



WELEDA

revue

ISSUE 30 WINTER 2009

A good night's sleep

NEW Pomegranate –
staying fab at 40+

Great gift ideas that
won't break the bank

Brigit Strawbridge on
sustainable living

Caryn Franklin on
looking great after 50

James Wong at work

ISSUE 30
contents

Welcome to NaTrue 2

Pomegranate power 4

Stay fab after 40 6

Pomegranate 3-step plan 7

Caryn Franklin – fab at 50 8

Baby oil turns 50 9

The professionals – James Wong 12

Sleep tight 14

Christmas gifts for all 16

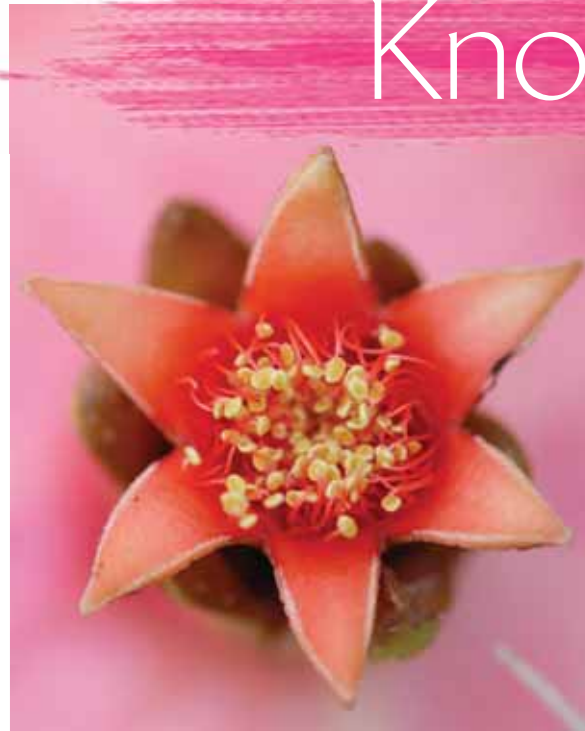
The ultimate present 20

Eco-trailblazer Brigit Strawbridge 22

Sweet dreams 24

My bag 26

Soap box 27



Know your

'Natural' has become a bandwagon to jump on, and clarity for consumers hasn't been helped by a plethora of schemes with different stamps and gradings. Most have been national schemes, a handful European, and none truly global.

For consumers wanting genuinely natural products it became a case of having to do your homework first.

Now the mists are clearing. Welcome to NaTrue. Unlike other certification schemes which are often expensive to sign up to and lucrative for the certifying body, NaTrue is a not-for-profit initiative.

Started by an international group of natural and organic cosmetics manufacturers sharing the highest ideals, NaTrue operates worldwide.

The words 'natural' and even 'organic' have become so over-used and abused by some that consumers have – often rightly – become sceptical about some of the claims made.

Labels

Besides water; NaTrue certified products contain only natural ingredients, nearly natural ingredients or nature-identical ingredients.

'Natural ingredients' are defined as ingredients found in nature that have not been chemically modified.

'Nearly natural ingredients' are those derived from natural ingredients only but involving chemical reactions (the permitted chemical reactions are clearly set out in the NaTrue criteria).

'Nature-identical ingredients' exist in nature but are derived through chemical reaction, and are only permitted when these substances cannot be obtained from nature in the desired quantity or quality.

The NaTrue label has three star ratings to differentiate between:

NaTrue One Star - Natural cosmetics

NaTrue Two Star – Natural cosmetics with organic ingredients

NaTrue Three Star – Organic cosmetics

Minimum and maximum levels for these ingredient groups are strictly regulated by NaTrue.



If a product contains more than a specified amount of 'nearly natural' ingredients, even if there are some organic ingredients in the product it won't necessarily get a two star rating.

Along with ingredients information submitted by the manufacturer; NaTrue insists on complete traceability of production (an audit of each production facility to be repeated every two years).

