphrodisiac, Antiseptic, Antiviral, Cleansing, Stimulant, Good in a vaporiser.



Ravensara - Antiseptic, Antiviral, Stimulant, Tonic.

Rose Maroc/Turkish - Aphrodisiac, Astringent, Antiseptic, Euphoric, Sensual, Tonic. **P**

Rosemary - Antiseptic, Aphrodisiac, Astringent, Stimulating, Tonic. **P**

Sage - Anti-inflammatory, Antiseptic, Astringent, Tonic. Potent oil. Use with caution.

Sandalwood Mysore/New Caledonia - Antiseptic, Aphrodisiac, Astringent, Exotic, Fixative, Relaxing, Sensual, Tonic.

Spearmint - Anti-inflammatory, Astringent, Antiseptic, Stimulating, Tonic. **P**

Spike Lavender - Antibacterial, Camphor. **P**

Spikenard - Anti-inflammatory, Relaxing.

Tagette - Potent oil. Use with caution. **P**

Tea Tree - Antibacterial, Antifungal, Anti-inflammatory and Antiviral.

Thyme - (Red) Stimulating, Revitalising.

Valerian Root - Relaxing.

Verbena - Aphrodisiac.

Vetivert - Antiseptic, Relaxing, Stimulant, Tonic.

Wintergreen - Anti-inflammatory, Astringent, Stimulant.

Yarrow - Anti-inflammatory, Antiseptic, Tonic.

Ylang Ylang - Aphrodisiac, Antiseptic, Relaxing, Soothing, Tonic.

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

See page 33
for some
cosmetic
recipe ideas!

Your Guide to Essential Oils

From Amyris to Ylang Ylang

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.

The main methods of extracting Essential Oils:

Steam Distillation (S)

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 (E)

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

Absolute (A)

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.

Expression & Vacuum Distilled (EVD)

The oil is cold pressed from the material then put through a process to separate various fractions. Selected fractions are blended then Vacuum distilled at low temperature to remove any other components e.g. Furocoumarins along with most of the waxes.

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 you can 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.

As a perfume

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

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!

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.

Oils

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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.

METHOD OF EXTRACTION:

- (D) = Destructive Distillation
 (S) = Steam Distillation
 (E) = Expression
 (A) = Absolute
 (V) = Vacuum Distillation

Please see page 6 for more information.



Pure Essential Oils									
Name	Latin Name	Family	Method of Extraction	Part of Plant	Country of Origin	5ml	10ml	25ml	50ml
Allspice (see Pimento)									
Amyris	Amyris balsamifera	Rutaceae (citrus)	S	wood	Haiti	£7.59	£15.15	£25.75	
Angelica Root, Garden	Angelica archangelica	Apiaceae / Umbelliferae (carrot)	S	dried roots	Hungary	£29.89	£57.79	£115.59	£196.39
Anise, Star	Illicium verum	Schisandraceae, or Illiciaceae	S	fruits	China	£6.95	£13.89	£23.59	
Balm (See Lemon Balm)									
Basil	Ocimum basilicum	Lamiaceae / Labiatae (mint)	S	herb	Vietnam	£8.75	£17.45	£29.59	
Bay Leaf, West Indian	Pimento racemosa	Myrtaceae (myrtle)	S	leaves	Dominica	£11.89	£23.79	£40.45	
Benzoin Resinoid 50%	Styrax benzoin	Styracaceae	A	resin	Thailand	£7.85	£15.65	£26.59	
Bergamot	Citrus x aurantium bergamia	Rutaceae (citrus)	E	fruit	Italy	£7.85	£15.69	£26.65	
Bergamot FCF*	Citrus x aurantium bergamia	Rutaceae (citrus)	E	peel of fresh fruit	Italy	£7.99	£15.99	£27.29	
Birch, Rectified	Betula alba	Betulaceae (birch)	D, S, V	tar (from all parts of tree)	Russia	£11.15	£22.25	£37.79	
Black Pepper	Piper nigrum	Piperaceae (pepper)	S	dried berries	India	£8.99	£18.09	£30.79	
Cade, Rectified	Juniperus oxycedrus	Cupressaceae (cypress)	D, S / V	tar (from wood)	France	£5.69	£11.39	£19.39	
Cajeput	Melaleuca leucadendra	Myrtaceae (myrtle)	S	leaves	Indonesia	£7.09	£14.19	£24.09	
Camphor, White	Cinnamomum camphora	Lauraceae (laurel)	S	wood	China	£4.19	£8.39	£14.29	
Cardamon Seed	Elettaria cardamomum	Zingiberaceae (ginger)	S	Pods	Guatemala	£11.99	£20.99	£41.99	£71.45
Carnation	Dianthus caryophyllus	Caryophyllaceae (carnation)	A	flowers	France	£49.59			
Caraway Seed	Carum carvi	Apiaceae / Umbelliferae (carrot)	S	seeds	France	£7.79	£15.59	£26.39	
Carrot Seed	Daucus carota	Apiaceae / Umbelliferae (carrot)	S	seeds	France	£9.99	£17.09	£34.19	£58.15
Cedarwood Atlas	Cedrus atlantica	Pinaceae (pine)	S	wood	Morocco	£5.75	£11.45	£19.45	
Cedarwood Virginia	Juniperus virginiana	Cupressaceae (cypress)	S	wood	USA	£5.75	£11.45	£19.45	
Chamomile Blue Egyptian	Matricaria chamomilla (=recutita)	Asteraceae / Compositae (daisy)	S	flowering tops	Egypt	£17.35	£32.65	£65.25	£110.95
Chamomile Roman	Chamaemelum nobile (=Anthemis nobilis)	Asteraceae / Compositae (daisy)	S	flowering tops	England	£13.99	£24.99	£49.95	£84.89
Cinnamon Leaf	Cinnamomum zelanicum	Lauraceae (laurel)	S	leaves	Sri Lanka	£5.15	£10.35	£17.59	
Citronella	Cymbopogon winterianus	Poaceae / Gramineae (grass)	S	grass	Sri Lanka / China	£5.85	£11.65	£19.79	
Clary Sage	Salvia sclarea	Lamiaceae / Labiatae (mint)	S	flowering tops, leaves	Russia	£7.79	£11.19	£22.35	£37.99
Clove Leaf	Syzygium aromaticum (=Eugenia caryophyllata)	Myrtaceae (myrtle)	S	leaves	Madagascar	£5.39	£10.75	£18.25	

Pure Essential Oils

Name	Latin Name	Family	Method of Extraction	Part of Plant	Country of Origin	5ml	10ml	25ml	50ml
Coriander Seed	Coriandrum sativum	Apiaceae / Umbelliferae (carrot)	S	seed	Ukraine	£9.99	£19.99	£33.99	
Cumin Seed	Cuminum cyminum	Apiaceae / Umbelliferae (carrot)	S	seed	Egypt	£8.99	£13.49	£26.99	£45.89
Cypress	Cupressus sempervirens	Cupressaceae (cypress)	S	needles, twigs, branches	Spain / France	£6.39	£12.75	£21.65	
Eucalyptus Globulus	Eucalyptus globulus	Myrtaceae (myrtle)	S	leaves	China	£4.35	£8.69	£14.75	
Eucalyptus Radiata	Eucalyptus radiata var. australiana	Myrtaceae (myrtle)	S	leaves	Australia	£5.99	£11.99	£20.39	
Everlasting (see Helichrysum)									
Fennel Seed, Sweet	Foeniculum vulgare (var. dulce)	Apiaceae / Umbelliferae (carrot)	S	seed	Hungary	£6.49	£12.99	£22.09	
Frankincense	Boswellia carterii	Burseraceae (torchwood)	S	gum resin	Somalia	£7.59	£12.25	£24.45	£41.59
Galbanum	Ferula gummosa = Ferula galbaniflua & Ferula sp.	Apiaceae / Umbelliferae (carrot)	S	resin	Iran	£10.35	£18.15	£42.79	£82.79
Garlic	Allium sativum	Amaryllidaceae (amaryllis)	S	bulb	China	£10.75			
Geranium	Pelargonium graveolens	Geraniaceae (geranium)	S	aerial parts	China	£9.99	£20.15	£34.19	
Ginger	Zingiber officinalis	Zingiberaceae (ginger)	S	roots	China	£7.29	£14.59	£24.79	
Grapefruit	Citrus x paradisi	Rutaceae (citrus)	E	fruit	Israel	£6.15	£12.25	£20.79	
Helichrysum (Immortelle)	Helichrysum angustifolium	Asteraceae / Compositae (daisy)	S	flowering tops	Balkans	£31.39	£60.79	£121.59	£206.75
Ho Leaf	Cinnamomum camphora	Lauraceae (laurel)	S	leaves	China	£6.59	£13.19	£22.45	
Hyssop	Hyssopus officinalis	Lamiaceae / Labiatae (mint)	S	herb	France	£9.69	£16.35	£32.75	£55.65
Jasmine	Jasminum officinalis	Oleaceae (olive)	A	flowers	Egypt	£45.75			
Juniper	Juniperus communis	Cupressaceae (cypress)	S	berries, needles	Slovenia	£7.79	£15.59	£26.49	
Kunzea	Kunzea ambigua	Myrtaceae (myrtle)	S	leaves, twigs	Tasmania	£14.49	£28.95	£49.19	
Lavender	Lavandula angustifolia	Lamiaceae / Labiatae (mint)	S	flowers	France	£7.45	£14.85	£25.19	
Lemon	Citrus limon	Rutaceae (citrus)	E	fruit	Italy	£5.79	£11.59	£19.65	
Lemon Balm	Melissa officinalis	Lamiaceae / Labiatae (mint)	S	flowering tops, leaves	England	£35.29			
Lemon Eucalyptus	Corymbia citriodora (=Eucalyptus citriodora)	Myrtaceae (myrtle)	S	leaves	Australia	£4.59	£9.15	£15.59	
Lemongrass	Cymbopogon flexuosus	Poaceae / Graminae (grass)	S	grass	India	£5.09	£10.19	£17.35	
Lemon Myrtle	Backhousia citriodora	Myrtaceae (myrtle)	S	leaves	Australia	£11.25	£22.45	£38.15	
Lemon Verbena	Aloysia citriodora	Verbenaceae (verbena)	S	flowering stalks	Morocco	£30.99			
Lime	Citrus x aurantifolia	Rutaceae (citrus)	E, S	fruit	Caribbean / Ivory Coast	£5.15	£10.29	£17.45	
Mandarin	Citrus reticulata	Rutaceae (citrus)	E, S	fruit	Brazil	£4.99	£9.99	£16.99	
Manuka	Leptospermum scoparium	Myrtaceae (myrtle)	S	leaves, twigs, branches	New Zealand	£18.25	£33.59	£66.99	£113.99
Marjoram, Sweet (Cultivated)	Origanum majorana	Lamiaceae / Labiatae (mint)	S	herb	Egypt	£7.99	£15.99	£27.25	
Marjoram, Spanish	Thymus mastichina	Lamiaceae / Labiatae (mint)	S	herb	Spain	£9.49	£18.99	£32.25	
May Chang	Litsea cubeba	Lauraceae (laurel)	S	fruit	Vietnam / China	£5.49	£10.95	£18.59	
Melissa (see Lemon Balm)									
Myrrh	Commiphora myrrha	Burseraceae (torchwood)	S	gum	Somalia	£11.19	£19.45	£38.85	£65.99
Myrtle, Common	Myrtis communis	Myrtaceae (myrtle)	S	leaves, stalks	Morocco	£9.65	£19.35	£32.85	
Neroli	Citrus aurantium subs. Amara	Rutaceae (citrus)	S	flowers	Tunisia	£44.29			

Pure Essential Oils

Name	Latin Name	Family	Method of Extraction	Part of Plant	Country of Origin	5ml	10ml	25ml	50ml
Niaouli	Melaleuca viridiflora	Myrtaceae (myrtle)	S	leaves	Madagascar	£7.69	£15.39	£26.15	
Nutmeg	Myristica fragrans	Myristicaceae (nutmeg)	S	ground whole nutmegs	Indonesia	£7.65	£15.29	£25.99	
Oakmoss Resinoid Absolute	Evernia prunastri	Parmeliaceae	S	lichen	France	£19.35	£38.69	£65.79	
Orange, Sweet	Citrus x sinensis (Pera variety)	Rutaceae (citrus)	E	fruit	Brazil	£3.99	£8.09	£13.75	
Oregano, Common	Origanum vulgare	Lamiaceae / Labiatae (mint)	S	flowering tops	France	£10.25	£20.49	£34.85	
Palmarosa	Cymbopogon martinii	Poaceae / Graminae (grass)	S	grass	Madagascar	£12.49	£24.99	£42.49	
Palo Santo (New!)	Bursera graveolens	Burseraceae (torchwood)	S	resin	Peru	£24.99	£49.95	£84.89	
Parsley Seed	Petroselinum crispum (=sativum)	Apiaceae / Umbelliferae (carrot)	S	seeds	France	£8.59	£14.25	£28.45	£48.35
Patchouli	Pogostemon cablin	Lamiaceae / Labiatae (mint)	S	properly dried leaves	Indonesia	£6.59	£13.15	£22.35	
Peppermint	Mentha piperita	Lamiaceae / Labiatae (mint)	S	leaves	USA	£4.89	£9.75	£16.59	
Petitgrain	Citrus aurantium	Rutaceae (citrus)	S	leaves, twigs	Paraguay	£6.25	£12.45	£21.15	
Pimento Leaf	Pimento dioica (=officinalis)	Myrtaceae (myrtle)	S	leaves	Jamaica	£7.89	£11.45	£22.85	£38.79
Siberian Pine (Siberian Fir)	Abies sibirica	Pinaceae (pine)	S	needles	Siberia	£5.79	£11.59	£19.69	
Ravensara	Ravensara aromatica	Lauraceae (laurel)	S	leaves	Madagascar	£10.59	£21.19	£35.99	
Rose Maroc Absolute	Rosa x centifolia	Rosaceae (rose)	A	flowers	Morocco	£35.35			
Rose Turkish Otto	Rosa x damascena	Rosaceae (rose)	S	flowers	Turkey	£168.65			
Rosemary	Rosmarinus officinalis	Lamiaceae / Labiatae (mint)	S	herb	Spain	£6.99	£13.99	£23.85	
Sage, Spanish	Salvia lavandulifolia	Lamiaceae / Labiatae (mint)	S	herb	Spain	£7.79	£15.59	£26.49	
Sandalwood, Mysore	Santalum album	Santalaceae (sandalwood)	S	heartwood	India	£31.39	£60.79	£121.59	£206.75
Sandalwood, New Caledonia	Santalum austrocaledonicum	Santalaceae (sandalwood)	S	trunk, stump, roots	Australia	£26.85	£51.69	£103.39	£175.79
Spearmint	Mentha spicata	Lamiaceae / Labiatae (mint)	S	leaves	China	£5.69	£11.39	£19.35	
Spike Lavender	Lavandula latifolia	Lamiaceae / Labiatae (mint)	S	flowering tops	Spain / France	£7.75	£15.49	£26.35	
Spikenard	Nardostachys jatamansi	Caprifoliaceae (honeysuckle)	S	roots	India	£21.59	£39.99	£80.09	£136.15
Star Anise (see Anise)									
Tagette	Tagetes minuta (=glandulifera)	Asteraceae / Compositae (daisy)	S	flowering herb	S. Africa	£8.15	£13.29	£26.59	£45.15
Tea Tree	Melaleuca alternifolia	Myrtaceae (myrtle)	S	leaves	S. Africa / Australia	£5.15	£10.29	£17.45	
Thyme, Red	Thymus zygis	Lamiaceae / Labiatae (mint)	S	flowering tops, leaves	Spain	£8.99	£13.49	£26.99	£45.89
Turmeric (New!)	Curcuma longa	Zingiberaceae (ginger)	S	rhizomes	India	£5.35	£10.65	£18.15	
Valerian Root	Valeriana officinalis	Caprifoliaceae (honeysuckle)	S	roots	China	£16.59	£31.09	£62.19	£105.69
Vanilla Absolute	Vanilla planifolia	Orchidaceae (orchid)	A	Pods	Madagascar	£51.15	£100.25	£200.45	£340.75
Verbena (see Lemon Verbena)									
Vetivert	Chrysopogon (=Vetiveria) zizanioides	Poaceae / Graminae (grass)	S	dried roots	Java	£12.85	£22.75	£45.45	£77.25
Wintergreen	Gaultheria procumbens	Ericaceae (heather)	S	twigs	USA	£6.09	£12.19	£20.69	
Yarrow	Achillea millefolium	Lamiaceae / Labiatae (mint)	S	herb	England	£22.69	£43.39	£86.75	£147.45
Ylang Ylang	Cananga odorata	Annonaceae (custard apple)	S	flowers	Comoros	£9.59	£18.99	£32.39	

*FCF stands for "furocoumarin free", which designates a rectified essential oil from which the furocoumarins have been removed. Our FCF Bergamot is produced by vacuum distillation of the cold pressed oil. The oil is fractionated and then the various fractions are blended back together minus the fraction(s) containing Bergapten (Furocoumarins). This produces a water white oil as all the waxes and colouring are also removed in the fractions. In Italy they also remove Bergapten by chilling the oil to very low temperatures which removes most of the bergapten along with most of the waxes, this oil is still coloured.

24hr Orderline 0207 703 5550

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.

Pure Organic Essential Oils

Name	Latin Name	Family	Method of Extraction	Part of Plant	Country of Origin	5ml	10ml	25ml	50ml
Eucalyptus	Eucalyptus globulus	Myrtaceae (myrtle)	S	leaves	China	£6.59	£13.15	£22.35	
Geranium, Rose	Pelargonium graveolens	Geraniaceae (geranium)	S	herbaceous parts	Egypt	£9.69	£16.45	£32.85	£55.79
Lavender	Lavandula angustifolia	Lamiaceae / Labiatae (mint)	S	herb	France	£12.45	£24.85	£42.25	
Lemon	Citrus limon	Rutaceae (citrus)	E	fruit	Italy	£6.59	£13.09	£22.25	
Peppermint	Mentha piperita	Lamiaceae / Labiatae (mint)	S	herb	India	£7.45	£14.89	£25.35	
Rosemary	Rosmarinus officinalis	Lamiaceae / Labiatae (mint)	S	leaves	N. Africa	£7.59	£14.99	£25.59	
Tea Tree	Melaleuca alternifolia	Myrtaceae (myrtle)	S	leaves	Australia / China	£6.19	£12.39	£21.09	
Ylang Ylang	Cananga odorata	Annonaceae (custard apple)	S	flowers	Madagascar	£13.65	£27.29	£46.45	



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 hesitate to contact us.

Carrier Oils

Name	Description	Latin Name	Country of Origin	25ml	50ml	100ml	250ml	500ml	1 Litre	5 Litre	25 Litre
Almond, Sweet BP73†	Refined	Prunus amygdalus dulcis	EU / Argentina			£2.99	£4.85	£7.99	£12.25	£44.75	195.69*
Almond, Sweet	Organic, Cold Pressed	Prunus amygdalus dulcis	Various			£6.39	£14.19	£27.19	£51.69		
Apricot Kernel	Refined	Prunus armeniaca	EU			£4.99	£8.45	£14.29	£22.59	£75.99*	
Argan	Organic, Cold Pressed, Deodorised	Argania spinosa	Morocco	£6.39	£9.35	£15.95	£35.85	£69.15	£132.29*		
Avocado	Organic, Cold Pressed	Persea americana (=gratissima)	Spain / S. Africa		£6.35	£9.89	£20.75	£38.89	£71.75		
Avocado	Refined	Persea americana (=gratissima)	Various			£6.59	£12.45	£22.29	£38.59	£167.45*	
Avocado	Unrefined, Pressed	Persea americana (=gratissima)	S. Africa			£7.15	£13.79	£24.99	£43.95		
Black Seed (Black Cumin)	Organic, Cold Pressed	Nigella sativa	Egypt / Israel			£10.79	£18.79	£42.99	£83.45	£160.85	
Candlenut (see Kukui)											
Castor	Refined	Ricinus communis	India			£5.45	£7.99	£13.39	£20.79		
Castor	Organic, Cold Pressed	Ricinus communis	India			£5.99	£9.29	£15.99	£25.95		

Order now at www.baldwins.co.uk

Carrier Oils

Name	Description	Latin Name	Country of Origin	25ml	50ml	100ml	250ml	500ml	1 Litre	5 Litre	25 Litre
Coconut	Solid, Refined	Cocos nucifera	Indonesia / Philippines				£7.65	£12.95	£21.59		
Coconut	Fractionated (MCT - Medium Chain Triglycerides)	From Cocos nucifera. Caprylic / Capric triglyceride.	Malaysia / Indonesia			£7.09	£13.75	£24.95	£43.89	193.99*	
Evening Primrose 9% GLA††	Cold Pressed, Lightly Refined w/o use of solvents, to maintain EFA profile	Oenothera biennis	EU / China	£8.35	£13.95	£30.89	£59.19	112.35*	536.29*		
Grapeseed	Refined	Vitis vinifera	EU / S. America			£4.75	£7.89	£11.85	42.95*	186.65*	
Hemp Seed	Organic, Cold Pressed	Cannabis sativa	N. Zealand / Canada	£4.89	£9.19	£16.39	£31.65				
Jobba Seed	Golden, Cold Pressed	Simmondsia chinensis	Israel	£6.99	£11.35	£24.35	£46.09	£86.15			
Kukui Nut	Refined	Aleurites moluccanus	Malaysia	£6.15	£9.49	£19.75	£36.95	£7.79*			
Macadamia Nut	Refined	Macadamia ternifolia	Italy	£6.15	£11.35	£20.09	£34.15	145.25*			
MCT (see Coconut)											
Moringa Seed	Cold Pressed	Moringa oleifera	India / Kenya	£9.15	£14.89	£26.99	£63.49	£124.45	242.85*		
Mustard Seed	Cold Pressed	Brassica juncea & Sinapsis alba	Germany	£7.79	£12.85						
Neem Seed	Organic, Cold Pressed	Azadirachta indica (=Melia azadirachta)	India	£6.75	£12.79	£22.99	£39.99				
Olive	Refined Virgin	Olea europea	Spain	£3.59	£6.19	£10.75	£17.65	71.85*			
Olive	Extra Virgin	Olea europea	Spain	£3.49	£5.99	£11.49	46.69*				
Peach Kernel	Refined	Prunus persica	EU	£10.15	£17.69	£29.35	121.45*				
Pomegranate Seed	Organic, Cold Pressed	Punica granatum	Turkey	£9.39	£15.45	£28.09	£66.19	£129.79			
Rosehip Seed	Organic, Cold Pressed	Rosa canina	Chile	£9.35	£15.25	£27.75	£65.29	£127.99	249.95*		
Sea Buckthorn Fruit	Cold Pressed	Hippophae rhamnoides	Germany	£7.65	£11.85	£20.89	£48.25	£93.95	181.89*		
Sesame Seed BP†	Refined	Sesamum indicum	Various	(120ml)	£5.19	£8.99	£15.39	£24.79	98.59*		
Tamanu Seed	Organic, Cold Pressed	Calophyllum inophyllum	Vietnam	£7.19	£10.95	£19.09	£43.75	£84.95	163.89*		
Vitamin E	Refined	From wheatgerm	Europe / Argentina	£8.99	£18.09	£33.39	£60.19	273.19*			
Vitamin E High Strength	70% tocopherols, primarily from NonGMO soya. 30% sunflower seed oil.	Argentina		£7.85	£12.29	£21.79	£50.45	£98.35			
Wheatgerm	Unrefined	Triticum aestivum	Various	£7.59	£14.59	£26.35	£46.15	202.79*			

†Pharmaceutical Grade (conforms to purity standards set by the British Pharmacopoeia) †† Gamma-linolenic acid

*Available by Telephone Mail Order only.



Diluted Pure Essential Oils in Jojoba (10%)

Pure Essential Oil diluted into pure cold pressed Jojoba oil giving all the benefits of these expensive Essential Oils at an affordable price.

Name	5ml	10ml
Carnation Dilute	£11.09	£18.89
Jasmine Dilute	£10.49	£17.65
Melissa Dilute	£8.75	£14.19
Neroli Dilute	£10.25	£17.15
Rose Maroc Dilute	£8.75	£14.19
Rose Turkish Dilute	£30.75	£58.19
Sandalwood Mysore Dilute	£8.09	£12.89

Macerated Oils

These oils are made by a process of cold infusion. The herb is submerged into Sweet Almond (SA), Sunflower Seed (SS) or Coconut Oil (CO) 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.

Name	Description	Latin Name	50ml	100ml	250ml	500ml	1 Litre
Carrot Tissue	SS	Daucus carota	£4.99	£7.39	£14.39	£26.25	£46.49
Comfrey Leaf	SS	Symphytum officinale	£5.65	£8.59	£17.29	£31.99	57.99*
Marigold Flower	SS	Calendula officinalis	£5.25	£7.75	£15.35	£28.15	£50.25
Monoï Flower	CO, Supplied in Jars	Gardenia taitensis	(120ml)	£9.39	£14.75	£27.75	50.09*
Mullein Flower	SS	Verbascum thapsus	£7.89	£12.99	£28.59	£54.59	103.09*
St John'S Wort	SS	Hypericum perforatum	£6.59	£10.39	£21.95	£41.35	76.65*

*Available by Telephone Mail Order only.



Floral Waters and Distillates

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

Name	Description	Latin Name	Country of Origin	100ml	250ml	500ml	1 Litre	5 Litre
Distilled Witch Hazel BP†		Hamamelis virginiana	USA	£5.59	£9.89	£17.25	£28.45	116.79*
Glycerine, Vegetable BP† 99.5%		From Rapeseed (Brassica napus)	Germany	£6.59	£10.79	£18.99	£31.99	134.49*
Lavender Water		Lavandula angustifolia	UK	£11.59	£24.95	£47.29	£88.59	417.25*
Orange Flower Water (Neroli)		Citrus x aurantium amara	Morocco	£11.25	£23.45	£43.89	£80.75	£374.45
Rosewater	Organic	Rosa damascena	Turkey	£6.79	£12.99	£23.45	£40.89	£179.09
Turpentine Pine Essential Oil		Pinus sp.	Austria	£6.45	£12.09	£21.59	£37.15	£160.45

*Available by Telephone Mail Order only.

Waxes

Name	Latin Name	Country of Origin	25g	100g	250g	500g	2kg
Beeswax Block, Yellow			£3.99	(approx. 28g each)			
Beeswax Pellets, White BP†			£2.95	£8.35	£17.75	£30.15	
Beeswax Pellets, Yellow BP†			£2.89	£8.19	£17.39	£29.59	
Emulsifying Wax, Vegetable BP†	From Rapeseed (Brassica napus)	USA	£5.25	£14.95	£31.79	£54.15	
Jojoba Wax			£2.85	£8.09	£17.19	£29.25	
Rapeseed Wax						£11.35	£19.25
Soya Wax C3			£0.99	£2.89	£6.15	£10.49	

Our vegetable waxes are palm oil free.



FLORAL WATERS MAKE EXCELLENT SKIN TONERS



Christmas Oil

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

Name	10ml	25ml	50ml
Christmas Oil	£5.59	£11.09	£18.85



Balsams & Resinoids

Name	Latin Name	Family	Method of Extraction	Country of Origin	30ml
Copaiba Balsam	Copaifera officinalis	Fabaceae / Leguminosae (legume)	Crude balsam	Brazil	£14.89
Peru Balsam	Myroxylon balsamum var. pereirae	Fabaceae / Leguminosae (legume)	Crude balsam	El Salvador	£13.25
Storax Resinoid, Levant	Liquidambar orientalis	Altingiaceae	A	Turkey	£33.99
Tolu Balsam Absolute	Myroxylon balsamum var. balsamum	Fabaceae / Leguminosae (legume)	A	Colombia / Venezuela	£17.95



Butters

Name	Description	Latin Name	Country of Origin	25g	100g	250g	500g
Cocoa Butter	Solid, Deodorised	Theobroma cacao	W. Africa	£1.79	£5.15	£10.89	£18.49
Mango Butter	Cold Pressed, Refined (Supplied in jars)	Mangifera indica	Costa Rica / Dom. Rep.	£8.85	£13.59	£25.45	£45.45
Shea Butter	Refined (Supplied in jars)	Vitellaria paradoxa (=Butyrospermum parkii)	Ghana	£7.49	£9.59	£16.85	

†Pharmaceutical Grade (conforms to purity standards set by the British Pharmacopoeia)



VOTED
'BEST BUY
CANDLE'
BY DAILY
MAIL



Aroma Candles

Here at Baldwins we've developed our own blend of soy wax and pure essential oils to produce a series of fragrant candles smartly contained in a stylish and recyclable tin. The soy wax we use is from renewable resources, contains no genetically modified materials and is complemented by cotton wicks coated with beeswax, giving a 100% natural candle. Please keep the wick trim between burns.

Aroma Candles	105g	£7.15
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Single Scents

Citronella	Midge Deterrent
Lavender	Relaxing
Lemongrass	Uplifting
Ylang Ylang	Romantic

Blends

Cedarwood & Orange	Warming and Comforting
Eucalyptus & Peppermint	Clarifying and Stimulating
Frankincense & Myrrh	To help focus a busy mind
Geranium & Lemon	Balancing and Refreshing
Lavender & Chamomile	Calming and Soothing
Patchouli & Lime	Musky & Exotic
Yuletide	Our own blend of festive oil which contains Clove, Nutmeg, Cinnamon, Pine and Orange.

Oil Burners

Need help choosing your Oil Burner? If you are unsure which is best for you, don't hesitate to give us a call on 0207 703 5550 and we will be happy to guide you to the one most suitable for your requirements.

Aroma-Stream	£26.59
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The Aroma-stream works by blowing air through a pad, which holds the oil. As no heat is used the oils are vaporised without changing character. It's whisper quiet in operation, safe, clean and economical.

Extra Oil Pads	£1.75
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Aroma-Stone (Blue)	£21.89
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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.

Essential Oil Burners

Our new range of simple essential oil burners come in 3 designs: Mosaic, Fleur and Love.



Fleur (A)	£7.75
Mosaic (B)	£6.75
Love (C)	£6.75

Simply fill the bowl at the top of the burner with water and add a few drops of essential oils on the water. Place a lighted tea light underneath the bowl, then enjoy the aroma that fills the room. Tea lights are available in packs of 10 for £1.79

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.

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 or fragrance oils, these Aroma Diffusers create a soothing, healthy and aromatic mist which also disperses negative ions into the air. This is believed to be the best way to diffuse any fragrance into the atmosphere, as without direct heat, essential oils are not degraded. No heat source is required.

NEW! Liv Aroma Diffuser

Life can sometimes get a little stressful and we all suffer from tension and anxiety at one time and another. Mindfulness and aromatherapy can help you achieve a calmer mind, more peace, and clarity. With this in mind, the Liv aroma diffuser has been designed to create a calm and soothing environment. Operates with a USB cable (included). Create Zen on the Go® by using with your favourite fragrance or essential oils, whilst benefiting from light therapy and hydration. LIV is ideal for use at home, the office, whilst you are travelling, hotel rooms, etc. Available in White or Copper. Please specify your choice of colour when ordering.

White	£34.99
Copper	£32.99

**NEW!** Alina Aroma Diffuser

The Alina, with its elegant lantern effect finish, captures the essence of the beautiful festive light traditions of the east. Blending perfectly with any decor, this stylish diffuser will make your living space feel like a haven of calm as it disperses the fragrance of your choice and scatters ambient light around your room. The Alina aroma diffuser also offers a no light setting, ideal for use at night. The Alina has intermittent mist control, ideal when using stronger scents. Used without essential oil, you can still enjoy the benefits of the humidifying mist, which can counteract some of the dryness created by today's central heating and air conditioning systems. The Alina automatically shuts off when the water falls below a certain level, effecting complete safety and ideal for use around children or pets.

**NEW!** Arran Aroma Diffuser**NEW!** £59.99

The Arran Aroma Diffuser is made with an elegantly carved solid bamboo base from sustainable sources. The bamboo is cut by hand, allowing maturing and flowering strands to remain flourishing and have the least impact on wildlife. Modern, ultrasonic technology is used to diffuse tap water and fragrance or essential oils into the air in a plume of fine mist and fragrance, calming the mind, body and soul. With the mood lighting feature, low energy LED lights gradually change through a spectrum of softly illuminated colours - while also allowing you to select your preferred colour light to match your mood. A night mode allows you to switch off the light, making the Arran ideal for night time use. The Arran Aroma Diffuser is operated by placing your hand over the top of the diffuser and applying gentle pressure, through its cleverly designed, stylish switch function.



Iris Aroma Diffuser

£54.99

The Iris aroma diffuser boasts a modern spherical design and has an impressive range of fabulous features including:

- An Intermittent setting, ideal for use with stronger scents
- An adjustable mist volume feature
- A sleep mode, allowing for the diffuser to be used without light, making it an ideal bedside companion
- Acts as a mini humidifier and air purifier. Ideal to counteract the harsh effects of central heating or air conditioning systems that can be very drying for the skin
- The Iris is also an ioniser, producing 'feel good' negative ions; perfect for living spaces, spas, salons, gyms and clinics. Sufferers of hay fever, asthma, and even migraine may benefit from the use of an ioniser.

Available in White.



Iris Aroma Diffuser Replacement Glass Cover

£6.99

Accidents happen! And if you suddenly find you've broken your Iris Diffuser Glass Cover there's no need to worry, we're pleased to be able to provide a replacement so you can continue to enjoy your diffuser.

Kits & Sets



Whether it's a gift you're looking for, a new hobby or enjoy making your own tailor made products, our Kits and Sets bring a variety of products for you to explore.

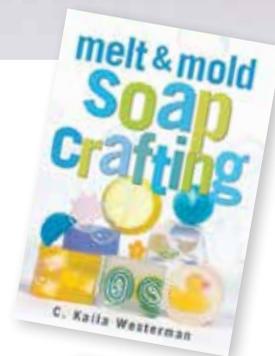
Soap Making	18-19
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Melt and Mold Soap Crafting

The complete guide to Melt and Mould soap making, contains over 30 recipes and ideas for making melt and mould soap.

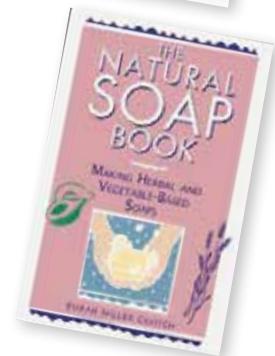
£13.99



The Natural Soap Book

Clear guidance and step by step instruction on making your own soaps both additive free and natural. Susan Miller Cavitch is the founder and president of Soap Essentials Inc. This authoritative book on making herbal vegetable based soaps is an invaluable soap maker's purchase.

£12.99



 For more soap making books, please visit our website: www.baldwins.co.uk

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.

	500g	1kg
Clear	£6.39	£10.75
White	£6.39	£10.75
Clear (SLS Free)	£6.49	£10.89
White (SLS Free)	£6.49	£10.89
Organic (Natural Light Brown)	£6.75	£11.49

Silicone Soap Mould

Baldwin's Silicone soap moulds are made from high quality silicone. Makes 6 x 150g (approx.) bars. Each bar will measure HxWxL: 26mmx59mmx79mm (approx.)

£6.99

Zeal General Purpose Thermometer

Made from the highest quality glass that has been specially selected to have uniform Capillary bore and to be free from strain. These instruments are scientifically annealed and artificially aged before testing to ensure stability and maintain accuracy. Top expansion chambers are provided where necessary to allow for overheating. Internally pressurised, non-fading red spirit Thermometer. Each instrument is fitted with an anti roll cap and packed in a protective plastic container. -10°C +110°C Range - Perfect for all your soap making/oil blending/product making requirements. Total immersion.

Total Length 215mm/21.5cm

£6.39



98.79% Organic Liquid Castile Soap

Unscented, mild and gentle can be used in the bath, shower, for shaving, cleaning surfaces, and hand washing clothes. Can also be used in homemade face and body scrubs. Use unscented or add just a few drops of your favourite essential oils to make it your own personal tailored product. Unscented, mild and gentle can be used in the bath, shower, for shaving, cleaning surfaces, and hand washing clothes. Can also be used in homemade face and body scrubs. Use unscented or add just a few drops of your favourite essential oils to make it your own personal tailored product.

	250ml	500ml	1 Litre
	£4.99	£8.45	£13.59

Organic Cotton Apron

With embroidered G Baldwin & Co. Logo

£13.25



Zenicolor

Zenicolor 5 is a brand new colouring system specifically for melt and mould soap making. Simple and clean to use, it comes in convenient paste form as a set of 5 tubes complete with a mixing guide card. These colours are NON-Bleed and maintain complete transparency. The perfect solution to your colouring problems. Each of the 5 tubes contains 30g of coloured paste and each set is sufficient to colour between 12kg and 20kg of clear soap base*. The Zenimixer app makes mixing virtually ANY colour absolute simplicity using your Smartphone or Tablet.

Ingredients: Aqua, propylene glycol, glycerin, sodium stearate, sodium laureth sulfate, sorbitol, sodium cocoate, sodium xelene, sulfonate, stearic acid, pigment, carbon copolymer, tetrasodium EDTA, tetrasodium etidronate, hetero saccharide, microbicide. Shelf Life: 24 months.

5 Non-Bleeding Colourants for Soap Bases

£19.99

*Factory sourced data.



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.

Essential Oil Box Sets	
Set One	
Eucalyptus, Geranium, Lavender, Lemon, Rosemary and Tea Tree*	£52.49
Set Two	
Bergamot, Grapefruit, Ho Leaf, Lemongrass, Orange and Ylang Ylang*	£51.95
Set Three	
Chamomile Roman, Cypress, Juniper, Mandarin, Patchouli and Peppermint*	£68.29
Set Four	
Black Pepper, Clary Sage, Fennel, Frankincense, Ginger and Thyme*	£72.49
Set Five	
Bergamot, Eucalyptus, Geranium, Grapefruit, Ho Leaf, Lavender, Lemon, Lemongrass, Orange, Rosemary, Tea Tree and Ylang Ylang*	£93.29
Set Six	
Black Pepper, Chamomile Roman, Clary Sage, Cypress, Fennel, Frankincense, Ginger, Juniper, Mandarin, Patchouli, Peppermint and Thyme*	£129.59
Set Seven	
Bergamot, Black Pepper, Chamomile Roman, Clary Sage, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Ho Leaf, Juniper, Lavender, Lemon, Lemongrass, Mandarin, Orange, Patchouli, Peppermint, Rosemary, Tea Tree, Thyme and Ylang Ylang*	£209.99

Each Essential Oil: 10ml



Wooden Boxes	
The perfect way to store your Essential Oils is in one of our hand-made wooden boxes.	
6 x 10ml	£23.39
12 x 10ml	£26.25
24 x 10ml	£28.99
24 x 25ml	£39.99



Or select your own set of essential oils, a wooden box and get a discount

You may not want one of our boxed sets, so why not make up your own?

- A** Select 6 or more oils from pages 5 and 6 and deduct £5.35 from the cost of ANY size wooden box.
- B** Select 12 or more oils from pages 5 and 6 and deduct £5.75 from the cost of the 12 x 10ml wooden box.
- C** Select 24 oils from pages 5 and 6 and deduct £6.00 from the cost of the 24 x 10ml wooden box.

