



PURVEYORS
OF NATURAL
PRODUCTS
SINCE 1844

How to...

A guide
to natural
preparation
and practice.

G. Baldwin & Co.

G Baldwin & Co

At Baldwins we offer an extensive range of natural produce. This booklet provides basic instructions for how you can use our materials to create products you can use on a daily basis. For a list of the products we supply, you can visit our website at www.baldwins.co.uk or call 020 7703 5550 for a brochure.



Disclaimer: Please take care when creating anything using our products. As always in the kitchen, ensure any pan handles are kept away from edges and hot materials are kept an eye on, particularly around children or the infirm. It is advised you are under the supervision of a qualified practitioner before using any herb or oil therapeutically. For more information on how to contact a qualified practitioner, please contact us.

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Herbs...

We supply myriad dried and cut herbs, roots and barks which are grown all around the world and used in teas, tisanes and cuisine. These herbs are obtained in large quantities from wholesalers across the world, then decanted then into smaller bags on site. The plants are air or sun-dried and then cut into small pieces mechanically.

Growing and harvesting...

Wildcrafted

These are herbs grown without human intervention in the wild. Our wholesalers endeavour to ensure these herbs are harvested as sustainably as possible.

Organic

These plants have been cultivated by natural means on unpolluted land without the use of chemical fertilizers, pesticides or herbicides. All of our Organic Herbs are certified by the Soil Association and meet their standards. For more information on these standards you can visit www.soilassociation.org/Whatisorganic/Organicstandards

Cultivated

Our cultivated herbs are non-organic and farm grown. They are then harvested, dried and chopped ready for shipping.



We stock a number of herb accessories including Teapots, Tea Balls, Muslin and Tea Tongs. Check our website or brochure for more information.

Essential Oils...

Essential oils are produced in a number of ways because some methods are better suited to certain chemical constituents. Our essential oils are extracted using the following methods:



1 Steam Distillation

With this method, fresh flowers and plants are suspended over boiling water and the steam pulls the oils out of the plant. The steam rises, is then captured in a vessel, and is pushed along tubing. It's then rapidly cooled, which makes it condense back into water. As water and essential oils do not mix, the two separate, and the essential oil is captured.

2 Expression

The simplest way of extracting essential oil and a system used mostly with citrus oils such as orange, lemon and grapefruit. Essential oil is pressed robustly out of peels using mechanical presses.

3 Absolute

This is a solvent extraction and only used when the other extractions are impossible because steam would spoil the raw material. Used for essential oils like Jasmine and Rose Maroc. The plant is dissolved in a solvent and then the solvent is boiled off leaving the essential oil remaining.

4 Expression Vacuum Distilled

Oil is cold pressed from raw materials. Then selected fractions are blended and distilled through powerful vacuums at low temperatures, removing any unwanted components.



Herbs, Roots &



Plants have been the basis of medical treatments throughout human history. The ancient Chinese, Indians, Egyptians, Babylonians, Native Americans, Greeks and Romans were all herbalists, and the world's oldest known list of medicinal herbs dates back to 3000 B.C. We offer scores of dried, cut herbs roots and barks, as well as flowers and powders. Below are some of the simple ways you can make the most out of herbs.



Tea...

The most well known system of using herbs, dating back to 3 AD. Add a spoonful of dried, cut, herb (as opposed to root or bark) to a regular sized cup. Roots and barks need to be simmered to maximise their potential (see right). Leave the to stand for 10 minutes, covered with a saucer. After ten minutes, stir the mix, and strain well through a tea strainer into another cup. You can of course also use a teapot to prepare the herbs.



Roots and Barks...

Roots and barks require simmering in order to gain the best results. Bring a full large cupful of water to the boil in a saucepan. Reduce to simmer. Add 1/4–1/2 a teaspoon of cut root or bark to the water. Simmer for 10–15 minutes. Strain the mix through a tea-strainer to serve.

Tisane...