NaTrue was established in 2008, and by February 2009 the first 100 products had been certified. Of course it takes a while for companies to be able to change their packaging, so while all Weleda's body care products have received NaTrue certification, the first time you'll see their kitemark on our packs is on the new Pomegranate Bodycare range.

For those wanting to check out NaTrue standards visit www.natrue.org. For a list of all brands and products so far certified, visit www.natrue.com

Weleda is delighted to be one of the founders of this scheme and we are confident NaTrue will become a useful quick check for consumers (no matter what country they're in) who want to know that what they're buying is guaranteed to live up to any 'natural' or 'organic' claims.

Note from the editor



I've always liked my hands, feeling they were one of my better features, though age is taking its toll now with a few brown age spots appearing. So, for me the new Pomegranate Regenerating Hand Cream has come along just in the nick of time to help keep the tell-tale brown marks at bay, as well as being a superb hand conditioner. In this issue find out all about the new rejuvenating Pomegranate Bodycare range specially formulated for the 40+ woman.

With Christmas looming fast you'll also find lots of ideas for presents – for all ages – and if you're anything like me, might settle on a small 'must have' treat for yourself while you're browsing for others.

If the run up to all those festivities or nights away in different surroundings tend to leave you tossing and turning at night, check out our pharmacist's suggestions for helping people nod off and get a full night's restorative sleep.

As it helps to spend some time reading for pleasure before turning out the light, I hope you'll enjoy our interviews with the rising 'green' star James Wong, fashion guru Caryn Franklin and eco-trailblazer Brigit Strawbridge.

Pomegranate power



Recently it's shot back into popularity in the UK, hailed as a superfood, but pomegranate can be traced back as far as the Bronze Age.

The history

The Bible talks of pomegranate as one of the seven fruits to bless Israel, and some say that Eve gave Adam a pomegranate but the Old Testament text was mistranslated as apple.

The name pomegranate does indeed derive from Latin pomum (apple) and granatus (seeded), and in German it's called Granatapfel (seeded apple), while in France it's 'la grenade'. It's from French that we have the word

grenadine, the syrup made from pomegranates used as a cordial and in cocktails.

Around the Mediterranean the pomegranate has thrived for several millennia, as confirmed by remains identified in digs of Bronze Age sites. In Armenia, Azerbaijan and Georgia wild pomegranate groves still survive outside ancient abandoned settlements, and it remains one of the symbols of Armenia, representing fertility, abundance, and marriage.

In many cultures pomegranates feature in traditions, literature and art. Perhaps the most famous is the Greek myth of Zeus and Demeter's daughter, Persephone, whose kidnapping by Hades into the Underworld caused Demeter to stop all plants growing until her daughter's safe return. Zeus decreed that as long as Persephone hadn't eaten in the Underworld, she could be freed.

However, Persephone had sucked on seven pomegranate seeds, so it was decided she could live on earth for nine months, spending the other three in the Underworld when Demeter would once again stop plants growing – and so came the season of winter.



Closer to home, two of Henry VIII's wives had pomegranates on their coat of arms – his first wife, Katherine of Aragon, had the fruit as an emblem, while her successor, Anne Boleyn, had a new coat of arms showing a white falcon pecking at a pomegranate.

The plant

The deciduous pomegranate shrub, or small tree, can reach five to eight metres high. With branches often tipped with sharp spines, the plant's glossy narrow oblong leaves act as a backdrop for the brilliant red flowers and ruby red fruit that can look like Christmas baubles. This fruit has attracted great attention as a superfood, rich as it is in vitamin C, vitamin B5, potassium and antioxidant polyphenols. Each fruit contains roughly 600 edible seeds

surrounded by white to deep red pulp, and combined these are called arils. Many national cuisines include pomegranates. In India and Pakistan the seeds – often dried, and sometimes ground – are used in chutney and curries. In many Mediterranean countries pomegranate sauce is used to marinade meat, to flavour dips and salad dressings, to top ice cream or yogurt, even spread on toast.