Gift Boxes

Baldwins Citrus Gift Box	
Contains: Baldwins Citrus Body Wash 250ml, Baldwins Citrus Body Balm 250ml, Baldwins Citrus Soap 25g, Baldwins Citrus blend Aroma Candle and Natural Cotton Flannel.	£30.19
Baldwins Revitalising Gift Box	
Contains: Baldwins Revitalising Body Wash 250ml, Baldwins Revitalising Body Balm 250ml, Baldwins Revitalising Soap 25g, Baldwins Revitalising Aroma candle and Natural Cotton Flannel.	£30.19
Baldwins Moisturising Gift Box	
Contains: Baldwins Moisturising Body Wash 250ml, Baldwins Moisturising Body Balm 250ml, Baldwins Moisturising Soap 25g, Baldwins Moisturising blend Aroma candle and Natural Cotton Flannel.	£30.19
Baldwins Pomegranate, Bilberry & Rose Gift Box	
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.	£61.19
Baldwins Men's Green Tea & Frankincense Gift Box*	
Contains: Men's Green Tea & Frankincense Hydrating Skin Lotion 100ml, Exfoliating Facial Scrub 60ml, Refreshing Facial Wash 100ml, Smoothing Shaving Oil 10ml and Natural Cotton Flannel.	£40.99

*See page 26 for photo

FREE
P&P ON ORDERS OVER
£20 ON STANDARD
DELIVERY
PLEASE SEE PAGE 128
FOR FULL DETAILS





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.

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NEW! Skin
Balancing
Range

NEW!

NEROLI & WILLOW BARK

New to our exclusive product range is our Neroli & Willow Bark Balancing Skincare Range.

We have specially formulated this luxurious botanical blend to cleanse, balance and revive skin, and help maintain a clear complexion. With added natural ingredients and essential oils, it's perfect for combination to oily, acne-prone skin - but suitable for all skin types.



Neroli & Willow Bark Balancing Serum

30ml

This serum with its light-weight formula soothes irritation and reduces shine in oily/combination skin. Ideal for all skin types including problem/sensitive skin. Leaves skin moisturised and radiant.

£12.99



Neroli & Willow Bark Balancing Face Wash

100ml

A skin balancing face wash to gently remove impurities, leaving skin fresh and clean.

The antioxidants and anti-inflammatory properties of Willow Bark makes it an effective botanical for gently exfoliating, balancing and cleansing skin by controlling sebum production and unclogging pores. Neroli will maintain moisture levels and balance oily skin, leaving skin perfectly balanced, looking fresh and clean.

£9.99



Neroli & Willow Bark Balancing Clay Mask With Chamomile & Aloe Vera

60ml

This Neroli & Willow Bark clay face mask has been carefully blended to unclog pores and absorb excess oil from the skin. With additional botanicals of Chamomile and Aloe Vera to leave your skin smooth and clean.

£10.99



Neroli & Willow Bark Balancing Face Cream With Bergamot

60ml

A calming and moisturising cream with Neroli and Bergamot to keep skin hydrated, balanced and clear all day long. The astringent and anti-inflammatory properties of Willow Bark tone the skin and reduce inflammation. The ideal moisturiser for oily/combination skin, as well as all skin types to maintain a clear complexion.

£13.99

NEROLI & WILLOW BARK



Thanks to its antimicrobial, antifungal and antioxidant properties, Neroli is effective in reducing acne breakouts and skin irritation.

As for Willow Bark, it's astringent and anti-inflammatory properties gently exfoliate away dead skin cells, unclogging pores to draw out impurities as well as soothe the skin.



Neroli & Willow Bark Balancing Body Lotion

250ml

A luxurious body cream that soothes and leaves the skin smooth and hydrated. The wonderful combination of Neroli & Willow Bark have natural anti-inflammatory and skin-reviving properties, to soothe, soften and revitalise skin leaving it smooth and hydrated.

£11.99



Neroli & Willow Bark Balancing & Gentle Exfoliating Hand & Body Wash

250ml

A gentle exfoliating hand and body wash to polish the skin leaving it smooth and refreshed. Neroli is well-known for its skin revitalising benefits and together with Willow Bark their anti-inflammatory properties will revive the appearance of the skin. The added astringent benefits of Willow Bark gently soften and exfoliate dead skin cells leaving your skin cleansed, smooth and refreshed.

£11.99

Mens Range

Green Tea & Frankincense

We originally developed this range for our male customers, but have discovered that women also love using it. 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.

Green Tea & Frankincense Hydrating Skin Lotion With Ginseng, Chickweed and Jojoba

100ml

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.

£12.15

Green Tea & Frankincense Refreshing Facial Wash With Cucumber, Seaweed & Aloe

100ml

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.

£12.95

Baldwins Men's Green Tea & Frankincense Gift Box

Contains: Men's Green Tea & Frankincense Hydrating Skin Lotion 100ml, Exfoliating Facial Scrub 60ml, Refreshing Facial Wash 100ml, Smoothing Shaving Oil 10ml and Natural Cotton Flannel.

£40.99

Green Tea & Frankincense Exfoliating Facial Scrub With Bamboo, Birch Bark and Candelilla

60ml

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

£9.79

Green Tea & Frankincense Smoothing Shaving Oil With Argan Oil, Shea & Marula

10ml

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

£6.19



The Ultimate in Skin Care

Pomegranate, Bilberry & Rose

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, hydrosols plus an essential oil blend of unparalleled luxury.



**SUITABLE
FOR
ALL SKIN
TYPES**



Pomegranate, Bilberry & Rose Body Lotion with Lotus Flower, Poppy Seed & Apricot

250ml

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.

£16.69

Pomegranate, Bilberry & Rose Alcohol-Free Revitalising Skin Tonic With Floral Waters, Aloe Vera & Cucumber

150ml

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. Witch hazel is added to provide a gentle astringent action.

£11.85

Pomegranate, Bilberry & Rose Smoothing Eye Cream with Arnica Oil, Melon Seed & Borage

15ml

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.

£9.99

Pomegranate, Bilberry & Rose Bath Salt

310g

Developed to complement our popular Pomegranate, Bilberry and Rose range, this luxurious Bath Salt is enriched with Rose, Lavender, Geranium and Neroli essential oils, to leave your skin feeling silky smooth.

£11.75

Pomegranate, Bilberry & Rose Rich Cleansing Lotion with White Clay, Papaya & Passion Seed Oil

150ml

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.

£11.85

Pomegranate, Bilberry & Rose Cleansing Facial Scrub with Rosehip & Bamboo

60ml

A deep cleansing scrub using tiny particles of rosehip and bamboo powder to gently and effectively remove dead skin cells leaving a soft, clean and polished complexion.

£9.79

Pomegranate, Bilberry & Rose Rejuvenating Day Cream with Honeybush Tea, Kiwi Seed Oil & Blackcurrant

60ml

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

£13.75

Pomegranate, Bilberry & Rose Nourishing Night Cream With Oat Oil, Ginseng & Ginkgo

60ml

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 overall soft skin feel.

£13.75

**OUR
OWN
BLEND**

Our face, hair and body 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		
Normal	50ml	
Pure essential oils of Rose (maroc), Lavender, Lemon and Chamomile (maroc) combined with Apricot, Evening Primrose and Vitamin E provide a nourishing and restorative moisturising oil for dry to normal skin types.		
		£8.25

Dry		
Dry	50ml	
A deeply moisturising 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.		
		£6.29

Oily		
Oily	50ml	
Pure essential oils of Sweet Orange, Lemon, Petitgrain, Juniper, Rosemary and Frankincense when combined with Grapeseed, Hazelnut and Carrot provide a gentle antiseptic and astringent action, which supports the skin's balancing process. Ideal for oily and blemished skin.		
		£5.29

Massage Oils

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

	50ml	100ml
Infant Massage Oil	£3.79	£5.09

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	£6.09	£8.85	
Bath Oil			£8.59

De-toxifying			
Grapefruit, Fennel and Juniper together with Oregano and Cypress produce a toning effect, stimulating the breakdown of cellulite.			
	50ml	100ml	
Body Oil	£5.99	£8.69	
Bath Oil			£8.19

Harmonising			
Lavender, Marjoram and Geranium have been blended to produce a relaxing oil to soothe restore and balance the system.			
	50ml	100ml	
Body Oil	£5.79	£8.45	
Bath Oil			£9.19

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	£5.39	£7.85	
Bath Oil			£8.99

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	£4.99	£7.29	
Bath Oil			£8.09

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	£9.79	£14.19	
Bath Oil			£15.15

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	£8.99	£12.99	
Bath Oil			£11.69



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.

	250ml	120g
Citrus Body Wash	£9.59	
Citrus Soap		£4.59

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.

	250ml	120g
Moisturising Body Wash	£9.75	
Moisturising Soap		£4.59

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

	250ml	120g
Revitalising Body Wash	£9.69	
Revitalising Soap		£4.59



Lotions

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 moisturising effects.

	60ml	120ml
Foot Lotion	£5.39	£8.25

Body Balms

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

	250ml
Citrus Body Balm	£9.89

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

	250ml
Moisturising Body Balm	£9.99

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

	250ml
Revitalising Body Balm	£9.99



Bath Salts

Developed to complement our Body and Bath Range.

This Citrus Bath Salt is enriched with Mandarin, Grapefruit, Lemongrass, Lime, Bergamot and Lemon essential oils to leave your skin feeling refreshed and smooth.

	310g
Citrus Bath Salts	£8.29

Enriched with Ylang Ylang, Lavender, Orange and Geranium essential oils to leave your skin feeling silky smooth.

	310g
Moisturising Bath Salts	£9.59

Our Revitalising Bath Salts contain a revitalising blend of Lavender, Peppermint and Lemon essential oils to leave you and your skin feeling revived and raring to go.

	310g
Revitalising Bath Salts	£8.39

Body Cream

	250g
Ricebran, Kukui & Avocado Body Cream	£14.85

A rich, nourishing and replenishing body cream to soften and moisturise with a deliciously warming scent of Sweet Orange, Frankincense, Sandalwood and Lavender essential oils.



Sugar Scrub

	250g
Bamboo, Ricebran & Sugar Body Scrub	£14.89

An invigorating citrus body scrub with bamboo powder and sugar to gently smooth away areas of rough skin. Ricebran, coconut and sunflower oils are added to leave your body feeling super soft and moisturised.



Shampoos and Conditioners

	250ml
Shampoo for Normal Hair with Geranium & Orange	£10.85

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
Conditioner for Normal Hair with Geranium & Orange	£10.65

For increased strength and manageability and a healthy shine.

	250ml
Shampoo for Dry Hair with Ylang Ylang & Lavender	£12.25

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
Conditioner for Dry Hair with Ylang Ylang & Lavender	£10.99

Will protect and restore vitality to dry, damaged hair.

	250ml
Anti-Dandruff Shampoo with Sage & Tea Tree	£10.89

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
Anti-Dandruff Conditioner with Sage & Tea Tree	£10.65

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

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 soap - which is beautifully finished and wrapped in handmade paper. If you love good soap, this is as good as it gets!



Beez Kneez	£4.59
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A delicious blend of oils with a touch of beeswax and honey to make a beautiful, smooth, luxurious soap. Scented with a spicy blend of Cinnamon, Clove bud, Geranium, Nutmeg and West Indian Bay essential oils.

Cardamon and Orange	£4.59
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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.

Cedarwood and Lemon	£4.59
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A deep forest green bar, designed to appeal to men and women alike. Avocado oil has been included for its wonderful skin-benefiting properties. Cleanly scented with essential oils of Lemongrass, May Chang and Cedarwood.

Evening Primrose	£4.59
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A beautiful soap - emollient and gentle. Evening Primrose oil, Sweet Almond oil and Apricot Kernel oil all play a part in the feel of this lovely soap. Scented with essential oils of Frankincense, Sweet Orange and Grapefruit.

Hemp	£4.59
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Hemp oil, rich in essential fatty acids, vitamins and enzymes that are easily absorbed by the skin, has been added this lovely, rich, moisturising 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	£4.59
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An exfoliating soap designed to gently remove debris from the skin's surface. Honey is added for its moisturising, anti-bacterial effect and its skin-soothing benefits. Scented with essential oil of Lemongrass, May Chang and a touch of Cedarwood to anchor the Lemon scent.

Lavender	£4.59
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Our most popular soap. A beautiful soap with the soothing qualities of Lavender essential oil.

Milk Spice	£4.59
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The goat's milk in this bar has wonderful moisturizing properties. Shea butter is included for its superb gentle skin-nourishing abilities. Sweet Orange, Clove Bud, Cinnamon Leaf, Cardamon and Nutmeg essential oils are added for their delicious spicy scent.

Moody Blue	£4.59
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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	£4.59
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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	£4.59
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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	£4.59
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All the cleansing and anti-bacterial properties of Tea Tree essential oil combined in a soft natural soap.

Shampoo Soap

Tropical Coconut	£4.59
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A shampoo soap that really does work! Enriched with a wonderful cocktail of exotic oils which will leave your hair soft and shiny.

Neem	£4.59
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A shampoo soap that may help in the fight against head lice. Made with Neem oil, an oil pressed from the fruit and seeds of the Neem tree native to India, scented with Cinnamon leaf and Tea Tree essential oils which have been shown to be effective against head lice.

Shaving Soap

Juniper Shaving Soap	£9.09
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A soothing shaving soap for men or women, comes in its own dish. A lovely mixture of emollient oils, plus Fuller's Earth for a lasting, rich lather. Scented with Sweet Orange, Juniper and Clove essential oils.

Bay Shaving Soap	£9.09
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This is scented with traditional Bay fragrance plus a modern twist - a dash of Lime. Comes in its own dish. A lovely mixture of emollient oils, plus Kaolin for a lasting rich lather.

Read/the/Label

Read/the/Label are dedicated to creating a range of attractive and beneficial products, that have earned the right to be called 'natural'. They believe in absolute clarity about what's going into their products and avoiding unnecessary ingredients. Marketing and packaging are kept simple without making extravagant claims.

Specialist Soaps and Beauty Bars

Black Cumin Seed Soap	100g
Reputed to be useful for balancing combination and oily skin, spots and pimples.	£4.95
Black cumin seed oil 25%; Extra Virgin Olive Oil Olea europaea; Organic Fairtrade Shea Butter Butyrospermum parkii; Coconut Oil Cocos nucifera; Sea salt.	
Laurel Berry Oil Soap (Aleppo Soap)	100g
Reputed to be useful for severely dry, flaky sensitive skin conditions and to balance uneven skin.	£4.95
Extra virgin Laurel berry oil 25%; Extra Virgin Olive Oil Olea europaea; Organic Fairtrade Shea Butter Butyrospermum parkii; Coconut Oil Cocos nucifera; Sea salt.	
Neem Oil Soap	100g
Reputed to help with problem skin including eczema, psoriasis, dermatitis and general skin and scalp irritation.	£4.95
Reputed to be useful for balancing combination and oily skin, spots and pimples.	
Rhassoul Clay Beauty Bar	100g
Reputed to be useful for enhancing skin elasticity and skin tone, and for reducing blackheads and blemishes.	£4.95
Rhassoul clay; Organic Fairtrade Shea Butter Butyrospermum parkii; Extra Virgin Olive Oil Olea europaea; Sunflower Oil Helianthus annuus; Coconut Oil Cocos nucifera; Refined Castor Oil Ricinus communis; Sea salt.	
Shea Butter Soap (African Black Soap)	100g
Reputed to be useful for skin discoloration, skin conditions such as acne, eczema and psoriasis, and to provide relief for irritated skin.	£4.95
Organic Fairtrade Shea Butter Butyrospermum parkii 90%; Coconut Oil Cocos nucifera; Sea salt.	
Sulphur Soap	100g
Reputed to be useful for enhancing skin elasticity and skin tone, and reducing blackheads and blemishes.	£4.95
Organic Fairtrade Shea Butter Butyrospermum parkii; Extra Virgin Olive Oil Olea europaea; Sunflower Oil Helianthus annuus; Coconut Oil Cocos nucifera; Refined Castor Oil Ricinus communis; Sulfer 10%; Sea salt.	

Shea Butter

Shea Butter - 100% Raw and Unrefined	100g
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Straight from Fairly Traded communities in Ghana. You can apply Shea butter straight onto your skin, or you can use it as a basis for your own home-made balms and butters. To add essential oils, gently melt the butter in a glass jar by surrounding it with warm water, then mix in the desired oils. Beautifully wrapped in simple brown paper.

£4.99



Baldwin's 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 in to what you put on, Baldwins Bases are the right solution – naturally.

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

Try these blends in our showergel, lotion or cream bases to...

Clean & Fresh!

Great for everyday freshness.

5 drops – LAVENDER
3 drops – MANDARIN
7 drops – BERGAMOT

Fresh & Zesty!

Just what you need after a workout to freshen up and awaken the senses.

7 drops – LEMONGRASS
3 drops – BASIL
5 drops – ROSEMARY

Soothe & Relax!

For when you need to put your feet up and unwind.

7 drops – LAVENDER
3 drops – CHAMOMILE
5 drops – TEA TREE

Change the appearance of your product with natural food colours.

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.



TEAM TIP:
Add a few drops of Tea Tree & Lavender essential oils to our Organic Liquid Castile soap to make your own antibacterial liquid soap.

Bath Milk Base

Produces a luxurious bath milk

Ingredients	250ml	500ml	1 Litre
Glycine Soja Oil, Polysorbate 80	£7.25	£11.85	£19.99

Base Lotion

A mild and gentle base lotion

Ingredients	250ml	500ml	1 Litre
Aqua (water), Aloe barbadensis (Organic Leaf) Extract, Helianthus annuus (Organic Sunflower) Oil, Cocos nucifera (Organic Coconut) Oil, Stearic Acid, Cetearyl Alcohol, Glycerin, Phenoxyethanol Ethylhexylglycerin, Cetyl Alcohol, Coco Glucosides, Hippophae rhamnoides (Sea Buckthorn) Extract, Tocopherol, Phytic Acid, Sodium Hydroxide, Benzyl Alcohol.	£7.35	£11.95	£20.25

Cleanser Base

A mild and gentle cleanser base

Ingredients	250ml	500ml	1 Litre
Aqua (water), Kaolin, Helianthus annuus (Organic Sunflower) Oil, Glycerin, Stearic Acid, Cocos nucifera (Organic Coconut) Oil, Cetearyl Alcohol, Cetyl Alcohol, Phenoxyethanol & Ethylhexylglycerin, Hippophae rhamnoides (Sea Buckthorn) Extract, Aloe barbadensis (Organic Leaf) Extract, Coco Glucosides, Tocopherol, Sodium Hydroxide, Phytic Acid	£8.89	£15.09	£26.49

Conditioner Base

A nourishing conditioner base

Ingredients	250ml	500ml	1 Litre
Aqua (water), Cetyl Alcohol, Cetrimonium Chloride, Cocos nucifers (Organic Coconut) Oil, Glyceryl Stearate S/E, Phenoxyethanol & Ethylhexylglycerin, Hippophae rhamnoides (Sea Buckthorn) Extract, Citric Acid, Tocopherol, Benzyl Alcohol	£6.49	£10.29	£16.89

Light Base Cream

A light and gentle base cream

Ingredients	250ml	500ml	1 Litre
Aqua (water), Aloe barbadensis (Organic Leaf) Extract, Caprylic / Capric Triglyceride (Light Coconut Oil), Prunus armeniaca (Apricot Kernel) Oil, Glyceryl Stearate, Stearic Acid, Glycerin, Cetearth-20, Phenoxyethanol & Ethylhexylglycerin, Hippophae rhamnoides (Sea Buckthorn) Extract, Cetyl Alcohol, Carbomer, Tocopherol, Retinyl Palmitate (Vitamin A), Sodium Hydroxide, Benzyl Alcohol	£8.45	£15.49	£28.39

Massage Oil Base

A blend of Sweet Almond, Grapeseed, Vitamin E, Evening Primrose and Wheatgerm oils.

Ingredients	250ml	500ml	1 Litre
A blend of Sweet Almond, Grapeseed, Vitamin E, Evening Primrose and Wheatgerm oils.	£6.09	£9.39	£15.25

Richer Massage Oil Base

Ingredients	250ml	500ml	1 Litre
A blend of Sweet Almond, Coconut, Grapeseed, Jojoba, Avocado, Evening Primrose, Vitamin E and Wheatgerm oils.	£7.19	£11.59	£19.65

Shampoo Base

A mild and gentle shampoo base

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Cocamidopropyl Betaine, Coco Glucoside, Sodium Cocoamphoacetate, Decyl Glucoside, Glycerin, Xanthan Gum, Benzyl Alcohol, Dehydro Acetic Acid, Sorbic Acid, Benzoic Acid, Hippophae rhamnoides (Sea Buckthorn) Extract, Quillaja Saponaria (Soapbark) Extract, Citric Acid	£6.49	£10.29	£16.89

Organic Base Products

We've extended our Base products range to bring you a selection of Organically Certified Base Products. You'll find they are mild and gentle and suitable for all skin types. Use them unscented or add your own essential oils to tailor make them to your personal requirements.

74.47% Organic Shampoo Base

Ingredients	250ml	500ml	1 Litre
(Aqua (Water), Decyl glucoside, Lauryl betaine, Xanthan gum, Sodium chloride, Aloe barbadensis (Aloe Vera) leaf juice powder*, Phenoxyethanol, Citric acid, Benzoic acid, Dehydroacetic acid. *Certified Organic by the Soil Association.	£6.69	£10.59	£17.39



75.50% Organic Liquid Castile Soap

Our Organic Liquid Castile Soap now contains 75.50% organic ingredients (previously 71.99%). Unscented, mild and gentle, can be used in the bath, shower, for shaving, cleaning surfaces, and hand washing clothes. Can also be used in homemade face and body scrubs. Use unscented or add just a few drops of your favourite essential oils to make it your own personal tailored product.

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Potassium oleate*, Potassium cocoate**, Glycerine***, Potassium citrate, Citric acid. *Derived from Organic Sunflower Oil. **Derived from Organic Coconut Oil. ***Organic origin.	£4.99	£8.45	£13.59

Please note the percentage total of organic ingredients in each organic product is correct at the time of printing, but may vary depending on supply.

Shower Gel and Bath Base

A gentle bath and shower gel.

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Cocamidopropyl Betaine, Decyl Glucoside, Sodium Cocoamphoacetate, Coco Glucoside, Glycerin, Xanthan Gum, Benzyl Alcohol, Dehydro Acetic Acid, Sorbic Acid, Benzoic Acid, Hippophae rhamnoides (Sea Buckthorn) Extract, Quillaja saponaria (Soapbark) Extract, Citric Acid	£6.49	£10.29	£16.89

Thick Base Cream

A mild and gentle base cream

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Aloe barbadensis (Organic Leaf) Extract, Helianthus annuus (Organic Sunflower) Oil, Butyrospermum parkii (Organic Shea) Oil, Cetearyl Alcohol, Cetyl Alcohol, Stearic Acid, Glycerin, Coco Caprylate, Theobroma cacao (Organic Cocoa) Seed Butter, Glyceryl Stearate, Phenoxyethanol & Ethylhexylglycerin, Hippophae rhamnoides (Sea Buckthorn) Extract, Coco Glucosides, Tocopherol, Sodium Hydroxide, Phytic Acid	£8.45	£15.49	£28.39

73.29% Organic Conditioner Base

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Cetearyl alcohol, Betaine, Coco-glucoside, Butyrospermum parkii (Shea butter)*, Olea europaea fruit oil*, Helianthus annuus seed oil*, Cocos nucifera oil*, Phenoxyethanol, Simmondsia chinensis seed oil*, Aloe barbadensis leaf juice powder*, Xanthan gum, Citric acid, Lactic acid, Benzoic acid, Dehydroacetic acid, Tocopherol. *Certified Organic by the Soil Association.	£6.69	£10.59	£17.39

83.78% Organic Body Wash Base

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Potassium cocoate*, Potassium oleate**, Lauryl betaine, Glycerin***, Benzyl alcohol, Potassium palm kernelate, Palm kernel acid, Decyl glucoside, Potassium citrate. *Derived from Organic Coconut oil. **Derived from Organic Sunflower oil. ***Organic Origin.	£6.69	£10.59	£17.39



89.66% Organic Lotion Base

Ingredients	250ml	500ml	1 Litre
Aqua (Water), Cocos nucifera (Coconut) oil*, Helianthus annuus (Sunflower) seed oil*, Cetearyl alcohol, Coco-glucoside, Butyrospermum parkii (Shea butter)*, Phenoxyethanol, Xanthan gum, Prunus armeniaca (Apricot) kernel oil, Aloe barbadensis (Aloe Vera) leaf juice powder*, Citric acid, Tocopherol, Lactic acid, Benzoic acid, Dehydroacetic acid. *Certified Organic by the Soil Association.	£7.59	£12.35	£20.89

Olive Tree Base Products

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



PEG FREE
SLS FREE
NO PETROCHEMICALS
NO ARTIFICIAL FRAGRANCES
NO HARMFUL PRESERVATIVES



Body Wash Base

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

Ingredients	250ml	500ml	1 Litre
Aqua, Sodium Coco Sulphate and Disodium Cocoamphodiacetate (two mild plant derived cleansing and foaming agents), Vegetable Glycerine (a humectant), Soy Protein (a moisturising nutrient), Potassium Sorbate (an antifungal), Coco Glucoside & Glyceryl Oleate (a plant derived surfactant and an emollient), Olive Leaf Extract (an antibacterial), Xanthan Gum (a natural thickener), Citric acid (a pH modifier)	£7.89	£13.09	£22.49

Shampoo Base

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

Ingredients	250ml	500ml	1 Litre
Aqua, Sodium Coco Sulphate and Disodium Cocoamphodiacetate (two mild plant derived cleansing and foaming agents), Vegetable Glycerine (a humectant), Panthenol (adds shine), Wheat Protein (a moisturising agent), Potassium Sorbate (an antifungal), Coco Glucoside & Glyceryl Oleate (a plant derived surfactant and an emollient), Olive Leaf Extract (an antibacterial), Xanthan Gum (a natural thickener), Citric Acid (a pH modifier).	£7.89	£13.09	£22.49

Conditioner Base

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

Ingredients	250ml	500ml	1 Litre
Aqua, Behentrimonium Methosulfate & Cetyl Alcohol & Butylene Glycol (GMO free plant derived conditioning and detangling agent), Cetearyl Olivatate & Sorbitan Olivatate, Cetyl Palmitate & Sorbitan Palmitate (plant derived emulsifiers), Jojoba Oil (moisturising), Vegetable Glycerine (humectant), Olive Oil Unsaponifiables (emollient), Panthenol (adds shine), Potassium Sorbate (antifungal), Olive Leaf Extract (antibacterial, antifungal), Guar Hydroxypropyl Trimonium Chloride (derived from guar gum for its conditioning properties), Citric Acid (a pH modifier).	£8.59	£14.39	£25.09

Light Cream Base

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

Ingredients	250ml	500ml	1 Litre
Aqua, Virgin Olive Oil and Sweet Almond Oil (rich moisturising oils), Cetearyl Olivatate & Sorbitan Olivatate (Emulsifying esters of olive oil fatty acids), Unrefined Shea Butter (a rich emollient), Olive Oil Unsaponifiables (emollient), Cetyl Palmitate & Sorbitan Palmitate (plant derived emulsifiers), Vegetable Glycerine (a humectant), Tocopherol (high strength vitamin E oil), Potassium Sorbate (antifungal), Olive Leaf Extract (antibacterial, antioxidant), Citric Acid (a pH modifier).	£8.69	£15.95	£29.35

Rich Cream Base

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 overnight cream for skin in need of nourishment.

Ingredients	250ml	500ml	1 Litre
Aqua, Virgin Olive Oil (an emollient), Cetearyl Olivatate & Sorbitan Olivatate (Emulsifying esters of olive oil fatty acids), Unrefined Shea Butter (a rich emollient), Olive Oil Unsaponifiables (emollient), Cetyl Palmitate & Sorbitan Palmitate (plant derived emulsifiers), Vegetable Glycerine (a humectant), Tocopherol (high strength vitamin E oil), Potassium Sorbate (antifungal), Olive Leaf Extract (antibacterial, antioxidant), Citric Acid (a pH modifier).	£8.69	£15.95	£29.35

Lotion Base

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

Ingredients	250ml	500ml	1 Litre
Aqua, Virgin Olive Oil (an emollient), Cetearyl Olivatate & Sorbitan Olivatate (Emulsifying esters of olive oil fatty acids), Vegetable Glycerine (a humectant), Unrefined Shea Butter (a rich emollient), Olive Oil Unsaponifiables (emollient), Cetyl Palmitate & Sorbitan Palmitate (plant derived emulsifiers), Tocopherol (high strength vitamin E oil), Potassium Sorbate (antifungal), Olive Leaf Extract (antibacterial, antioxidant), Xanthan Gum (a natural thickener), Citric Acid (a pH modifier).	£7.59	£12.49	£22.15



Alternative Range

Laughing Bird

In a workshop high in the hills of north Wales the Laughing Birds have created carefully considered body care formulas that we believe really work. The focus has been on generously filling the products with naturally derived ingredients which are truly beneficial resulting in a fantastic range that is a joy to use.



NEW!

	150g
NEW! Shampoo Bar	£12.99

Two very mild cleansing agents combined with yucca extract, almond oil, coconut oil and cocoa butter for a rich and cleansing lather with a stimulating scent of eucalyptus and lemongrass. SLS free.

NEW!

	250ml
NEW! Lemon & Walnut Body Scrub, With Apple Seed Oil	£14.39

A fantastically effective way to encourage super soft skin. It has a very bracing scent too. Moisturising and cleansing.

NEW!

	50ml
NEW! Face Oil, With Elderberry & Rosehip	£14.40

An unscented treat of 7 carefully chosen super-oils to help your skin look radiant and feel fabulous!

300ml

Shea & Almond Oil Body Lotions	£14.39
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If you prefer a lotion to a cream why not try our Shea & Almond Oil Body Lotions.

Available in the same four delicious scents as the body creams but with a lighter liquid velvet texture that glides so smoothly over the skin. Choose from:

Rose
Lavender & Chamomile
Moringa & Bilberry
Patchouli & Lime

	120ml	500ml	420g Refill
Unrefined Shea Butter	£8.39	£23.99	£19.59

Our Shea Butter is produced at a multi-purpose fair trade and soil association certified cooperative. It is made from nuts gathered from the Karite trees that grow in Bolgatanga Upper East Region Ghana. It is very rich in Vitamins A and E and great for dry cracked skin. It has a lovely wholesome nutty scent and is a creamy pale yellow colour.

How to use: This is quite a hard butter so melt small amounts between your fingers first then rub gently into areas in need of intensive moisturising.

NEW! We are now offering alongside our 120ml and 500ml sizes a Refill Pack (420g).

60ml

Elderberry & Borage Face Cream with Frankincense	£8.39
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An excellent night time repair cream because elderberry and borage oils are rich and deeply nourishing. It has the lovely calming, incense fragrance of pure Frankincense essential oil so is a pleasantly relaxing cream to use too!



	120ml
Shea & Cocoa Butter Hand Cream with Geranium & Lemon	£8.39

Full of rich butters combined with blackcurrant seed oil which is excellent for rough skin. We've added freshly scented antibacterial essential oil of Lemon together with Geranium oil for its sweet and uplifting aroma. It is a must for all hard-working hands!

	250ml
Shea & Kukui Nut Hair Food, With Avocado, Olive and Beeswax	£14.39

Our hair food is a must for anyone with very curly kinky hair or hair that needs softening. Start with just a pea sized amount, melt between fingertips and rub into braids, dreads or loose hair for a marvellous conditioning effect. Can be used on wet or dry hair and is a leave-in product.

	15ml
Beeswax Lip Balm	£4.79

Tasty beeswax lip balms made with a simple blend of sunflower seed oil, unrefined beeswax from our own hives and high strength Vitamin E oil to protect lips from harsh weather, keep them soft and moisturised and to soothe already sore chapped lips. Three flavours available:

Lime
Rose
Orange



	120ml
Shea & Cocoa Butter Foot Cream, With Garden Mint, Rosemary and Tea Tree Oils	£8.39

Scented with a perfect blend of essential oils to freshen and revitalise worn-out feet. We have added glycerine extracts made from our own mint and bilberry plants to lashings of unrefined shea butter, cocoa butter and softening castor oil for intensive foot care.

	150g
Shea Butter & Cocoa Butter Soap	£4.79

Our palm free vegan soaps are made using the traditional cold process method and are packed with unrefined shea butter, raw cocoa butter, almond, olive and coconut oil to gently cleanse, leaving the skin feeling soft, fresh and clean. Eight types available:

Citrus
Flower
Lavender & Chamomile
Patchouli & Lime
Spice
Welsh Slate & Sage
Woodland

	120ml
Shea & Manketti Oil Scalp Moisturiser with Rosemary & Tea Tree	£8.39

This is a blessing for anyone in need of soothing a dry and itchy scalp. It's a thick buttery balm which contains the anti-dandruff essential oil of Tea Tree and scalp stimulating essential oil of Rosemary.

This gorgeous little glass bottle of face oil contains a perfectly lavish blend of 7 superstar oils... Olive squalane, ricebran, blackcurrant seed, rosehip, elderberry seed, sea buckthorn berry, Vitamin E. Olive squalene is a super light, non greasy oil which sinks in almost immediately leaving skin feeling silky and hydrated. It's also very similar to the skin's natural oils and is a great carrier for the remaining 6 fabulous face oils chosen for their abundance of benefits. Suitable for all skin types.

TheraNeem Naturals

With Supercritical Extracts of Neem Leaf and Neem Bark

Neem has been used for thousands of years in Ayurvedic treatments, applications which have been validated in more than 100 studies in universities and research centres around the world.

Neem has been traditionally used in Ayurveda for oral health care. Commonly known in India as the toothbrush tree, Neem twigs are frequently used to clean the teeth. Modern science has validated the traditional uses of Neem supporting healthy gums, and on-going research confirms its efficacy.

Neem can help leave even the most sensitive mouth feeling healthy clean and refreshed.



TheraNeem Naturals Mouthwash

Now you can choose from: Original Mint or NEW Homeopathic Friendly Cinnamon. Both formulas contain certified organic supercritical extracts of Neem leaf, Clove bud and more. These alcohol-free formulas taste great. Choose Neem Mouthwash for fresh breath and a healthy mouth.

Suitable for diabetics and children

	480ml	
TheraNeem Mouthwash Mint		£10.75
TheraNeem Mouthwash Cinnamon		£10.75

**IF YOU WANT YOUR
TEETH TO GLEAM,
BRUSH WITH NEEM!**

Sulfate Free • Gluten Free
Fluoride Free • Paraben Free

No Artificial Colours
or Flavours

TheraNeem Naturals Neem Floss

For the best results, floss regularly and use in conjunction with TheraNeem Toothpaste or Tooth & Gum Powder and TheraNeem Mouthwash

Neem Floss/50 Yards Mint	3.99
Neem Floss/50 Yards Cinnamon	3.99

TheraNeem Naturals Neem Toothpaste

Supports healthy teeth and gums with certified organic supercritical extracts of Neem Bark and Neem Leaf, Both flavours, Original Mint & Homeopathic Friendly Cinnamon, are all-natural concentrated herbal formulas with no added fluoride, SLS or parabens.

Suitable for diabetics & children

	120g	
TheraNeem Toothpaste Mint		£6.50
TheraNeem Toothpaste Cinnamon		£6.50
Neem and Seabuckthorn Toothpaste with Mint		£6.50

TheraNeem Naturals Neem Tooth & Gum Powder

- Contains Concentrated Organic Neem Leaf & Neem Bark
- Contains super-potent Supercritical CO2 Extracts for maximum therapeutic actions
- Contains Xylitol, Probiotics and Vitamin D for complete gum health support
- Cost effective! Up to 200 brushings per bottle

	40g	
TheraNeem Tooth & Gum Powder Mint		£6.50
TheraNeem Tooth & Gum Powder Cinnamon		£6.50

TheraNeem Naturals Maximum Strength Neem

TheraNeem Maximum Strength Soap Bar is packed with antioxidants, Neem protects, nourishes and moisturizes even the most sensitive skin. With 20% certified organic Neem oil, this is our most concentrated and beneficial bar. For challenged skin, fragrance-free. Hand-crafted with only the finest quality organic oils.

	113g	£5.99
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Herbatint™ Colour

Natural Hair Colours

We stock the complete Herbatint™ range, you can download the chart from our website or we can post one to you. With 36 Herbatint shades to choose from you are sure to find the tone that fits with your natural colour.



No Ammonia
No Resorcinol
No Parabens
No Alcohol
No Fragrances



Herbatint™ Normalising Shampoo

Rebalances and strengthens the hair
Gently cleans while keeping your colour vibrant and long-lasting
Suitable for all hair types

260ml	£8.00
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Herbatint™ Royal Cream Conditioner

Revitalises and deeply nourishes
Brings softness and silky shine to dry, damaged and colour treated hair

260ml	£9.00
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Herbatint™ Permanent Hair Colour Gel

A gentle and effective formula

A carefully balanced formulation that covers your grey hair effectively from the first application while taking care of your hair and scalp. Dermatologically tested on sensitive skin and Gluten Free No Ammonia - Resorcinol - Parabens - Alcohol - Fragrances Enriched with 8 organic herbal extracts Herbatint uses 8 organic herbal extracts performing as invigorating, emollient protective agents and colour enhancers. A real synergy of nature and technology! Respects nature PETA recognition Logo, certifies that Herbatint is against animal testing and suitable for Vegans. Herbatint follows the latest European practices in terms of packaging recycling

Per pack	£9.50
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Herbatint™ Application Kit

Find the main colouring tools inside the Herbatint application kit which contains: A measuring cup, a brush, a protection cape. All the items are made to be re-used, reducing waste



	£4.50
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Henné Color

Henné Color Henna Powder

Henné Color Powder gives your hair a long lasting, beautiful colour. Furthermore it gives your hair a healthy shine, buoyancy and protection against all weather conditions. A henna treatment has a positive effect on the condition of the hair.

Available in 6 different colours

Black	£3.75
Brown	£3.39
Auburn	£2.99
Mahogany	£2.99
Copper	£2.99
Golden Blonde	£3.39



Henné Color Crème

Colorante

Henné Color Crème Colorante colouring cream is a temporary hair colourant which will gradually wash out in 4-5 shampoos. The cream is easy to apply, it is the perfect product for quick root touch-ups where only the roots are treated. Of course it can be used to colour your hair from root to tip in a non-permanent way, just to try out a particular colour, or just because it is easier to apply than henna powder.

5 colour options to choose from:

Black	£5.99
Brown	£5.99
Auburn	£5.99
Mahogany	£5.99
Copper	£5.99



Bath Accessories



1 Natural Loofah £7.65

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

2 Loofah Pad £3.99

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

3 Loofah Mitt £4.99

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

4 Back Scrubber £9.25

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

5 Flannel £2.69

Made of 100% pure unbleached Cotton.

6 Loofah Brush £7.39

Great for exfoliating those hard to reach places.

7 Nail Brush £3.35

Natural Bristle.

8 Pumice Stone £2.69

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

9 Black Pumice Stone £5.99

Naturally black due to the type of soil that surrounds the volcanic mountains in the Philippines.

10 Bath Brush £10.35

Natural Bristle can be used on or off the handle.

11 Small Brush £7.65

Made from Sisal, useful for all washing purposes.

12 Foot File £5.99

Curved for easy use, quite rough therefore ideal for removing the hard skin on your feet. Made from natural stone and varnished beach wood. Use wet or dry.



13 Towelling Slippers £7.59

Useful, comfortable footwear for the bathroom.

S to fit 4-5, M to fit 5-6, L to fit 7-8, XL to fit 9-11

14 Exfoliating Gloves £3.65

Gentle body exfoliating gloves. Use with an exfoliating body scrub for best results.



15 Kesse Granular Fabric Mitt £6.75

An excellent exfoliating mitt for the removal of dead skin and deep cleansing.

24hr Orderline 0207 703 5550

Bottles & Jars



Whether you require one or 1000 bottles we have the range at prices which are hard to beat. Listed on the following pages 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 Glass Bottles	44
Amber PET Plastic Bottles	46
Glass Roll-On & Rollette Bottles	47
Wide Mouth Amber & Clear Glass Jars	47
Glass Storage Jars & Reagent Jars	47
Lip Balm Tins & Tubes	48
Beakers, Measuring Cylinders & PET Plastic Jars	48

Can't find what you're looking for? Check out our Index on pages 130-131.

Order now at www.baldwins.co.uk

Alpha Glass Drop Bottles with Screw Caps and Plug Inserts

These are the bottles we use to pack our essential oils. The black caps are tamper evident, and are fitted with a plastic plug insert. When you screw on the cap the plug insert is pushed into the neck of the bottle, and dispenses a steady flow of drops when the bottle is inverted.