Tisanes are smaller versions of tea which are ideal for tea-cups and drinking herbs quickly. Much the same as making tea, you add half a teaspoon of dried herb to a teacup. Fill with hot water, stir well and leave to stand for ten minutes. Strain and drink. If using a regular mug, fill a third of the way with hot water.

Powders...



Poultices

Poultices are used to apply herbs externally. Often they are used where there is bruising or fracture.

To make one, first mix some herb with water until it forms enough of a thick paste to cover the area. The amount of herb you use depends on the size of the affected area to be covered. Generally speaking, a paste made with 10g of herb will cover a square inch of skin. This paste can then be wrapped tightly in muslin (folded and tied so the herbs don't leak). You can then tie the poultice to the area using some hypoallergenic surgical tape or bandage.



Powders...

Powders are used by adding 1/4 teaspoon of powder to about 2cm of hot water in a cup. Leave to cool until warm, stir well, and drink.

We now offer empty vegetarian and gelatine capsules in two sizes. You can fill these by hand or by using one of our capsule machines which will fill capsules 24 at a time in minutes.

The Size 0 capsules take around 305–680 mg of powder, and the Size 00 capsules take 430mg – 950mg.

HOW
MUCH
SHOULD
I USE

?

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 using 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.



Lots of people obtain information on how much of a 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.

Tincture Production...

Making Tinctures...

Tincture making is becoming increasingly popular as access to dried herbs increases.

Tinctures are easily absorbed by the body and have a long shelf life.

You will need...

- Muslin cloth
- Amber jar (1 litre)
- Funnel (14cm)
- Syrup bottle (1 litre)
- Bomex glass Beaker or
- Beaker (1 litre)

DOSAGE

Tinctures are usually administered by taking 10–20 drops in a little water up to three times per day.



Preparation...



1 Add 120g of chopped herb / root / bark into a 1 litre jar.

2 Pour 500ml of 30% vodka or brandy on the herbs and close the lid tightly.



3 Keep the container in a warm place for two weeks and shake it twice every day.

4 After two weeks, strain the mix through muslin into a beaker.



5 Wring out all the excess liquid into a jar (you can put the herby residue on a compost heap).

6 Pour the tincture through a funnel into a dark bottle and store in a cool dark place.

SHELF LIFE AND USE

Tinctures have an average shelf life of five years if stored in a cool, dark place.

You can also use tinctures externally, by mixing them with a base cream or lotion. Mix an empty jar or tub with 3% tincture and 97% base. Some tinctures can be applied neat for certain skin issues – check with your herbalist for more details.



Using Essential Oils...

Essential oils are powerful tools which have been used therapeutically for over 5000 years. A small amount of essential oil can have a significant on different parts of the body, offering everything from relief from muscular tension to soothing for tension and anxiety. There are literally thousands of recorded applications for essential oils and we have a wide range of books available from small guides to hefty reference books will teach you more about the amazing expanse of properties for each oil.

GIFT SETS
WE SUPPLY
SEVEN ESSENTIAL
OIL BOX SETS WHICH
RESPECTIVELY
CONTAIN BETWEEN
6 AND 24
AROMATHERAPY OILS
IN A HAND-CRAFTED
WOODEN BOX.



Massage Oils...

Creating massage oils is very simple. You need a carrier oil, an empty bottle, and essential oil. You may also wish to use a small funnel.

Massage oils are usually prepared at a ratio of 98% carrier oil to 2% essential oil.

Fill the bottle 98% of the way up to the base of the bottle neck with carrier oil, then fill the other 2% with essential oil. Shake vigorously to mix the blend, and gently before each use.



In the Bath...

A few drops of essential oil go a long way in the bath. Add around 5 to the running water. Popular relaxing essential oils which go well in the bath are Lavender, Chamomile and Clary Sage. In the morning you may wish to have an enlivening bath by including Peppermint, Lemon or Rosemary. Tea Tree is popular in the bath as it is anti-bacterial and used by many to clear the skin.