Tip: Eating fresh pomegranates can be tricky. To make it easier, score the skin with a knife and break open. Submerge the fruit in a bowl of cool water for a few minutes. Some seeds will break off and sink. Gently urge the rest.

Cultivation for Weleda

The pomegranate harvest in October sees whole families taking part. Remci Genç, his wife Ülkü and their daughter and two sons are



among 50 families practising organic agriculture in the valley of Karahacılı. This green and fertile basin has fruit trees everywhere, mainly pomegranate, but also lemons, oranges, apricots and figs. The valley is protected by a mountainous belt rising 1,000m behind the coastal town of Mersin, and has mild winters.

Remci – who's part of a fair trade farming partnership with Weleda – prunes the trees on his 25 hectares to around 2m high every year, but by harvest the abundant growth means it's still often necessary to climb to reach the highest branches.

Harvesting begins just after dawn, and the fruit hand picked with the help of a knife. The family works flat out to fill over 100 crates before midday, then tractors pull trailers laden with fruit down the small dusty tracks. The precious fruits are then taken to Nigde, in the region of Cappadocia, where the pomegranates are first peeled by machine before the juice is pressed. Just a small proportion of the crop then passes through to the drying shed.

After drying, the seeds are sent to Germany to be cold pressed, to extract the valuable oil. To produce just 1kg of the precious oil requires 500kg of pomegranates. As Weleda currently requires 1500 kilos of the oil each year, that means using 300 tonnes of fresh fruit which helps ensure farmers like Remci and his family have a reliable income.

New ways to stay fab after 40



Skin changes throughout our life, and rather than stick with the same skincare routine it's wise to rethink it around each decade to keep skin looking healthily radiant.

Each stage of life brings different joys and challenges. In anthroposophic medicine and Weleda's philosophy those stages are viewed in seven-year cycles that change us physically - including our skin - but also psychologically and emotionally, with years adding experience, awareness and spirituality.

Our early 40s is the time we often start reflecting on our life experiences, many of us for instance start researching our family trees. It's also a period for personal change, maybe more freedom, particularly for parents whose children become more independent. For women approaching 50 many report less stressing about the small stuff, and enjoying the wealth of experience they've gained.

Skin, too, goes through changes. But after 40 a woman's beauty doesn't solely depend on the condition of her skin, it shines through from an inner beauty that grows as we become more confident, perceptive, savvy. Our skin doesn't have to reveal our age as defined in years; instead it can radiate with the vitality we feel within.

Our skin does need additional nourishment in our 40s and 50s though. Skin cell renewal and regeneration takes longer than in our 30s. Our peripheral circulation decreases so it becomes harder for inner nourishment to reach the epidermis. Skin becomes drier and more

sensitive to irritation, so we need to work with those changes and rethink our skincare routine.

Weleda specialises in skincare ranges to suit different life stages, and the new Pomegranate Bodycare range has been specially formulated to meet our skin's needs in our 40s and 50s. By supporting the skin with the powerful antioxidants from pomegranate, regular use can help firm and moisturise, improve elasticity and smooth skin tone.

The natural fragrance has been designed to hit a sophisticated note, subtly sensual, feminine and warming. Essential oil of davana lends an exotic, oriental character; together with mellow base notes of sandalwood and neroli. Dermatological tests on all three products confirm the following benefits:

- all help protect the skin from free radicals, and thus premature ageing
- all stimulate skin regeneration and improve firmness and elasticity
- the body oil can increase skin moisture by around 11% over four weeks
- the hand cream can prevent the premature appearance of age spots and wrinkles

Protect and preserve

help regenerate and maintain skin radiance with our Pomegranate 3-step action plan

1 Revitalise

Pomegranate Creamy Body Wash

Wash (£8.95 200ml)

This latest addition to the range of pH balanced and eco-friendly Creamy Body Washes (which are SLS free and use plant-based cleansers) gently refreshes and revitalises natural beauty with the antioxidant-rich certified organic pomegranate seed oil.