Size	Colour	Unit Price (each)	Tray Size	Tray Price
5ml	Amber	£0.49	310	£136.71
10ml	Amber	£0.49	180	£79.38
25ml	Amber	£0.59	168	£89.21
30ml	Amber	£0.59	104	£55.22
50ml	Amber	£0.59	105	£55.76
100ml	Amber	£0.69	68	£42.23

Available with Standard Plugs (for normal viscosity oils) or Thick Plugs (for use with thicker oils). Please specify which plug you require when ordering. If you do not require a cap with a plug insert, please see our Alpha bottles with Plain Caps.



Alpha Glass Bottles with Plain Caps (No Plug Insert)

Size	Colour	Unit Price (each)	Tray Size	Tray Price
5ml	Amber	£0.49	310	£136.71
10ml	Amber	£0.49	180	£79.38
25ml	Amber	£0.59	168	£89.21
30ml	Amber	£0.59	104	£55.22
50ml	Amber	£0.59	105	£55.76
100ml	Amber	£0.65	68	£39.78

Alpha Atomiser Spray Top

This handy spray top is an ideal way to dispense your favourite Baldwins products, and fits our Alpha bottles.

Alpha Spray Top (Bottle not included) £0.99



Alpha Glass Bottles with Pipettes

Size	Colour	Unit Price (each)	Tray Size	Tray Price
5ml	Amber	£0.99	310	£276.21
10ml	Amber	£0.99	180	£160.38
25ml	Amber	£1.09	168	£164.81
30ml	Amber	£1.09	104	£102.02
50ml	Amber	£1.15	105	£108.68
100ml	Amber	£1.19	68	£72.83

Alpha Glass Bottles with Atomiser Spray Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
5ml	Amber	£1.35	310	£376.65
10ml	Amber	£1.35	180	£218.70
25ml	Amber	£1.39	168	£210.17
30ml	Amber	£1.39	104	£130.10
50ml	Amber	£1.39	105	£131.36
100ml	Amber	£1.49	68	£91.19

Optional black top atomiser sprays available at the same price.

Alpha Glass Bottles with Lotion Pump Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
5ml	Amber	£1.29	310	£359.91
10ml	Amber	£1.29	180	£208.98
25ml	Amber	£1.35	168	£204.12
30ml	Amber	£1.35	104	£126.36
50ml	Amber	£1.39	105	£131.36
100ml	Amber	£1.45	68	£88.74

Alpha Lotion Pump Top

This lotion pump top is suitable for dispensing serums, creams and lotions.

Alpha Lotion Pump (Bottle not included) £0.99



Syrup Glass Bottles with Screw Caps

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

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£0.65	104	£60.84
150ml	Amber	£0.65	84	£49.14
200ml	Amber	£0.69	67	£41.61
250ml	Amber	£0.85	60	£45.90
300ml	Amber	£0.85	48	£36.72
500ml	Amber	£0.99	35	£31.19
1000ml	Amber	£2.59	20	£46.62

Syrup Glass Bottles with Lotion Pump Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£1.39	104	£130.10
150ml	Amber	£1.39	84	£105.08
200ml	Amber	£1.45	67	£87.44
250ml	Amber	£1.59	60	£85.86
300ml	Amber	£1.59	48	£68.69
500ml	Amber	£1.75	35	£55.13
1000ml	Amber	£3.29	20	£59.22



Winchester Wide Mouth Glass Bottles with Screw Caps

Size	Colour	Unit Price (each)	Tray Size	Tray Price
10ml	Amber	£0.59	162	£86.02
25ml	Amber	£0.69	135	£83.84
30ml	Amber	£0.69	130	£80.73
50ml	Amber	£0.85	90	£58.14
100ml	Amber	£0.95	86	£73.53

Beta Glass Bottles with Pipettes

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

Size	Colour	Unit Price (each)	Tray Size	Tray Price
10ml	Amber	£1.19	162	£173.50
25ml	Amber	£1.19	135	£144.59
30ml	Amber	£1.19	130	£139.23



Pipettes

Small 10ml	£0.75
Medium 25ml	£0.75
Large 30ml	£0.75



Syrup Glass Bottles with Trigger Spray Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£1.85	104	£173.16
150ml	Amber	£1.85	84	£139.86
200ml	Amber	£1.89	67	£113.97
250ml	Amber	£1.99	60	£107.46
300ml	Amber	£1.99	48	£85.97
500ml	Amber	£2.19	35	£68.99
1000ml	Amber	£3.75	20	£67.50

Syrup Glass Bottles with Atomiser Spray Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£1.39	104	£130.10
150ml	Amber	£1.39	84	£105.08
200ml	Amber	£1.45	67	£87.44
250ml	Amber	£1.59	60	£85.86
300ml	Amber	£1.59	48	£68.69
500ml	Amber	£1.79	35	£56.39
1000ml	Amber	£3.35	20	£60.30

50ml Plastic (PET) Bottle (18mm Neck)

Small and very versatile for use with your choice of Alpha Range Caps and Tops. Available as follows...

50ml Plastic (PET) Bottle with Screw Cap and Plug Insert

Size	Colour	Unit Price (each)	Tray Size	Tray Price
50ml	Amber	£0.65	550	£321.75



50ml Plastic (PET) Bottle with Plain Cap (No Plug Insert)

Size	Colour	Unit Price (each)	Tray Size	Tray Price
50ml	Amber	£0.59	550	£292.05

50ml Plastic (PET) Bottle with Pipette

Size	Colour	Unit Price (each)	Tray Size	Tray Price
50ml	Amber	£1.19	550	£589.05

50ml Plastic (PET) Bottle with Atomiser Spray Top

Size	Colour	Unit Price (each)	Tray Size	Tray Price
50ml	Amber	£1.45	550	£717.75

50ml Plastic (PET) Bottle with Lotion Pump Top

Size	Colour	Unit Price (each)	Tray Size	Tray Price
50ml	Amber	£1.45	550	£717.75

Pump Top

This easy to use Pump Top is great for lotions and creams, and fits our Glass Syrup and Plastic (PET) Bottles.

£0.99



Trigger Spray

This handy Trigger Spray is an ideal way to dispense your favourite Baldwins product and fits our Glass Syrup and Plastic (PET) Bottles.

£1.49



Atomiser Spray 28mm

This Atomiser Spray will fit both Plastic PET Bottles and the Glass Syrup Bottles range - ideal for spray-misting floral waters.

£0.59



Spray and Pump Tops are sold separately. Bottles not included.

Plastic (PET) Bottles with Screw Caps

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

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£1.15	231	£239.09
150ml	Amber	£1.19	202	£216.34
250ml	Amber	£1.25	138	£155.25
500ml	Amber	£1.99	80	£143.28
1000ml	Amber	£2.09	60	£116.10

Plastic (PET) Bottles with Lotion Pump Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£1.89	231	£392.93
150ml	Amber	£1.95	202	£354.51
250ml	Amber	£1.95	138	£242.19
500ml	Amber	£2.79	80	£200.88
1000ml	Amber	£2.89	60	£156.06

Plastic (PET) Bottles with Trigger Spray Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£2.35	231	£488.57
150ml	Amber	£2.45	202	£445.41
250ml	Amber	£2.45	138	£304.29
500ml	Amber	£3.29	80	£236.88
1000ml	Amber	£3.35	60	£180.90

Plastic (PET) Bottles with Atomiser Spray Tops

Size	Colour	Unit Price (each)	Tray Size	Tray Price
100ml	Amber	£1.89	231	£392.93
150ml	Amber	£1.99	202	£361.78
250ml	Amber	£1.99	138	£247.16
500ml	Amber	£2.85	80	£205.20
1000ml	Amber	£2.89	60	£156.06



Roll-On Glass Bottles with Plastic Rollers and Screw Caps

Size	Colour	Unit Price (each)	Tray Size	Tray Price
10ml	Clear	£0.69	572	£355.21
10ml	Amber	£0.69	572	£355.21

Roll-On Glass Bottles with Metal Rollers and Screw Caps

Size	Colour	Unit Price (each)	Tray Size	Tray Price
10ml	Clear	£0.95	572	£489.06
10ml	Amber	£0.95	572	£489.06



Rollette Glass Bottles with Spray Caps

Size	Colour	Unit Price (each)	Tray Size	Tray Price
10ml	Clear	£1.15	572	£592.02
10ml	Amber	£1.15	572	£592.02

Rollette Glass Bottles with Screw Caps (No Roller)

Size	Colour	Unit Price (each)	Tray Size	Tray Price
10ml	Clear	£0.49	572	£252.25
10ml	Amber	£0.49	572	£252.25

Glass Storage Jars

Glass Storage Jar (Small) 8.5x11cm - 450ml	£7.35
Glass Storage Jar (Medium) 8.5x16cm - 650ml	£8.75
Glass Storage Jar (Large) 8.5x20cm - 950ml	£10.99

Bamboo lid with airtight seal. Contents not included.



Glass Jars with Screw Top Lids

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.

Size	Colour	Unit Price (each)	Tray Size	Tray Price
15ml	Clear	£0.75	110	£74.25
30ml*	Clear	£0.75	110	£74.25
60ml*	Clear	£0.95	72	£55.08
120ml*	Clear	£0.99	54	£48.11
250ml	Clear	£2.15	40	£77.40
30ml*	Amber	£0.75	72	£48.60
60ml*	Amber	£0.85	72	£55.08
120ml*	Amber	£0.99	49	£43.66
180ml	Amber	£1.45	42	£54.81
500ml	Amber	£3.45	24	£74.52



Reagent Glass Jars with Traditional Ground Glass Stoppers

Size	Colour	Unit Price (each)	Tray Size	Tray Price
50ml	Clear	£7.59	40	£273.24
100ml	Clear	£8.65	48	£373.68
250ml	Clear	£11.69	30	£315.63
500ml	Clear	£14.89	15	£201.02
50ml	Amber	£7.59	40	£273.24
100ml	Amber	£8.65	48	£373.68
250ml	Amber	£11.69	30	£315.63
500ml	Amber	£14.89	15	£201.02





Lip Balm Tin

15ml	Silver	£0.49
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Lip Balm Tubes with Push On Caps (Twist Base)

Plastic Lip Balm Tube with push-on cap and twist-up base. The case allows you to propel and retract the product up and down the tube. These lip balm containers are ideal for lip balms, concealers, herbal products and other cosmetics. Available in White and Translucent (please specify when ordering)

4.3g	White	£0.69
4.3g	Translucent	£0.69

Plastic Sample Jar

5ml	Clear	£0.45
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Jerricans

When bulk storage of liquids is the requirement a jerrican is the answer. Three sizes available.

5 litre	£3.49
10 litre	£11.95
25 litre	£20.09
5 litre Pump top	£3.45

Kilner Plastic Jars

Size	Colour	Unit Price (each)	Tray Size	Tray Price
200ml	Clear	£4.29	56	£216.22
350ml	Clear	£4.75	48	£205.20



Zeal General Purpose Thermometer

Total length 215mm/21.5cm	£6.39
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Bomex Glass Beakers

50ml	£3.35
100ml	£3.49
250ml	£3.65
600ml	£7.19
1000ml	£11.15

Polypropylene Measuring Cylinders

10ml	£9.09
25ml	£9.25
100ml	£15.75

Plastic Funnels

10cm	£5.85
18cm	£17.79



Glass Stirring Rod

15cm	£2.19
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Plastic (PET) Jars with Screw Top Lids

Size	Colour	Unit Price (each)	Tray Size	Tray Price
75ml	Clear	£0.85	400	£306.00
150ml	Clear	£1.09	90	£88.29
250ml	Clear	£1.09	190	£186.39
500ml	Clear	£1.89	75	£127.58
1000ml	Clear	£2.89	43	£111.84
25ml	Amber	£0.59	567	£301.08
50ml	Amber	£0.65	390	£228.15

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.

World Herbs A-Z	50-62
Traditional Chinese Medicinal Herbs	63
Ayurvedic Herbs	64
Organic Herbs	65
Gums, Clays & Charcoal Tinctures	66
Traditional Chinese Medicinal Tinctures	68-70
Ayurvedic Tinctures	71
Herbal Fluid Extracts	72
Alcohol Free Herbal Fluid Extracts	73
D. Atkinson Herbalist Range	74-75
Bio-Health Herbal Capsules	77
Swedish Bitters	78
Robert Gray Cleansing Programme	79
The Clay Cure	80
Food-Grade Clays	81
Herbal Creams & Ointments	82-83
A.Vogel Herbal Remedies	84-85
Herb Accessories	86
Herbal Tea Bags	

World Herbs

Herbs, Roots & Barks and Powders have generally been used in the quantities below throughout the ages.

Due to the multiple variables between herbs and individuals however, we always advise you to consult a Qualified Herbalist before committing to the use of any natural medicine.

Herbs

1-3 teaspoons per day

Roots & Barks

1/4 teaspoon up to thrice per day

Powders

1/4 teaspoon up to twice per day



FREE

**P&P ON ORDERS OVER
£20 ON STANDARD
DELIVERY**

PLEASE SEE PAGE 128
FOR FULL DETAILS



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

A							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
African Cherry Bark (see Guaiacum)							
Agnus Castus Berries	Vitex agnus-castus	Morocco	£1.49	£4.19	£8.95	£13.65	
Agnus Castus Berry Powder	Vitex agnus-castus	Morocco	£2.25	£6.29	£13.39	£20.45	
Agrimony Herb	Agrimonia eupatoria	EU	£2.15	£6.09	£12.99	£19.79	
Alfalfa Herb	Medicago sativa	Hungary	£1.75	£4.99	£10.75	£16.45	
Alfalfa Seeds	Medicago sativa	Italy	£2.39	£6.79	£14.45	£22.09	
Alkanet Root, Dyer's	Alkanna tinctoria	Albania	£3.75	£10.65	£22.69	£34.65	
Allspice (see Pimento)							
Angelica Herb, Garden	Angelica archangelica	France	£3.29	£9.39	£19.99	£30.59	
Angelica Root, Garden	Angelica archangelica	Poland	£3.29	£9.35	£19.89	£30.39	
Angelica Seeds, Garden	Angelica archangelica	EU	£4.45	£12.75	£27.15	£41.45	
Anise, Star (see Star Anise)							
Aniseeds	Pimpinella anisum	Spain	£1.79	£5.15	£10.99	£16.75	
Aniseed Powder	Pimpinella anisum	Spain	£1.35	£3.85	£8.19	£12.59	
Annatto Seeds	Bixa orellana	Guatemala	£2.99	£8.59	£18.29	£27.95	
Archangel (see White Dead Nettle)							
Arrowroot Powder, Brazilian	Manihot esculenta	Brazil	£2.85	£8.15	£17.35	£26.49	
Asafoetida Powder	Ferula assa-foetida (blended with 60% Fenugreek powder)	India / Iran	£2.99	£8.49	£18.09	£27.59	
Ash Leaves	Fraxinus excelsior	Albania	£2.19	£6.25	£13.29	£20.35	
Avena Sativa (see Oatstraw & Organic Oat Tops)	Avena sativa	Germany					
Avens Herb, Wood	Geum urbanum	EU	£2.65	£7.59	£16.09	£24.59	

B							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Balm (see Lemon Balm)							
Balm of Gilead Buds	Populus nigra	Romania	£5.15	£14.65	£31.19	£47.65	
Barberry Bark	Berberis vulgaris	China / India	£2.29	£6.45	£13.75	£20.99	
Barberry Bark Powder	Berberis vulgaris	Pakistan	£3.09	£8.75	£18.65	£28.45	
Basil Herb	Ocimum basilicum	Egypt	£1.45	£3.99	£8.65	£13.19	
Bay Leaves	Laurus nobilis	Turkey	£1.65	£4.59	£9.79	£14.95	
Bayberry Bark	Myrica cerifera	USA	£7.65	£21.85	£46.49	£70.99	
Bearberry (see Uva Ursi)							
Bilberry Berry Powder	Vaccinium myrtillus	Europe	£5.59	£15.85	£33.75	£51.59	
Bilberry Herb	Vaccinium myrtillus	Albania	£2.75	£7.75	£16.49	£25.19	
Bilberry Herb Powder	Vaccinium myrtillus	Europe	£3.69	£10.45	£22.25	£33.99	

All our herb packaging is now
 **100% COMPOSTABLE.**
 Suitable for food waste recycling



Need help with herbs?

Lots of people obtain information on how much of an herb to use from books or the internet. It is recommended however that you check with a qualified practitioner before committing to the use of any natural materials.

Feel free to call us for more information about how to contact a fully qualified herbalist.

0207 703 5550



B							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Birch Leaves	Betula pubescens (=alba) or B. pendula	Europe		£1.85	£5.19	£10.99	£16.89
Bistort Root	Bistorta officinalis (=Polygonum bistorta)	Poland		£4.15	£11.79	£25.09	£38.35
Black Seeds (Cumin) (see Organic Herbs p65)							
Black Haw Bark	Viburnum prunifolium	USA		£5.35	£15.19	£32.35	£49.39
Black Poplar Buds (see Balm of Gilead)							
Black Root	Veronicastrum virginicum	Poland		£9.29	£26.59	£56.49	£86.29
Black Walnut Hulls	Juglans nigra	USA		£1.29	£3.59	£7.65	£11.69
Blackberry Leaves	Rubus fruticosus	Albania		£1.59	£4.35	£9.29	£14.15
Blackcurrant Leaves	Ribes nigrum	EU		£2.95	£8.39	£17.85	£27.29
Bladderwrack	Fucus vesiculosus	France		£1.85	£5.25	£11.19	£17.09
Blade Mace (see Mace Blades)							
Blessed Thistle (see Holy Thistle)							
Blood Root	Sanguinaria canadensis	USA	£6.19	£14.09	£40.25	£85.65	£130.85
Blue Flag Root	Iris versicolor	Italy		£2.79	£7.99	£16.99	£25.99
Blue Mallow (see Mallow)							
Bogbean Leaves	Menyanthes trifoliata	Poland		£3.59	£10.29	£21.89	£33.45
Boldo Leaves	Peumus boldus	Chile / China		£1.89	£5.35	£11.39	£17.39
Boneset Herb	Eupatorium perfoliatum	Hungary		£1.99	£5.59	£11.89	£18.19
Borage Herb*	Borago officinalis	Poland		£1.65	£4.59	£9.79	£14.95
Broom Tops	Cytisus scoparius	France		£1.85	£5.29	£11.29	£17.19
Bryony (see Mandrake)							
Buchu Leaves	Agathosma (=Barosma) betulina	S. Africa		£9.99	£28.69	£60.99	£93.25
Buckthorn Bark	Rhamnus cathartica	Poland		£1.65	£4.69	£9.99	£15.25
Bugleweed Herb, European	Lycopus europaeus	Romania		£5.09	£14.59	£30.99	£47.29
Burdock Herb	Arctium lappa	Balkans		£2.95	£8.39	£17.85	£27.29
Burdock Root	Arctium lappa	China		£1.89	£5.35	£11.39	£17.39
Butcher's Broom Root	Ruscus aculeatus	Turkey / Bulgaria		£3.59	£10.09	£21.49	£32.79

*Not for internal use

C							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Calamus Root	Acorus calamus	Ukraine		£2.79	£7.95	£16.95	£25.85
Calendula (see Marigold)							
California Poppy Herb	Eschscholzia californica	France		£4.99	£14.29	£30.45	£46.45
Calumba Root	Jateorhiza palmata	Namibia		£4.35	£12.35	£26.29	£40.15
Carageenan (see Irish Moss)							
Caraway Seeds	Carum carvi	Poland		£1.29	£3.75	£7.99	£12.19
Caraway Seed Powder	Carum carvi	EU		£1.15	£3.25	£6.95	£10.59
Cardamon Powder	Elettaria cardamomum	Guatemala		£3.59	£10.29	£21.89	£33.45



C							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Cardamon Pods	Elettaria cardamomum	Guatemala	£4.79	£13.69	£29.15	£44.49	
Cascara Sagrada Bark	Rhamnus purshiana	USA	£3.45	£9.79	£20.85	£31.85	
Cascara Sagrada Bark Powder	Rhamnus purshiana	USA	£3.85	£10.95	£23.29	£35.59	
Cassava (see Arrowroot)							
Cassia (see Cinnamon)							
Catmint Herb (Catnip)	Nepeta cataria	France	£3.09	£8.85	£18.85	£28.79	
Cat's Claw Bark	Uncaria tomentosa	Peru	£2.69	£7.65	£16.29	£24.89	
Cat's Claw Bark Powder	Uncaria tomentosa	Peru	£2.59	£7.39	£15.75	£23.99	
Cayenne Pepper Powder	Capsicum annuum & C. frutescens	India	£1.79	£5.09	£10.85	£16.59	
Celery Seeds	Apium graveolens	India	£0.99	£2.99	£6.49	£9.95	
Centauray Herb	Centaurium erythraea	Morocco	£2.45	£6.99	£14.99	£22.95	
Chamomile Flowers, German	Matricaria chamomilla (=recutita)	Egypt	£2.69	£7.75	£16.49	£25.19	
Chamomile Flowers, Roman	Chamaemelum nobile (=Anthemis nobilis)	France	£9.79	£27.89	£59.35	£90.65	
Chamomile Flowers Powder, German	Matricaria chamomilla (=recutita)	Egypt	£2.69	£7.75	£16.49	£25.19	
Charcoal Powder, Activated	From coconut shells	Malaysia	£2.19	£6.25	£13.29	£20.35	
Chaste Tree (see Agnus Castus)							
Chickweed Herb	Stellaria media	Bulgaria	£2.15	£5.99	£12.89	£19.69	
Chicory Root	Cichorium intybus	India	£1.95	£5.59	£11.85	£17.99	
Chicory Root Powder	Cichorium intybus	Poland	£2.19	£6.29	£13.39	£20.45	
Chillies	Capsicum frutescens, C. annuum	India	£1.39	£3.89	£8.29	£12.65	
Cinnamon Bark, Cassia	Cinnamomum cassia (=aromaticum)	Indonesia	£1.99	£5.75	£12.25	£18.69	
Cinnamon Bark Powder, Cassia	Cinnamomum cassia (=aromaticum)	Indonesia	£1.35	£3.79	£8.09	£12.35	
Cinnamon Bark Powder, True (Ceylon)	Cinnamomum verum (=zeylanicum)	Sri Lanka	£2.45	£6.95	£14.79	£22.59	
Cinnamon Quills, Cassia	Cinnamomum cassia (=aromaticum)	Indonesia / Sri Lanka	£2.69	£7.75	£16.49	£25.19	
Cinnamon Sticks 6", True (Ceylon)	Cinnamomum verum (=zeylanicum)	Madagascar / Sri Lanka	£4.59	£12.99	£27.65	£42.25	
Clay (see CLAYS, page 66)							
Cleavers Herb (Clivers)	Galium aparine	Bulgaria	£1.99	£5.89	£12.59	£19.15	
Cloves	Syzygium aromaticum	Madagascar	£2.69	£7.75	£16.49	£25.19	
Clove Powder	Syzygium aromaticum	Madagascar	£2.99	£8.59	£18.19	£27.79	
Clubmoss (see Lycopodium)							
Cohosh Root, Black	Cimicifuga racemosa	USA	£4.85	£13.79	£29.35	£44.85	
Cohosh Root Powder, Black	Cimicifuga racemosa	USA	£3.99	£11.59	£24.59	£37.59	
Cohosh Root, Blue	Caulophyllum thalictroides	USA	£4.79	£13.65	£28.99	£44.39	
Cola (see Kola)							
Collinsonia (see Stone Root)							
Coltsfoot Herb*	Tussilago farfara	Bulgaria	£2.49	£7.15	£15.25	£23.25	



C							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Comfrey Herb*	Symphytum officinale	Bulgaria	£2.39	£6.85	£14.59	£22.29	
Comfrey Herb Powder*	Symphytum officinale	Hungary	£2.95	£8.35	£17.79	£27.15	
Comfrey Root*	Symphytum officinale	Bulgaria	£2.59	£7.39	£15.75	£23.99	
Comfrey Root Powder*	Symphytum officinale	Europe	£2.59	£7.39	£15.75	£23.99	
Coneflower (see Echinacea)							
Coriander Seeds	Coriandrum sativum	Morocco	£0.99	£2.85	£6.09	£9.29	
Coriander Seed Powder	Coriandrum sativum	Spain	£0.99	£2.75	£5.85	£8.95	
Cornflowers	Centaurea cyanus	Albania	£2.65	£7.59	£14.15	£24.59	
Cornsilk	Zea mays	Poland / Bulgaria	£2.35	£6.65	£14.15	£21.65	
Couch Grass Root	Agropyron repens	Albania	£2.49	£7.15	£15.25	£23.25	
Cowslip Flowers	Primula veris	Romania	£8.15	£23.29	£49.59	£75.69	
Cramp Bark	Viburnum opulus	India	£4.59	£13.09	£27.85	£42.59	
Cranesbill Root, American	Geranium maculatum	USA	£10.99	£31.49	£66.99	£102.35	
Cranesbill Herb (see Herb Robert)							
Culver's Root (see Black Root)							
Cumin Seeds	Cuminum cyminum	India	£1.45	£4.15	£8.85	£13.49	
Cumin Seed Powder	Cuminum cyminum	Turkey / India	£1.49	£4.25	£8.99	£13.85	
Curry Powder, Madras - Medium	Coriander, Turmeric, Fenugreek, Chilli, Sea Salt, Garlic, Fennel, Cumin, Mustard, Black Pepper	Blended UK	£1.25	£3.59	£7.59	£11.59	

D							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Damiana Leaves	Turnera diffusa	Mexico	£3.25	£9.29	£19.79	£30.19	
Damiana Leaf Powder	Turnera diffusa	Mexico	£2.99	£8.69	£18.49	£28.25	
Dandelion Herb	Taraxacum officinale	Bulgaria	£3.95	£11.19	£23.85	£36.39	
Dandelion Herb Powder	Taraxacum officinale	Poland	£2.89	£8.29	£17.65	£26.95	
Dandelion Root	Taraxacum officinale	Various	£2.95	£8.45	£17.99	£27.49	
Dandelion Root Powder	Taraxacum officinale	Various	£3.19	£9.15	£19.49	£29.75	
Dead Nettle (see White Dead Nettle)							
Devil's Claw Root	Harpagophytum procumbens	Namibia / S. Africa	£2.89	£8.25	£17.59	£26.85	
Devil's Claw Root Powder	Harpagophytum procumbens	Namibia	£2.99	£8.69	£18.49	£28.25	
Dill Seeds	Anethum graveolens	India	£1.89	£5.39	£11.49	£17.59	
Dill Weed	Anethum graveolens	Germany	£2.39	£6.79	£14.45	£22.09	
Dittany Herb, White	Dictamnus albus	S. Africa / Macedonia	£5.45	£15.59	£33.09	£50.59	
Dog Grass (see Couch Grass)							
Dragon's Blood Powder	Daemonorops draco	Indonesia	£13.25	£29.99	£85.85	£182.69	£278.99

*Not for internal use

THE MORE YOU BUY,
THE MORE YOU SAVE

Herbs

2 Kg
= 15% Saving

5, 10 & 25 Kg
= 20% Saving

E						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Echinacea Angustifolia Root	Echinacea angustifolia	Germany	£13.59	£38.85	£82.69	£126.29
Echinacea Purpurea Powder	Echinacea purpurea	EU	£4.49	£12.75	£27.15	£41.45
Elder Flowers	Sambucus nigra	Poland	£2.89	£8.25	£17.59	£26.85
Elder Leaves	Sambucus nigra	EU	£2.49	£6.99	£14.99	£22.95
Elderberries	Sambucus nigra	Europe	£2.29	£6.49	£13.85	£21.09
Elecampane Root	Inula helenium	Bulgaria	£2.35	£6.65	£14.15	£21.65
Eucalyptus Leaves	Eucalyptus globulus	EU / India	£1.59	£4.35	£9.29	£14.15
Eyebright Herb	Euphrasia officinalis	Bulgaria	£2.85	£8.09	£17.25	£26.29
Eyebright Herb Powder	Euphrasia officinalis	Europe	£3.99	£11.59	£24.59	£37.59

F						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Fennel Herb	Foeniculum vulgare	Spain / Egypt	£2.25	£6.35	£13.59	£20.65
Fennel Seeds	Foeniculum vulgare	India / Egypt	£1.19	£3.35	£7.15	£10.89
Fennel Seed Powder	Foeniculum vulgare	India	£1.15	£3.25	£6.95	£10.59
Fenugreek Seeds	Trigonella foenum-graecum	India	£1.09	£2.99	£6.49	£9.95
Fenugreek Seed Powder	Trigonella foenum-graecum	India	£0.85	£2.39	£5.09	£7.79
Feverfew Herb	Tanacetum parthenium	EU	£4.09	£11.65	£24.79	£37.89
Feverfew Herb Powder	Tanacetum parthenium	EU	£4.35	£12.45	£26.49	£40.49
Figwort Herb	Scrophularia nodosa	USA	£6.25	£17.85	£37.99	£57.99
Fo-Ti Tieng Powder	Meadowsweet 50%, Kola 25%, Hydrocotyle 25%	Blended UK	£2.35	£6.65	£14.15	£21.65
Fringetree Bark	Chionanthus virginicus	USA	£8.65	£19.59	£55.99	£181.99
Fumitory Herb	Fumaria officinalis	EU	£2.39	£6.79	£14.45	£22.09

G						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Galangal Root	Alpinia officinarum	China	£2.25	£6.35	£13.59	£20.65
Garam Masala Powder	Coriander Seed, Cumin Seed, Cassia, Ginger, Black Pepper & Cloves	Blended UK	£1.19	£3.45	£7.35	£11.25
Garlic Powder	Allium sativum	China	£1.89	£5.35	£11.39	£17.39
Gentian Root	Gentiana lutea	EU	£3.65	£10.29	£21.89	£33.45
Gentian Root Powder	Gentiana lutea	Various	£5.65	£15.99	£34.15	£52.19
Ginger Root	Zingiber officinale	Nigeria	£1.85	£5.25	£11.19	£17.09
Ginger Root Powder	Zingiber officinale	India	£1.59	£4.45	£9.49	£14.49
Ginkgo Leaves	Ginkgo biloba	China	£2.39	£6.85	£14.59	£22.29
Ginkgo Leaf Powder	Ginkgo biloba	China	£2.19	£6.25	£13.29	£20.35
Ginseng Root Powder, Korean	Panax ginseng	China	£11.95	£27.15	£77.49	£164.89
Ginseng Root Powder, Siberian	Eleutherococcus senticosus	China	£2.69	£7.65	£16.29	£24.89

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G						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Ginseng Root, White Korean	Panax ginseng	China	£8.15	£18.59	£52.89	£112.59
Goat's Rue Herb	Galega officinalis	Bulgaria	£2.89	£8.25	£17.59	£26.85
Goldenrod Herb, Giant	Solidago gigantea	Hungary	£1.65	£4.65	£9.89	£15.15
Goldenseal Root	Hydrastis canadensis	USA	£28.69	£65.19	£186.19	£396.15
Goldenseal Root Powder	Hydrastis canadensis	Please call us, as not always available.	£30.69	£69.75	£199.19	£423.85
Gotu Kola (see Hydrocotyle)						
Gravel Root	Eutrochium (=Eupatorium) purpureum	USA	£10.59	£30.29	£64.45	£98.45
Grindelia Herb	Grindelia robusta	France	£3.85	£10.95	£23.29	£35.59
Ground Ivy Herb	Glechoma hederacea	Europe	£2.99	£8.65	£18.45	£28.15
Guaiacum Bark	Guaiacum officinale	Mexico	£2.65	£7.59	£16.09	£24.59
Gumweed (see Grindelia)						
Guinea Pepper (Grains of Paradise)	Aframomum melegueta	Africa	£4.49	£12.79	£27.25	£41.59

H						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Hawthorn Berries	Crataegus sp.	EU	£1.65	£4.69	£9.99	£15.25
Hawthorn Berry Powder	Crataegus sp.	Albania	£2.79	£7.95	£16.95	£25.85
Hawthorn Tops	Crataegus sp.	EU	£1.99	£5.59	£11.89	£18.19
Heartsease Herb	Viola tricolor	EU	£2.79	£7.95	£16.95	£25.85
Heather Flowers	Calluna vulgaris	Poland	£3.45	£9.75	£20.75	£31.69
Henna Powder, Black	Indigofera tinctoria	Iran	£2.09	£5.89	£12.59	£19.15
Henna Powder, Red	Lawsonia inermis	India	£1.59	£4.35	£9.29	£14.15
Henna Powder, Neutral	Senna italica (=Cassia obovata)	India	£1.99	£5.69	£12.15	£18.49
Herb Robert	Geranium robertianum	USA	£2.39	£6.75	£14.39	£21.95
Hibiscus Flowers	Hibiscus sabdariffa	Africa	£1.99	£5.89	£12.59	£19.15
Holy Thistle Herb	Cnicus benedictus	Hungary	£1.69	£4.85	£10.35	£15.79
Hops	Humulus lupulus	Germany	£3.85	£10.99	£23.39	£35.75
Horehound, Black	Ballota nigra	Hungary / Albania	£2.79	£7.99	£16.99	£25.99
Horehound, White	Marrubium vulgare	Bulgaria / Poland	£2.79	£7.99	£16.99	£25.99
Horseradish Root Powder	Armoracia rusticana	China	£2.19	£6.19	£13.19	£20.15
Horsetail Herb	Equisetum arvense	Spain	£1.59	£4.59	£9.69	£14.79
Horsetail Herb Powder	Equisetum arvense	Europe	£2.95	£8.45	£17.99	£27.49
Hydrangea Root	Hydrangea arborescens	USA	£6.89	£19.65	£41.85	£63.89
Hydrocotyle Herb	Centella asiatica	Madagascar	£2.85	£7.99	£17.15	£26.19
Hydrocotyle Herb Powder	Centella asiatica	India	£2.85	£8.15	£17.35	£26.49
Hyssop Herb	Hyssopus officinalis	Hungary	£1.79	£4.99	£10.75	£16.45

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I						
Herb	Latin Name	Origin	25g	100g	250g	500g
Indigo (see Henna, Black or Wild Indigo)						
Irish Moss	Chondrus crispus	Ireland	£3.45	£9.85	£20.99	£31.99
Irish Moss Powder	Chondrus crispus	France	£4.59	£12.95	£27.59	£42.09
Ironwort (see Mountain Tea)						
Ispaghula (see Psyllium)						
J						
Herb	Latin Name	Origin	25g	100g	250g	500g
Jamaican Dogwood Root Bark	Piscidia piscipula (=erythrina)	Jamaica	£3.59	£9.99	£21.39	£32.69
Jamaican Sorrel (see Hibiscus)						
Jasmine Flowers	Jasminum officinale	China	£5.35	£15.25	£32.45	£49.59
Juniper Berries	Juniperus communis	Italy	£1.79	£5.15	£10.99	£16.75
K						
Herb	Latin Name	Origin	25g	100g	250g	500g
Kelp Powder, Norwegian	Ascophyllum nodosum	France	£1.45	£4.15	£8.85	£13.49
Knitbone (see Comfrey)						
Knotgrass Herb	Polygonum aviculare	Czech Rep.	£1.89	£5.35	£11.39	£17.39
Kola Nut Powder	Cola nitida (=vera)	Africa	£1.99	£5.65	£11.99	£18.39
L						
Herb	Latin Name	Origin	25g	100g	250g	500g
Lady's Bedstraw Herb	Galium verum	Hungary	£2.29	£6.59	£13.95	£21.29
Lady's Mantle Herb	Alchemilla vulgaris	Turkey	£2.85	£7.99	£17.15	£26.19
Lapacho (see Pau D'arco)						
Lavender Flowers	Lavandula sp.	France	£2.99	£8.59	£18.19	£27.79
Lemon Balm Herb	Melissa officinalis	EU	£1.99	£5.65	£11.99	£18.39
Lemon Peel	Citrus limon	Turkey	£2.59	£7.25	£15.45	£23.59
Lemon Slices Dried	Citrus limon	S. Africa	£2.59	£7.15	£15.25	£23.25
Lemon Verbena Leaves	Aloysia citriodora (=triphylia)	Morocco	£3.85	£10.95	£23.29	£35.59
Lemongrass Herb	Cymbopogon citratus	Egypt	£2.15	£6.09	£12.99	£19.79
Lesser Celandine (see Pilewort)						
Lime Flowers (Linden Blossom)	Tilia tomentosa, T. europaea, or T. cordata depending on supply	Bulgaria	£3.99	£11.39	£24.25	£36.99
Liquorice Root Sticks	Glycyrrhiza glabra	Iran	£2.45	£6.95	£14.79	£22.59
Liquorice Root, Decorticated	Glycyrrhiza glabra	China	£2.85	£8.09	£17.25	£26.29
Liquorice Root Powder	Glycyrrhiza glabra	Spain	£1.99	£5.79	£12.35	£18.85
Lucerne (see Alfalfa)						
Lungwort Herb	Pulmonaria officinalis	EU	£3.35	£9.59	£20.45	£31.19
Lycopodium Powder, Spores	Lycopodium clavatum	EU	£6.85	£19.59	£41.59	£63.59

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M						
Herb	Latin Name	Origin	25g	100g	250g	500g
Mace Blades	Myristica fragrans	Costa Rica	£5.45	£15.59	£33.09	£50.59
Madras (see Curry)						
Maidenhair Tree (see Ginkgo)						
Mallow Flowers, Blue	Malva sylvestris	Poland / Serbia	£5.09	£14.59	£33.15	£47.15
Mallow Herb	Malva sylvestris	Bulgaria	£4.35	£12.35	£26.29	£40.15
Manioc (see Arrowroot)						
Mandrake Root, English	Bryonia alba	Albania	£2.99	£8.49	£18.09	£27.59
Marigold Flowers	Calendula officinalis	Egypt	£2.35	£6.75	£14.39	£21.95
Marigold Petals	Calendula officinalis	Egypt	£2.45	£6.95	£14.79	£22.59
Marjoram Herb, Sweet	Origanum majorana	Egypt	£1.19	£3.39	£7.25	£10.99
Marshmallow Herb	Althaea officinalis	Bulgaria / Poland	£2.65	£7.49	£15.95	£24.35
Marshmallow Herb Powder			£2.59	£7.45	£15.85	£24.25
Marshmallow Root	Althaea officinalis	Bulgaria / Poland	£2.85	£8.09	£17.25	£26.29
Marshmallow Root Powder	Althaea officinalis	Europe	£2.85	£7.99	£17.15	£26.19
Meadowsweet Herb	Filipendula ulmaria	Poland / Hungary	£2.95	£8.35	£17.79	£27.15
Meadowsweet Herb Powder	Filipendula ulmaria	Europe	£2.45	£6.99	£14.89	£22.75
Meadowsweet Compound Powder	Meadowsweet, charcoal, caraway, rhubarb, aniseed & cinnamon		£2.25	£6.45	£13.75	£20.99
Melilot Herb	Melilotus officinalis	Europe	£2.25	£6.39	£13.59	£20.79
Melissa (see Lemon Balm)						
Milkthistle Seeds	Silybum marianum (=Carduus marianus)	Ukraine	£1.75	£4.95	£10.59	£16.09
Milkthistle Seed Powder	Silybum marianum (=Carduus marianus)	Europe	£2.29	£6.59	£13.95	£21.29
Milky Oats (see Organic Oat Tops p65)						
Mint Herb, Garden	Mentha spicata	Egypt	£1.35	£3.85	£8.19	£12.59
Mistletoe Herb	Viscum album	Romania / Bulgaria	£1.75	£4.89	£10.45	£15.89
Mixed Herbs	Basil, Marjoram, Oregano, Parsley, Sage and Thyme	Blended UK	£1.49	£4.25	£8.99	£13.85
Mixed Spice Powder	Coriander Seed, Cinnamon (Verum), Ginger, Mustard, Nutmeg, Fennel, Clove & Cardamom	Blended UK	£1.35	£3.85	£8.19	£12.59
Moringa Leaves	Moringa oleifera	Various	£3.59	£10.29	£21.89	£33.45
Moringa Leaf Powder	Moringa oleifera	Paraguay	£4.79	£13.69	£29.15	£44.49
Moringa Seeds	Moringa oleifera	India	£6.99	£19.99	£42.69	£65.19
Motherwort Herb	Leonurus cardiaca	Poland	£1.99	£5.69	£12.15	£18.49
Motherwort Herb Powder	Leonurus cardiaca	Germany / Poland	£3.89	£11.15	£23.75	£36.25
Mountain Ash Berries	Sorbus aucuparia	Bulgaria	£2.69	£7.65	£16.29	£24.89
Mountain Tea Herb	Sideritis scardica	Macedonia	£2.75	£7.85	£16.75	£25.59
Mouse-Ear Hawkweed Herb	Pilosella officinarum	Bulgaria	£2.85	£8.15	£17.35	£26.49