HISTORY

The Chinese were one of the first cultures to use aromatherapy. They would burn incense and oils to create harmony and balance. Essential oils were used by the ancient Egyptians in incense, medicine, cosmetics and perfumes. Greek physician Claudius Galen would treat the wounds of gladiators with medicinal flowers and herbs and it is said that not a single gladiator died of battle wounds while under his care.

Diffusers...

We supply many oil burners and diffusers and they offer a great way of experiencing the properties of essential oils. Many people prefer electric diffusers because they are clean to use and do not require a candle. A very popular electric oil diffuser is the Aroma Stream which pushes oil out through a removable pad and requires no water at all.

Other Methods...

There are a number of other ways of using essential oils. We supply roll on bottles which you can use to add a mix of carrier oil (98%) and essential oil (2%). This can then be applied to pressure points like your temples and wrists.

We also offer a wide range of bases which you can mix essential oils into, More information on this method can be found on pages 10 and 11 of this leaflet.

WHICH CARRIER OIL SHOULD I CHOOSE

?



Almond oil is a very popular oil as it is both cost effective and nutritious. It is also anti-inflammatory and a muscle relaxant. Another popular base oil is Grapeseed, which is also cost effective and rich in Omega 3, 6 and 9. Jojoba, Macadamia and Avocado oil are exquisite oils which are highly nutritious and available in bottles of 100ml and over. We also have pre-blended mixes available including Richer Massage Base which contains eight carrier oils combined for a deeply relaxing and enriching massage.



Creating Base Products...

We supply a number of bases including the Olive Tree natural base range which enables you to create natural aromatherapy conditioners, lotions, creams, and body washes.



Shampoos

Fill up one of our empty PET bottles (98% of the way up to the neck) with one of our shampoo bases. Fill the other 1–2% of space with essential oil. Tea Tree, Thyme, Lavender and Rosemary are all popular, but all the essential oils have an effect on hair. Extensive information on Essential Oils can be found online and in one of the many books we have available on the subject.



Conditioners

To make your own conditioner, fill one of our amber PET bottles 98% of the way up to the neck with one of the conditioner bases. Fill the other 1–2% with essential oil. Shake well.



Creams

Fill one of our empty jars 98% of the way up to the neck with base cream. You may need a spoon to help with this process. Fill the other 1–2% of space with essential oils. Stir carefully and well. You can also make creams out of tinctures and fluid extracts, using the same method.

We stock ready made base lotion kits which come with four different bases, an apron, two essential oils and empty bottles and jars.

BASE KITS



Lotions

Fill one of our empty bottles 98% of the way up to the neck with one of the lotion bases. Fill the other 1–2% with essential oil of your choice to create an aromatic and enriching lotion!

Our catalogue describes some of the very basic effects of the essential oils we have on offer.



Body Washes

Fill one of our bottles 98% of the way up to the neck with one of our conditioner bases. Fill the other 1–2% with essential oil. Shake well. Job done!

WHICH
BOTTLES &
JARS SHOULD
I CHOOSE

?



Ideally, all base products will be stored in glass bottles or jars.

We recommend using our Syrup Bottles with Pump Tops for all the base products except the Cream.

For Creams we recommend you use one of the glass jars with aluminium lids.

Soap Making...

Melt and Mould soap-crafting is a simple process which enables you to quickly make your own scented soaps. We offer a range of Melt & Mould Soap Bases as well as kits which contain a little of bit of everything you need...



1 First of all, gently melt down some of our Melt and Pour soap in a saucepan or bain-marie. This should be done on a very low heat. Each compartment of our soap mould takes around 150g of soap, but when it comes to moulding, you can use home made moulds – for example a yoghurt pot.

2 Next, gently stir in some essential oil. Generally speaking, you should aim for 2% essential oil to 98% soap. Popular oils include Lavender, Tea Tree and Rosemary, but we have over 100 oils you can choose from.

SOAP KITS

We offer three soap kits which are comprised of one six bar silicon soap mould, a choice of essential oil, two types of petals, and an option of three different melt & pour soap bases. Check out our catalogue for more information.