That's combined with organic sesame seed and macademia nut oils to nurture skin and leave it soft to the touch.

The warming, calming scents of essential oils of sandalwood, neroli and davana stimulate the senses and help balance the entire body.

With regular use skin will feel perfectly soft, naturally beautiful.

Tip: Apply to body with a loofah



2 Regenerate

Pomegranate Regenerating Body Oil (£19.95 100ml)

This is the only oil on the market specifically formulated for 40+ and it's at this age that body oils really come into their own. There's nothing like them for combating dryness.

This luxurious skin treatment is distinguished by the precious organic pomegranate seed oil that's rich in antioxidants proven to help prevent the signs of premature ageing and to renew smooth, firm skin, and let your skin's natural beauty shine through.

The pure natural plant extracts combined with certified organic macademia nut and jojoba oils absorb quickly and deeply, protecting against moisture loss.

Regular treatment with this luxurious oil helps promote natural, ageless beauty by boosting cell renewal.

Tip: Apply a small amount to damp skin, and massage in until absorbed, leaving a sensuous sheen on the skin.



3 Replenish

Pomegranate Regenerating Hand Cream (£7.95 50ml)

This unique and proven combination of antioxidant agents promotes cell renewal and helps prevent premature formation of age spots.

Our hands can be a real age give-away, but this cream – derived from certified organic pomegranate seed oil – may help stop the hands of time.

Deeply moisturising, this warmly sensuous smelling cream will actively protect your hands from skin-damaging free radicals.

Certified organic shea butter, rich in fatty acids, protects skin from moisture loss, while natural plant extracts stimulate cell renewal to keep hands soft.

Skin appears firm and renewed, to help hands look as young as you feel.

Tip: Start with only a small amount to massage in – always easier to add more than find you've used too much.



Ask the experts: Caryn Franklin



David Verri Photography Ltd

Fashion commentator and Clothes Show Live ambassador, Caryn Franklin, explains how she – and we – can look and feel fabulous at 50

Q Approaching 50, even women previously confident about clothing can fear dressing too young, or too old. Any advice?

A It's about working your individual style, and finding which clothes flatter your shape. My website www.howtolookgood.com has advice for different shapes. For me there's no such thing as 'age appropriate' clothing, it's more about what's appropriate for your body and lifestyle. Some women well into their 50s who've always had great legs continue wearing above the knee skirts, maybe with opaque tights or high boots. Some curvy young women never wear short skirts. It's about knowing how to showcase your body.

Q How do you keep your skin in top shape?

A One of the gifts my mother gave me was great skin, and I've always used natural products. It feels wise not to layer chemicals onto my face and body because they are absorbed. I'm careful about diet, and in addition I cleanse toxins from inside. About 16 years ago after an illness I started using home enema kits, and am convinced that's contributed to clear skin. I also take a good probiotic to rebalance my system.

Q Which are your favourite Weleda products?

A The Wild Rose range, particularly the oil-rich night cream, which I use for day as my skin's very dry. I love the eye cream in that range, and the Wild Rose Body Oil. Skin Food is amazing for legs, knees, elbows, arms, neck - I tend to use that more in summer when I'm more skin conscious. I like giving new things a good go, and the new Pomegranate Bodycare range feels lovely. The body oil has a gorgeous adult, subtly sensual, warm aroma.

Q Have you changed how you treat your skin over the decades?

A Definitely. I no longer smoke. I'm very aware of drinking enough water for hydration, and herbal teas - my favourite being rooibos and vanilla - and I enjoy dandelion coffee. When younger I never bothered with sunblock, but I do now, as in recent years little brown patches appeared on my face and hands. I'm hoping the Pomegranate Regenerating Hand Cream will help.

Q How do you unwind?

A Gardening – for countless reasons. I love nature, the outdoors, planting, watching things grow, colour. And every day, first thing, I aim to

An oil to grow with you

fit in 15-20 minutes of yoga. When I'm not working I like to live as simply as possible. You can't live fashion all the time.