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M						
Herb	Latin Name	Origin	25g	100g	250g	500g
Mugwort Herb	Artemisia vulgaris	Hungary	£1.79	£5.09	£10.85	£16.59
Muira Puama Bark	Ptychopetalum olacoides	Brazil	£2.49	£7.15	£15.25	£23.25
Muira Puama Bark Powder	Ptychopetalum olacoides	Brazil	£2.39	£6.79	£14.45	£22.09
Mullein Herb, Great	Verbascum thapsus	Bulgaria	£3.49	£9.89	£20.99	£32.15
Mullein Flowers, Great	Verbascum thapsus	Egypt	£2.69	£7.65	£16.29	£24.89
Mustard Seeds, Brown	Brassica juncea	Canada / India	£0.85	£2.39	£5.09	£7.79
Mustard Seeds, White	Sinapis alba (=Brassica hirta)	Ukraine	£1.09	£2.99	£6.49	£9.95
Mustard Seed Powder, Mix	Brassica juncea & Sinapis alba	Canada	£1.09	£2.99	£6.49	£9.95

N						
Herb	Latin Name	Origin	25g	100g	250g	500g
Nettle Root	Urtica dioica	Bulgaria / Serbia	£3.25	£9.19	£19.59	£29.89
Nettle Root Powder	Urtica dioica	Europe	£3.69	£10.59	£22.45	£34.29
Nettle Herb	Urtica dioica	Europe	£1.35	£3.85	£8.19	£12.59
Nettle Seeds (see Organic Herbs p 65)						
Nutmeg Powder	Myristica fragrans	Indonesia	£4.59	£12.99	£27.79	£42.45
Nutmegs, Whole	Myristica fragrans	Indonesia	£4.59	£12.99	£27.65	£42.25

O						
Herb	Latin Name	Origin	25g	100g	250g	500g
Oak Bark	Quercus robur	Hungary	£1.65	£4.65	£9.89	£15.15
Oak Bark Powder	Quercus robur	Europe	£4.49	£12.79	£27.25	£41.59
Oat Straw	Avena sativa	Europe	£1.95	£5.59	£11.85	£17.99
Oats (see Avena Sativa & Organic Oat Tops, Milky)						
Olive Leaves	Olea europaea	Spain	£1.89	£5.39	£11.49	£17.59
Orange Flowers, Sweet	Citrus x sinensis	Iran / Spain	£3.29	£9.35	£19.89	£30.39
Orange Peel, Sweet	Citrus x sinensis	Turkey	£1.65	£4.65	£9.89	£15.15
Orange Slices Dried, Sweet	Citrus x sinensis	S. Africa	£2.99	£8.59	£18.29	£27.95
Oregano Herb	Origanum vulgare or Origanum onites (Wild or Pot marjoram)	Turkey	£1.85	£5.25	£11.19	£17.09
Oregon Mountain Grape Root	Mahonia (=Berberis) aquifolium	USA	£5.99	£17.15	£36.49	£55.75
Orris Root Powder	Iris x germanica	Morocco	£5.25	£14.95	£31.85	£48.59

P						
Herb	Latin Name	Origin	25g	100g	250g	500g
Pansy, Wild (see Heartsease)						
Papaya Leaves Powder	Carica papaya	India	£2.25	£6.39	£13.59	£20.79
Paprika Powder	Capsicum annuum	Spain	£1.09	£2.99	£6.49	£9.95
Paprika Powder, Smoked	Capsicum annuum	Spain	£1.99	£5.79	£12.35	£18.85

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P						
Herb	Latin Name	Origin	25g	100g	250g	500g
Parsley Herb	Petroselinum crispum	UK	£1.49	£4.19	£8.95	£13.65
Parsley Piert Herb	Aphanes arvensis	EU	£7.35	£20.95	£44.59	£68.09
Partridge Berry Herb	Mitchella repens	Please call us, as not always available.	£7.39	£21.15	£44.99	£68.75
Pasqueflower (see Pulsatilla)						
Passiflora Herb (Passion Flower)	Passiflora incarnata	Italy	£3.35	£9.59	£20.35	£30.99
Patchouli Leaves	Pogostemon cablin	Indonesia	£3.65	£10.45	£22.25	£33.99
Pau D'Arco Bark	Handroanthus (=Tabebuia) impetiginosus	Brazil	£2.35	£6.59	£13.99	£21.45
Pellitory-of-the-wall Herb, Eastern	Parietaria officinalis	Italy	£2.45	£6.99	£14.89	£22.75
Pennyroyal Herb, European	Mentha pulegium	Morocco / Hungary	£1.99	£5.65	£11.99	£18.39
Peony Petals	Paeonia officinalis	Bulgaria	£4.19	£11.99	£27.15	£38.99
Pepper Powder, Black	Piper nigrum	Brazil	£2.15	£6.15	£13.09	£19.99
Pepper Powder, White	Piper nigrum	Vietnam	£2.65	£7.45	£15.85	£24.25
Peppercorns, Black	Piper nigrum	Vietnam	£3.45	£9.85	£20.99	£31.99
Peppercorns, Pink	Schinus terebinthifolius	Brazil	£3.29	£9.39	£19.99	£30.59
Peppercorns, White	Piper nigrum	Vietnam	£3.35	£9.49	£20.19	£30.85
Peppermint Herb	Mentha x piperita	Poland	£2.15	£5.99	£12.89	£19.69
Periwinkle Herb, Lesser	Vinca minor	Europe	£2.19	£6.25	£13.29	£20.35
Pickling Spice	Coriander, Yellow Mustard Seed, Ginger, Cassia, Bay leaves, Cloves, Allspice, Birds Eye Chillies & Black Peppercorns	Mixed in UK	£1.25	£3.45	£7.35	£11.25
Pilewort Herb	Ficaria verna	Serbia	£4.15	£11.85	£25.25	£38.59
Pimento Berries	Pimenta dioica (=officinalis)	C. America	£1.69	£4.85	£10.35	£15.79
Pimento Berry Powder	Pimenta dioica (=officinalis)	Mexico	£1.59	£4.45	£9.49	£14.49
Pipsissewa Herb	Chimaphila umbellata	USA	£7.09	£20.29	£43.19	£65.95
Plantain Herb, Narrowleaf	Plantago lanceolata	Poland	£2.09	£5.99	£12.75	£19.49
Plantain Herb Powder, Broadleaf	Plantago major	EU	£2.85	£7.99	£17.15	£26.19
Pleurisy Root	Asclepias tuberosa	USA	£23.09	£65.89	£140.19	£214.15
Poke Root	Phytolacca americana (=decandra)	Various	£4.89	£13.89	£29.59	£45.15
Polypody Root	Polypodium vulgare	Bosnia	£8.95	£25.59	£54.45	£83.19
Poppy Seeds	Papaver somniferum	Czech Rep.	£1.39	£3.95	£8.45	£12.85
Prickly Ash Bark	Zanthoxylum clava-herculis	USA	£8.99	£25.85	£54.99	£83.99
Prince's Pine (see Pipsissewa)						
Psyllium Seeds, Blonde	Plantago ovata	India	£1.19	£3.35	£7.15	£10.89
Psyllium Seeds, Dark	Plantago psyllium	Poland	£2.59	£7.29	£15.59	£23.69
Psyllium Seed Husks	Plantago ovata	India	£2.65	£7.49	£15.95	£24.35
Pulsatilla Herb	Pulsatilla vulgaris (=Anemone pulsatilla)	Italy	£4.15	£11.85	£25.25	£38.59
Pygeum Bark	Prunus africana	Cameroon	£3.59	£10.15	£21.59	£32.99

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Q							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Quassia Bark, Jamaican	Picrasma excelsa	Jamaica		£2.65	£7.59	£16.15	£24.69

R							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Raspberry Leaves	Rubus idaeus	Bulgaria		£1.85	£5.15	£10.99	£16.75
Raspberry Leaf Powder	Rubus idaeus	Serbia		£3.79	£10.85	£23.09	£35.29
Red Clover Blossoms	Trifolium pratense	Albania		£2.79	£7.99	£16.99	£25.99
Red Clover Blossom Powder	Trifolium pratense	Albania		£3.95	£11.25	£23.95	£36.59
Rhubarb Root Powder	Rheum plantarum, R. officinale, or a hybrid between the two	China		£3.09	£8.79	£18.75	£28.59
Rose Buds, Pink	Rosa x centifolia	Morocco		£7.45	£21.29	£49.35	£69.15
Rose Buds, Red	Rosa x centifolia	Pakistan		£3.19	£8.99	£17.29	£29.45
Rose Buds, Yellow	Rosa x damascena	Iran		£3.15	£8.99	£17.15	£29.25
Rose Petals, Red	Rosa x centifolia/Rosa gallica	Pakistan		£2.95	£8.45	£15.99	£27.39
Rosehip Granules	Rosa canina	Chile / China		£1.99	£5.65	£11.99	£18.39
Rosehips, Whole	Rosa canina	Various		£1.49	£4.19	£8.95	£13.65
Rosemary Herb	Rosmarinus officinalis	Spain		£1.09	£3.15	£6.75	£10.25
Rosemary Herb Powder	Rosmarinus officinalis	Spain		£1.49	£4.29	£9.15	£13.95
Rowan Berries (see Mountain Ash)							
Rue Herb	Ruta graveolens	Poland		£2.15	£6.09	£12.99	£19.79

S							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Saffron Threads, Box of 1g	Crocus sativus	Spain	£6.19	EACH			
Sage Herb	Salvia officinalis & S. fruticosa (=triloba)	Turkey		£1.69	£4.85	£10.35	£15.79
Sage Herb Powder	Salvia officinalis & S. fruticosa (=triloba)	Turkey		£1.85	£5.25	£11.19	£17.09
Sage Herb Powder, Red Garden	Salvia officinalis (Red cultivar)	Albania		£1.95	£5.45	£11.59	£17.75
Sarsaparilla Root	Smilax officinalis	Mexico		£3.49	£9.99	£21.29	£32.49
Sarsaparilla Root Powder	Smilax officinalis	Mexico		£6.39	£18.19	£38.75	£59.15
Saw Palmetto Berries	Serenoa repens (=Sabal serrulata)	USA		£12.45	£35.49	£75.59	£115.35
Saw Palmetto Berry Powder	Serenoa repens (=Sabal serrulata)	USA		£4.69	£13.35	£28.45	£43.39
Scullcap Herb	Scutellaria lateriflora	USA		£9.59	£27.19	£57.85	£88.39
Scullcap Herb Powder	Scutellaria lateriflora	USA		£8.59	£24.59	£52.35	£79.95
Self Heal Herb	Prunella vulgaris	China		£3.69	£10.59	£22.45	£34.29
Senna Leaves	Senna alexandrina (=Cassia senna/angustifolia)	India		£1.49	£4.29	£9.15	£13.95

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S							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Senna Leaf Powder	Senna alexandrina (=Cassia senna/angustifolia)	India		£2.29	£6.59	£13.95	£21.29
Senna Pods	Senna alexandrina (=Cassia senna/angustifolia)	India		£1.49	£4.25	£8.99	£13.85
Shepherd's Purse Herb	Capsella bursa-pastoris	EU		£1.99	£5.75	£12.25	£18.69
Slippery Elm Bark Powder	Ulmus rubra	USA		£6.89	£19.75	£41.99	£64.19
Small Flowered Willow Herb	Epilobium parviflorum	Serbia		£2.95	£8.35	£17.79	£27.15
Soapwort Herb	Saponaria officinalis	Bulgaria		£3.45	£9.79	£20.85	£31.85
Soapwort Root	Saponaria officinalis	Bulgaria		£3.15	£8.99	£19.29	£29.45
Southernwood Herb	Artemisia abrotanum	Poland		£2.85	£8.19	£17.45	£26.65
Spearmint (see Mint)							
Speedwell Herb	Veronica officinalis	Bulgaria		£2.09	£5.99	£12.75	£19.49
Squaw Vine (see Partridge Berry)							
Star Anise	Illicium verum	Vietnam		£2.59	£7.45	£15.85	£24.25
Starflower (see Borage)							
St John's Wort Herb, Common	Hypericum perforatum	Poland		£1.85	£5.25	£11.19	£17.09
Stone Root	Collinsonia canadensis	USA		£6.99	£19.89	£42.35	£64.65
Strawberry Leaves	Fragaria vesca	Bulgaria		£2.59	£7.25	£15.45	£23.59
Sweet Clover (see Melilot)							
Sweet Flag (see Calamus Root)							



T							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Tansy Herb	Tanacetum vulgare	EU		£1.85	£5.29	£11.29	£17.19
Tarragon Herb	Artemisia dracunculus	EU		£2.59	£7.35	£15.65	£23.89
Thuja Leaves	Thuja occidentalis	EU / USA		£2.99	£8.49	£18.09	£27.59
Thyme Herb	Thymus vulgaris	N. Africa		£1.39	£3.99	£8.49	£12.99
Thyme Herb, Lemon	Thymus citriodorus	Spain		£1.85	£5.25	£11.19	£17.09
Thyme Herb, Wild	Thymus serpyllum	Europe		£2.15	£6.09	£12.99	£19.79
Tonquin Beans (Tonka)	Dipteryx odorata	Brazil		£10.45	£29.75	£63.29	£96.69
Tormentil Root	Potentilla erecta	Europe		£12.09	£34.59	£73.59	£112.29
Tormentil Root Powder	Potentilla erecta	Poland		£2.45	£6.89	£14.69	£22.39
Turmeric Root Powder	Curcuma longa	India		£1.39	£3.99	£8.49	£12.99
Tree of Life (see Thuja)							

U							
Herb	Latin Name	Origin	10g	25g	100g	250g	500g
Uva Ursi Leaves	Arctostaphylos uva-ursi	Spain		£2.35	£6.65	£14.15	£21.65

*Not for internal use



V						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Valerian Root	Valeriana officinalis	Poland		£2.95	£8.45	£17.99 £27.49
Valerian Root Powder	Valeriana officinalis	Poland		£2.69	£7.59	£16.15 £24.69
Vanilla Pods Each	Vanilla planifolia	Various	£7.99	EACH		
Vervain Herb (Verbena)	Verbena officinalis	Bulgaria		£1.99	£5.85	£12.45 £18.99
Vine Leaves	Vitis vinifera	Bulgaria		£2.79	£7.99	£16.99 £25.99
Violet Leaves, Sweet	Viola odorata	Italy		£4.29	£12.19	£25.95 £39.65

W						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Walnut Leaves	Juglans regia	Bulgaria		£1.99	£5.85	£12.45 £18.99
Walnut Hulls (See Black Walnut)						
White Bryony (See Mandrake)						
White Dead Nettle Herb	Lamium album	Europe		£3.49	£9.99	£21.29 £32.49
White Poplar Bark	Populus alba, Populus sp.	Poland		£3.29	£9.39	£19.99 £30.59
White Willow Bark	Salix alba	Bulgaria		£2.35	£6.65	£14.15 £21.65
White Willow Bark Powder	Salix alba	Europe		£2.69	£7.65	£16.29 £24.89
Wild Cherry Bark	Prunus serotina	USA		£4.65	£13.25	£28.19 £43.09
Wild Indigo Root	Baptisia tinctoria	USA	£5.35	£12.15	£34.69	£73.85 £112.75
Wild Lettuce Herb	Lactuca virosa	Europe		£4.99	£14.19	£30.19 £46.15
Wild Yam Root	Dioscorea villosa	Mexico		£5.29	£15.15	£32.25 £49.25
Wild Yam Root Powder	Dioscorea villosa	Mexico		£5.45	£15.49	£32.99 £50.35
Witch Hazel Bark	Hamamelis virginiana	USA / EU		£3.69	£10.49	£22.35 £34.09
Witch Hazel Leaves	Hamamelis virginiana	USA / EU		£3.59	£10.19	£21.69 £33.15
Wood Betony Herb	Stachys officinalis	Bulgaria		£1.99	£5.69	£12.15 £18.49
Wood Sage Herb	Teucrium scorodonia	Germany		£4.65	£13.29	£28.29 £43.19
Woodruff Herb	Galium odoratum	Europe		£2.89	£8.25	£17.59 £26.85
Wormwood Herb	Artemisia absinthium	EU		£2.15	£6.09	£12.99 £19.79
Wormwood Herb Powder	Artemisia absinthium	Europe		£2.29	£6.59	£13.95 £21.29

Y						
Herb	Latin Name	Origin	10g	25g	100g	250g 500g
Yarrow Herb	Achillea millefolium	Hungary		£1.99	£5.89	£12.59 £19.15
Yarrow Herb Powder	Achillea millefolium	EU		£2.79	£7.95	£16.95 £25.85
Yellow Dock Root	Rumex crispus	Various		£4.59	£13.15	£27.99 £42.75

*Not for internal use



All our herb packaging is now
100% COMPOSTABLE:
Suitable for food
waste recycling

Traditional Chinese Medicine (TCM) Herbs

Name	Chinese Name	Latin Name	10g	25g	100g	250g	500g
Astragalus Root	Huang Qi	Astragalus propinquus (=membranaceous)		£3.69	£10.59	£22.35	£37.99
Astragalus Root Powder	Huang Qi	Astragalus propinquus (=membranaceous)		£3.75	£10.75	£22.75	£38.69
Atractylodes Tuber, White	Bai Zhu	Atractylodes macrocephala		£2.89	£8.19	£17.45	£29.65
Angelica Root, Chinese	Dang Gui	Angelica sinensis		£4.59	£12.99	£27.59	£46.85
Chrysanthemum Flower	Ju Hua	Chrysanthemum (=Dendranthema) morifolium		£3.19	£9.15	£19.39	£32.95
Cinnamon Bark	Gui Pi	Cinnamomum cassia		£2.45	£6.99	£14.85	£25.19
Cinnamon Bark	Rou Gui	Cinnamomum cassia		£3.09	£8.75	£18.59	£31.59
Codonopsis Root	Dang Shen	Codonopsis pilosula		£4.85	£13.79	£29.35	£49.85
Dong Quai (see Chinese Angelica)							
Fleeceflower (Fo-Ti)	He Shou Wu (Zhi)	Reynoutria multiflora (=Polygonum multiflorum)		£2.49	£7.09	£14.99	£25.59
Ginseng Red, Korean	Ren Shen	Panax ginseng	£10.95	£24.79	£70.85	£150.59	£255.89
Goji Berries	Gou Qi Zi	Lycium barbarum		£2.69	£7.59	£16.15	£27.45
Ligusticum Root (Szechuan Lovage)	Chuan Xiong	Ligusticum striatum (=chuanxiong)		£2.39	£6.79	£14.39	£24.49
Liquorice Root, Chinese	Gan Cao	Glycyrrhiza uralensis		£2.85	£8.15	£17.29	£29.39
Lycium (see Goji)							
Peony Root, White	Bai Shao Yao	Paeonia lactiflora		£2.99	£8.59	£18.19	£30.89
Poria Cocos	Fu Ling	Wolfiporia extensa (=Poria sclerotium)		£2.85	£8.09	£17.15	£29.15
Red Dates (Jujubes)	Da Zao	Ziziphus jujuba		£2.15	£6.09	£12.89	£21.95
Rehmannia Prepared Root	Shu Di Huang	Rehmannia glutinosa		£2.95	£8.45	£17.89	£30.39
Schizandra Berries	Wu Wei Zi	Schizandra chinensis		£6.25	£17.85	£37.89	£64.39
Siberian Solomonseal	Huang Jing	Polygonatum sibiricum		£3.49	£9.99	£21.25	£36.09
Wolfberries (see Goji Berries)							
Yam Root, Chinese	Shan Yao	Dioscorea opposita		£2.59	£7.45	£15.75	£26.79

All our TCM herbs are usually sourced from China.





Ayurvedic Herbs

Name	Latin Name	10g	25g	100g	250g	500g
Amla Fruit Powder (Amalaki)	Phyllanthus emblica (=Embllica officinalis)		£3.35	£9.45	£19.99	£34.09
Amrita (see Gurmar)						
Andrographis Herb	Andrographis paniculata		£2.09	£5.95	£12.65	£21.49
Andrographis Powder	Andrographis paniculata		£4.45	£12.69	£26.99	£45.89
Ashwagandha Root	Withania somnifera		£3.45	£9.75	£20.69	£35.15
Ashwagandha Root Powder	Withania somnifera		£3.29	£9.35	£19.79	£33.65
Bhringaraj Powder, White	Eclipta prostrata (=alba)		£2.65	£7.49	£15.95	£26.99
Brahmi Powder	Bacopa monnieri		£2.95	£8.45	£17.95	£30.49
Gotu Kola (see Hydrocotyle in World Herbs)						
Guduchi Powder	Tinospora cordifolia		£2.95	£8.39	£17.85	£30.35
Guggul Powder	Commiphora wightii (=mukul), purified in Triphala.		£15.89	£45.39	£96.45	£163.95
Gurmar Powder	Gymnema sylvestre		£4.75	£13.49	£28.69	£48.75
Holy Basil (see Tulsi)						
Indian Myrrh (see Guggul)						
Jeera (see Cumin in World Herbs)						
Kalmegh (see Andrographis)						
Methi Seeds (see Fenugreek in World Herbs)						
Neem Leaf Powder	Azadirachta indica		£2.39	£6.85	£14.45	£24.59
Neem Leaves	Azadirachta indica		£3.15	£8.95	£18.99	£32.35
Shatavari Root	Asparagus racemosus		£4.15	£11.75	£24.95	£42.45
Shatavari Root Powder	Asparagus racemosus		£3.15	£8.95	£18.95	£32.19
Trikatu Powder (Three Spices: Ginger, Long & Black Pepper)	Piper longum, Piper nigrum, zingiber officinale		£7.59	£21.49	£45.65	£77.59
Triphala Powder (Three Fruits: Amla, Bibhitaki & Haritaki)	Phyllanthus emblica, Terminalia bellirica, Terminalia chebula		£3.39	£9.69	£20.59	£34.95
Tulsi Herb	Ocimum tenuiflorum (=sanctum)		£2.65	£7.59	£15.95	£27.15
Tulsi Powder	Ocimum tenuiflorum (=sanctum)		£2.65	£7.59	£15.99	£27.19
Turmeric (see Turmeric in World Herbs)						

All our Ayurvedic herbs are usually sourced from India.

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



Need help with herbs?
Call 020 7703 5550 and a member of staff will do their best to assist you.



Organic Herbs

Name	Latin Name	Origin	10g	25g	100g	250g	500g
Balm (see Lemon Balm)							
Black Seeds (Black Cumin)	Nigella sativa	Egypt		£1.15	£3.59	£7.49	£12.75
Burdock Root	Arctium lappa	Poland		£3.49	£10.79	£22.95	£38.99
Calendula (see Marigold)							
Chamomile Flowers (German)	Matricaria recutita (=chamomilla)	Croatia / Egypt		£2.65	£7.99	£17.09	£28.99
Chickweed Herb	Stellaria media	Europe		£3.79	£11.59	£24.65	£41.95
Cleavers Herb (Clivers)	Galium aparine	Bulgaria		£1.99	£6.09	£12.95	£21.99
Comfrey Herb	Symphytum officinale	Croatia		£2.79	£8.65	£18.29	£31.15
Comfrey Root	Symphytum officinale	Europe		£2.69	£8.19	£17.45	£29.65
Dandelion Herb	Taraxacum officinale	Poland		£2.85	£8.65	£18.35	£31.25
Dandelion Root	Taraxacum officinale	Poland / Morocco		£3.79	£11.65	£24.69	£41.99
Echinacea Root (Angustifolia)	Echinacea angustifolia	Germany		£7.09	£21.75	£46.29	£78.79
Echinacea Root (Purpurea)	Echinacea purpurea	Germany		£5.39	£16.59	£35.15	£59.79
Elderflower	Sambucus nigra	Bosnia / Romania		£3.35	£10.19	£21.65	£36.85
Hawthorn Berries	Crataegus sp.	Poland		£2.25	£6.85	£14.49	£24.65
Hawthorn Tops	Crataegus sp.	EU		£2.25	£6.89	£14.59	£24.85
Horsetail Herb	Equisetum arvense	Europe		£4.75	£14.59	£30.95	£52.65
Knitbone (see Comfrey)							
Lemon Balm Herb	Melissa officinalis	EU		£2.59	£7.95	£16.85	£28.69
Lime Flowers	Tilia cordata	Europe		£3.95	£12.09	£25.75	£43.79
Liquorice Root	Glycyrrhiza glabra	Various		£2.49	£7.65	£16.19	£27.59
Mallow Flowers, Blue	Malva sylvestris	Europe		£5.99	£18.59	£39.59	£67.35
Marigold	Calendula officinalis	Egypt		£3.59	£10.99	£23.49	£39.99
Marshmallow Herb	Althea officinalis	Europe		£2.45	£7.49	£15.95	£27.09
Marshmallow Root	Althea officinalis	Europe		£2.99	£9.19	£19.49	£33.19
Meadowsweet Herb	Filipendula ulmaria	EU		£2.29	£6.99	£14.85	£25.29
Melissa (see Lemon Balm)							
Milkthistle Seeds	Silybum marianum	EU / Turkey		£2.85	£8.79	£18.69	£31.85
Mistletoe Herb	Viscum album	Poland		£2.25	£6.95	£14.75	£25.09
Nettle Herb	Urtica dioica	EU		£2.75	£8.35	£17.79	£30.29
Nettle Seeds	Urtica dioica	EU		£2.45	£7.49	£15.89	£26.99
Oat Tops, Milky	Avena sativa	Poland		£2.85	£8.79	£18.69	£31.85
Passiflora Herb (Passion Flower)	Passiflora incarnata	EU		£3.25	£9.99	£21.25	£36.15
Peppermint Herb	Mentha x piperita	Various		£2.25	£6.85	£14.59	£24.75
Raspberry Leaves	Rubus idaeus	Europe		£2.45	£7.45	£15.85	£26.95
Rosemary Herb	Rosmarinus officinalis	Morocco		£2.25	£6.85	£14.59	£24.75
Sage Herb	Salvia officinalis	Europe		£2.75	£8.45	£17.89	£30.45
Scullcap Herb	Scutellaria lateriflora	USA		£9.29	£28.59	£60.85	£103.59
Spearmint Herb	Mentha spicata	Egypt		£2.25	£6.85	£14.59	£24.75
St. John's Wort Herb	Hypericum perforatum	Europe		£2.39	£7.35	£15.59	£26.59
Turmeric Root Powder	Curcuma longa	India / Sri Lanka		£1.89	£5.75	£12.25	£20.85
Valerian Root	Valeriana officinalis	Poland		£4.15	£12.75	£27.15	£46.19
Vervain (Verbena)	Verbena officinalis	EU		£2.19	£6.75	£14.35	£24.45
White Willow Bark	Salix alba	Poland		£2.19	£6.75	£14.35	£24.45
Yarrow Herb	Achillea millefolium	EU		£2.75	£8.39	£17.85	£30.35



Gums							
Name	Latin Name	Origin	10g	25g	100g	250g	500g
Agar Agar Powder	From Gelidium amansii	Spain		£5.39	£15.45	£32.79	£55.85
Aloes, Cape	Aloe ferox (=capensis)	S. Africa		£3.65	£10.39	£22.15	£37.65
Arabic (Acacia)	Senegalia (=Acacia) senegal & other sp.	Sudan		£2.29	£6.49	£13.75	£23.39
Arabic (Acacia) Powder	Senegalia (=Acacia) senegal & other sp.	Sudan		£2.49	£7.09	£14.99	£25.65
Asafoetida Powder	Ferula assa-foetida (blended with 60% Fenugreek powder)	India / Iran		£2.99	£8.49	£17.99	£27.59
Benzoin	Styrax sp.	Singapore		£6.45	£18.39	£39.09	£66.49
Benzoin Powder	Styrax benzoin	Please call us, as not always available.					
Colophony	Pinus palustris	Portugal		£5.75	£16.39	£34.89	£53.29
Colophony Powder	Pinus palustris	Portugal		£5.95	£16.99	£36.29	£55.45
Copal, Manila	Agathis dammara (=alba)	Indonesia		£2.49	£6.99	£14.99	£25.49
Damar	Shorea wiesneri	Indonesia		£2.59	£7.25	£15.45	£26.25
Frankincense Grains	Boswellia carterii/ papyrifera	Sudan		£2.09	£5.95	£12.59	£21.39
Frankincense Powder, Indian	Boswellia serrata (=thurifera)	India		£2.69	£7.65	£16.29	£27.75
Frankincense & Myrrh Grains	Boswellia carterii/ papyrifera & Commiphora myrrha	Sudan / Kenya		£2.69	£7.69	£16.35	£27.85
Mastic	Pistacia lentiscus	Greece	£7.79	£17.69	£50.49	£107.45	£182.85
Myrrh Grains	Commiphora myrrha (=molmol)	Kenya		£3.45	£9.85	£20.95	£35.65
Myrrh Powder	Commiphora myrrha (=molmol)	Kenya		£3.99	£11.35	£24.15	£41.09
Olibanum (see Frankincense)							
Pine Resin (see Colophony)							
Sandarac	Tetraclinis articulata (=Callitris quadrivalvis)	Morocco		£5.95	£16.89	£35.95	£61.15
Tragacanth Powder	Astragalus gummifer	Iran		£7.99	£22.95	£48.79	£82.99

Clays

Name	Latin Name	Origin	10g	25g	100g	250g	500g
Bentonite Clay Powder	Sodium bentonite	USA		£2.29	£6.49	£13.85	£21.09
Fuller's Earth Powder	Mixture including kaolin and aluminium magnesium silicate	UK		£0.99	£2.99	£6.39	£9.75
Green Clay Powder	Montmorillonite, Illite	France		£2.45	£6.95	£14.79	£22.59
Red Clay Powder	Illite	Germany		£2.69	£7.65	£16.29	£24.89

NOTE: Our clays are for external use only. Please see page 80 for food grade clays.

Charcoal

Name	Latin Name	Origin	10g	25g	100g	250g	500g
Charcoal Powder, Activated	From coconut shells	Malaysia		£2.19	£6.25	£13.29	£20.35

Suitable for internal or external use.





What are tinctures?

Tinctures offer a convenient alternative to infusing herbs. Instead of brewing 2-3 cups of herbal tea each day, simply put 2-5mls 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.

Tinctures							
Name	Latin Name	Ratio	Proof	50ml	100ml	250ml	500ml
Agnus Castus Berry	Vitex agnus-castus	1:3	45%	£4.75	£6.99	£13.65	£24.59
Agrimony Herb	Agrimonia eupatoria	1:4	25%	£4.89	£7.29	£14.39	£25.95
Alfalfa Leaf	Medicago sativa	1:4	25%	£5.29	£8.09	£16.45	£29.65
Artichoke, Globe	Cynara cardunculus var. scolymus	1:3	25%	£4.99	£7.65	£15.25	£27.45
Asafoetida Gum BP	Ferula assa-foetida	1:5	70%	£6.95	£11.39	£24.65	£44.39
Balm (see Lemon Balm)							
Barberry Bark	Berberis vulgaris	1:4	45%	£5.25	£7.99	£16.19	£29.15
Bayberry Root Bark	Myrica cerifera	1:3	45%	£10.75	£18.99	£43.69	£78.65
Bearberry (see Uva Ursi)							
Bilberry Berry	Vaccinium myrtillus	1:3	25%	£8.59	£14.65	£32.75	£58.95
Birch Leaf, Silver	Betula alba	1:4	25%	£5.25	£7.99	£16.19	£29.15
Bladderwrack	Fucus vesiculosus	1:2	25%	£5.39	£8.29	£16.89	£30.45
Blessed Thistle (see Holy Thistle)							
Blue Flag Root	Iris versicolor	1:3	45%	£7.15	£11.85	£25.79	£46.45
Buchu Leaf	Agathosma (=Barosma) betulina	1:4	60%	£11.09	£19.75	£45.49	£81.89
Burdock Root	Arctium lappa	1:3	25%	£5.65	£8.85	£18.25	£32.85
Calendula (see Marigold)							
California Poppy Herb	Eschscholzia californica	1:4	45%	£6.35	£10.25	£21.85	£39.35
Cayenne Pepper	Capsicum annum/ C. frutescens	1:3	70%	£6.09	£9.75	£20.49	£36.89
Celery Seed	Apium graveolens	1:3	60%	£4.99	£7.49	£14.95	£26.95
Chamomile Flower, German	Matricaria chamomilla (=recutita)	1:4	45%	£5.09	£7.75	£15.59	£27.99
Chaste Tree (see Agnus Castus)							
Chickweed Herb	Stellaria media	1:4	25%	£4.89	£7.29	£14.39	£25.95
Cleavers (Clivers) Herb	Galium aparine	1:4	25%	£5.15	£7.85	£15.75	£28.35
Cohosh Root, Black	Cimicifuga racemosa	1:3	60%	£7.65	£12.89	£28.35	£50.99
Cohosh Root, Blue	Caulophyllum thalictroides	1:3	70%	£8.09	£13.75	£30.59	£55.09
Cola (see Kola)							
Collinsonia (see Stone Root)							
Cornsilk	Zea mays	1:4	25%	£4.95	£7.45	£14.79	£26.65
Couch Grass Root	Agropyron repens	1:3	45%	£5.19	£7.95	£15.99	£28.79
Cramp Bark	Viburnum opulus	1:3	45%	£6.49	£10.59	£22.49	£40.49
Damiana Leaf	Turnera diffusa	1:4	60%	£5.45	£8.45	£17.25	£30.99
Dandelion Root	Taraxacum officinale	1:3	25%	£5.25	£7.99	£16.35	£29.45
Devil's Claw Root	Harpagophytum procumbens	1:3	25%	£5.59	£8.65	£17.79	£31.99
Dog Grass (see Couch Grass)							
Echinacea Angustifolia Root	Echinacea angustifolia	1:3	45%	£8.89	£15.35	£34.59	£62.29
Echinacea Purpurea Root	Echinacea purpurea	1:5	45%	£5.59	£8.59	£17.59	£31.69
Elderberry	Sambucus nigra	1:3	25%	£3.69	£5.85	£12.09	£21.79
Elderflower	Sambucus nigra	1:4	25%	£5.25	£7.99	£16.25	£29.25
Elecampane Root	Inula helenium	1:3	45%	£5.09	£7.75	£15.49	£27.89
Eyebright Herb	Euphrasia officinalis	1:3	25%	£5.49	£8.49	£17.39	£31.35



For information on making your own tinctures, please visit our tinctures web-page on our website:

www.baldwins.co.uk

Tinctures							
Name	Latin Name	Ratio	Proof	50ml	100ml	250ml	500ml
Fennel Seed	Foeniculum vulgare	1:3	45%	£4.99	£7.65	£15.35	£27.65
Fenugreek Seed	Trigonella foenum-graecum	1:3	45%	£5.25	£7.99	£16.25	£29.25
Feverfew Herb	Tanacetum parthenium	1:3	25%	£5.59	£8.75	£17.99	£32.39
Galangal Root	Alpinia officinarum	1:3	45%	£5.45	£8.39	£17.15	£30.89
Gentian Root	Gentiana lutea	1:3	45%	£7.35	£12.25	£26.75	£48.15
Ginger Root	Zingiber officinale	1:2	90%	£5.59	£8.69	£17.89	£32.25
Ginkgo Leaf	Ginkgo biloba	1:4	25%	£5.15	£7.79	£15.65	£28.19
Ginseng Root, Siberian	Eleutherococcus senticosus	1:3	30%	£5.75	£8.99	£18.65	£33.59
Golden Rod Herb, European	Solidago virgaurea	1:3	25%	£4.99	£7.59	£14.99	£26.99
Golden Seal Root	Hydrastis canadensis	1:5	60%	£26.75	£50.99	£123.85	£222.95
Gotu Kola (see Hydrocotyle)							
Gravel Root	Eurochium (=Eupatorium) purpureum	1:3	25%	£9.99	£17.65	£40.29	£72.59
Ground Ivy Herb	Glechoma hederacea	1:4	25%	£5.99	£9.59	£19.99	£35.99
Hawthorn Berry	Crataegus laevigata	1:3	45%	£4.99	£7.49	£14.89	£26.85
Holy Thistle Herb	Cnicus benedictus	1:4	25%	£4.89	£7.29	£14.45	£25.99
Hops Strobile	Humulus lupulus	1:5	60%	£6.15	£9.85	£20.75	£37.35
Horehound Herb, White	Marrubium vulgare	1:4	25%	£4.89	£7.35	£14.49	£26.09
Horse Chestnut Seed	Aesculus hippocastanum	1:3	25%	£4.95	£7.45	£14.79	£26.65
Horsetail Herb	Equisetum arvense	1:4	25%	£4.99	£7.59	£15.15	£27.29
Hydrangea Root	Hydrangea arborescens	1:3	25%	£7.45	£12.45	£27.29	£49.15
Hydrocotyle Herb	Centella (=Hydrocotyle) asiatica	1:4	25%	£5.19	£7.89	£15.89	£28.65
Hyssop Herb	Hyssopus officinalis	1:3	45%	£5.39	£8.35	£16.99	£30.59
Jamaican Dogwood Bark	Piscidia piscipula (=erythrina)	1:3	45%	£7.19	£11.89	£25.95	£46.75
Juniper Berry	Juniperus communis	1:3	45%	£5.19	£7.89	£15.89	£28.65
Kola Nut	Cola nitida (=vera)	1:3	45%	£5.15	£7.85	£15.79	£28.45
Lady's Mantle Leaf	Alchemilla vulgaris	1:5	25%	£5.49	£8.59	£17.59	£31.69
Lemon Balm Herb	Melissa officinalis	1:3	45%	£6.59	£10.75	£22.99	£41.49
Lime Flower	Tilia x europea	1:4	25%	£5.99	£9.59	£19.99	£35.99
Liquorice Root	Glycyrrhiza glabra	1:3	25%	£4.95	£7.39	£14.59	£26.29
Lucerne (see Alfalfa)							
Maidenhair Tree (see Ginkgo Biloba)							
Marigold Flower		1:4	90%	£6.25	£9.95	£21.09	£37.99
Marshmallow Root	Althaea officinalis	1:3	25%	£5.09	£7.75	£15.59	£27.99
Meadowsweet Herb	Filipendula ulmaria	1:3	25%	£6.39	£10.35	£21.99	£39.69
Melilot Herb	Melilotus officinalis	1:4	25%	£6.49	£10.49	£22.45	£40.45
Melissa (see Lemon Balm)							
Milk Thistle Seed	Silybum marianum (=Carduus marianus)	1:3	50%	£4.75	£6.99	£13.69	£24.65
Mistletoe Leaf	Viscum album	1:3	25%	£4.99	£7.65	£15.25	£27.45
Motherwort Herb	Leonurus cardiaca	1:4	25%	£4.89	£7.29	£14.39	£25.95
Muir Puama Bark	Ptychopetalum olacoides	1:3	45%	£5.45	£8.45	£17.25	£30.99
Mullein Leaf, Great	Verbascum thapsus	1:4	25%	£5.95	£9.39	£19.65	£35.39

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 only apply
to one product packed in
one container.