3 Now you can add petals or flowers if you wish – a few lavender flowers or rose petals gently mixed into the warm melted soap give your final product extra pizzazz.

4 Once everything is nicely stirred in, carefully pour the mix into the compartments of the soap mould. Ensure you have brushed the inner walls of the soap mould with vegetable oil first – this helps the soap come out when it's set.

5 Leave the soap to set for 24 hours in the open air at room temperature. Cover tightly with tin foil or grease proof paper to prevent dust from sticking to the soaps. You could consider etching a design on the top of the soap just before it solidifies.

6 After 24 hours have passed, prise the soaps from the mould. Give them a pat with some kitchen towel to remove any excess oil.

Get a New Flame in Your Life. Get Candle Making...



1 First of all, wrap yourself in a Baldwins apron or something similar.

2 Next, melt down some of our rapeseed wax gently in a saucepan. If you're using our 10cl Candle Jars, about 100g should of wax per candle should suffice. If using other jars, a little experimentation will be required but 100g generally fills 10cl (100ml).

3 Once the wax is warm and liquefied, add a few drops of essential oil to the mix. 15 drops for each candle will produces a reasonable scent – 5–10 drops more will produce more potent candles.



VOTED
BEST BUY
CANDLE BY
DAILY MAIL



CANDLE MAKING KITS

We now supply ready-made candle making kits which include everything you need to prepare six attractive candles. Each kit also contains two 10ml essential oils.



4 Keep the wax warm while you place a candle wick in the centre of each candle jar, Holding the wick in the middle with the metal disc touching the base, add about half a cm of the warm liquid to the glass. Leave this base wax to set around the wick for a few minutes. Hold the wick in place as the base sets.

5 Once the base has solidified enough to keep the wick in place, hold the wick in the centre of the jar and carefully pour in more wax until it reaches about a centimetre from the top of the jar. Keep holding the wick in the middle for a few minutes, until the wax starts to solidify.

6 Leave the candles overnight to set, covered with kitchen towel or grease-proof paper.

We supply a number of empty clear and amber glass jars with lids, which are ideal for making reusable candles that can be given as gifts.



Cleaning
naturally
with
**Bicarbonate
of soda...**



Every home should have Bicarbonate of Soda in the cleaning cupboard or garage. It's non-toxic and it's inexpensive.

What is Bicarbonate of Soda?

Baking soda, or sodium bicarbonate, is a naturally occurring material which comes from soda ash obtained either through the Solvay process or from trona ore (a hard, crystalline material). The soda ash is dissolved in a carbon dioxide rich solution, and sodium bicarbonate (baking soda) precipitates out.

There are hundreds of uses for Bicarbonate of Soda which is why every home should have a supply.

Bicarbonate of Soda is an excellent natural cleaner, deodoriser and de-greaser – simply use it just like you would a scouring powder, sprinkle some on a moist cloth and clean away, rinsing with water afterwards. You'll be amazed with the results it brings.



Here's just a few of the ways you can use Bicarbonate of Soda:

- To de-grease and wipe clean scuff marks on surfaces and floors.
 - To remove burnt food on the bottom of pots and pans.
- Unclogging kitchen and bathroom drains.
 - To clean and remove stale odours in the fridge/freezer.
- Sprinkling a little in the bottom of the dustbin will deodorize it, plus when you need to wash the bins the dirt will wipe away so easily and no bad smells.
- You can even use it to wash your vegetables and fruit by sprinkling some Bicarbonate of Soda into water, soaking your vegetables or fruit in the water, then rinsing well.
- A tablespoon or two in the washing machine will get rid of stale smells and will regulate the pH level in the laundry rinse which results in an effective wash and softens fabrics too.
- Use to clean everywhere in the bathroom, it's a multipurpose cleaner.
- Sprinkle some under cat litter to keep the litter odour free.

Really the list goes on... Go on-line and see just how many more ways you can find to use Bicarbonate of Soda.





How to Find Us

NEAREST TUBE / 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



Scan the barcode to access our website directly from your phone

G Baldwin & Co

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