Q If you hit a health problem, who's your first port of call?

A A homeopath or kinesiologist. My finely tuned system tends to go down very quickly, particularly under stress. I've become alert to the signs, so when I spot those I book myself in straight away.

Q Finally, fair trade has come late to fashion. Is that changing?

A With the big companies, M&S are finally leading the way, and Sainsbury's has a fair trade t-shirt range. For many companies such a move is experimental, to see whether customers who say they want it actually buy it. If they fly off the shelves they'll make more. It's we consumers who can make fair trade in fashion succeed.

The first generation of babies who enjoyed Weleda's Calendula Oil will, like the oil, celebrate their 50th birthday this year.

First introduced in 1959 – when Shirley Bassey led 'the hit parade' - Weleda began this bit of flower power before the term was invented, and this gentlest of oils continues to impress. It's been awarded Best Budget Baby Oil by the independent midwife-tested TIPS awards and was Highly Commended in the Best Eczema Range category of the Natural Health Beauty Awards this year.

Calendula Oil isn't just for babies though. Adults with sensitive skin can enjoy the benefits of this top quality, light oil that's been dermatologically tested on easily-irritated skin prone to eczema.



Soothing golden calendula petals, famous for their skin healing properties, and chamomile flowers provide the purest care for delicate skin. Weleda grows calendula plants organically using strict biodynamic methods that ensure freedom from contamination by chemical fertilisers and sprays.

The base oil of sweet almond, renowned for its mildness, is easily absorbed by the skin and well tolerated.

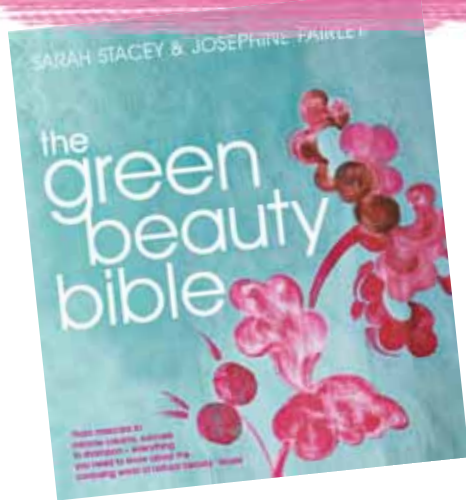
For babies, whose skin demands especially gentle care as it's four to five times thinner than adult skin, **Calendula Oil** (£7.95 200ml) is ideal for soothing, protecting and even cleansing the nappy area where soap and water or baby wipes might sting. It's also fantastic for gentle baby massage.

Mums may find they like Calendula Oil so much they try it themselves and discover how well it replenishes dry skin. Try it after a shower to 'lock in' moisture.

For baby skincare advice and tips from baby health experts, such as midwife and baby massage expert Sharon Trotter, check out the new baby section at www.weleda.co.uk



In the spotlight



Jo Fairley tells us: 'It's a stellar achievement for your products to feature in our books. With results based on the opinions now of over 7500 women, this is unquestionably the biggest consumer test of beauty products ever carried out in the world.'

Their award-winning Weleda favourites are:

- **Foot Balm** (£6.95 75ml)
- **Skin Food** (£6.95 75ml)
- **Wild Rose Night Cream** (£9.95 30ml)



Singing Weleda's praises

'More' magazine's August issue ran the coverline 'Revealed! The Beauty Buys Celebs Swear by' and taking pride of place was Weleda **Skin Food** (£6.95 75ml) alongside a photo of its celebrity fan, R&B singer Rihanna.



Green Beauty Bible awards

For 13 years Josephine Fairley and Sarah Stacey, authors of The Beauty Bible book and website, have beavered away with a large team of volunteers testing products. So we're thrilled that six Weleda products have won new Green Beauty Bible awards!