Tinctures							
Name	Latin Name	Ratio	Proof	50ml	100ml	250ml	500ml
Myrrh Gum	Commiphora myrrha (=molmol)	1:3	90%	£6.95	£11.39	£24.65	£44.39
Nettle Leaf	Urtica dioica	1:4	25%	£5.15	£7.85	£15.79	£28.45
Nettle Root	Urtica dioica	1:3	45%	£5.75	£8.99	£18.59	£33.49
Oak Bark	Quercus robur	1:3	25%	£5.45	£8.45	£17.35	£31.25
Olive Leaf	Olea europaea	1:3	25%	£4.99	£7.59	£14.99	£26.99
Oregon Mountain Grape Root	Mahonia (=Berberis) aquifolium	1:3	45%	£7.49	£12.49	£27.39	£49.35
Passion Flower Herb	Passiflora incarnata	1:4	25%	£5.49	£8.49	£17.45	£31.45
Pau D'Arco Bark	Handroanthus (=Tabebuia) impetiginosus	1:4	45%	£5.35	£8.25	£16.75	£30.15
Plantain Leaf, Narrowleaf	Plantago lanceolata	1:3	25%	£5.39	£8.35	£16.99	£30.69
Poke Root	Phytolacca americana (=decandra)	1:3	45%	£7.89	£13.35	£29.49	£53.09
Prickly Ash Bark, Southern	Zanthoxylum clava-herculis	1:3	45%	£8.99	£15.69	£35.35	£63.65
Raspberry Leaf	Rubus idaeus	1:4	25%	£4.79	£7.09	£13.89	£24.99
Red Clover Flowers	Trifolium pratense	1:5	25%	£5.25	£7.99	£16.35	£29.45
Rosehip	Rosa canina	1:4	45%	£4.79	£7.09	£13.95	£25.15
Rosemary Leaf	Rosmarinus officinalis	1:4	45%	£5.15	£7.85	£15.79	£28.45
Sage Leaf	Salvia officinalis	1:4	45%	£6.99	£11.65	£25.35	£45.65
Sarsaparilla Root	Smilax officinalis	1:3	45%	£5.99	£9.49	£19.95	£35.95
Saw Palmetto Berry	Serenoa repens	1:3	60%	£8.99	£15.59	£34.99	£63.09
Scullcap Herb	Scutellaria lateriflora	1:4	25%	£7.85	£13.29	£29.35	£52.85
Senna Leaf	Senna alexandrina (=Cassia senna/angustifolia)	1:4	45%	£4.89	£7.35	£14.49	£26.09
Shepherd's Purse Herb	Capsella bursa-pastoris	1:4	25%	£4.99	£7.49	£14.89	£26.85
Small Flowered Willow Herb	Epilobium parviflorum	1:3	45%	£5.85	£9.19	£19.19	£34.59
St John's Wort Herb	Hypericum perforatum	1:3	35%	£4.95	£7.39	£14.69	£26.45
Stone Root	Collinsonia canadensis	1:3	45%	£10.15	£17.79	£40.59	£73.09
Tansy Herb	Tanacetum vulgare	1:4	45%	£6.15	£9.85	£20.85	£37.59
Thuja Leaf	Thuja occidentalis	1:4	60%	£5.29	£8.09	£16.45	£29.65
Thyme Herb	Thymus vulgaris	1:3	45%	£4.99	£7.49	£14.95	£26.95
Turmeric Root	Curcuma longa	1:3	60%	£6.39	£10.35	£21.99	£39.69
Uva Ursi Leaf	Arctostaphylos uva-ursi	1:3	25%	£4.99	£7.49	£14.89	£26.85
Valerian Root	Valeriana officinalis	1:3	45%	£5.25	£7.99	£16.25	£29.25
Vervain Herb	Verbena officinalis	1:3	25%	£4.89	£7.29	£14.39	£25.95
Violet Herb, Sweet	Viola odorata	1:4	25%	£7.49	£12.49	£27.45	£49.45
White Willow Bark	Salix alba	1:3	25%	£4.95	£7.45	£14.75	£26.59
Wild Indigo Root	Baptisia tinctoria	1:5	60%	£9.29	£16.09	£36.39	£65.59
Wild Yam Root	Dioscorea villosa	1:3	45%	£5.99	£9.49	£19.95	£35.95
Witch Hazel Bark	Hamamelis virginiana	1:3	25%	£6.45	£10.39	£22.09	£39.79
Wood Betony Herb	Stachys officinalis (=betonica)	1:4	25%	£5.25	£7.99	£16.19	£29.15
Yarrow Flower	Achillea millefolium	1:4	25%	£4.99	£7.65	£15.29	£27.59
Yellow Dock Root	Rumex crispus	1:3	25%	£5.79	£9.09	£18.95	£34.15

Traditional Chinese Medicine Tinctures

Name	Chinese Name	Latin Name	Ratio	Proof	50ml	100ml	250ml	500ml
Andrographis Herb	Chuan Xin Lian	Andrographis paniculata	1:3	25%	£5.45	£8.45	£17.25	£30.99
Angelica Root, Chinese	Dang Gui	Angelica sinensis	1:3	45%	£6.95	£11.39	£24.65	£44.29
Artemisia Annua (see Sweet Annie)								
Astragalus Root	Huang Qi	Astragalus propinquus (=membranaceus)	1:3	30%	£6.45	£10.45	£22.25	£39.99
Attractylodes Tuber, White	Bai Zhu	Attractylodes macrocephala	1:3	25%	£6.35	£10.19	£21.59	£38.85
Cinnamon Bark	Gui Pi	Cinnamomum cassia (=aromaticum)	1:3	45%	£5.59	£8.65	£17.75	£31.89
Codonopsis Root	Dang Shen	Codonopsis pilosula	1:3	25%	£7.89	£13.35	£29.59	£53.15
Cornelian Cherry, Japanese (Cornus)	Shan Zhu Yu	Cornus officinalis	1:3	25%	£7.25	£11.99	£26.15	£46.99
Fleeceflower Root	He Shou Wu	Reynoutria multiflora (=Polygonum multiflorum)	1:3	25%	£5.85	£9.25	£19.25	£34.59
Ginseng Korean, Red	Ren Shen	Panax ginseng	1:3	45%	£18.39	£34.35	£81.99	£147.65
Ginseng, Chinese	San Qi	Panax notoginseng	1:3	60%	£14.99	£27.59	£65.09	£117.15
Goji Berry	Gou Qi Zi	Lycium barbarum	1:3	25%	£6.09	£9.75	£20.59	£36.95
Gold Coin Grass	Jin Qian Cao	Lysimachia christinae	1:3	25%	£5.99	£9.59	£20.19	£36.29
Ligusticum Root	Chuan Xiong	Ligusticum striatum (=chuanxiong)	1:3	25%	£6.39	£10.35	£21.99	£39.69
Liquorice Root, Chinese	Gan Cao	Glycyrrhiza uralensis	1:3	25%	£4.99	£7.65	£15.29	£27.49
Lycium (see Goji)								
Lysimachia (see Gold Coin Grass)								
Peony Root, White	Bai Shao Yao	Paeonia lactiflora	1:3	25%	£6.65	£10.79	£23.09	£41.59
Poria Cocos	Fu Ling	Wolfiporia extensa (=Poria sclerotium)	1:3	25%	£6.09	£9.75	£20.49	£36.85
Rehmannia Root	Shu Di Huang	Rehmannia glutinosa	1:3	25%	£5.59	£8.65	£17.75	£31.95
Rhodiola Rosea Root	Hong Jing Tian	Rhodiola rosea	1:3	45%	£8.85	£15.25	£34.25	£61.59
Schizandra Berries	Wu Wei Zi	Schizandra chinensis	1:3	25%	£6.95	£11.39	£24.65	£44.29
Sweet Annie Leaf (Sweet Wormwood)	Qing Hao	Artemisia annua	1:3	45%	£5.49	£8.49	£17.45	£31.39
Szechuan Lovage (see Ligusticum)								
Wolfberry (see Goji)								



D. Atkinson Herbalist

Dee Atkinson MNIMH is one of the UK's top Herbalists and runs the D. Atkinson, Herbalist and clinic in Edinburgh. We're excited to bring to you her range of Herbal products based on the traditional blends that she has been working with for over 25 years.

Black Cohosh Sage Compound

100ml	200ml	500ml
£9.00	£15.50	£32.50

Black Cohosh, often called the natural HRT, has been well researched and used to manage menopause symptoms. Sage and Cleavers reduce hot flushes and night sweats. St John's Wort eases mood swings, as well as reducing hot flushes and Red Clover has hormone balancing actions.

Composition Essence

100ml	200ml	500ml
£7.50	£12.50	£25.00

Herbs and Spices blended together into an old time pick me up. Take hot for a warming hot toddy or cold for a daily boost to the immune system.

Echinacea & Elderflower Compound

100ml	200ml
£8.50	£13.50

One of our most popular formulas containing herbs which support the immune system, have antiseptic and anti-bacterial properties as well as anti-catarrhal and expectorant effects. Used for colds, flu and similar viral conditions.



Echinacea Super Plus Compound

100ml	200ml
£12.00	£20.50

Developed for those who are experiencing repeat infection, feeling run down and tired. Practitioner strength Echinacea for immune support with Goldenseal and Thyme to target infection, and the adaptogen properties of Licorice for adrenal support. Lemon Balm has anti-viral qualities.

Plantain & Eyebright Compound

100ml	200ml
£9.50	£15.50

Traditionally known as 'nasal catarrh compound' this formula has been in demand since 1860. Used for chronic cases of nasal catarrh especially where the sinuses, ears and throat are affected.

Sarsaparilla & Burdock Compound

100ml	200ml
£9.95	£16.00

Helpful in managing chronic skin problems such as acne, boils and psoriasis, it contains herbs to support the elimination of toxins and herbs to reduce infection.

Skullcap, Oat & Passionflower Compound

100ml	200ml
£10.00	£15.50

Herbs are used to support the whole body, as stress affects our whole system. Muscle tension is eased, anxious thoughts reduced, the tense bowel relaxed and the nervous system restored. Useful in fatigue, post-viral problems, low mood and anxiety, and daily stress.

Slippery Elm Bark Capsules

90 Capsules	180 Capsules
£18.00	£33.95

Easy to use antacid and pre-biotic. We use this to ease symptoms of IBS, over-acidity and heartburn.

Sweet Sleeps Compound

100ml	200ml
£10.00	£15.25

A traditional herbal remedy used by herbalists to calm the mind and relax, supporting a restful night's sleep. Valerian has a long history of use as a gentle sedative, Valerian teas are a popular bed time drink. Skullcap is used for its muscle relaxing properties and to ease mental tension and anxiety, when your mind is crowded with unwanted thoughts, this is the herb to take. Passionflower and Hops are gentle carminative herbs. This blend can be used occasionally or regularly to help establish a sleep pattern.

Elderberry & Honey Spray

50ml
£11.50

Used at the first signs of a sore throat this spray will stop infections in their tracks. Providing anti-viral and anti-microbial properties as well as the soothing action of organic honey, it is a must have for the winter season.



Marigold Compound

100ml
£9.45

A blend of soothing and antiseptic herbs for use as a pleasant mouthwash. Helps to treat and prevent mouth ulcers. It can also be used as a skin rinse due to its antibacterial properties, so good for acne prone skin.

NEW! D. Atkinson Teas

The D. Atkinson range has proved so popular, we are excited to introduce Dee's blends of teas.

Adaptogen Tea

100g
£8.90

A blend of herbs traditionally used to support the adrenals. Referred to as adaptogens, these herbs help the body adapt to change and manage stress.

Ingredients: Hawthorn berries (*Crataegus laevigata*), Siberian ginseng (*Eleutherococcus senticosus*), Licorice root (*Glycyrrhiza glabra*), Lemon balm herb (*Melissa officinalis*), Rhodiola (*Rhodiola rosea*), Schisandra berry (*Schisandra chinensis*), Skullcap herb (*Scutellaria lateriflora*), Mullein flowers (*Verbascum thapsus*), Ashwagandha (*Withania somnifera*).

Sleep Tea

100g
£7.70

A relaxing sedative combination of herbs to promote restful sleep without drowsy after effects. Helps to ease anxiety and support relaxation.

Ingredients: Chamomile flowers (*Matricaria recutita*), Hops tops (*Humulus lupulus*), Lavender flowers (*Lavandula officinalis*), Lemon Balm herb (*Melissa officinalis*), Passionflower herb (*Passiflora incarnata*), Valerian root (*Valeriana officinalis*).

NEW! D. Atkinson Singer's Range

Protect your throat and voice with D. Atkinson's Singer's Range. Soothe the throat, promote the voice, and reduce the chances of infection. Very popular with singers, actors, and comedians at festival time!

D. Atkinson Herbalist Singer's Tea

100g
£8.00

Drink as a tea or use as a gargle. A blend of soothing, protective herbs including Marshmallow, Licorice and Marigold, with Hibiscus, Plantain, Thyme, Raspberry and Fennel.

Ingredients: Marshmallow (*Althea officinalis*), Raspberry Leaf (*Rubus idaeus*), Plantain (*Plantago lanceolata*), Fennel (*Foeniculum vulgare*), Licorice (*Glycyrrhiza glabra*), Calendula (*Calendula officinalis*), Hibiscus (*Hibiscus sabdarifa*), Thyme (*Thymus vulgaris*).



Cool & Collected Tea

100g
£6.90

A delicious blend of herbs to help manage hot flushes and night sweats. Should be drunk cold or on ice to help cool and reduce symptoms. Add a sprig of fresh mint or a slice of lemon.

Ingredients: Sage (*Salvia officinalis*), Motherwort (*Leonurus cardiaca*), Hibiscus (*Hibiscus sabdariffa*), Peppermint (*Mentha piperita*), Rose (*Rosa damascena*), Chrysanthemum (*Chrysanthemum morifolium*).

Skin Tea

100g
£7.50

Our exclusive combination of herbs to promote a clear complexion. Drink this tea as part of your daily skin care routine.

Ingredients: Burdock root (*Arctium lappa*), Cleavers (*Galium aparine*), Licorice root (*Glycyrrhiza glabra*), Yellow dock root (*Rumex crispus*), Sarsaparilla root (*Smilax officinalis*), Nettle leaf (*Urtica dioica*).

D. Atkinson Herbalist Singer's Throat Spray

50g
£11.80

Organic fresh extracts of Echinacea, Elderberry and organic honey.

D. Atkinson Herbalist Singer's Mix

100ml
£13.00

A tintured herbal blend of Marshmallow, Sage, Agrimony, Raspberry Leaf, Lavender, Icelandic Moss, and Wild Cherry.

NOT SEEING WHAT
YOU WANT?

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

Bio-Health - Herbal Capsules

	Size	Qty	Price
Capsicum Fruit	250mg	60 vegetarian capsules	£8.45
Celery Seed	450mg	60 vegetarian capsules	£8.45
Chamomile Flowers	250mg	60 vegetarian capsules	£8.45
Cinnamon Bark	350mg	60 vegetarian capsules	£8.45
Damiana Herb	300mg	60 vegetarian capsules	£8.45
Dandelion Leaf	300mg	60 vegetarian capsules	£8.45
Dog Rose Hips	500mg	120 vegetarian capsules	£13.95
Fenugreek Seed	550mg	60 vegetarian capsules	£8.45
Garlic (Whole Clove)	300mg	60 vegetarian capsules	£8.45
Ginger Root	500mg	60 vegetarian capsules	£8.45
Ginkgo Leaf	450mg	60 vegetarian capsules	£8.45
	450mg	120 vegetarian capsules	£13.45
Hop (Strobile)	300mg	60 vegetarian capsules	£8.45
Liquorice Root	400mg	60 vegetarian capsules	£8.45
Melissa Herb	450mg	60 vegetarian capsules	£8.45
Motherwort Herb	350mg	60 vegetarian capsules	£8.45
Panax Ginseng	500mg	30 vegetarian capsules	£13.45
Papaya Enzymes	120mg	60 vegetarian capsules	£8.95
Pep-Thyme (Powdered Peppermint and Thyme Oil)	365mg	60 vegetarian capsules	£9.95
Psyllium Husk	400mg	120 vegetarian capsules	£11.95
Raspberry Leaf Extract	500mg	60 vegetarian capsules	£10.95

	Size	Qty	Price
Red Clover	325mg	60 vegetarian capsules	£8.45
Rutin (Super) & Buckwheat	60mg	60 vegetarian capsules	£8.45
Slippery Elm	300mg	60 vegetarian capsules	£9.95
	300mg	120 vegetarian capsules	£17.45
Sweet Fennel Fruits	450mg	60 vegetarian capsules	£8.45
Turmeric Rhizome	500mg	60 vegetarian capsules	£8.95
	500mg	120 vegetarian capsules	£14.95
Runo Turmeric+ (450mg Powdered Turmeric Rhizome, 90mg Black Pepper)	540mg	60 vegetarian capsules	£9.95
	540mg	120 vegetarian capsules	£15.95
Wormwood Herb	250mg	60 vegetarian capsules	£8.95

	60 tablets
Cassilax® (Natural Herbal Laxative)	£9.25

For short term relief of occasional constipation and bloating

	60 tablets	120 capsules
Ekinalife® (Echinacea Root)	£13.45	£19.45

Used to relieve the symptoms of the common cold and influenza type of infections

	50 tablets
Goodnight®	£7.45

For the temporary relief of sleep disturbance

	60 tablets	120 capsules
Hyperdrine® (St John's Wort)	£10.95	£15.95

Used to relieve the symptoms of slightly low mood and mild anxiety

	60 tablets
Lowater®	£10.45

To help maintain body fluid

	60 tablets
Neurotone®	£10.45

For the symptomatic relief of tenseness and irritability

	60 tablets
Passiflora Herb	£9.95

For the temporary relief of mild anxiety and to aid sleep

	60 tablets	120 capsules
Periagna® (Angus Castus)	£12.45	£17.95

Used to help relieve premenstrual symptoms such as irritability, mood swings, breast tenderness, bloating and menstrual cramps

	60 tablets
Salvian® (Sage)	£11.45

For the relief of excessive sweating associated with the menopause

	60 tablets	120 capsules
Silamarie® (Milk Thistle)	£10.95	£16.95

Used to relieve the symptoms associated with the occasional indulgence of food and drink, such as headache and stomach upset

	60 tablets
Valdrian® (Valerian Root)	£10.95

For the temporary relief of symptoms of mild anxiety and to aid sleep

Swedish Bitters

Swedish Bitters got its name from the 18th century Swedish Physician Dr Claus Samst. He rediscovered the formula through a family tradition. The formula recorded is the Swedish Bitters we know today. The Swedish doctor also compiled a manuscript describing the 46 conditions for which Swedish Bitters can bring relief. Dr Samst lived to 104. The actual creation of the formula is credited to Dr Phillipus Paracelsus a Swiss physician who lived around 1541. It was Maria Treben the distinguished Austrian Herbalist, who bought Swedish Bitters to the world's attention.

More information about the various benefits of Swedish Bitters can be found in her book, Health Through God's Pharmacy.



Swedish Bitters			
	100g Packet	250g Packet	500g Packet
Herbs (Instructions Included)	£12.99	£28.49	£55.89
	100ml Bottle	250ml Bottle	500ml Bottle
Liquid	£8.45	£17.79	£32.29
Liquid (Non Alcoholic)*	£10.99	£23.29	£42.15
		30ml	60ml
Cream		£9.15	£15.29

*For those customers wishing to avoid alcohol we now stock a version which is extracted using glycerine

Books by Maria Treben

Cures	£11.99
Health Through God's Pharmacy	£11.99

Back in stock in different format



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ON PAGES
123

Bitterstern Herbal Extract

Bitters have been used by mankind for hundreds of years to support overall health and digestion. The Bitterstern recipe is based on German, Chinese, Ayurvedic and Nordic health practices, and includes a combination of 17 carefully selected herbs prepared by alcohol extraction.

50ml £14.50



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 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.

Cleansing Package

1 Month £84.99

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

2 Months £120.79

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

Candida Cleanse Package

3 Months £228.25

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

Skin Brush

Natural bristle skin brush
Dry skin brushing can change the health of your whole body
Circulation, skin softness and quality, skin infections and irritations, whole body freshness, your level of stimulation, cold prevention and your personal rejuvenation are all areas of improvement you can look for, when you make skin brushing a regular habit.

£12.49

Colon Health Handbook

Contains straightforward answers to all of the questions surrounding the subject of colon health. In an easy - to - understand style, Gray gives explanations of the many ways the condition of the colon is interconnected with the health of the whole body.

14.99



Intestinal Bulking Agent III

£29.99

Special Formula Bulking Agent

£29.99

Lactobacteria Food

£29.99

Intestinal Cleansing Formula

100 Tablets £29.99

Intestinal Cleansing Formula

250 Tablets £60.99

Leaflet

FREE

Enema 1 Litre Kit

1 litre hard shell bucket
Flexible enema aid tube
Easy to use
Stopcock & nozzle tips

£22.79

Travel Enema Kit

Re-usable 1 litre capacity soft bag with loop hook to hang bag up
Flexible enema aid tube
Easy to use gravity feed system
Nozzle tips

£19.49

FOR MORE
DETAILS PLEASE
VISIT OUR WEBSITE
WWW.BALDWINS.CO.UK



Enema Kits

Enemas can be used to help give relief when on the Robert Gray Intestinal Cleansing programme.

In a healthy colon, absorption of vital minerals and nutrients takes place through the colon wall and beneficial immune-boosting bacteria flourish. However, the colon can become a collecting pool for toxins, especially if it is not evacuated regularly.

A high quality medical grade enema kit made available for personal use provides colonic irrigation in the privacy of your own home. An enema is a simple and natural means of cleaning out the large, hollow muscular tube, which is the colon or large intestine.



NEW! The Clay Cure

By popular demand, we are introducing The Clay Cure's range of food grade clays and powders.

The Clay Cure Diatom Nutri - Food Grade Diatomaceous Earth

Diatom Nutri is 89 - 95 percent amorphous silica. As well as being very high in silica percentage it also contains 15 essential trace minerals including phosphorous, selenium, calcium, sodium, potassium, magnesium, copper, zinc and iron.

225g	£8.10
450g	£14.35



The Clay Cure MSM

Premium quality plant-based dietary sulphur.

250g	£9.75
500g	£16.85

The Clay Cure Food Grade Sodium Bicarbonate

Sodium Bicarbonate is a good substitute for commercial products used for bathing. It does not contain fragrances and chemicals, it is colorless and odorless, and it does not leave residues in the bath tub. It makes bath water alkaline and leaves the skin feeling silky.

250g	£2.80
500g	£4.80



The Clay Cure Super Fine Montmorillonite Nutri Clay - Powder

Superfine Montmorillonite (Calcium Bentonite) beige clay. 100% pure, naturally dried, from the hills of Sardinia. Not suitable for those on medication, or with high blood pressure or chronic constipation.

250g	£8.90
500g	£14.15

The Clay Cure Super Fine Montmorillonite Nutri Clay - 600mg capsules

180	£17.65
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Soothing Creams and Ointments by G. Baldwin & Co

Calendula and Chickweed are traditionally used to help alleviate inflamed, irritated, dry, itchy skin. Tocopherol (Vitamin E) and Avocado Oil can help protect the skin from pollution and sun damage.

	60ml	120ml
Calendula & Chickweed Ointment	£7.85	£13.85
	120ml	250ml
Calendula & Chickweed Cream	£7.89	£14.69

An easily absorbed rich and moisturising cream for those larger areas of problem skin



Meadowsweet

The Meadowsweet Collection comprises a variety of products containing our special organic Meadowsweet Oil. Customers tend to use these products for natural pain relief and general skincare as the Meadowsweet herb is known to contain organic pain relieving and skin-soothing components.

The Meadowsweet Lotion and Oils can be massaged into joints and muscles morning and night, or when required to soothe and ease muscle and joint pain.

	50ml		65ml
Meadowsweet Lotion - Joints & Muscles	£10.99		£15.25
	50ml		
Meadowsweet Oil - Joints & Muscles	£10.99		
	65ml	125ml	
Meadowsweet Gel - Joints & Muscles	£15.25	£23.49	

Soothes and eases joints and muscles.

	65ml		50ml
Meadowsweet Rejuvenating Facial Cream	£16.49		£5.49

Moisturising, nourishing and rejuvenating; contains ingredients to improve elasticity of the skin, fine lines and scarring.

Protects and improves the condition of hard working hands and nails. Soothes and eases muscles and joint pain in the hands and wrists.

Natribite has been created as a bi-effective, natural product designed to help reduce bites from small insects such as midges and mosquitoes as well as aid in the relief from the pain and discomfort experienced once bitten.



Granary Herb Creams

These creams are made from the best home grown herbs

	30ml	60ml
Arnica Cream	£9.15	£15.29
Calendula Cream	£9.15	£15.29
Comfrey Cream	£9.15	£15.29
Lemon Balm Cream	£9.15	£15.29
Healing (formerly Soothing) Cream	£9.15	£15.29
Swedish Bitter Cream	£9.15	£15.29



	10ml
Meadowsweet Midge Oil	£4.99

Now in a handy roll on container. Repels midges and mosquitos. Soothes and aids the healing of insect bites.

	300ml
Meadowsweet Shampoo	£16.25

Contains herbal infusions and essential oils to invigorate, nourish and refresh hair and body.

	300ml
Meadowsweet Conditioner	£16.25

Contains ingredients to invigorate the scalp and nourish the hair.

Fresh Herb Remedies

Herbal Preparations and Food Supplements

A. Vogel is one of the leading European herbal brands. Using the formulations of the eminent Swiss Naturopath, Alfred Vogel, A. Vogel uses the freshest possible herbs of the highest quality in its range, controlling the whole organic growing process. Rapid harvesting and processing help to preserve the vital ingredients present in fresh herbs. The herbs are holistically standardised, ensuring that the whole spectrum of active ingredients in each plant is included.

A. Vogel herbal remedies were developed over many years by Swiss herbalist Alfred Vogel, who grew them in his clinic garden and used them to heal his patients. With so much practical experience behind them, the remedies proved extremely successful and become so popular that he founded the company A. Vogel to grow them in larger quantities. The company is based on an organic farm in Switzerland, where the herbs are still grown to this day. Growing our own herbs means that we are with our remedies at every stage of their journey, from seed to shelf. We then support the practitioners who use them for their clients, providing the back up and information that ensures the best results.



Men's Health



	30 capsules	90 capsules
Prostasan Saw Palmetto Capsules THR	£19.99	£53.99

Traditional herbal medicinal product for use in the relief of lower urinary tract symptoms in men who have a confirmed diagnosis of benign prostatic hypertrophy (BPH), exclusively based upon long-standing use as a traditional remedy. Prior to treatment other serious conditions should have been ruled out by a doctor. Always read the leaflet.

Women's Health



	50ml
Agnus Castus Oral Drops THR	£10.50

A traditional herbal medicinal product used to help relieve premenstrual symptoms such as irritability, mood swings, breast tenderness, bloating and menstrual cramps, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

Aches & Pains



	50ml	100ml
Atrogel Arnica Gel THR	£7.25	£11.99

A traditional herbal medicinal product for use in the symptomatic relief of muscular aches, pains and stiffness, sprains, bruises and swelling after contusions, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

	30 tablets	60 tablets
Atrosan Devil's Claw Tablets THR	£10.99	£18.99

A traditional herbal medicinal product used for the relief of backache, rheumatic or muscular pain, and general aches and pains in the muscles and joints, exclusively based upon long standing use as a traditional remedy. Always read the leaflet.

Digestion

	15ml	50ml
Digestisan - Oral Drops for Indigestion	£4.50	£10.50

Digestisan is a licensed herbal remedy for the relief of indigestion, feelings of fullness and flatulence. It contains extracts of freshly harvested Cynara (Artichoke), Dandelion, Peppermint and dried Boldo leaves.

	30 tablets	90 tablets
Menoforce Sage Tablets THR	£13.99	£37.50

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. Always read the leaflet.

	60 capsules
Menopause Support	£14.99

Menopause Support is specially formulated with magnesium to help reduce tiredness and fatigue, using carefully selected botanical extracts with soy isoflavones from fermented soy beans and hibiscus for nutritional support through all stages of the menopause. Always read the leaflet.

	50ml
Uva Ursi Complex Tincture	£10.50

Uva-ursi Complex is a combination of two distinctive herbs - Arctostaphylos uva-ursi and Echinacea purpurea. It is one of Alfred Vogel's very first herbal products and used to help maintain the health of the bladder and urinary tract.



THR means these herbal products are recognised under the Traditional Herbal Medicines Registration Scheme or PL Product Licence, following assessment by the MHRA (Medicines and Healthcare products Regulatory Agency), which is an executive agency of the Department of Health.

Stress & Sleep



	50ml
Avenacalm Avena Sativa Oral Drops THR	£10.50

Traditional herbal medicinal product for use in the temporary relief of symptoms associated with mild stress such as mild anxiety and to aid sleep, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

	15ml	50ml
Dormeesan Sleep Oral Drops THR	£4.50	£10.50

A traditional herbal medicinal product for use in the temporary relief of sleep disturbances caused by the symptoms of mild anxiety, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

	60 tablets
Hyperforce St. John's Wort Tablets THR	£11.99

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.

	15ml
Stress Relief Daytime THR	£4.50

Traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as mild anxiety, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

Coughs



	15ml	50ml
Bronchoforce Chesty Cough Ivy Complex Oral Drops	£4.50	£10.50

A traditional herbal medicinal product used for the relief of chesty coughs, mucus coughs and catarrh, exclusively based on long-standing use as a traditional remedy. Always read the leaflet.

	100ml
Bronchosan Pine Cough Syrup	£8.99

A 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. Always read the leaflet.

	30ml
Cough Spray	£10.99

A. Vogel Cough Spray helps bring rapid and effective relief to dry and tickly coughs. The spray creates a protective film layer in the throat, has an antitussive (cough-relieving) and soothing effect, and ensures that irritated mucous membranes are not further irritated.

Vein Health



	30 tablets	60 tablets
Venaforce Horse Chestnut GR* Tablets THR	£11.99	£20.99

Traditional herbal medicinal product used to relieve the symptoms associated with chronic venous insufficiency and varicose veins, such as tired heavy legs, pain, cramps, and swelling, exclusively based on long-standing use as a traditional remedy. Always read the leaflet. *gastro-resistant

	100ml
Venaforce Horse Chestnut Gel	£11.99

Venaforce contains the extract of Aesculus hippocastanum (Horse Chestnut) seeds. It helps to cool, soothe and relieve tired, heavy and uncomfortable legs.



Cold & Flu Care

	40 tablets	80 tablets
Echinaforce Chewable Cold & Flu Tablets THR	£6.00	£10.30

Traditional herbal medicinal products used to relieve the symptoms of the common cold and influenza type infection, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

	15ml	50ml	100ml
Echinaforce Echinacea Drops THR	£4.50	£10.50	£17.99

A traditional herbal remedy used for the symptomatic relief of colds, flu and influenza type infections. Always read the leaflet.

	40 tablets
Echinaforce Forte High Strength Cold & Flu Tablets THR	£11.50

Traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections, exclusively based upon long standing use as a traditional remedy. Always read the leaflet.

	42 tablets	120 tablets
Echinaforce Echinacea Tablets THR	£4.99	£10.50

A traditional herbal remedy used for the symptomatic relief of colds, flu and influenza type infections. Always read the leaflet.

	30ml
Echinaforce Sore Throat Spray THR	£10.99

Traditional herbal medicinal product used to relieve sore throats associated with coughs, colds and flu, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

Fill your own capsules!

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 tap down with the tool top up, push the two parts together and then eject the finished capsules. All that and its dish washer safe as well.

We offer both size 0 and 00 capsule machines and capsules. The volume that each capsule contains varies depending on the powder density, but as a guide if the size 0 holds 330mg then the 00 will hold 430mg. Please specify 0 or 00 when ordering.

£22.99



Empty Capsules

These can be filled with the herb or powder of your choice. Simply separate the two halves fill the larger on with the chosen ingredient and then re-seal. For larger quantities, please visit our website.

Prices Here Relate To Both Sizes

	100	500	1000	5000	10000	25000
Gelatine Capsules	£1.99	£5.69	£10.65	£47.15	£83.25	£194.39

Available in size 0 and also in size 00

	100	500	1000	5000	10000	25000
Vegetarian (HPMC*) Capsules	£2.79	£9.65	£18.59	£86.65	£154.39	£362.39

Available in size 0 and also in size 00

*HPMC is an abbreviation for hydro-mellose (hydroxypropyl methylcellulose). These are vegetarian capsules made from plant fibres. HPMC capsules are renowned for their long storage life and are best suited for the encapsulation of moisture sensitive powders.

Pestle & Mortar

For over a century, Milton Brook, has been producing the iconic Mortar and Pestle. Unglazed porcelain for easy grinding of wet and dry mixes. Non-porous and non-staining, the smooth surface is easy to clean. Sustainable and stylish beechwood handle.

Size 0	142ml	£19.35
Size 1	199ml	£20.25
Size 2	284ml	£21.99
Size 3	426ml	£27.65
Size 4	568ml	£33.09



Tea Ball

For the easy infusion of herbs, try a tea ball. It's like a reusable tea bag.



Tea Ball (45mm)	£5.09
Tea Ball (65mm)	£7.49
Tea Tongs (45mm)	£5.89
Tea Tongs (65mm)	£7.95



Cha Cult Premium Quality Chlorine & Bleach Free Paper Tea Filter

1. Full the filter with the tea or herb
2. Hold the string on one end
3. Pull the other end of the string
4. Use just like a teabag

The filter is made out of a very carefully selected raw materials. The very fine pores of this taste-free material guarantee a perfect tea infusion. The filters are compostable too.

Cha Cult Premium Quality Chlorine & Bleach Free Paper Tea Filter 50 Tea Filters

£5.99



Electric Spice & Nut Grinder

With the Cuisinart Electric Spice & Nut Grinder (model SG21U) you can grind whole spices and nuts just before use to ensure optimal flavour and aroma. Grind spices or create original tantalising spice blends with the powerful motor and sharp stainless steel blades that process spice and nuts to preferred texture. It's easy to operate, just press the lid. The removable stainless steel grinding bowls come with airtight lids for storing ingredients and preventing carryover between flavours. Comes with 3 year warranty.

Grinder

£49.99



Glass Storage Jars

Elegant and practical storage solution. Bamboo lids with airtight seals. Contents not included.

Small (8.5x11cm) - 450ml	£7.35
Medium (8.5x16cm) - 650ml	£8.75
Large (8.5x20cm) - 950ml	£10.99



Glass Teapot

Our beautiful hand blown, eco-friendly, heat-proof, borosilicate-toughened glass teapots are fantastic for brewing your favourite herbal blends, black teas and great for watching your blooming teas unfurl. Dishwasher proof with a built-in, removable, infuser; they are the perfect piece of tea and herb brewing equipment.

Small (500ml)	£13.39
Large (750ml)	£16.49



Dalgety Instant Teas

Cinnamon & Peppermint	20 Herbal Tea Bags	£1.79
Green Tea & Ginger	18 Herbal Tea Bags	£1.79
Strong Honey & Giner	18 Herbal Tea Bags	£1.79
Instant Honey & Ginger (blended with Honey Granules)	18 Herbal Tea Bags	£1.79
Instant Ginseng & Ginger with Honey	18 Herbal Tea Bags	£1.79
Strong Lemon & Ginger	18 Herbal Tea Bags	£1.79
Strong Lemongrass/Fevergrass	18 Herbal Tea Bags	£1.79
Moringa with Ginger	18 Herbal Tea Bags	£2.49
Moringa with Green Tea	20 Herbal Tea Bags	£2.49
Moringa with Peppermint	20 Herbal Tea Bags	£2.49
Peppermint & Ginger	18 Herbal Tea Bags	£1.79



JA Moringa

JA MORINGA HERBAL TEA £7.99

24 Tea Bags

100% Natural with nothing added and nothing taken away. Grown without the use of fertilizers or pesticides and no GM contamination. The leaves are washed and then dried naturally away from direct sunlight in order to preserve the vitamin content.



PLEASE SEE OUR WEBSITE FOR A WIDER SELECTION OF OUR TEAS

Pure Moringa	18 Herbal Tea Bags	£2.99
Pure Soursop	18 Herbal Tea Bags	£2.99
Strong Pure Green Tea	18 Herbal Tea Bags	£1.79
NEW! Strong Pure Neem Tea (Indian Lilac)	18 Herbal Tea Bags	£1.79
NEW! Strong Pure Turmeric	18 Herbal Tea Bags	£1.79
NEW! Strong Turmeric & Ginger	18 Herbal Tea Bags	£1.79
Strong Pure Peppermint	18 Herbal Tea Bags	£1.79
Strong Sorrel/Hibiscus & Ginger	18 Herbal Tea Bags	£1.79
Strong Chamomile & Lemongrass	20 Herbal Tea Bags	£1.79
Strong Chai/Masala Spice Tea with Honey	20 Herbal Tea Bags	£1.79
Strong Effective Slimline	18 Herbal Tea Bags	£1.79

Salus House Organic Tea Bags

Anise-Fennel-Caraway	15 Tea Bags	£1.75
Chamomile	15 Tea Bags	£1.75
Dandelion	15 Tea Bags	£1.75
Fennel	15 Tea Bags	£1.75
Hawthorn	15 Tea Bags	£1.75
Horsetail (currently non-organic)	15 Tea Bags	£1.75
Lemon Balm	15 Tea Bags	£1.75
Mate	15 Tea Bags	£1.75
Mistletoe	15 Tea Bags	£1.75
Nettle	15 Tea Bags	£1.75
Peppermint	15 Tea Bags	£1.75

Sage	15 Tea Bags	£1.75
St John's Wort	15 Tea Bags	£1.75
Thyme	15 Tea Bags	£1.75
Vervain	15 Tea Bags	£1.75
Yarrow	15 Tea Bags	£1.75



24hr Orderline 0207 703 5550

Flower Essences



Here you will find a new addition to our ever popular range of Flower Essences, the Findhorn Flower Essences, made by hand in the north of Scotland, using only the finest natural and organic ingredients. 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.

Findhorn Flower Essences	88-89
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Australian Bush Flower Essences	94-96

Can't find what you're looking for? Check out our Index on pages 130-131.

Order now at www.baldwins.co.uk

Findhorn Flower Essences

Findhorn Flower Essences is a small, well established and award winning business with over 20 years' experience in the production of self-help flower remedies. These essences are lovingly made by hand according to methods of Dr Edward Bach in the north of Scotland, an area of outstanding natural beauty. Findhorn use only the finest natural and organic ingredients.

Individual Essences (15ml)

Ancient Yew	£10.50
Emergence	
Realise your life purpose. Cast off burdens that hold you back and take spontaneous action that leads to new directions for change and growth.	
Apple	£10.50
Purpose	
Focus on your purpose with enthusiasm and perseverance, and use your will to realise the goal.	
Balsam	£10.50
Tenderness	
Nurture yourself and others through love and intimacy. Overcome feelings of separateness. Emanate and attract warmth and tenderness.	
Bell Heather	£10.50
Confidence	
Have faith and trust in yourself. Release doubt and fear. Stay firmly grounded, flexible and confident.	
Birch	£10.50
Vision	
Open your mind and broaden your outlook. Banish uncertainty and worries that cloud your vision. Exercise your imagination to see 'the bigger picture'.	
Broom	£10.50
Clarity	
Clear your mind and focus your thinking. Dispel emotional turmoil that hinders your powers of concentration.	
Cabbage	£10.50
Devotion	
Boost dynamism. Convert procrastination into action and find joy in work.	
Cherry	£10.50
Compassion	
Be openhearted and open-minded. Transcend negative, inherited tendencies by consciously conducting yourself with integrity and goodwill.	
Daisy	£10.50
Protection	
Stay calm and focussed. Overcome agitation and anxiety by centring yourself to remain stable and grounded.	