- **Wild Rose Intensive Facial Masque** (£10.95 30ml)
- **Lavender Creamy Body Wash** (£6.95 200ml)
- **Birch Cellulite Oil** (£14.95 100ml)
Jo Fairley adds: 'This is far and away the highest-scoring cellulite product we've had for YEARS!!!!'

Check out the **Green Beauty Bible** (published by Kyle Cathie, £14.99) at www.weleda.co.uk



Essentials awards

In its 'Best Beauty Buys 2009'

Essentials magazine flagged up two Weleda products as 'Great eco buys': **Skin Food** (£6.95 75ml), which they said: 'Banished flaky dry bits and soothed sore patches – perfect for delicate skins', and **Shaving Cream** (£5.95 75ml), which they recommended for the girls, saying: 'This gentle, foaming cream gave a close shave – legs felt smooth and moisturised.'



Health bulletin

The Daily Telegraph recently highlighted research published in the Journal of Paediatrics. Headlined 'Cosmetic chemicals linked to low birth weight' the article alerted its readers to the increasing concerns that:

'Chemicals widely used in shampoos, toys, hairspray and cosmetics could harm the growth of unborn babies a new study suggests. Previous studies have shown that the chemicals, called Phthalates, can have other effects on the human body, including reduced fertility in men. The new study analysed blood and other samples taken from 201 newborns, 88 of whom were born weighing less than 2,500g (5.5lb). Researchers found that more than seven in 10 of the babies had significant levels of the chemicals in their bodies. Those with a low birth weight had, on average, around 30% higher levels of phthalates than the other children.'

No Weleda products contain phthalates.

Beauty secrets

Meanwhile, supermodel Claudia Schiffer in British Elle magazine's October issue included Weleda in her '10 Rules of Beauty', saying: 'The allure of products lies in the confidence they give you. I'm drawn to luxurious treats like

bath oils, body scrubs and candles. I adore anything by Weleda (especially the **Sea Buckthorn Body Lotion** £6.95 100ml). Taking care of yourself is essential for self-esteem; if you're happy with how you look, you feel great.'

Hot news

As we go to press, we are excited to be able to announce that Weleda Baby has been shortlisted in the prestigious Mother & Baby Awards in the category Best Skincare Range. A selection from the range was trialled by mums and their babies, including Calendula Nappy Change Cream which has been Weleda's top selling British product for some years, and Calendula Shampoo & Body Wash which has rocketed to No 2 in the Weleda charts since its launch last year.

The results will be announced later this month, but given that these awards are voted for by Mother & Baby readers who put products through their paces with vigorous testing, it would be quite a coup!



Demi's Christmas stocking

We were delighted to be asked by actress Demi Moore to send in some of her Weleda favourites for her special charity Christmas stocking that she is putting together for the Macmillan Celebrity Christmas Stocking Auction in December.

Each year Macmillan ask fifteen A-list celebrities to tell them what they would like to find in their dream Christmas stocking. These stockings are then auctioned off to an exclusive audience of 400 high profile guests at the Waldorf Hilton in London, to raise valuable funds for Macmillan Cancer Support.

Demi said her dream stocking would include some Weleda surprises, including Skin Food. Her other top picks include Wild Rose Body Oil, Wild Rose Creamy Body Wash, and the Calendula Baby range – no wonder she has such a peachy complexion! We were thrilled to be able to send in some products for Demi's stocking, and popped in the latest dreamy products we know she'd adore: Lavender Relaxing Body Oil and Pomegranate Regenerating Hand Cream.

Macmillan Cancer Support provides practical, medical, emotional and financial support for people living with cancer. Last year the auction raised over £85,000 for this vital work. www.macmillan.org.uk



The professionals ... James



The BBC TV series and accompanying book 'Grow Your Own Drugs' shot ethnobotanist James Wong to fame, showing how everyday plants make useful remedies and bodycare treatments. James trained to Master's level at the Royal Botanical Gardens, Kew (graduating top of his class), and in 2004, aged 22, he became the youngest medal winner at the RHS Hampton Court Flower Show.