Elder	£10.50
Beauty	
Be the radiant and beautiful being you truly are. Release your expectation of perfection. Stimulate natural powers of rejuvenation.	
Elecampane	£10.50
Sensitivity	
Magnetise your abilities to work with psychic energies and spiritual forces. Be a clear channel by virtue of right motive, alignment and attunement.	
Elf Cup Lichen	£10.50
Liberation	
Release deep-seated, negative emotions and clear the way for positive change and personal transformation.	
Garden Pea	£10.50
Expression	
Cultivate confident, articulate self-expression. Let go self-doubt and negative self-talk. Clear the blocks to heartfelt communication and speak your truth.	
Ginkgo	£10.50
Endurance	
Maintain mind-body equilibrium. When you are feeling disconnected, stimulate your light responsive 'third eye' so body and mind work harmoniously and in sync.	
Globe Thistle	£10.50
Strength	
Tap into reserves of patience, flexibility and endurance. When caring and giving promotes dependence, know your limitations and honour your own needs.	

Golden Iris	£10.50
Fidelity	
Realise powers of right perception and discernment. Act in harmony with your inner wisdom and master impulses that hinder good judgement.	
Gorse	£10.50
Joy	
Lift up your heart and mind. When you feel disheartened, withdrawn or depleted of energy, bring light into your life and let joy fuel your enthusiasm and dynamism.	
Grass of Parnassus	£10.50
Openness	
Open your heart. Let down your barriers and release your fear. Have faith in the healing power of love.	
Harebell	£10.50
Alignment	
Believe in yourself. Trust your abilities. Feel good about yourself, be happy and prosper.	
Hazel	£10.50
Freedom	
Let your mind be free and go with the flow. Keep moving forward in life in wonder of your unfolding new potential. Transform expectations into explorations.	
Holy Thorn	£10.50
Acceptance	
Open your heart. Let down the barriers that inhibit love's expression. Accept yourself and others unconditionally.	



24hr Orderline 0207 703 5550

Iona Penny Wort	£10.50
Transparency	
Live with integrity and awareness. Banish guilt and self-judgement. Cast a ray of light into the dark corner of your mind. Accept and integrate your shadow side.	
Lady's Mantle	£10.50
Awareness	
Bring to light your inherent natural intelligence. Enhance lateral thinking and problem solving. Expand awareness and responsiveness by bridging the mind-body divide.	
Laurel	£10.50
Resourcefulness	
Hold your vision, get organised and bring your plan into manifestation.	
Lime	£10.50
Universality	
Cultivate harmonious relationships. Transform intolerant attitudes and behaviour. Be at peace with yourself, your neighbours and your world.	
Lotus Lily	£10.50
Transformation	
Made at the Bodhi tree, where the Buddha realised enlightenment. This essence helps to transform limitations of the mind, to transcend worldly concerns and to think and act from the heart.	
Mallow	£10.50
Grace	
Harmonise thinking and feeling. Intellectualising your feelings is a way of escaping emotional connection with others. Communicate from your heart.	
Monkey Flower	£10.50
Personal Power	
Stand in confidence to uphold your truth. Transform insecurity and fear by standing in your power.	
Ragged Robin	£10.50
Purification	
Purify your body and mind. Detox from whatever stops your energies from flowing freely. Make choices that maintain good health and wellbeing.	
Reindeer Lichen	£10.50
Transmutation	
Breathe, calm down and relax. Open to free circulation and energy flow to and from the heart.	
Rose Alba	£10.50
Power	
Connect with your creative powers. Trust and follow your intuition. Speak and act from your inner authority.	

Rose Water Lily	£10.50
Presence	
Reconnect with your spiritual roots and creative source. Rise above the emotional pressures and demands of daily life and find contentment in the present.	
Rowan	£10.50
Reconciliation	
Make peace with yourself and others. Take responsibility to heal the past. Surrender, forgive and move on.	
Scots Pine	£10.50
Wisdom	
Trust the source of wisdom within you. Overcome the insecurity of uncertainty by tuning in and listening. Be guided by your inner voice.	
Scottish Primrose	£10.50
Peace	
Find inner peace and restore natural rhythms. Overcome conflict, fear and anxiety by opening the heart to the source of unconditional, universal love.	
Sea Holly	£10.50
Brilliance	
Be spontaneous, social and outgoing. Overcome the limitations that inhibit your expression. Let your light shine.	
Sea Pink	£10.50
Harmony	
Balance your inner dualities. Stay well-grounded and maintain your sense of equilibrium.	
Sea Rocket	£10.50
Regeneration	
Use your resources wisely. Release insecurity and your need to control and hold on. Connect to your source and trust in your powers to adapt and thrive.	
Silverweed	£10.50
Simplicity	
Simplify your life and unclutter. Focus on what is most important. Increase self-awareness and consciousness.	
Snowdrop	£10.50
Surrender	
Surrender, release and let go. Move forward with renewed hope and optimism. Find peace and serenity through acceptance.	
Spotted Orchid	£10.50
Equanimity	
Be positive. Surrender your limited viewpoint and keep the greater plan in mind.	

for our full
Range please
visit our website
www.baldwins.co.uk



Stonecrop	£10.50
Transition	
Embrace and welcome change and transformation. Transmute restlessness and frustration to find peace and stillness within.	
Sycamore	£10.50
Revitalisation	
Relax, recharge and revive. When persistent stress leads to exhaustion, be gentle with yourself. Take time to allow your system to relax and recover.	
Thistle	£10.50
Courage	
Find courage to cope in a crisis, and let go of fear Stand in strength and act with confidence.	
Valerian	£10.50
Delight	
Live in the present moment. Lighten up and have more fun. Make time to enjoy simple joys in life that bring you true happiness.	
Watercress	£10.50
Wellbeing	
Clear congestion and stagnant energies from your body and mind. Take the edge off your emotional reactions. Cool down, and stay calm and collected.	
Wild Pansy	£10.50
Resonance	
Open your heart to receive and radiate the energy of love. Clear the blocks to the free flow of life energies. To illuminate the mind. Restore mind-body equilibrium.	
Willowherb	£10.50
Self-mastery	
Harness your fiery, passionate nature through mindfulness and right use of will and power.	
Wintergreen	£10.50
Gladness	
Mobilise your willpower. Dispel darkness and despair. Stay positive and be patient with optimistic expectancy. Open the heart to love and support from others.	

Order now at www.baldwins.co.uk

NEW! Findhorn Sacred Mists

Sacred Mists harmonise our energies with our environment, with each mist containing a unique blend of natural and organic Aromatherapy Essential Oils, which provide sensory stimulation, together with Flower, Elemental and Gem Essences, which provide vibrational energetic healing.

Each mist comes in an easy-to-use spray format.

Sacred Earth

Helps to stay grounded and focused, to feel at home in yourself and in your environment.

Ground & Nurture

100ml £17.50

Sacred Light

Helps to find inspiration and evoke the aspiration to strengthen the heart-mind connection and realise inner wisdom.

Love & Wisdom

100ml £17.50

Sacred Space

Helps to purify and clear your physical space to create a more positive relaxing atmosphere.

Peace & Harmony

100ml £17.50



NEW! Findhorn Aromatherapy Mists

Calm Me Down

Helps you transform emotional turmoil to stay calm and composed.

Calm

50ml £10.50

Eros

Helps you feel good about yourself, to express your love freely and enrich your relationships.

Love

50ml £10.50

Prosperity

Helps you manifest your dreams and goals to attract greater prosperity and abundance into your life.

Abundance

50ml £10.50

Sacred Space

Helps to purify and clear your physical space to create a more positive relaxing atmosphere.

Peace & Harmony

50ml £10.50

Psychic Protection

Helps you feel safe and secure, positive and strong.

Safe

50ml £10.50



What are Bach™ Original Flower Remedies?

The 38 flower essences Dr Bach discovered are made from a variety of wild plants, trees and bushes and each of the 38 essences relates to a different emotional state that everyone will experience from time to time. Bach Original Flower Remedies are a gentle system, which capture the positive mood of flowers allowing us to discover the positive side of ourselves. Dr Bach's essences are designed to be tailored to each individual's use and can either be taken individually or together to make a personal mix.

How are they made?

The essences are made using two methods. The more commonly used technique the 'sun method' involves gently placing flowers into a bowl of spring water and leaving in the sun to stand for several hours. This process allows the energy within the flowers to transfer into the water. The flowers are then removed and the essence is transferred into bottles filled with a grape alcohol solution to preserve the water. This concentrated solution is then further diluted in more of the grape alcohol solution in a 'stock bottle', which is the form we buy it in from shops.

Dr Bach discovered that the sun method was not a suitable way of preparing all of the essences, the alternative 'boiling method' used for some flowers involves allowing the plant material to simmer in spring water for 30 minutes. Once cooled down the mixture is then treated in the same way as the sun method.

In the table below the essences are divided into seven groups that all represent different emotions.

- Face your fears
- Live the day
- Reach out to others
- Know your own mind
- Fine Joy and Hope
- Live and let Live
- Stand your ground

Dr Bach also produced a well known combination essence often referred to as RESCUE Remedy. This combination of five individual essences (Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis) is used by millions of people today and they take comfort when rescue is by their side when they need to get the most from their busy day. Whether it's a frustrating commute, approaching exams, a difficult day at the office or even the demands of a busy family life, keep on top of your day with Rescue



Bach Flower Essences

Bach™ Flower Remedies were pioneered in the 1920's and 1930's by Dr Edward Bach. They capture the positive potential of flowers which Dr Bach believed offered a holistic approach to emotional balance providing a natural simple system in tune with the body.

The table below uses the 7 different categories and will help you select and essence.

GROUP	ESSENCE	EMOTION	POSITIVE POTENTIAL
FACE YOUR FEARS	Mimulus	You are shy or you feel worried about something specific	Courage
	Aspen	You feel fearful/unsettled but can't say why	Reassurance
	Rock Rose	You are overwhelmed by fear or terror	Fearlessness
	Cherry plum	You fear you might lost control	Composure
	Red chestnut	You feel overly concerned for someone else/others	Peace of mind
LIVE THE DAY	Honeysuckle	Your mind is stuck in the past and you struggle to move on	Presence
	Clematis	Day dreamer, often out of touch with reality	Focus
	Chestnut bud	You find yourself repeating the same mistakes	Insight
	White chestnut	You struggle to switch off or have repetitive thoughts	Tranquillity
	Wild Rose	You lack interest and enthusiasm	Enthusiasm
	Mustard	You feel unhappy/glum and don't know why	Brightness
REACH OUT TO OTHERS	Olive	You feel tired after making an effort	Restoration
	Heather	You are talkative, over share and find it hard to be alone	Be Heard
	Impatiens	You feel impatient with the slow pace of people or things	Patience
	Water violet	You like to be alone, can appear aloof	Connect
KNOW YOUR MIND	Hornbeam	You lack motivation and feel tired at the thought or starting something	Resolve
	Gentian	You feel discouraged when something goes wrong	Encouragement
	Gorse	You have given up and see little hope	Hope
	Scleranthus	You struggle to make decisions	Decisiveness
	Wild Oat	You are trying to find your path in life	Direction
	Cerato	You doubt your own judgement	Guidance
FIND JOY AND HOPE	Star of Bethlehem	For the after effects of a shock or grief	Comfort
	Willow	You feel resentful and sorry for yourself	Positivity
	Elm	You are overwhelmed by many responsibilities	Support
	Pine	You feel guilty or blame yourself	Absolution
	Sweet Chestnut	You feel anguish and a lack of optimism	Solace
	Larch	You lack confidence in your abilities	Confidence
	Oak	You struggle on regardless	Strength
	Crab Apple	You have poor self-image and feel un-clean	Acceptance
	Vine	You are dominant and can appear inflexible	Inspire
LIVE AND LET LIVE	Vervain	You are strong willed and enthusiastic but inflexible	Unwind
	Beech	You feel critical and intolerant and often struggle to see the good in things	Tolerance
	Chicory	You are over protective of family and friends	Release
	Rock water	You are a perfectionist who sets themselves high goals	Flexibility
STAND YOUR GROUND	Centauray	You find it hard to say 'no' to others	Assertiveness
	Walnut	You find it hard to adapt to change	Constancy
	Holly	You feel the need for revenge or are suspicious of others	Goodwill
	Agrimony	You hide your troubles behind a smile	Openness

How is RESCUE REMEDY® made?

The flower essences used in RESCUE REMEDY® are still made at the Bach Centre in Mount Vernon, Oxfordshire using the method developed by Dr Bach over 70 years ago. They are then sent to the factory in Wimbledon where they are diluted and bottled in a manufacturing facility to the highest quality standard.

RESCUE REMEDY® Dropper & Spray

The original RESCUE® FORMATS, Dropper and Spray. The RESCUE Remedy formula is the same today as it was when it was developed more than 0 years ago. Keep on top of your day with RESCUE® by your side. Simply add 4 drops to a drink of your choice or place 4 drops on your young as often as required. Suitable for the whole family including vegetarians and vegans. Available in 10ml dropped, 20ml dropped and 7ml spray and 20ml spray

	10ml	20ml
RESCUE® Liquid	£8.49	£10.99
	7ml	20ml
RESCUE® Spray	£7.99	£11.49

RESCUE NIGHT®

Sometimes your mind won't switch off at night, continuously preoccupied and thinking about events such as upcoming presentation or job interview, or your child's first day at school. RESCUE NIGHT® BLENDS OUR Original RESCUE® formula with BACH® Original Flower Essence, White Chestnut. These flower essences combined help you enjoy a natural nights' rest. Available in 10ml dropper, 20ml spray and Liquid Melt capsules

	10ml
RESCUE NIGHT®	£8.49
	20ml
RESCUE NIGHT®	£10.99

RESCUE NIGHT® Liquid Melts

The fast-dissolving capsules quickly release the RESCUE Night® formulation to help you enjoy a natural nights' rest. Place a RESCUE night® Liquid Melt capsule on your tongue and let it dissolve.

RESCUE® Liquid Melts	£9.19
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RESCUE® Cream

RESCUE® Cream combines the 5 flower essences Of RESCUE along with Dr Bach's cleansing essence of Crab Apple which intensively moisturises and helps to re-hydrate dry, sensitive skin. Suitable for the whole family. For external use only. RESCUE® Cream is non-greasy, Lanolin free, Paraben free, Perfume free. Available 30g and 50g tube

	30g	50g
RESCUE® Cream	£6.45	£8.75

Bach Flower Essences

Essences 20ml	£7.49
Professional Wooden Box Set	£293.99
38x20ml Bach™ Essences, 2x20ml RESCUE Remedy® and 2 x mixing bottles.	
Mixing Bottle - 30ml	£2.19

RESCUE on-the-go

Keep a RESCUE® product to hand with these handy formats for your handbag or the car. Keep on top of your busy day wherever you are, your daily commute, a school run or at work.

RESCUE® Pastilles

Alcohol and sugar free, soothing RESCUE® Pastilles are ideal for travel. The handy tin is perfect to grab and go. Chew a pastille as required. Available in Blackcurrant flavour

RESCUE® Pastilles	£6.45
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RESCUE® Chewing Gum

Relax with soothing RESCUE® Chewing Gum. This refreshing Spearmint flavoured gum has a liquid RESCUE® centre. Contains 17 pieces. Suitable for vegetarians.

RESCUE® Spearmint Chewing Gum	£4.95
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RESCUE PLUS® with Vitamins

"RESCUE® has launched an exciting new range called RESCUE PLUS® The original and unique combination of flower essences with the addition of Pantothenic Acid (Vitamin B5) to support normal mental performance and Vitamin B12 to support your daily performance even on busy days."

Dropper and Spray are alcohol free and come in a delicious lemon and elderflower flavour.



	20ml
RESCUE PLUS® Dropper	£12.49
RESCUE PLUS® Spray	£12.99
RESCUE PLUS®	£3.99

10 sugar free Lozenges
A soothing lozenge with a natural orange and elderflower liquid centre.

RESCUE PLUS®	£10.85
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15 Sugar Free Effervescent Tablets
Natural Mixed Berry flavour
Fizzing with vitamins and minerals this new RESCUE® product contains vitamin B12 and Magnesium which help to reduce tiredness and fatigue, as well as Pantothenic acid (Vitamin B5) for normal energy release and Zinc for normal cognitive function.

Cardboard Set Box	£169.99
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38x10ml Bach™ Essences and 2x20ml RESCUE Remedy®.

Professional Wallet Set	£227.99
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38x20ml Bach™ Essences, 2x20ml RESCUE Remedy® and 1 x mixing bottle.

Bush Flower Essences

Individual Essences (15ml)

Directions:

Preparation: Place 7 drops of Stock Essence into a 15ml to 30ml dropped bottle filled with one-third brandy and two-thirds purified water.

Dosage: Take 7 drops of the preparation under the tongue, morning and night or as instructed by a practitioner.

You may wish to use a base of distilled water only but note this will only stay fresh if kept refrigerated and only for a day or two.

For our Light Frequency Range, please visit our website www.baldwins.co.uk Please note that prices are subject to alteration without notice

For the latest prices check out website at www.baldwins.co.uk

Alpine Mint Bush	£11.95
Revitalisation; joy; renewal.	
Angelsword	£11.95
Spiritual discernment; accessing gifts from past lifetimes; releases negative psychic energy; clear spiritual communication.	
Banksia Robur	£11.95
Enjoyment of and interest in life.	
Bauhinia	£11.95
Acceptance and open mindedness; embracing new concepts and ideas.	
Billy Goat Plum	£11.95
Sexual pleasure and enjoyment; acceptance of one's physical body.	
Black-Eyed Susan	£11.95
Slowing down; ability to turn inward and be still; inner peace.	
Bluebell	£11.95
Opens the heart; joy; sharing.	
Boab	£11.95
Personal freedom by releasing family patterns; clearing of other non-family negative karmic connections.	
Boronia	£11.95
Serenity; clarity of mind and thought; creative visualisation.	
Bottlebrush	£11.95
Letting go; serenity whilst adjusting to change; bonding between mother and child.	
Bush Fuchsia	£11.95
Allows one to integrate information; develops intuition; trusting and following one's intuition.	
Bush Gardenia	£11.95
Renews interest in others; improves communication; passion.	
Bush Iris	£11.95
Spiritual insight; awareness and understanding beyond the material/physical plane.	
Christmas Bell	£11.95
To manifest one's desired outcome.	
Crowea	£11.95
Balances and centres the individual; in touch with one's feelings.	
Dagger Hakea	£11.95
Forgiveness; open expression of feelings.	
Dog Rose	£11.95
Confidence; courage; belief in self; ability to embrace life more fully.	

Dog Rose Of The Wild Forces	£11.95
Calm and centred in times of inner or outer turmoil; emotional balance.	
Five Corners	£11.95
Love and acceptance of self; celebration of own beauty; letting true self stand out.	
Flannel Flower	£11.95
Gentleness; enjoyment of all physical expression and touch; trust to express and reveal self; self-sensuality; healthy boundaries.	
Freshwater Mangrove	£11.95
Openness to new experiences people and perceptual shifts; healthy questioning of traditional standards and beliefs.	
Fringed Violet	£11.95
Removes effects of past or present distress; psychic protection.	
Green Spider Orchid	£11.95
Telepathic communication; ability to withhold information until timing is appropriate; attunement.	
Grey Spider Flower	£11.95
Faith; courage; calmness.	
Gynea Lily	£11.95
Humility; allowing others to express themselves and contribute; awareness; appreciation and taking notice of others.	
Hibbertia	£11.95
Acceptance of self and own innate knowledge; integration of knowledge and philosophies.	
Illawarra Flame Tree	£11.95
Self-approval; self-reliance; inner strength.	
Isopogon	£11.95
Able to learn from past experiences; remember the past; retrieval of forgotten skills.	
Jacaranda	£11.95
Decisiveness; clear mindedness; focused attention.	
Kangaroo Paw	£11.95
Relaxed sensitivity savoire faire; enjoyment of people.	
Kapok Bush	£11.95
Persistence willingness to "give it a go"; application.	
Little Flannel Flower	£11.95
Playfulness; joyful; ability to have fun; spontaneity.	
Macrocarpa	£11.95
Renews enthusiasm.	

Mint Bush	£11.95
Smooth spiritual initiation; clarity calmness; ability to cope.	
Monga Waratah	£11.95
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.	
Mountain Devil	£11.95
Unconditional love; forgiveness; happiness; inner peace.	
Mulla Mulla	£11.95
Reduces the negative effects of fire and the sun's rays.	
Paw Paw	£11.95
Focus and clarity.	
Old Man Banksia	£11.95
Ability to cope with whatever life brings.	
Peach-Flowered Tea-Tree	£11.95
Balance; responsibility for own health; completion of projects.	
Philothea	£11.95
Ability to accept praise; acknowledgement and love; open to abundance.	
Pink Flannel Flower	£11.95
Feeling of gratitude; open hearted; appreciative; joie de vivre; lightness of being.	
Pink Mulla Mulla	£11.95
Deep spiritual healing; trusting and opening up.	
Red Grevillea	£11.95
Strength to leave unpleasant situations; boldness; indifferent to judgement of others.	
Red Helmet Orchid	£11.95
Helps father/child bonding; sensitivity; respect.	
Red Lily	£11.95
Grounded; focused living in the present; opens crown chakra; enhances spiritual evolution.	

Red Suva Frangipani	£11.95
Feeling calm and nurtured inner peace and strength to cope.	
Rough Bluebell	£11.95
Compassion; release of one's inherent love vibration; sensitivity.	
She Oak	£11.95
Overcomes imbalances in females.	
Silver Princess	£11.95
Life purpose and direction motivation.	
Slender Rice Flower	£11.95
Co-operation and group harmony; humility; perception of beauty in and acceptance of others.	
Southern Cross	£11.95
Personal power positive attitude; taking responsibility for self.	
Spinifex	£11.95
Empowers through understanding and awareness of the emotional causes of illness.	
Sturt Desert Pea	£11.95
Diffuses sad memories; allows one to let go; motivates.	
Sturt Desert Rose	£11.95
Allows on to follow own inner convictions and morality; person integrity.	
Sundew	£11.95
Practical; attention to detail; grounded focused.	
Sunshine Wattle	£11.95
Optimism; hope; acceptance of the beauty and joy in the present; joyful expectation.	
Sydney Rose	£11.95
Realising we are all one; feeling safe and at peace; heartfelt communication.	
Tall Mulla Mulla	£11.95
Feeling relaxed and secure with other people; encourages social interaction.	



FOR BOOKS ON BUSH FLOWER ESSENCES PLEASE VISIT OUR WEBSITE AT WWW.BALDWINS.CO.UK

Tall Yellow Top	£11.95
Sense of belonging.	
Turkey Bush	£11.95
Inspired creativity; renews artistic confidence.	
Waratah	£11.95
Courage; tenacity; faith; adaptability; survival skills.	
Wedding Bush	£11.95
Commitment to relationships and goals; dedication to life purposes.	
Wild Potato Bush	£11.95
Freedom to move on in life.	
Wisteria	£11.95
Trust; fulfilment and enjoyment of sexuality; allowing warm sensuous feelings in the body.	
Yellow Cowslip Orchid	£11.95
Humanitarian concern; impartiality can see both the detail and the big picture; objective analysis.	

Companion Essences

Autumn Leaves	£11.95
Letting go; in one's last days before passing over it increases awareness and communication with loved ones in the spiritual world.	
Lichen	£11.95
Eases one's transition into the Light; assists separation between the physical and etheric body; releases earth bound energies.	
Green	£11.95
Harmonise the vibration of any yeast mould or parasite to one's own vibration; purifying.	

Stock Kit

Stock Kit	£714.19
Value Kit of 69 Individual Essences.	

Emergency Essence Stock

Emergency Essence (15ml)	£17.35
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Bush Flower Essences

Australian Bush Flower Essences

These unique formulations are described as “catalysts to unlock your full potential, resolve negative beliefs and create emotional health and wellbeing”. Imbued with remedial qualities, the essences emanate from rare flowers fathered in unpolluted regions of the vast Australian landscape and which have been used thousands of years.

Combination Drops (30ml)

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

Abund Essence	£10.95
For pessimism, closed to receiving, fear of lack, poverty consciousness.	
Adol Essence	£10.95
Creating harmony and balance through adolescence.	
Calm & Clear	£10.95
For always over-committed, no time for self, always last priority.	
Cognis Essence	£10.95
For day-dreaming, confusion, overwhelmed.	
Confid Essence	£10.95
For low self-esteem, guilt, shyness, lack of conviction, victim mentality.	
Dynamis Essence	£10.95
For temporary loss of drive, enthusiasm and excitement.	
Electro Essence	£10.95
For feeling drained and flat, out of balance with earth rhythm; reduced emotional effects of radiation.	
Emergency Essence	£10.95
For panic, distress, fear.	
Creative Essence	£10.95
For creative blocks and inhibitions, difficulty expressing feelings.	
Meditation Essence	£10.95
For psychic attack, damaged aura, tense and uptight, psychically drained.	
Purifying Essence	£10.95
For emotional waste, feeling encumbered, emotional baggage.	
Relationship Essence	£10.95
For confusion, resentment, emotional pain and turmoil, blocked emotions, inability to relate.	
Sexuality Essence	£10.95
For shame, uptight about sexuality, dear of intimacy, lack of sensitivity, emotional effects of sexual abuse.	

Solaris Essence	£10.95
For fear and distress associated with fire.	
Transition Essence	£10.95
For feeling stuck, lack of direction, fear of death, fear of unknown, non-acceptance.	
Travel Essence	£10.95
For personally depleted and drained, disorientation, emotional effects of travel.	
Woman Essence	£10.95
For mood swings, weariness, physical dislike.	

Oral Sprays (20ml)

Body Love Essence	£11.95
Encourages us to reconnect with ourselves and work towards healthy self-image and lifestyle choices.	
Calm & Clear Essence	£11.95
For always over committed, no time for self, always last priority.	
Cognis Essence	£11.95
Gives clarity and focus when working, speaking, reading or studying.	
Confid Essence	£11.95
Brings out the positives qualities of self-esteem and confidence.	
Dynamis Essence	£11.95
Renews enthusiasm and passion.	
Emergency Essence	£11.95
For panic, distress, fear.	
Woman Essence	£11.95
For mood swings, weariness, physical dislike.	



Skin & Space Mists

Specially formulated pure botanical organic essences are applied in a gentle skin mist to refresh, renew and revitalise the emotions, skin, body, soul and psyche. Rehydrate, tone and clarify your skin prior to the application of these intensive face & body treatments or use as a room mist to change the energy of your personal space.

Calm & Clear	£14.95	
For always over committed, no time for self, always last priority.		
Emergency	£14.95	
For panic, distress fear.		
Sensuality	£14.95	
Encourages the ability to enjoy physical and emotional intimacy, passion and sensual fulfilment.		
Travel	£14.95	
For personally, depleted and drained, disorientation, emotional effects of travel.		
Woman	£14.95	
For mood swings, weary, physical dislike.		
	50ml	100ml
Space Clearing	£14.95	£21.95
Creates sacred, safe and harmonious environments. Purifies and releases environments with built up negative emotional, mental and psychic energies. Great for clearing tense situations and environments and restoring balance.		
Organic Calm & Clear Moisturiser	50ml	£17.95
Organic Emergency Moisturiser	50ml	£17.95
Organic Woman Moisturiser	50ml	£17.95
Organic Travel Moisturiser	50ml	£17.95

Creams (50ml)

Organic Calm & Clear Moisturiser	50ml	£17.95
Organic Emergency Moisturiser	50ml	£17.95
Organic Woman Moisturiser	50ml	£17.95
Organic Travel Moisturiser	50ml	£17.95

To see our full range of Essences that includes **Findhorn Essences** and **White Light Essences** please visit our website www.baldwins.co.uk

24hr Orderline 0207 703 5550

Health



Fushi Ayurvedic Herbal Capsules	98-99
New! Fushi Beauty Oils	100
Viridian Ethical Vitamins & Nutritional Oils	101-102
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Helios Homeopathic Creams	103
New Era Mineral Cell Salts	103-104

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

Can't find what you're looking for? Check out our Index on pages 130-131.

Order now at www.baldwins.co.uk

Fushi

Our ethos is to hand-blend the purest, fresh pressed oils and fresh ground herbs in our London workshop, sourcing all our ingredients from this season's harvest, meaning everything we make is less than three months old. Our bio dynamically grown herbs are naturally air-dried and then freshly ground by hand in small batches in our London workshop and encapsulated by hand within 3 hours.

Fushi Organic Wholefood Amalaki	£8.99
60 Capsules	

Amalaki is a potent rejuvenative for the entire body. As an Ayurvedic herb, it is said to expel excess heat from the body. Amalaki also acts as a natural anti-inflammatory that soothes the digestive tract. It gently detoxifies the body and supports healthy, regular elimination.

Fushi Organic Fresh Ground Ashwagandha	£7.99
60 Capsules	

Ashwagandha is a traditional Ayurvedic herb that practitioners recommend for stress relief and for a tired and exhausted nervous system. It is a valuable as a rejuvenating herb to restore health after a long term illness. It is also known as the Indian Ginseng because of its similar attributes.

Fushi Organic Wholefood Cayenne	£8.99
60 Capsules	

Cayenne is a powerful antioxidant and is known to be good for digestion and for easing bloating. It is rich in Vitamins A, C and the full B complex, calcium and potassium.



Fushi Organic Wholefood Cumin Seed	£7.99
60 Capsules	

Cumin has been used for hundreds of years and remains an important ingredient in Indian cuisine. However its healing properties are still valued and used in natural Ayurvedic medicine. Great for easing flatulence, indigestion, diarrhoea, nausea and is also a great tonic for the body.

Fushi Organic Wholefood Fennel Seed	£8.99
60 Capsules	

Fennel seeds often provide quick and effective relief from many digestive concerns such as gas cramps, indigestion, and many other digestive tract issues.

Fushi Organic Wholefood Fenugreek Seed	£7.99
60 Capsules	

Ayurvedic medicine recommends fenugreek for improving digestion, maintaining a healthy metabolism, and boosting libido and male potency. Fenugreek seeds contain protein, vitamin C, niacin, and potassium.

Fushi Organic Wholefood Gotu Kola	£8.99
60 Capsules	

Gotu Kola is a very ancient Ayurvedic herb that is known to improve memory and concentration. Its anti-inflammatory properties are often used for varicose veins, skin inflammations and wounds.

Fushi Organic Wholefood Guduchi	£8.99
60 Capsules	

Guduchi is considered as a bitter tonic and powerful immuno-modulator herb in Ayurvedic medicine. It is regarded as a blood purifier and liver protector. Guduchi balances high pitta conditions.

Fushi Organic Wholefood Brahmi	£9.99
60 Capsules	

Brahmi is a well-known Ayurvedic herb that has gained worldwide recognition as a memory and alertness booster. It is widely used as an antioxidant to overcome the negative effects of stress, and to improve memory.

Fushi Organic Wholefood Guggul	£18.99
60 Capsules	

Guggul is a very effective Ayurvedic herb that is used in Ayurveda for weight loss. One of the most famous herb in Ayurvedic medicine, Guggul possesses strong purifying and rejuvenating powers. It also works in strengthening the digestive system, works as an appetiser, and eases digestion and constipation.

Fushi Organic Wholefood Gurmar Leaf	£7.99
60 Capsules	

Gurmar is a beneficial Ayurvedic herb and its Hindi name 'gurmar' means 'destroyer of sugar'. The herb is often promoted as an appetite suppressant and weight loss agent. Gurmar fits well into a weight management program because it complements exercise and diet changes by curbing sugar cravings.

Fushi Organic Wholefood Manjishta	£8.99
60 Capsules	

According to Ayurveda, Manjishta is probably the best blood-purifying herb in Ayurveda. Through Manjishta is at the same time bitter, astringent and sweet in taste and heavy, dry and hot in effect, it is a pacifier of kapha and pitta doshas.

Fushi Organic Wholefood Neem Leaf	£8.99
60 Capsules	

Neem is a powerful cleansing herb renowned for its ability to purify both the inside and outside of the body. It has detoxifying properties, is an invaluable skin and blood cleanser. It is very effective for reducing any imbalances that can cause bloating discomfort and skin outbreaks.

Fushi Organic Nutmeg Seed	£9.99
60 Capsules	

Nutmeg has been used in India's Ayurvedic medicine to treat many digestive conditions. Nutmeg is known to have sedative, stimulant, relaxant, and anti-inflammatory properties.

Fushi Organic Wholefood Pippali	£9.99
60 Capsules	

Pippali is certainly one of the most widely used Ayurvedic herbs. It is one of the best herbs for enhancing digestion and assimilation of food. It has also traditionally been used to boost the immune system and provide extra protection during the cold and flu season.

Fushi Organic Wholefood Psyllium Husk	£8.99
60 Capsules	

Psyllium Husk has long been used in herbal and traditional medicine. Known more commonly as Psyllium Seed Husk, it is a great source of fibre. It is widely used to cleanse the colon by bulking up the waste and clearing it like a sponge.

Fushi Organic Wholefood Punarnava	£8.99
60 Capsules	

Punarnava means 'one which renews the body' in Sanskrit. Ayurvedic practitioners believe Punarnava is a useful herb for maintaining efficient kidney function, with its diuretic, antispasmodic and anti-inflammatory action.

Fushi Organic Cold-Pressed Unfiltered Aloe Vera Juice	£10.99
500ml	

Aloe Vera is a nutrient rich plant and known to act as a soothing remedy to balance and support digestion. It has been widely used for its rejuvenating properties and offers benefits for both inner health and external use too. Fushi's organically grown Aloe Vera is freshly squeezed and contains a minimum of 1700mg/ltr polysaccharides. Made using hand selected leaves from mature plants, the juice is extracted only from the inner leaf.



Fushi Organic Wholefood Shallaki	£11.99
60 Capsules	

Shallaki is a popular Ayurvedic herb that is often used as an anti-inflammatory and anti-arthritis herb in Ayurvedic medicine. A natural and safe herb for optimum joint health.

Fushi Organic Wholefood Shatavari	£8.99
60 Capsules	

In Ayurveda and other traditional Indian healing practices, Shatavari root is deeply respected for its healing properties but its powers are only now becoming understood in the West. In the indigenous language, Shatavari literally means 100 cures, and it is widely used to treat numerous conditions as well as to stimulate the immune system.

TO SEE OUR FULL
FUSHI RANGE PLEASE
VISIT OUR WEBSITE

WWW.BALDWINS.CO.UK



Fushi Organic Wholefood Tribulus (Gokshura)	£8.99
60 Capsules	

This Ayurvedic herb has been widely used to support male health. It can be beneficial for improving sports performance and supporting libido and fertility issues in men.

Fushi Organic Wholefood Trikatu	£10.99
60 Capsules	

Trikatu contains the fruits of black pepper, Indian long pepper and ginger. It boosts the digestion, improves assimilation of nutrients and balances appetite.

Fushi Organic Wholefood Triphala	£8.99
60 Capsules	

Triphala is an ancient Ayurvedic formulation, translated as three fruits. It consists of the fruits of the amalaki, bibhitaki, and haritaki trees. Grown in India it is widely used in Ayurvedic medicine and is most generally used as an overall body tonic. Triphala is thought to be effective in cleansing and detoxifying the system especially by regulating the bowels. Triphala is the best natural herbal remedy for sluggishness and regulating the whole digestive system.

Fushi Organic Wholefood Tulsi	£8.99
60 Capsules	

Known as the "The Queen of Herbs", Tulsi is the most sacred herb of India. Tulsi has been revered in India for over five thousand years, as a healing balm for body, mind and spirit, and is known to bestow an amazing number of health benefits. It is known to reduce stress, enhance stamina, relieve inflammation, eliminate toxins and improve digestion. Tulsi also provides a rich supply of antioxidants and other nutrients.

Fushi Organic Wholefood Turmeric C3 & Bioperine Extract	£19.99
60 Capsules	

Curcumin C3 Complex® (extract of Turmeric root (Curcuma longa) min 95% curcuminoids [bisdemethoxycurcumin 2.2%-6.5%, Demethoxycurcumin 15%-19%, Curcumin 75%-81%] RAW whole food organic Indian turmeric root powder (curcuma longa), BioPerine® (Black pepper extract (Piper nigrum)) min 95% Piperine.

NEW! Fushi Beauty Oils

Natural beauty oils are a luxurious way to nourish the face, body and hair. They can be used in a variety of ways. Our wild-crafted and organic oils come from all parts of the world, always ethically sourced and pressed fresh from harvest to retain their potency and efficacy.

Fushi Andiroba Oil		Fushi Green Coffe Bean Oil	
Wild, Fresh-pressed [®] S + H		Wild, Fresh-pressed [®] S	
Apply on minor bruising, and blemishes, or to tame frizzy hair.		Massage this oil into skin to even tone and improve the appearance of cellulite.	
100ml	£18.99	50ml	£21.99
Fushi Baobab Seed Oil		Fushi Hemp Seed Oil	
Organic, Cold-pressed S		Organic, Cold-pressed N + S	
Excellent for scars, dry skin and stretch marks.		Omega 3 & GLA to nourish dry skin or drizzle on a salad for inner health.	
100ml	£23.99	100ml	£8.99
Fushi Black Cumin Seed Oil		Fushi Kalahari Melon Seed Oil	
Organic, Fresh-pressed [®] N + S		Wild, Fresh-pressed [®] S	
A nourishing oil for dry or flaky skin, or take 1-2 teaspoons for inner health.		One of the best oils for elasticity, wrinkles and scarring due to its 70% linoleic acid content.	
100ml	£15.99	50ml	£19.99
Fushi Borage Oil		Fushi Kukui Oil	
Organic, Fresh-pressed [®] N + S		Organic, Cold-pressed S	
Rich in EFAs, ideal for dry skin or internal use.		A healing oil for sun damaged or flaky skin.	
100ml	£17.99	100ml	£29.99
Fushi Camellia Oil		Fushi Passion Seed Oil	
Organic, Cold-pressed S + H		Wild, Fresh-pressed [®] S	
A multi-purpose moisturising oil - has been used in parts of Asia by women to nourish both their skin and hair for centuries.		For dry skin, or as a massage oil.	
100ml	£12.99	100ml	£14.99
Fushi Castor Oil		Fushi Raspberry Seed Oil	
Organic, Cold-pressed N + S + H		Wild, Fresh-pressed [®] S	
Food grade oil for dry skin, to encourage hair growth, and for an inner cleanse. Hexane free.		A nutritious oil for dry or irritated skin, packed with vitamins and antioxidants.	
100ml	£8.99	100ml	£17.99
Fushi Cherry Seed Oil		Fushi Sesame Oil	
Organic, Fresh-pressed [®] S		Organic, Fresh-pressed [®] S	
A gorgeous emollient oil rich in nutrients and antioxidants, soothing for acne-prone or inflamed skin.		Apply to your face overnight to help scars, fine lines and dry skin.	
50ml	£12.99	100ml	£8.99

H - Hair, N - Nutrition, S - Skin.

Viridian

The leading brand of ethical vitamins

Viridian Nutrition is committed to green business practices, valuing the importance of a minimum footprint on the earth. More than 40% of the Viridian Nutrition range is certified organic by the Soil Association, guaranteeing the provenance and eco-friendliness of the ingredients.

At Viridian, we believe the health of the planet and the health of the individual are inextricably linked. Growing organically, avoiding the use of potentially harmful pesticides, herbicides and other chemicals - and having the 100% non-GMO guarantee - offers the best chance of long-term good health to people and to the planet.

	200ml	500ml
100% Organic Black Seed Oil	£24.95	£48.10

Organic Black Seed Oil is a popular addition to Viridian's extensive essential fatty acid range. Known as the Blessed Seed, black cumin seed has an aroma similar to eucalyptus or tea tree. It can be used as a head or chest rub. Guaranteed Egyptian seeds.



Vitamins and Minerals

	90
Essential Male Multi with CoQ10 and Zinc Vegetarian Capsules	£22.00

Specifically formulated to be an exceptional masculine supplement formula.

	60
Essential Female Multi with Hibiscus, Cranberry & Saffron	£29.60

A premium women's multivitamin with Saffron and Hibiscus. Essential Female Multi provides high quality nutrients and botanical extracts to move beyond a basic multivitamin.

	200ml
100% Organic Liquid Iron	£21.90

100% Organic Liquid Iron contains a unique, fully-certified organic source of iron extracted from Murraya koenigii leaves. Together with standardised extracts from Guava, Lemon and Amla to provide guaranteed levels of vitamins B and C. With Seagreens[®] organic arctic wrack seaweed, acerola, nettle, dandelion, honey and orange oil.

100% Organic Liquid Iron is pleasant-tasting and suitable for all the family, including during pregnancy and breast-feeding, for children, the elderly, the highly active, vegetarians and convalescents. Non-constipating.

	30	90
High Twelve B-Complex with B12	£7.30	£16.50

Viridian High Twelve B12 Complex contains the full array of B-complex vitamins, with higher levels of cyano and methyl cobalamin (vitamin B12). Vitamin B12 supports the normal functioning of the nervous system, energy-yielding metabolism, normal psychological function, the immune system and red blood cell formation.

	30	120
High Potency Magnesium Vegetarian Capsules	£9.30	£17.50

Contains a blend of three absorbable forms of magnesium that supply a high level of elemental magnesium per capsule. Magnesium contributes to the normal psychological function and normal energy metabolism, and plays a key role in the maintenance of normal bones, tissue, teeth and muscles.



Herbal Capsules

	30
Organic Milk Thistle vegetarian capsules - 400mg	£9.20

Pure organic milk thistle seed.

	60
Organic Hawthorn Berry Extract Vegetarian Capsules - 350mg	£12.35

Hawthorn berry extract in a whole hawthorn berry base.

	60
Organic Feverfew Vegetarian Capsules - 350mg	£11.20

Pure organic feverfew leaf.

Nutritional Oils

	200ml	500ml
100% Organic Ultimate Beauty Oil	£10.65	£22.05

A balanced, rich source of 3:6:9 fatty acids including (GLA). Contains a broad range of potent nutrients including Vitamin E (full spectrum of tocopherols and tocotrienols) and carotenoids including alphacarotene, beta carotene and lutein.

	200ml
Joint Omega Oil (with Spice & Fruit Extracts)	£15.45

Viridian's Joint Omega Oil is a blend of nutritional oils (omega-3 dominant) with the addition of fruit and spice oils. Perilla seed is one of nature's richest sources of omega-3 fatty acid. This nutritional oil is 95% organic.

	200ml
100% Organic Woman 40+ Omega Oil	£22.40

Viridian 100% Organic Woman 40+ Omega Oil is a highly nutritious blend of organic oils. Providing a blend of plant seed oils in an Omega 3:6 ratio of 2:1 along with GLA and Omega 9. The plant seed oils are naturally rich in the parent fatty acids - linoleic acid, alpha linolenic acid and oleic acid, along with a full spectrum of the vitamin E family members, tocopherols and tocotrienols.



	200ml
100% Organic Clear Skin Omega Oil	£17.35

There are numerous research papers indicating the use of nutrition in skin health and consistent through this research are three factors: Inflammation, Free radical damage and Digestion. Organic Clear Skin Omega Oil provides a reliable source of omegas 3, 6 and 9 essential fatty acids. Dominant in omega 3, this oil also contains a range of fat soluble antioxidants including vitamin E and carotenoids plus phytosterols and flavonoids.

	200ml	500ml
100% Organic Golden Flax Seed Oil	£9.25	£19.85

Our 100% Organic Golden Flax Seed Oil is one of nature's richest sources of lignans and a vegetarian/vegan method for getting omega-3 fatty acids. It is an ideal vegetarian alternative to fish oil supplements.

	200ml	500ml
100% Organic Hemp Seed Oil	£10.70	£22.65

Viridian's 100% Organic Hemp Seed Oil provides an optimum balance of the essential fatty acids Omega-3 and Omega-6. Another excellent plant-based alternative to fish oils.

Vitamin D

Vitamin D is important to many body functions, particularly in bone health, mood and immunity. A well-known deficiency symptom is rickets. All Viridian Vitamin D supplements are vegan.



	60 vegetarian capsules
Organic Vitamin D2 400iu (Vegan)	£15.30

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.

	30 vegetarian capsules	90 vegetarian capsules
Vitamin D2 1000iu (Vegan)	£9.60	£14.55

	30 vegetarian capsules	90 vegetarian capsules
Vitamin D3 400iu (Vegan)	£6.10	£12.30

	60 vegetarian capsules	150 vegetarian capsules
Vitamin D3 2000iu (Vegan)	£13.60	£30.45

	30ml
Viridikiid Vitamin D3 Drops 400iu (Vegan)	£8.45

	50ml
Liquid Vitamin D3 2000iu (Vegan)	£12.45

Homeopathic Medicines Range

Weleda Homeopathic remedies and ointments offer a range of over the counter products to suit most of your self-diagnosis needs. 30c Homeopathic remedies are ideal for active or acute over the counter use. 30c remedies should be taken as a short course only, unless prescribed by a practitioner.

Lotions and Ointments

Arnica Bumps & Bruises Skin Salve (V)	25g
For sprains and bruises	£7.95
Calendula Cuts & Grazes Skin Salve (V)	25g
Calendula Ointment for cuts, minor wounds and abrasions	£7.99
Combudoron Ointment (V)	25g
For minor burns and scalds	£7.99
Copper Ointment (V)	25g
For muscular rheumatic pain	£7.99
Rhus Tox Ointment (V)	25g
For the relief of rheumatism	£7.99
Arnica Massage Balm (VE)	50ml 100ml
For muscular and rheumatic pain	£8.95 £12.15
Ruta Ointment (V)	25g
	£7.99
Hypercal Ointment (V)	25g
	£7.99

V - vegetarian. VE - Vegan

New Era Mineral Cell Salts

240 'fastmelt' tablets

Other ingredients: Lactose (milk), gum arabic, biotin. Allergy advice: Contains Lactose (milk). These may safely be taken with other supplements or medicines."

New Era Mineral Cell Salts No.1 (Calcium Fluoride)
New Era Mineral Cell Salts No.2 (Calcium Phosphate)
New Era Mineral Cell Salts No.3 (Calcium Sulphate)
New Era Mineral Cell Salts No.4 (Iron Phosphate)
New Era Mineral Cell Salts No.5 (Potassium Chloride)
New Era Mineral Cell Salts No.6 (Potassium Phosphate)
New Era Mineral Cell Salts No.7 (Potassium Sulphate)
New Era Mineral Cell Salts No.8 (Magnesium Phosphate)
New Era Mineral Cell Salts No.9 (Sodium Chloride)
New Era Mineral Cell Salts No.10 (Sodium Phosphate)
New Era Mineral Cell Salts No.11 (Sodium Sulphate)
New Era Mineral Cell Salts No.12 (Silicon Dioxide)

Other ingredients: Lactose (milk), gum arabic, biotin. Allergy advice: Contains Lactose (milk). These may safely be taken with other supplements or medicines. £8.99



Weleda

A	E	N
Aconite	Euphrasia	Nat. Mur.
Apis Mel		Nux Vom.
Argent Nit.	G	
Arnica	Gelsemium	P
Arsen Alb.	Graphites	Phosphorus
		Pulsatilla
B	H	R
Belladonna	Hepar Sulph.	Rhus Tox.
Bryonia	Hypericum	Ruta Grav.
	I	
C	Ignatia	S
Calc. Carb.		Silica
Calc. Fluor.	K	Sulfur
Cantharis	Kali. Phos.	
Carbo Veg.		T
Chamomilla	L	Thuja
	Lycopodium	

Weleda	30c 125 tablets
	£6.99

Helios Creams (30g)

Helios Aesculus, Hamamelis, Paeonia Cream	£5.95
Helios Arnica Cream	£5.95
Helios Calendula Cream	£5.95
Helios Graphites And Calendula Cream	£5.95
Helios Hypericum And Calendula Cream	£5.95
Helios Rhus Tox And Ruta Cream	£5.95
Helios Tea Tree Cream	£5.95
Helios Urtical Cream	£5.95



New Era Mineral Cell Salts Combinations

New Era Mineral Cell Salts Combination A £8.99

Contains: Iron Phosphate, Potassium Phosphate and Magnesium Phosphate, Ferr. Phos., Kali. Phos., Mag. Phos.

New Era Mineral Cell Salts Combination B £8.99

Contains: Calcium Phosphate, Potassium Phosphate and Iron Phosphate. Calc. Phos., Kali. Phos, Ferr. Phos. 12 tablets provide +12.25µg of Biotin* (24.5% Reference Intake)
*Contributes to the normal function of the nervous system.

New Era Mineral Cell Salts Combination C £8.99

Contains: Magnesium Phosphate, Sodium Phosphate, Dositium Sulphate and Silicon Dioxide. Mag. Phos. Nat. Phos., Nat. Sulph., Silica.

New Era Mineral Cell Salts Combination D £8.99

Contains: Potassium Chloride, Potassium Sulphate, Calcium Sulphate, Silicon Dioxide. Kali. Mur., Kali. Sulph., Calc. Sulph., Silica. 12 tablets provide + 12.75µg of Biotin* (25.5% Reference Intake)
*Contributes to the maintenance of normal skin condition.

New Era Mineral Cell Salts Combination E £8.99

Contains: Calcium Phosphate, Magnesium Phosphate, Sodium Phosphate, Sodium sulphate. Calc. Phos., Mag Phos., Nat Phos., Nat. Sulph. 12 tablets provide +9.25µg of Biotin* (18.5% Reference Intake).
*Contributes to normal macronutrient metabolism

New Era Mineral Cell Salts Combination F £8.99

Contains: Potassium Phosphate, Magnesium Phosphate, Sodium Chloride, Silicon Dioxide, Kali. Phos., Mag. Phos., Nat. Mur., Silica. 12 tablets provide +13µg of Biotin (26% Reference Intake)

New Era Mineral Cell Salts Combination G £8.99

Contains: Calcium Fluoride, Calcium Phosphate, Potassium Phosphate, Sodium Chloride. Calc. Flupr., Calc Phos., Kali. Phos., Nat. Myr. 12 tablets provide +3.25µg of Biotin (26.5% Reference Intake)

New Era Mineral Cell Salts Combination H £8.99

Contains: Magnesium Phosphate, Sodium Chloride, Silicon Dioxide. Mag. Phos., Nat. Mur., Silica 12 tablets provide +9.5µg of Biotin* (Vitamin H) (19% Reference Intake).
*Contributes to the maintenance of normal mucous membranes, such as sinuses and nasal passages

New Era Mineral Cell Salts Combination I £8.99

Contains: Iron Phosphate, Potassium Phosphate and Magnesium Phosphate. Ferr. Phos., Kali. Sulph., Mag. Phos. Traditionally used for Fibrositis, Muscular Pain.

New Era Mineral Cell Salts Combination J £8.99

Contains: Iron Phosphate, Potassium Chloride, Sodium Chloride. Ferr. Phos., Kali. Mur., Nat. Mur 12 tablets provide + 7.5µg of Biotin (15% Reference Intake).
*Contributes to the maintenance of normal mucous membranes, such as sinuses and nasal passages



New Era Mineral Cell Salts Combination K £8.99

Contains: Potassium Sulphate Sodium Chloride, Silicon Dioxide. Kali. Sulph., Nat. Mur., Silica. 12 tablets provide +13.75µg of Biotin* (27.5% Reference Intake).
*Contributes to normal hair and nail health

New Era Mineral Cell Salts Combination L £8.99

Contains: Calcium Fluoride, Iron phosphate, Sodium Chloride. Calc. Fluor, Ferr. Phos., Nat. Nur. 12 tablets provide +14µg of Biotin* (28% reference intake). *Contributes to a normal energy yielding metabolism. Suitable for those with sedentary lifestyle

New Era Mineral Cell Salts Combination M £8.99

Contains: Sodium Phosphate, Sodium Sulphate, Potassium Chloride, Calcium Phosphate, Nat Phos., Nat. Sulph., Kali. Mur., Calc. Phos. 12 tablets provide +14.5µg of Biotin (29% Reference Intake).

New Era Mineral Cell Salts Combination N £8.99

Contains: Calcium Phosphate, Potassium Chloride, Potassium phosphate, Magnesium Phosphate. Calc. Phos., Kali. Mur., Kali. Phos., Mag. Phos. 12 tablets provide +14.5µg of Biotin (29% reference intake).

New Era Mineral Cell Salts Combination P £8.99

Contains: Calcium Fluoride, Calcium Phosphate, Potassium Phosphate, Magnesium Phosphate, Calc. Fluor., Calc. Phos., Kali. Phos., Mag. Phos. 12 tablets provide +14.75µg of Biotin (29.5% Reference Intake)

New Era Mineral Cell Salts Combination Q £8.99

Contains: Iron Phosphate, Potassium Chloride, Potassium Sulphate, Sodium Chloride. Ferr. Phos., Kali Mur., Kali Sulph, Nat. Mur. 12 tablets provide +8µg of Biotin (16% Reference Intake).
*Contributes to the maintenance of normal mucous membranes such as nose, sinuses and throat

New Era Mineral Cell Salts Combination R £8.99

Contains Calcium Fluoride, Calcium Phosphate, Iron Phosphate, Magnesium Phosphate, Silicon Dioxide. Calc. Fluor., Calc. Phos., Ferr Phos., Mag. Phos. Silica, traditionally used for infants' teething Pains.

New Era Mineral Cell Salts Combination S £8.99

Contains: Potassium Chloride, Sodium Phosphate, Sodium Sulphate. Kali. Mur., Nat. Phos., Nat Sulph, 12 tablets provide =15µg of Biotin (30% reference Intake).
Other Ingredients: Lactose (milk), gum arabic, biotin. Allergy Advice: Contains Lactose (Milk).

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.

Baldwins Multivitamins & Minerals	106
Baldwins Supplements	107-110
Black Seed Oil & Capsules	110
Rio Amazon Herbal Supplements	111-112

Our Supplements

We believe that our range offer the best combination of value and quality available. Please don't hesitate to contact us 02077035550 if you need any help or advice. Our friendly team will be on hand to give you all the information you might need.

Multivitamins and Minerals

Ultimate Multi, Multi-Vitamin & Mineral	£21.99	Basic Multi	
60 vegetarian tablets		30 vegetarian tablets	£10.95
Our specially designed formula includes a full spectrum of vegan vitamins and minerals, supergreens like watercress, spirulina and wheatgrass and a huge array of anti-oxidant ingredients to help the body cope with the strains of modern living.		60 vegetarian tablets	£18.55
Now with 50mg of Coenzyme Q10 and 400iu of Vitamin D3 but still the same great price!		90 vegetarian tablets	£25.65
		180 vegetarian tablets	£41.95
		Hair Skin & Nails Multi	£24.75
		60 vegetarian capsules	
		Women's Multi	£32.65
		90 vegetarian capsules	
		Women's Multi is specifically formulated to suit the nutritional demands of today's women.	

PRODUCT DESCRIPTIONS

KEY GUIDE:
V - VEGAN
LV - LACTOVEGETARIAN
E - CONTAINS NON GM VITAMIN E



A & D Vitamins

Vitamin A 3000 mcg (10,000 IU)	
100 softgels	£8.45

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

Vitamin A & D 10,000 IU A + 400 IU D	
100 softgels	£9.15

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

Vitamin D3 400 IU	
100 softgels	£7.25

Equivalent to 10mcg

Vitamin D3 1,000 IU	
100 softgels	£10.15

Vitamin D3 2,000 IU	
120 tablets	£13.25

Vitamin D3 5,000 IU	
60 tablets	£13.95

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.



Cod Liver Oil	£10.95
100 softgels	
250 softgels	£21.95

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

Natural Beta Carotene 15,000 mcg (25,000 IU)	
50 softgels	£15.15
Natural Beta Carotene	£26.45

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.

Liquid Vitamin D3 25mg (1,000iu) 25mg (1,000iu) per drop	£17.65
30ml	

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

Balanced B-50	
30 vegetarian tablets	£8.35
60 vegetarian tablets	£13.40
90 vegetarian tablets	£18.65

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

Balanced B-100	
30 vegetarian tablets	£13.20
60 vegetarian tablets	£22.55
90 vegetarian tablets	£31.55

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

B Vitamins

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

Vitamin B6 100mg LV	
50 tablets	£7.95
100 tablets	£11.05

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

Vitamin B12 1000mcg (Prolonged Release) LV	
30 tablets	£7.95
60 tablets	£11.95

Essential for proper energy metabolism, nerve function, red blood cell formation and cardiovascular health.

B-12 Lozenge 1000mcg	
100 lozenges	£17.35
Biotin 5mg	
60 vegetarian capsules	£15.20

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



Methyl Folate	
90 vegetarian tablets	£17.45

Folates are normally found in a wide variety of foods and are commonly consumed through a diet of green leafy vegetables, sprouts, fruits, brewer's yeast and animal products such as milk and dairy products, egg yolk and liver. Unfortunately, folates contained in foods are unstable and susceptible to oxidation; they rapidly lose activity during food processing, manufacturing and storage and have a bioavailability range of 25-50%, depending on the kind of food. Humans cannot synthesize folate and because of its water-soluble nature, the body only stores folate to a limited extent. For this reason, folate represents a dietary requirement and must be consumed by diet. Whether we ingest food containing natural synthetically-derived folates, they are metabolized to 5-methyltetrahydrofolate, which is considered the biologically active form of the B Vitamin folic acid.

Niacin 500mg (Prolonged Release)	
100 vegetarian tablets	£14.55

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

Pantothenic Acid 500mg (Prolonged Release)	
60 vegetarian tablets	£19.95

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.

Vitamin C 500mg Plus Rosehips	
100 vegetarian tablets	£11.75
250 vegetarian tablets	£25.95

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

Vitamin C 1000mg Plus Rosehips	
50 vegetarian tablets	£11.35
100 vegetarian tablets	£19.95
250 vegetarian tablets	£42.95

A high potency C plus Rosehips for added support.

Buffered Vitamin C 1000mg Plus Minerals (Prolonged Release)	
50 vegetarian tablets	£14.95
100 vegetarian tablets	£24.95

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	227g
Vitamin C Crystal Powder	£17.95	£29.95

E Vitamins

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

Vitamin E 200 IU (Mixed Tocopherols)	
60 softgels	£11.25
90 softgels	£15.35

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.

Vitamin E 400 IU (Mixed Tocopherols)	
60 softgels	£17.25
90 softgels	£23.75

Most popular dosage associated with promoting cardiovascular health.

Vitamin E 1000 IU (Mixed Tocopherols)	
30 softgels	£19.25

Our highest potency Vitamin E with mixed tocopherols.

Vitamin K

Activated K2 Mixed Menaquinones	
60 vegetarian capsules	£17.95

Mineral Combinations

Cal-Mag 1:1 With Vitamin D3	
90 vegetarian capsules	£14.40

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.

Cal-Mag Citrate Complex with Vitamin D3	
100 vegetarian tablets	£19.95

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

Individual Minerals

Calcium 600mg with Vitamin D 200 iu	
100 softgels	£13.75

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

Calcium Citrate with Vitamin D	
60 vegetarian tablets	£10.45

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.

Chromium Picolinate 200mcg	
100 capsules	£12.85

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.

Iron Complex 29mg (prolonged release)	
	£10.95

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

Selenium 100mcg (Yeast Free)	
100 capsules	£12.95

Supports eye and cardiovascular health.

Zinc Picolinate 30mg	
100 capsules	£15.85

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

Bones & Joints

Vegetarian Glucosamine 750mg V	
60 vegetarian capsules	£23.55

Glucosamine & Chondroitin	
90 tablets	£36.75
180 tablets	£64.95

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 to promote decreased pain.

Glucosamine Sulphate 500mg (Prolonged Release)	
60 tablets	£14.95
90 tablets	£19.95

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

Botanical Complex Hyaluronic Acid 100mg	
50 vegetarian capsules	£26.55

Hyaluronic acid is an important component of the connective tissue that fills the spaces between cells of the skin and other tissues, and is a major ingredient of the synovial fluid that lubricates and cushions joints as well as the vitreous humour that fills the inner chamber of the eye.



MSM (OptiMSM) 1000mg	
60 vegetarian capsules	£11.25
120 vegetarian capsules	£19.95

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

Fatty Acids

Essential fatty acids (EFAs) are just that, they are essential meaning that they must be provided by the diet of 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 EFAs in the body.



Starflower Oil 1000mg	
30 softgels	£14.95

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

Concentrated Omega-3 1200mg	
60 softgels	£22.35
120 softgels	£40.95

A highly concentrated fish oil softgel. Each softgel contains a minimum of 360mg EPA and 240mg DHA. Molecularly distilled, and sourced from fresh, coldwater sources. Includes all natural Florida orange oil for a pleasing taste.

Omega 3-Fish Oil Epa & Dha 1000mg	
100 softgels	£16.25

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.

Flax Seed Oil 1000mg	
90 softgels	£15.85
180 softgels	£27.65

Flax seed oil is nature's richest vegetarian source of 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 and promote cardiovascular and nervous system health.

Ultimate Omega Complex	
90 softgels	£30.75

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

High Allicin Garlic (Odour Free) 500mg	
60 vegetarian tablets	£15.95

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.

No Flush Niacin 525mg V	
100 vegetarian capsules	£38.75

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

Antioxidants

Advanced Antioxidant Complex V	
60 vegetarian capsules	£26.95

This complex contains high amount of Alpha Lipoic Acid and speciality antioxidants. For overall cellular wellness.

Alpha-Lipoic Acid 300mg	
60 vegetarian capsules	£29.95

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

Co-Enzyme Q10 60mg	
30 vegetarian capsules	£13.75
60 vegetarian capsules	£25.95

Our highest dosage of CoQ10 provides potent antioxidant benefits.

Co-Enzyme Q10 30mg	
30 vegetarian capsules	£8.75
60 vegetarian capsules	£14.65

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

Quercetin Complex	
100 vegetarian capsules	£36.95

A powerful antioxidant that can provide benefits to the 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 hay fever.

Enzymes & Digestion

Chewable Peppermint Enzymes	
100 vegetable tablets	£23.55

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).

Enzyme Complex	
90 vegetarian capsules	£26.60

Promotes digestion of fat, carbohydrates and protein.



Eye Health

Lutein 20mg	
60 softgels	£17.35

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

Ultimate Eye Formula	
30 vegetarian capsules	£25.75

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

Amino Acids

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

Acetyl L Carnitine 500mg V	
30 capsules	£20.55

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.

L-Arginine 500mg V	
90 capsules	£17.85

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.

Black Seed Oil (*Nigella sativa*)

	50ml	100ml	250ml	500ml	litre
Organic Black Cumin Seed Oil	£7.59	£12.39	£26.95	£51.35	£96.69

For centuries the black seed and its oil have been used by people in Asia, Africa, the Middle and Far East to promote health and fight disease. It has been traditionally used to treat a variety of ailments and conditions. The main power lies in its strengthening and rebalancing of our all-important immune system which is our body's defence against illness. Traditionally it has been used as a household remedy for almost every ailment from stomach ache, insect stings, allergies, colds, flu, bruises, hair loss, lethargy, over reactive immune systems, digestive issues, problem skin etc. (While black seed has been found safe to be taken with all other medicines it should only not be taken during pregnancy.)

*Available by Mail Order only.



Greens

Kelp 225mcg	
100 vegetarian tablets	£8.35

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

Spirulina 500mg	
100 vegetarian tablets	£14.65
250 vegetarian tablets	£30.65

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

Food Supplements

Lecithin 1200mg		
100 softgels		£12.75

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

	227g	454g
Sunflower Lecithin Granules	£22.95	£36.75

The lecithin in sunflowers is a rich source of phosphatidyl choline and inositol/Choline helps make the neurotransmitter acetylcholine in the brain which transmits nerve impulses and is essential for optimal brain function. Acetylcholine also works in the peripheral nervous system to activate muscles. Another important role of choline is in the liver, aiding detoxification and the export of fat.

L-Lysine 500mg	
50 capsules	£9.75

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.

L-Carnitine 500mg	
30 vegetarian capsules	£21.55

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

L-Glutamine 500mg	
50 vegetarian capsules	£10.45
100 vegetarian capsules	£18.75

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

Blessed Seed Capsules (Original)	
60x500mg	£8.49

Blessed Seed's original strength Black Seed Oil boasts a higher average volatile oil content: typically between 1.5%-1.7% of volatile oil.

Blessed Seed Capsules (Strong)	
	£11.99

Strong Black Seed Oil typically contains 3.5%-4.6% of volatile oil (potentially 3-4 times more powerful than most oils on the market!)

	100ml
Blessed Seed Black Seed Oil(Original)	£8.99
Blessed Seed Black Seed Oil(Strong)	£12.99

Rio Health

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.

Rio Amazon Gogo Guarana Capsules	
500mg 20 vegetarian capsules	£4.49
500mg 60 vegetarian capsules	£9.99
500mg 120 vegetarian capsules	£17.99

Rio Amazon Gogo Guarana Jungle Elixir	
15ml Phial	£1.99
10x15ml Phials	£18.99



Rio Amazon Gogo Guarana Powder	
Powder 50g	£7.99

Rio Amazon Gogo Guarana Tablets (Vegan)	
500mg 100 vegetarian tablets	£10.99

Rio Amazon Gogo Guarana Buzz Gum Fresh Mint (Sugar free with Xylitol - No Aspartame)	
50 chiclets	£4.95



Rio Amazon Acai (10% Polyphenols)	
500mg 60 vegetarian capsules	£11.99
500mg 120 vegetarian capsules	£21.99

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 support a good immune system.

Rio Amazon Camu-Camu (8:1 Extract)	
500 mg 60 vegetarian capsules	£15.99
500 mg 120 vegetarian capsules	£28.99

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.

Rio Amazon Cat's Claw Bark	
500mg 60 vegetarian capsules	£9.49
500mg 120 vegetarian capsules	£16.99
40x2000mg tea bags	£7.99
90x2000mg tea bags	£14.99

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

Rio Amazon Catuaba	
500mg 60 vegetarian capsules	£11.25
500mg 120 vegetarian capsules	£17.99

Catuaba (*Trichilia catigua*) is a hardwood tree native to the Amazon Rainforest. Its bark has been used for generations by couples and is often combined with Muria Puama for Guarana for stamina.

**Rio Amazon Maca (Gelatinized)**

500mg 60 vegetarian capsules	£11.99
500mg 120 vegetarian capsules	£19.99
100 g powder	£7.99

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

Rio Amazon Graviola (Fruit)

500mg 60 vegetarian capsules	£13.25
500mg 120 vegetarian capsules	£21.99
40 x 1800mg tea bags	£7.99

Graviola (*Annona muricata*) fruit, seeds, leaves and stem have a long history of recorded use. The plant is rich in antioxidants and unique phytochemicals.

Rio Amazon Muira Puama

500mg 60 vegetarian capsules	£11.25
500mg 120 vegetarian capsules	£17.99

Rio Amazon Pau D'Arco (Lapacho)

500mg (5:1 Extract) 60 vegetarian capsules	£11.99
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500mg (5:1 Extract) 120 vegetarian capsules	£19.99
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40 x 2000mg tea bags	£6.99
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90 x 2000mg tea bags	£11.99
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This herbal remedy is prepared from the inner bark of a deciduous Brazilian hardwood known to botany as *Tabebuia avellanadae*. A superb immune enhancer and anti-bacterial, it relieves pain and reduced inflammation.

Rio Amazon Quebra Pedra (Also known as Chanca Piedra)

500mg (5:1 Extract) 90 vegetarian capsules	£26.99
500mg 60 vegetarian capsules	£16.99
500mg 120 vegetarian capsules	£25.99
40 x 1500mg tea bags	£7.99
90 x 1500mg tea bags	£15.99

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

**Rio Amazon Suma (Brazilian Ginseng) (Vegan)**

500mg 60 vegetarian capsules	£12.59
500mg 120 vegetarian capsules	£17.49

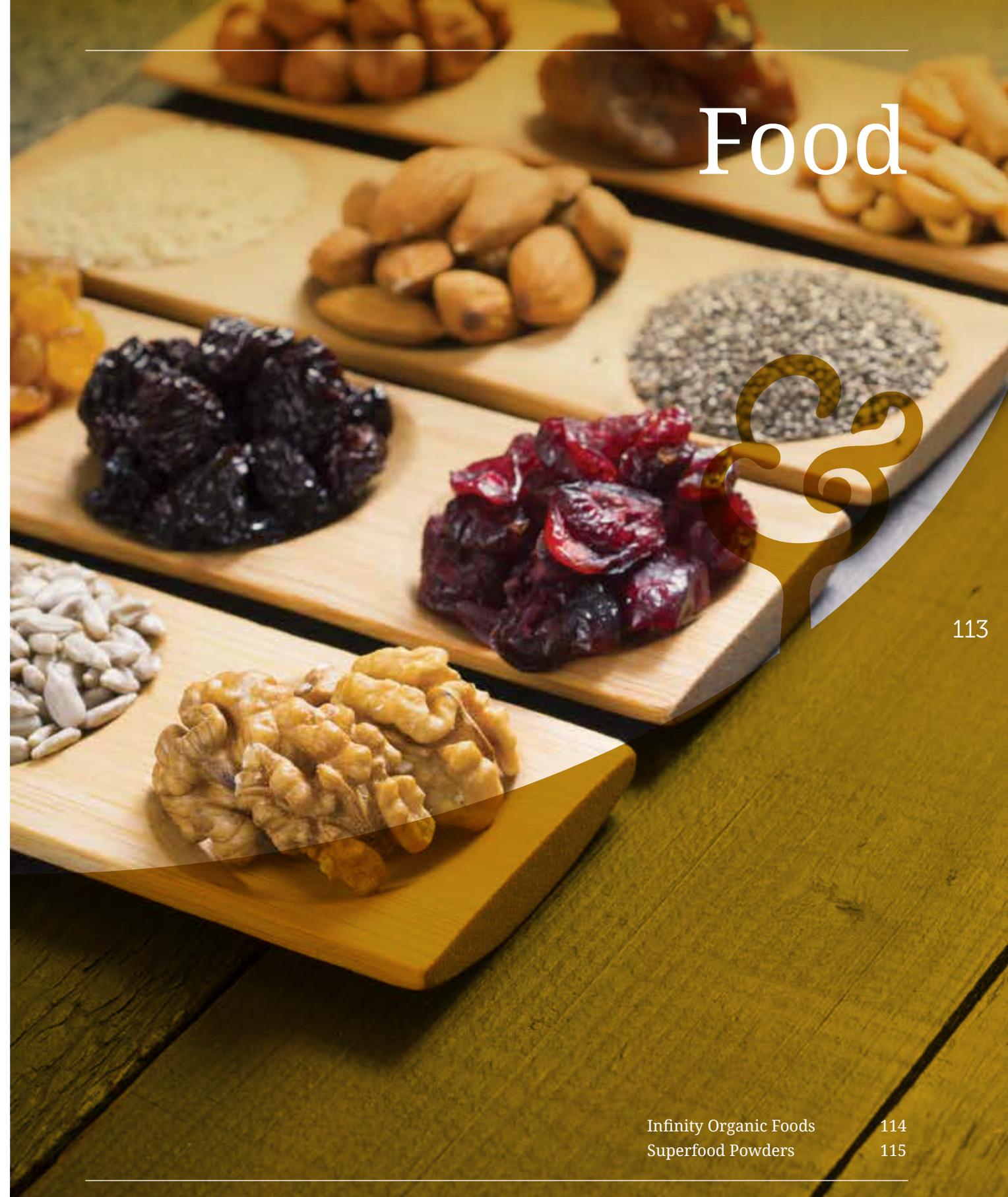
Suma (*Pfaffia paniculata*) is the common name of a large rainforest root also known as 'Brazilian Ginseng'. In Brazil it is also referred to as 'Para todo' - meaning 'for everything'. Suma's aphrodisiac properties may improve physical performance. Suma is a tonic which may improve concentration and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

Rio Amazon Yerba Mate

500mg 90 vegetarian capsules	£12.35
100g powder	£8.99
40 x 1500mg tea bags	£6.99

Yerba Maté is especially valuable as a tonic for those with busy lifestyles. It provides many nutrients, controls appetite, and 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.

Food



Infinity Organic Foods

We stock a wide range of Organic foods from Infinity Foods. The following is a selection of the most popular. Due to the constant fluctuation and change in price and country of origin we have decided to list the names and pack sizes only. For the latest prices please check our website at www.baldwins.co.uk or call 0207 703 5550.

If there is a product you are looking for which does not appear here please contact us.

Beans & Pulses

Aduki Beans	500g
Black Turtle Beans	500g
Brown Lentils	500g
Butter Beans	500g
Cannellini Beans	500g
Chickpeas	500g
French Type Lentils	500g
Green Lentils	500g
Green Split Peas	500g
Haricot Beans	500g
Mung Beans	500g
Pinto Beans	500g
Red Kidney Beans	500g
Red Split Lentils	500g
Soya Beans	500g
Yellow Split Peas	500g

Dried Fruit

Apple Rings	125g
Apricots (Whole)	250g, 500g & 1kg
Banana Chips	125g
Cranberries	125g & 250g
Crystallised Ginger	125g
Dates	250g, 500g & 1kg
Figs	250g, 500g & 1kg
Goji Berries	125g & 250g
Golden Berries	125g
Mixed Vine Fruit	250g & 500g
Pitted Prunes	250g & 500g
Raisins	250g & 500g
Sour Cherries (Pitted)	125g
Sultanas	250g & 500g

Flakes

Barley Flakes	500g
Bean Flakes	500g
Brown Rice Flakes	500g
Buckwheat Flakes	500g
Deluxe Muesli	500g & 1kg
Gluten Free Muesli	500g & 1kg
Jumbo Oats	500g & 1kg
Millet Flakes	500g
Muesli Base	1kg
Porridge Oats (Rolled Oats)	500g & 1kg
Quinoa Flakes	500g
Rye Flakes	500g
Spelt Flakes	500g
Super Muesli	500g & 1kg
Wheat Flakes	500g

Nuts & Seeds

Alfalfa Seeds	250g
Almonds	125g, 250g & 500g
Almonds (Blanched)	250g
Almonds (Flaked)	250g
Almonds (Ground)	250g
Black Sesame Seed	250g
Brazil Nuts	125g, 250g & 500g
Cashews (Whole)	125g, 250g & 500g
Cashews & Raisins	125g & 250g
Chia Seeds	250g & 500g
Coconut (Desiccated)	250g & 500g
Coconut Chips	250g
Hazelnuts	125g, 250g & 500g
Hemp Seeds	250g
Linseed Gold	250g, 500g & 1kg
Nut Mix	250g & 500g
Peanuts	250g & 500g
Pecan Halves	250g
Pine Kernels	125g
Poppy Seeds	125g & 250g
Pumpkin Seeds	125g, 250g, 500g & 1kg
Raw Cacao Nibs	125g & 250g
Sesame Seeds (Hulled)	250g
Sesame Seeds (Whole)	250g & 400g
Sunflower Seeds	250g, 500g & 1kg
Three Seed Mix	250g
Walnut (Halves)	125g & 250g
Walnut Pieces	250g & 500g

All the Infinity products listed are Soil Association certified Organic.



Grains

Amaranth Seed	500g
Arborio Rice	500g
Brown Fairtrade Basmati Rice	500g & 1kg
Brown Jasmine Rice	500g
Brown Rice (Short Grain)	500g, 1kg & 2kg
Brown Rice (Long Grain)	500g, 1kg & 2kg
Brown Teff Grain	500g
Buckwheat Groats	500g
Bulghur	500g
Couscous (Wholemeal)	450g
Fregola (Giant Cous Cous)	400g
Kasha Roasted Buckwheat	500g
Millet	500g
Oat Groats	500g
Orzo	450g
Pearl Barley	500g
Popping Corn	500g
Pot Barley	500g
Quinoa	450g & 1kg
Quinoa (Black)	250g
Quinoa (Red)	1kg
Red Camargue Rice	500g
Rye Grain	500g
What Grain	500g
Wild Rice	250g
Wild Rice Mix	500g

Flours - GF = Gluten Free

Brown rice flour GF	500g
Buckwheat flour GF	500g
Chickpea flour GF	500g
Coconut flour	500g
Corn flour GF	500g
Oat bran	500g
Fine oatmeal	500g
Medium oatmeal	500g
Coarse oatmeal	500g
Polenta GF	500g
Potato starch GF	500g
Quinoa flour GF	500g
Rye flour	500g
Soya flour	500g
Spelt focus	500g
Tapioca flour GF	500g
Wheat bran	250g

Superfoods

Here at Baldwins we love to encourage our customers to have a broad spectrum diet, lots of fresh fruit and veg, grains and pulses, nuts, seeds and healthy fats. But sometimes that's just not enough, we need something extra.

We are happy to introduce a new range of superfood powder from Greens Organic. Everything you need to liven up your juice or smoothies add to cakes or deserts or even make up your own recipes.

Greens Organic Superfoods

Organic Baobab Powder

100g	£8.99
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Organic Baobab Powder... The African Super-fruit from the 'Tree of Life'. Baobab's a natural, organic source of Vitamin C, high in fibre and bursting with minerals. It's sweet, citrusy and a little like sherbet. Mixing a teaspoon with water or a smoothie gives you a real vitamin boost.

Broccoli Powder

200g	£9.49
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Organic Broccoli Powder... A nutri-dense supergreen vegetable powder that's high in Protein, Iron and Fibre. An easy way to add that extra green vegetable boost to your life.

Organic Camu Camu Powder

40g	£8.99
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Organic Camu Camu Powder... Imagine that refreshing feeling from drinking a cool glass of freshly squeezed oranges... Well, did you know that Camu Camu has more than 80 times the vitamin C of an orange (gram for gram)?

Organic Green Passion Powder

90g	£11.99
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Organic Green Passion... An organic alkalising blend of supergreens, carefully selected to give you that super-green boost, but with a mild refreshing taste.

Organic Maca Powder

100g	£7.99
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Organic Maca Powder... Maca has also been used for thousands of years by the ancient Inca tribes of Peru, who believed it boosted energy, libido and fertility.

Organic Spanish Bee Pollen

100g	£7.99
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Our Bee Pollen comes from the unspoilt mountainous regions of Spain, where the bees are free to collect pollen from a variety of wildflower including Cistus, Rubus and Chestnut.



Organic Matcha Green Tea Powder

50g	£9.99	100g	£16.49
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Organic Matcha Tea... Did you know that traditionally, Matcha green tea has been drunk in Japan as part of the tea ceremony for almost 900 years, and Buddhist monks would drink Matcha tea to keep them alert awake and focused during long, silent hours of deep meditation.

Organic Spirulina Powder

100g	£6.29
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Organic Spirulina Powder

120 tablets	£6.99
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Our Organic Spirulina is cultivated in special fresh water pools to maintain a pure, organic environment. Once harvested it is hand-washed and gently dried before being milled into fine powder.

Organic Pumpkin Seed Protein Powder

250g	£10.49
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Organic Pumpkin Seed Protein Powder ...60% pure vegan protein. Popular with athletes, bodybuilders and anyone looking for that extra protein boost. It's also high in many vitamins and minerals and mixes well in smoothies, shakes, porridge and even pancakes!

Organic Golden Turmeric

100g	£13.49
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Turmeric has been used for thousands of years in Ayur-Veda, the traditional medicine of India. Special blend with Organic Ginger & Black Pepper to enhance absorption.

Organic Chlorella Powder

100g	£8.99
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Organic Broken Cell Wall Chlorella Powder... a blue-green algae that has the highest content of chlorophyll of any food on the planet.

FREE RECIPE BOOKLET
AVAILABLE ONLINE.
YOU CAN DOWNLOAD
YOUR FREE '25 QUICK &
EASY SUPERFOOD RECIPES'
BOOK ON OUR WEBSITE AT
WWW.BALDWINS.CO.UK



Organic Moringa Powder

100g	£8.99	200g	£12.99
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Our Organic Moringa leaves are hand-picked straight from the tree, dried naturally, preserving maximum nutrition, and then ground into a fine powder. It's ideal for adding that special 'green boost' to your diet.

Organic Chlorella Tablets

120 Tablets	£8.99	250 Tablets	£12.99
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500mg

Superfoodies Organic Maca Powder

250g	£7.49
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Maca Powder contains many vital nutrients and has a rich caramel flavour and a wonderful toffee-like aroma. Made from the root of the Peruvian maca, which has been cultivated in Peru for thousands of years. Maca's benefits have long been treasured - considered by some to be a powerful adaptogen (a natural substance that many believe can help the body adapt to stress). Also available...

Superfruit Sea Buckthorn/Havtorn

90g	£17.99
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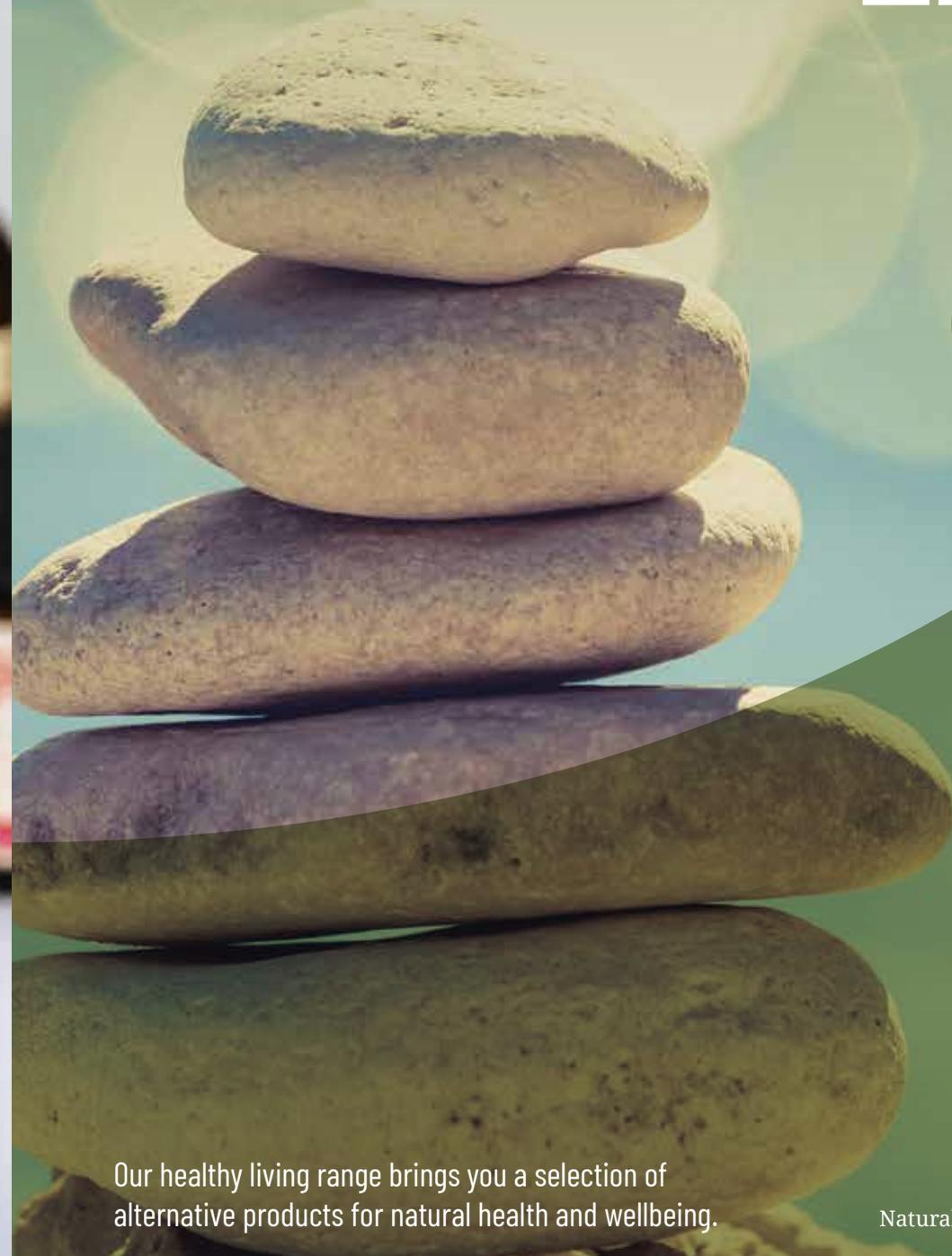
Seabuckthorn contains loads of essential nutrients and is one of the berries that has the most complete nutritional profiles along with Goji berries. Besides containing essential fatty acids, Seabuckthorn is rich in Vitamin C and Beta-carotene.

Superfoodies Organic Maca Powder (Black)

250g	£7.49
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Healthy Living



Our healthy living range brings you a selection of alternative products for natural health and wellbeing.

Natural Femenine Hygeine 118

Why Choose Natracare?

Natracare products are free from all ingredients commonly found in conventional hygiene products plastics; polyacrylate super absorbents, petroleum derivatives, synthetics ingredients, latex and perfumes. Women suffering from skin allergies irritation, and soreness and itching may find their symptoms worsen during their period due to these factors therefore Gynaecologist Recommend.

Instead Natracare use certified organic 100% cotton and sustainably - sourced natural, plant based materials. These natural ingredients are highly effective in locking away menstrual fluid and the absence of synthetic materials ensures your skin is able to breathe and stay dry. For women who want to restrict their contact with synthetic materials and unnecessary chemicals, Natracare is the natural choice.



Mooncup

Whether you want to reduce your carbon footprint, save money or just look after your health, there are many reasons to choose the Mooncup.

The Mooncup is a reusable menstrual cup, around two inches long and made from soft medical grade silicone. It is worn internally a lot lower than a tampon but, while tampons and pads absorb menstrual fluid, the Mooncup collects it. This means it doesn't cause dryness or irritation.

Because the Mooncup is reusable, you only need one so it saved you money and helps the environment too.

The Mooncup is made from soft medical grade silicone and is latex-free, hypoallergenic and contains no dyed, BPA, phthalates, plastic, bleaches or toxins. It is also free from additives, perfumes, from pesticides and GM materials. Mooncup is also Vegan certified.

The Mooncup can be used overnight and when travelling, swimming or exercising. If you have, or suspect you have, a gynaecological condition consult your doctor before you use the Mooncup.

Which Size Should I use?

HAVE I HAD CHILDREN?	I AM UNDER 30YRS	I AM 30YRS OR OLDER
No	B	A
Yes, a vaginal birth	A	A
Yes, by Caesarean	B	A

Size is related to age and childbearing history. These are two different sizes:

Mooncup Size A	£21.19
Mooncup Size B	£21.19



Panty Liners

Natracare Panty Liners With Organic Cotton Cover (Mini) x 30	£1.79
Natracare Panty Liners With Organic Cotton Cover (Ultra Thin) x 22	£2.09
Natracare Panty Liners With Organic Cotton Cover (Normal) x 18	£1.65
Natracare Panty Liners With Organic Cotton Cover (Long) X 16	£1.65

Tampons

Natracare Organic 100% Cotton Tampons (Regular) x 20	£2.59
Natracare Organic 100% Cotton Tampons (Super) x 20	£2.69
Natracare Organic 100% Cotton Tampons (Super Plus) x 20	£2.79
Natracare Organic 100% Cotton Tampons (Regular) x 16	£2.89
Natracare Organic 100% Cotton Tampons (Super) x 16	£2.99

Pads

Natracare Organic Ultra Pads (With Wings) x 14 (Regular/Normal)	£2.39
Natracare Organic Ultra Pads (With Wings) x 12 (Super)	£2.39
Natracare Organic Ultra Pads (With Wings) x 10 (Long)	£2.39
Natracare Maxi Pads with Organic Cotton Cover x 14 (Regular/Normal)	£2.19
Natracare Maxi Pads with Organic Cotton Cover x 10 (Night Time)	£2.79

Miscellaneous



Smudge Sticks	120
Palo Santo Wood Sticks	120
Incense Grains & Charcoal	120
Ear Candle	121
Incense Sticks	121
Miscellaneous Powders	122
Muslin Cloth	122
Manuka Honey Dressings	122
Shopping Bags & Herb Storage Bags	122

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.

Badlands Dakota Sage Bundle (Approx. 25cmx4cm)	£9.45
California White Sage Large Bundle (Approx. 25cmx4cm)	£12.29
California White Sage Mini Bundle (Approx. 12cmx4cm)	£7.09
Cedar Bundle (Approx. 25cmx4cm)	£12.45
Desert Sage Large Bundle (Approx. 20cmx4cm)	£12.45
Desert Sage Mini Bundle (Approx. 8cmx2.5cm)	£6.99
Juniper Bundle (Approx. 25cmx4cm)	£12.15
Mugwort (Approx. 25cmx4cm)	£13.65
Sweetgrass Braid (Approx. 50cm)	£16.69



Nag Champa

The delightful Indian Incense

Approx. 12 Sticks - 15g	£1.49
Approx. 32 Sticks - 40g	£2.59
Approx. 80 Sticks - 100g	£6.59



Instant Lighting Charcoal

Incense is easily burned using charcoal disks. Light a disk, place in a heat resistant container, when glowing sprinkle with incense.

10 Disks	£1.09
1 Box of 8x10 Disks	£6.99



Palo Santo Wood Sticks (Holy Wood)

The use of Palo Santo dates back to the Inca Era and is traditionally used in South America in a similar way to how North American Indians use the Smudge sticks for cleaning and purifying negative energy to clear misfortune.

25g (Approx. 5 sticks)	£4.59
100g (Approx. 20 sticks)	£15.65
250g (Approx. 50 sticks)	£37.75

Prepared Incense

	50g pack	500g box
Abbey	£3.89	£18.25
Basilica	£5.09	£26.75
Cathedral	£3.99	£18.75
Gums Of Arabia	£3.89	£17.65
Priory	£3.89	£17.45
Sanctuary	£3.99	£18.25
Vatican	£3.89	£17.65



Ear Candles

Revitalising heat for head and ears. Soothes, relives, relaxes.

Per Pair	£9.29
3 Pair Pack	£23.59
5 Pair Pack	£37.85



Luxury Barley & Lavender Pillow

100% Cotton pillow with Barley & aromatic Lavender flowers.

Warm in microwave for 1-3 minutes and place on area for soothing warmth and pain relief or put in a plastic bag and place in the refrigerator until cold enough to keep you cool.



Luxury Barley & Lavender Pillow £20.79

Encens D'Auroville

A range of incense made with pure essential oils hand rolled on bamboo sticks. Each pack contains 5 wands in a recycled cotton packet. The Burning time is approximately 50 minutes per stick.

Amber	Musk
Cedarwood	Myrrh
Champak	Oceans
Cinnamon	Opium
Coconut	Orange Blossom
Cypress Eucalyptus	Orange Cinnamon
Fern & Moss	Oriental Orchid
Frangipani	Patchouli
Frankincense	Pine Needle
Frankincense & Myrrh	Rain Forest
Geranium Marigold	Rajasthan
Green Apple	Rose
Green Tea	Rosewood
Honeysuckle	Saffron Patchouli
Into (The Night)	Sandal Vetiver
Jasmine	Sandalwood
Lavender	Spiritual Perfume
Lavender Rosemary	Vanilla
Lemongrass	Vetiver
Lily Of The Valley	Ylang Vanilla
Lotus	Ylang Ylang
Mimosa Mandarin	

£2.59



Powders

	25g	100g	250g	500g	1kg	5kg
Borax Powder	£1.19	£3.35	£6.99	£10.75		
Camphor Powder (synthetic)	£3.59	£10.19	£21.65	£36.85		
Citric Acid Powder		£2.95	£6.19	£9.45	£18.89	£75.59

Miscellaneous

	1kg	5kg		
Bicarbonate of Soda	£5.85	£17.89		
Black Spanish Licorice Stick	3.99 each			
	1kg	2kg		
Epsom Salts	£6.15	£10.29		
	60ml	120ml	250ml	500ml
Lanolin (anhydrous)	£12.59	£21.99	£40.99	£79.75
	10g			
Menthol Crystals	£4.09			
	10cmx10cm	15cmx23cm	23cmx30cm	
Parchment Paper	£3.15	£7.75	£14.85	
	2kg			
Sea Salt	£2.99			

Muslin Cloth



130x130cm (Approx) Muslin Cloth	£5.09
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Advancis Manuka Honey Dressing

- Anti-bacterial, effectively kills harmful bacteria
- Eliminates odours without masking them
- Osmotic effect, drawing harmful tissue away from the wound bed
- Maintains the ideal moist wound healing environment

	5cmx5cm	10cmx10cm
Advancis Medical Algivon Manuka Dressing	£20.99	£34.99

An ideal choice for wetter wounds as the alginate has a small capacity to absorb, meaning the honey isn't washed away with exudate, therefore staying at the wound site for longer.

	5cmx5cm	10cmx10cm
Advancis Medical Actilite Manuka Dressing	£12.99	£19.99

A light viscose net dressing coated with antibacterial Manuka honey and Manuka oil. The dressing is designed to protect the wound, promote healing and allow the passage of exudate.

	25g
Advancis Medical Activon 100% Medical Grade Manuka Honey Tube	£4.99

Contains 100% Manuka honey with no additives from New Zealand. The Manuka honey is filtered and sterilised, making it suitable for application to wounds.



Baldwins Shopping Bags

Baldwins Large Hessian Bag

HxWxD: 40x36x17cm	£2.35
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Large Printed Fabric bag.
100% Natural Cloth.



Both our cotton and jute bags are made in India, at a SEDEX mill which has the highest credentials for ethical and transparent sourcing and production.

Baldwins Natural Cotton Cloth Bag

100% Natural Cotton.

HxW: 42x38cm	£1.49
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All our herb packaging is now



100% COMPOSTABLE:
Suitable for food waste recycling



Empty Fully Compostable & Biodegradable Packets

Size 1 76x127x181mm	£0.09
Size 2 90x125x229mm	£0.15
Size 3 100x178x254mm	£0.25
Size 4 200x280x356mm	£0.25

Maximum dimensions
Perfect for packing herbs, incense and pot pourri.
Contents shown for display only. Contents not included.

Books



We stock a large number of books, many more than space here will allow us to display. Please visit our website www.baldwins.co.uk to view our entire range. 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.

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Herbal

The New Herbal Bible Earl Mindell **£12.99**
paperback

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.

Back to Eden Jethro Kloss **£10.75**
paperback

large print paperback **£15.29**

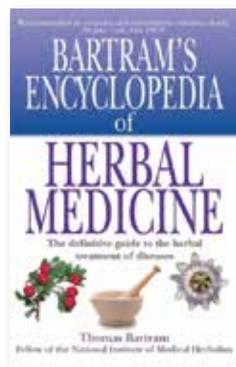
Our best selling book, with over three million copies sold worldwide. Packed with sensible and practical advice on herbs, nutrition, ailments and exercise.

Back to Eden Cookbook Jethro Kloss **£7.09**
paperback

Balanced nutritional and natural recipes. A treasury of health and healing information.

Bartram's Encyclopedia of Herbal Medicine Thomas Bartram **£14.99**
paperback

Containing over 900 entries of general disease conditions and corresponding herbal treatments, this book covers therapeutic action, 550 monographs of medical plants and the properties of herbs and preparations such as tinctures, liquid extracts, poultices and essential oils.



Jekka's Complete Herb Book: In Association with the Royal Horticultural Society Jekka McVicar **£19.99**
paperback

With over 350 varieties of herb to grow and over 200 delicious and inventive recipes, which species to grow and their cosmetic, medicinal and culinary uses. Chapters on propagation, harvesting and making herb oils are complemented with ideas for 10 different designs for herb gardens and a yearly calendar. Accurate colour photography means that identification for the reader is simple as well as making the book a glorious companion - the only book on the subject the reader will ever need.

The Hedgerow Handbook Adele Nozedar **£12.99**
hardback

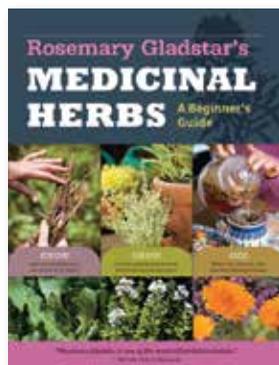
Adele Nozedar reintroduces the wild and natural hedgerow ingredients that our grandmothers used on a regular basis - but gives them a fresh and contemporary twist. From angelica to ash and bird cherry to borage, from pineapple weed to plantain and wild garlic to wimberries. Each entry is accompanied by an exquisite full colour illustration to help you identify each plant or flower, along with its history and folklore, and culinary and medicinal uses. You won't find yet another recipe for blackberry pie nor nettle soup here, however - this is not your run - of - the mill hedgerow book.

Herbs for Home Treatment Anna Newton **£14.95**
paperback

A comprehensive guide to the use of herbal remedies to cure common ailments and improve your general health. It includes advice on:

- . Preventing and treating common illnesses
- . Creating your own tinctures, oils and ointments
- . Maintaining your energy levels and increasing your mental and physical stamina
- . Basic herbs to have at home and those that are useful but not essential
- . Assembling a first-aid kit for travelling, both in Europe and more remote areas
- . Where to buy good-quality herbal products and find a professional herbalist.

If you want to look after your own health, Herbs for Home Treatment gives you all you need to do so in a user friendly way and will inspire you to create your own medicines from your own herbs.



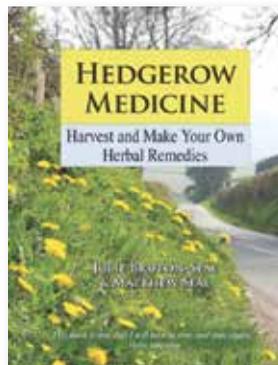
Medicinal Herbs - A Beginner's Guide Rosemary Gladstar **£10.99**
paperback

This title covers 33 common plants that can be grown nearly anywhere and used in a variety of ways, including familiar plants such as garlic, echinacea, burdock, nettles and chamomile.

It includes step-by-step instructions for drying and preserving herbs and for making the most common herbal preparations including salves, syrups, tinctures, pills and capsules. It features 20 basic recipes including some "food as medicine" recipes for healing pestos, vinegars and soups.

Hedgerow Medicine - Harvest and Make Your Own Herbal Remedies Julie Bruton-Seal & Matthew Seal **£16.99**
hardback

Packed with practical information on the use of 50 native plants and gives a fascinating insight into the background of these traditional herbal remedies. Clear instructions on which plants to harvest and when, with over 120 recipes showing how to make them into teas, vinegars, oils, creams, pillows, poultices, alcohol base tinctures and other remedies. Beautifully illustrated with stunning photographs taken specially for this book.



Kitchen Medicine - Household Remedies for Common Ailments and Domestic Emergencies Julie Bruton-Seal & Matthew Seal **£16.99**
hardback

Extremely well illustrated book with simple remedies made from everyday herbs, species, fruit, vegetables and food-related ingredients which many of us have in our kitchens and have a role in our home medicine chest. For each ingredient there are detailed descriptions, remedies and recipes. Also provides a very useful Reference by Ailment list at the back so you know what to reach for, whenever you need to take care of those common ailments and domestic emergencies.



The Handmade Apothecary Healing Herbal Remedies Vicky Chown & Kim Walker **£18.99**
hardback

Packed with invaluable information about our body systems, the benefits of each herb as well as tried and tested recipes for balms, oils, tinctures, teas, creams, vinegars and syrups, this inspirational book will give you the confidence to create a truly useful herbal health kit at home.

Soap Making and Beauty

The Natural Soap Book Susan Miller Cavitch **£11.99**
paperback

Clear guidance and step by step instruction on making your own soaps both additive free and natural, Susan Miller Cavitch is the founder and president of Soap Essentials Inc. This authoritative book on making herbal vegetable based soaps is an invaluable soap maker's purchase.

Melt and Mold Soap Crafting C Kaila Westerman **£13.99**
paperback

The complete guide to Melt and Mould soap making. Contains over 30 recipes and ideas for making melt and mould soap.

Making Aromatherapy Creams and Lotions Donna Maria **£12.99**
paperback

101 natural formulas to revitalise and 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 and moisturisers, lips balms, and more with all-natural ingredients. Free yourself from synthetic substances, experience the pleasure of homemade lotions.

Aromatherapy

Aromatherapy - A Guide for Home Use Christine Westwood **£3.99**

46 pages

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.

Aromatherapy - The Essential Blending Guide Rosemary Caddy **£12.99**

131 pages

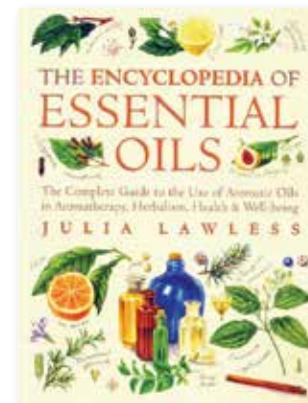
This book explains how to build your own home collection to treat fifty common ailments and gradually assemble your complete set of fifty well proven blends of essential oils from easy to follow instructions.

The Fragrant Pharmacy Valerie Anne Worwood **£9.99**
paperback

Valerie Anne Worwood's splendid essential oils blending book makes it easy for all who would like to prepare their own formulas. The recipes cover both physical and mental ailments.

The Encyclopedia of Essential Oils Julia Lawless **£16.99**
paperback

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.



Natural Crafts

Natural Color - Vibrant Plant Dye Projects for Your Home and Wardrobe Sasha Duerr **£25.99**
hardback

A beautifully illustrated guide to making natural plant dyes and using these dyes to create clothing and home décor, with over two dozen projects and ideas for every season, detailed instructions on dye methods and botanical information about the plants used. Shows how to create vibrantly hued pillows, napkins, clothing and accessories using centuries old techniques of dyeing.

The Handbook of Natural Dyes Sasha Duerr **£16.99**
paperback

From dyeing a tablecloth with turmeric to giving a dress new life with wild fennel, discovering the colourful possibilities in our homes and gardens has never been easier or more tempting to try. By using simple and satisfying techniques to create vibrant hues, The Handbook of Plant Dyes will inspire enthusiasts and novices alike.

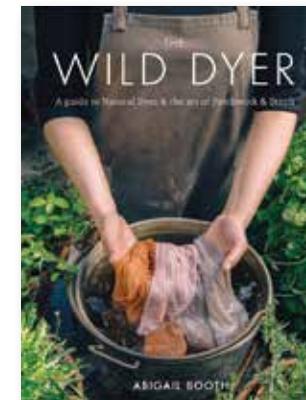


For books on Flower Essences and our full range of books, please visit our website:

www.baldwins.co.uk

The Wild Dyer: A Guide to Natural Dyes & the Art of Patchwork & Stitch Abigail Booth **£16.99**
hardback

In The Wild Dyer, Abigail Booth demystifies the 'magic' of natural dyeing and shows how to use the results to stunning effect in 15 exquisite patchwork and stitch projects including a drawstring forager's bag, an apron, samplers, cushions and a reversible patchwork blanket.



Fresh Clean Home: Make Your Own Natural Cleaning Products Wendy Graham **£12.99**
hardback

Learn how to make your home smell as fresh as a daisy with these eco-friendly, money-saving, germ-busting recipes. Using a base of essential oils and natural ingredients, these cleaning products are easy to make, are kinder to your skin and to the environment, while being as effective as any shop bought solution.



Diet and Nutrition

The Amazing Liver & Gallbladder Flush Andreas Moritz £16.75
paperback

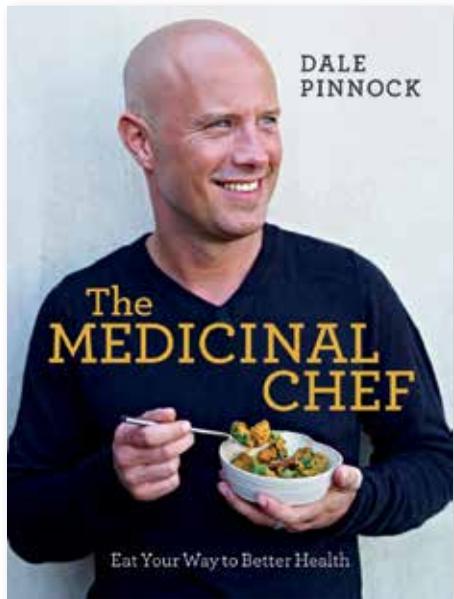
In this revised edition of his best-selling book, The Amazing Liver Cleanse, Andreas Moritz addresses the most common but rarely recognised cause of illness - gallstones congesting the liver. This book provides a thorough understanding of what causes gall stones in the liver and gallbladder and why these stones can be held responsible for the most common diseases so prevalent in the world today. The Liver Cleanse has led to extraordinary improvements in health and wellness among thousands of people who have already given themselves the precious gift of a strong, clear, revitalised liver.

Vegetarian Cooking Without Barbara Cousins £12.99
paperback

With certain food intolerances on the increase, as well as people looking for a healthier vegetarian diet, Barbara Cousins has provided us with a gluten, dairy, sugar and yeast free enjoyable recipe book. With fourteen years' experience as a practicing nutritional therapist she has helped thousands achieve better personal wellbeing and transformation.

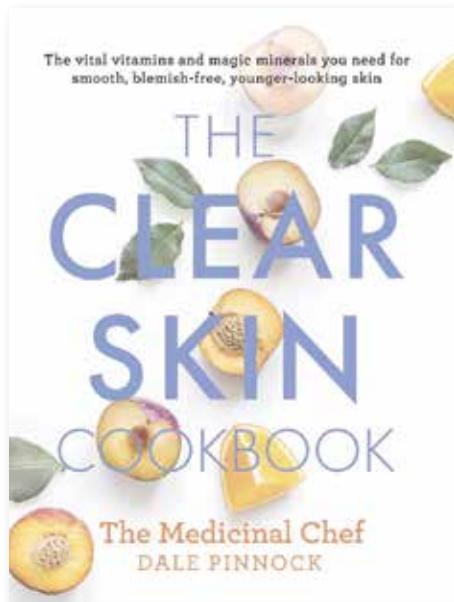
The Medicinal Chef: Healthy Everyday Dale Pinnock £18.99
hardback

The best selling Medicinal Chef, Dale Pinnock, provides 80 recipes to eat healthily day-in day-out.



The Medicinal Chef: Eat Your Way to Better Health Dale Pinnock £20.00
hardback

TV's Medicinal Chef and nutrition expert Dale Pinnock presents his unique and inspiring approach to healthy cooking in his first major cookbook. With 80 simple, tasty and affordable recipes, Dale shows how easy it can be to use food to benefit your health and complement conventional treatment.



The Clear Skin Cook Book Dale Pinnock £16.99

The UK's first Medicinal Chef explains how what we can eat can affect our skin. He shows how we can all help increase the appearance and overall radiance of our skin, simply eating the right foods. Discover how easy it is to choose and prepare dishes that are not only tasty but also enhance skin healing and combat the effects of ageing. Reveals the vital vitamins and magic minerals in our food which can maintain skin health. Help for all common skin conditions, from acne and eczema to psoriasis. Mouth-watering recipes for breakfasts, soups, starters, main dishes, desserts, snacks and drinks.

The Medicinal Chef: The Power of Three Dale Pinnock £20.00
hardback

In this brand new cookbook, Dale explains the secret to staying healthy, happy and energised - not just now but for the rest of your life. Forget fussy, faddy diets forever. Dale Pinnock, bestselling author and nutritional expert, has devised 80 recipes and guiding principles that will minimise your chance of being affected by some of the diseases that are becoming epidemic, such as diabetes, heart disease, obesity and cancer. The recipes are straightforward, easy to follow and are made with easy to find ingredients - and taste so good that this will become your go-to book for healthy, satisfying meals for every occasion.

Medicinal Cookery: How You Can Benefit from Nature'S Edible Pharmacy Dale Pinnock £20.00
hardback

Dale Pinnock explains how the healing power of foods stretches even beyond the realms of vitamins and minerals, and involves a far more complex and beautifully wondrous group or biological compounds - phytochemicals. He highlights the benefits of each food and shows how to prepare dishes and recipes that are not only delicious but have a medicinal property that makes them a powerful addition to someone's overall disease treatment plan, be this orthodox medicinal treatment or natural therapies. He includes recipes for all common health disorders, including problems with circulation, the immune and nervous systems, joints and skin disorders.

Posters and Charts

Baldwins Vintage Posters (supplied in a tube) £5.99

Framed Poster in Black Metal Frame (fixtures included) £19.99

With 2 vintage designs to choose from Baldwins Herbal Syrup and Baldwins Sarsaparilla, our Vintage posters are 42x59.4cm. You can choose to have your poster with or without a frame. Please specify when ordering.

Vegan Nutrition Chart £7.95

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 £7.95

18 popular herbs are beautifully illustrated with their uses. Directed solely at women's health.

Natural First Aid Chart 18x88cm £7.95

Quick reference guide to Natural First Aid Remedies

Yoga Chart £7.95

The chart is a reminder for daily practice and incorporates a balanced mixture of poses and breathing exercises to invite the body to move and relax with awareness. Each pose is clearly illustrated with written points to be aware of and the key benefits of the asana.

Natural Cleaning Solutions £7.95

We all know the cleaning is really done by fairies (especially the one that does that black ring around the bath). But if your house seems to need a little human intervention then this chart is the guide to environmentally friendly approaches to cleaning - using less toxic and often much less packaged and expensive alternatives to commercial cleaning products.

Essential Oils Chart £7.95

Essential oils have been used for medicine and therapeutic treatments for thousands of years, and can be used as a blended massage oil, in the bath, as a wash, as a cold compress, in a cream or lotion, in an oil burner or simply as a gorgeous personalised perfume.



BALDWIN'S HERBAL SYRUP

MADE ENTIRELY from HERBS, ROOTS & BARKS

A CERTAIN RELIEF FOR

INDIGESTION, WIND, DYSPEPSIA
Pains in the CHEST after MEALS
SLUGGISH or TORPID LIVE
DROWSINESS, HEADACHE, COSTIVENESS
BAD TASTE in the MOUTH, FOUL BREATH
PAINS in the BACK & KIDNEYS
and all COMPLAINTS ARISING FROM
A DISORDERED STOMACH

THE BLOOD PURIFIER!
BALDWIN'S SARSAPARILLA
And Peruvian Bark
WITH IODINE OF POTASSIUM
A POWERFUL REMEDY for
ECZEMA, SCURVY, SCROFULA, PIMPLES,
BLOOD POISONING,
IRRITATION of the SKIN

PRICE 1/- 2/6 & 4/6 PER BOT.

PRICE 2'8 & 6'6 PER BOTTLE

How to order



FREE
P&P ON ALL ORDERS*
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FOR ORDERS UP TO £20
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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

Send your order with your cheque, postal order (made out to G.Baldwin & Co.) or credit card details to:

Freepost BALDWINS

How our Delivery Service Works

At Baldwins we are dedicated to offering you a fast and efficient service. So committed in fact that we promise to dispatch all our 'in stock' orders within 3 working days (sooner where possible).

Standard Delivery

- Standard deliveries are dispatched by First Class Royal mail or Next Day Courier.
- Free postage is applicable only to single standard UK orders with a goods value of £20 or more (including VAT) and weighing no more than 25kg.
- Orders under £20 in value (under 25kg) will be charged at £2.99 for standard UK delivery.
- We endeavour to dispatch standard in-stock orders as quickly as possible, and guarantee they will be dispatched within 3 working days

Order weight	Order value up to £20	Order value over £20
0-25kg	£2.99	FREE!
25kg-50kg	£7.99	£7.99
50kg-75kg	£15.98	£15.98
75kg-100kg	£23.97	£23.97

Express Delivery

- Express orders must be placed before 1pm for delivery the next working day (Monday to Thursday).
- There must be someone available between 7am-1pm on the day of delivery to sign for Express Deliveries.
- Express Delivery is only available for customers on the UK Mainland and excludes the Scottish Highlands and some rural areas. Please check our website for postcodes not covered by Express.

- Express orders placed before 1pm on Friday are guaranteed for delivery on Monday.
- Express orders weighing less than 3kg placed between 1pm on Friday and 11am on Saturday are guaranteed for delivery on Monday. Those placed between 1pm on Friday and 11am on Saturday weighing 3kg or over are guaranteed for Tuesday morning delivery. Any Express placed between 11am on Saturday and 1pm on Monday will be delivered on Tuesday morning.

Order weight	Order value up to £20	Order value over £20
0-25kg	£8.99	£5.99
25kg-50kg	£9.49	£9.49
50kg-75kg	£18.98	£18.98
75kg-100kg	£28.47	£28.47

Saturday Delivery

Our Couriers are able to deliver on Saturdays to UK mainland addresses only (identified as those addresses outside of Eire, Scotland, and Northern Ireland).

Please enquire when placing your order if you would like to use this service, there is an additional charge.

Orders for Saturday delivery to UK Mainland addresses must be placed by 1pm on Friday.

Order weight	Order value up to £20	Order value over £20
0-2kg	£14.25	£11.49
2kg-25kg	£33.99	£29.99
25kg-50kg	£33.99	£33.99
50kg-75kg	£67.98	£67.98
75kg-100kg	£101.97	101.97

Overseas Delivery

Overseas items are dispatched by Airmail if they weigh less than 2kg. Orders over 2kg shipped to EU and Rest Of World Addresses are shipped by Courier.

Delivery estimates for overseas parcels are as follows:

- Western Europe within three working days.
- Eastern Europe within five working days.
- Rest of World in five to seven working days.

Larger Orders We happily accept orders of any size, for prices for orders over 25kg please contact us.

Gift Card

Gift cards are now available to use in store and over the phone.

Items we do not stock

We are happy to order in items we do not stock if available through our suppliers, but regret that they are non returnable.

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.

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:

- Am I taking prescription medication?
- 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.

Returning an Item

To return an item, please package in its original wrapping (if possible) and provide a note outlining your name, address, order number and reason for returning.

If your item is under 20 Kg and is smaller than 61cm (L) x 46cm (W) x 46cm (D) then you can use our Free Royal Mail 48 Hour Tracked service by heading here and filling in the appropriate details:

www.royalmail.com/track-my-return/create/2456

This service will generate a label that you can either print at home or take with you to the post office for them to print.

You will need your order number which is the 6 digit number sent out on your order dispatch email. (If you have any trouble finding this, do give us a call and we can happily find it for you).

Once orders are returned, we aim to process them within 72 hours and (if required) notify you by mail when we have processed your refund and ship any replacements out as soon as possible.

If your item is over 20 Kg or larger than the specified size (or too heavy for you to take to the post office) please call us and we can arrange collection with one of our courier partners.

Discount Structure

Discounts only apply to one product packed in one packet or container.

Essential Oils pages 4 - 12



250ml = **10% Saving**
500ml = **25% Saving**
1 Litre = **30% Saving**



1 Litre = **10% Saving**
5 Litre = **15% Saving**
25 Litre = **20% Saving**

Fluid Extracts page 72

250ml = **10% Saving**
500ml = **25% Saving**
1 Litre = **30% Saving**

Herbs, Roots and Powders pages 49 - 66

2 Kg = **15% Saving**
5, 10 & 25 Kg = **20% Saving**



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.

Plus with our FREE Newsletter, Blog, Special Offers and money-savings bundles to choose from, you'll never miss out on a great deal!

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.

THE MORE
YOU BUY,
THE MORE
YOU SAVE



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.

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Bach Flower Remedies	91-93	Contact Us	128	Fluid Extracts (Alcohol Free)	73
Bach Rescue Range	93	Creams	24-39	Foods	114
Bags (Empty Biodegradable & Compostable Bags)	122	D		Funnels	48
Baldwin's Body Scrub	30	D.Atkinson Herbalist	74-75	Fushi Ayurvedic Supplements	98-100
Baldwin's Creams & Ointments	24-37	Dalgety Caribbean Teas	86	G	
Baldwin's Shopping Bags	122	Delivery	128	Gift Boxes & Sets	20-21
Baldwin's Supplements	106-110	Diet & Nutrition Books	126	Glass Beakers	48
Balsams	14	Diffusers	16	Glass Bottles	44-48
Base Products	34-37	Dried Fruit (Organic)	114	Glass Jars	47
Bath Accessories	42	Dyes (Books)	125	Glass Tea Pots	85
Bath Oils	28	E		Grains (Organic)	114
Bath Salts	29	Ear Candles	121	Granary Herbs Creams	81
Beakers	48	Empty Packets (Biodegradable & Compostable)	122	Green Tea & Frankincense Skincare	26
Beans (Organic)	114	Encens D'Auroville Incense	121	Grinder	85
Beauty & Skincare	23-42	Enema Kits	79	Gums	66
Bicarbonate of Soda	80	Enzymes	109	H	
Bitters	78	Essential Fatty Acids	109	Hair Dyes	41
Black Seed Oil & Capsules	110	Essential Oil Box Sets	20	Helios Creams	103
Body Balms	29	Essential Oils	8-12	Henne Color	41
Boody Creams & Lotions	24-39	Essential Oils (Organics)	11	Herbals Capsules	77
Body Oils	28	Essential Oil Books & Charts	125	Herbal Creams	81
Body Washes	29	Eye Health	110	Herbal Fluid Extracts	72
Books	124-127			Herbal Fluid Extracts (Alcohol Free)	73
Bottles	43-48			Herbal Medicine Books	124
Bush Flower Essences	94-96			Herbals Ointments	81
Butters (Beauty)	14				

Herbal Tablets	77	Natural Crafts Books	125	Soap (Melt & Mould)	18
Herbatint Hair Dyes	41	Natural Pads	118	Soap Making Books	125
Herbs	49-65	Natural Panty Liners	118	Soap Making Supplies	18
Herbs (Organic)	65	Nature's Answer Fluid Extracts	73	Soap Moulds	18
Homeopathic Medicines	103	Neem Oral Health Care	40	Soaps	31 & 32
How To Order	128	Neroli & Willow Bark Skincare	24-25	Spray Tops	46
I		New Era Mineral Cell Salts	103-104	Stirring Rods (Glass)	48
Incense	120-121	Nutritional Books & Charts	126	Storage Jars (Glass & Bamboo)	47
Incense Sticks	121	Nuts (Organic)	114	Sugar Scrub	30
Indian Tinctures	72	O		Superfood Powders	115
Infinity Organic Foods	114	Oil Burners	15	Supplements	106-110
J		Oils	8-14	Swedish Bitters	78
Ja Moringa Herbal Tea	86	Olive Tree Base Products	36-37	T	
Jars	47	Organic Base Products	35	Tampons (Natracare)	118
L		Organic Essential Oils	11	Tea Accessories	84
Laughing Bird Bodycare	38-39	Organic Foods	114	Tea Bags	86
Lip Balms	39	Organic Herbs	65	Tea Ball	84
Lip Balm Tins	48	Organic Liquid Castile Soap	35	Tea Lights	15
Lip Balm Tubes	48	P		Tea Tongs	84
Liquid Castile Soap (Organic)	35	Pestle & Mortar	84	Theraneem Naturals Oral Care	40
Lotions	24-39	Pipettes	45	Thermometer	48
M		Plastic Bottles	46	Tinctures	68-72
Macerated Oils	13	Plastic Jars	48	V	
Manuka Honey Dressings	122	Pomegranate, Bilberry & Rose Skincare	27	Vitamins	106-110
Massage Oils	34-35	Posters & Charts	127	W	
Meadowsweet Range	81	Powders	50-66	Waxes	13
Measuring Cylinders	48	Pulses (Organic)	114	Weleda Homeopathic Range	103
Melt & Mould Soap	18	R		Wooden Storage Boxes	20
Men's Green Tea & Frankincense Skincare	26	Rescue Remedy	93	Y	
Minerals	106-110	Resinoids	14	Yoga Chart	127
Mooncup	118	Rio Amazon Supplements	112	Z	
MultiVitamins & Minerals	106-110	Roll-On Bottles	47	Zenicolour Soap Colourings	19
Muslin Cloth	122	S			
N		Salus House Organic Teas	86		
Nag Champa Incense	120	Seeds (Organic)	114		
Natracare	118	Shampoos	30, 34, 36		
		Shaving Oil	26		
		Smudge Sticks	120		

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

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