Q We hear your interest in the health enhancing properties of plants was inspired by your grandmother's garden in Malaysia. What do you remember her making?

A Food, cosmetics, traditional medicines... Every meal was planned with health benefits

in mind. Chicken soup, for instance – the version we use in the book containing goji berries, shitake mushrooms, ginger and garlic – was made to enhance your immune system, especially against colds. For evening events we'd be entirely covered in her insect repellent, a pungent eucalyptus/citronella smelling oil.

Q Is there one plant you'd advise everyone to grow?

A Lavender: It's easy to grow, looks great, smells wonderful, and is the ultimate multi-tasking herb with a million and one uses in traditional medicine. People tend to forget it's also edible. Until late Victorian times it was considered just like parsley, sage, rosemary - all traditional herbs. It's only recently it got the granny's knicker drawer pot pourri reputation! It's actually a very modern flavour, though don't overdo it.

Q Do you still have time for gardening?

A I try and make time – it's a great way to turn off. I did one by proxy at this summer's RHS Chelsea Flower Show, though that's more like making a movie set. I'd applied for a garden long before being asked to do the 'Grow Your Own Drugs' series. Then everything happened at once. I've had to become more organised than I normally am!

Wong

Q In your experience, do plants grown organically or biodynamically contain higher quality ingredients?

A There's research suggesting plants grown with lower amounts of nitrogen (synthetic fertilisers) have higher proportions of different phytochemicals. Ginseng, when grown in woodland, takes years longer to mature than if grown in full sun with fertiliser, but the concentration of 'active' beneficial substances is higher.

Q Do you still have time to make your own remedies?

A All the time, as 'traditional remedies' includes food! Traditional medicine is a lifestyle thing to prevent illness as opposed to waiting to get ill then fix it.

Q Are you familiar with Weleda, and its principles?

A I knew the company from my student days reading Ethical Consumer magazine, where Weleda came top for a whole bunch of things. It's good to see a company focused on herbal ingredients making stuff for people who don't have time for DIY remedies.

Q People have likened your enthusiasm for healing plants to Jamie Oliver's enthusiasm for food. How do you feel about that?

A It wasn't intentional, but it's very flattering! He helped change the way people consider

cooking, showed there's nothing wrong with young men enjoying it. Making home remedies is a form of cooking, using all the regular equipment in any kitchen. If you can make a lasagne, you can make a traditional remedy.

Q Do you think of yourself as eco-friendly?

A I've always been ecologically minded. I used to work for the charity Botanic Gardens Conservation International, the world's largest plant conservation organisation, and then for Tree Aid, which plants trees in Africa for sustainable development. For Chelsea lots of plants get flown in from around the world, then thrown in a skip at the end. For our Canaries Garden, we sourced everything from within 300 miles of the show site, then recycled everything.

Q You've notched up huge achievements, and are still a few years away from 30. Any plans for the future?

A I hope to do another garden at Chelsea, and have more ideas I'd like to do for TV. Problem is, everything seems to happen at once!

Grow Your Own
Drugs is published
by Harper Collins

£16.99

www.harpercollins.co.uk



James's cucumber eye gel

1 small cucumber, chopped

1 aloe vera leaf

1 sachet vegetable gelatine

50ml distilled extract of witch hazel BP

1 white tea teabag

3 drops peppermint essential oil



Roughly chop the cucumber. Peel and slice the aloe leaf to extract its gel. Put cucumber and aloe gel into the blender and process until smooth. Strain mix through a sieve to extract the juice.

Measure 100ml of the juice and set aside.

Add the witch hazel to a pan, whisk in the gelatine and add the teabag. Gently heat until mixture just starts to thicken. As it cools, take out the teabag, then whisk in cucumber and aloe juice mix, and the peppermint oil.

Bottle the gel in a sterilised, airtight pump dispenser (keeps in fridge for up to six weeks). Apply to the eye area before bed, then wash off in the morning.

Sleep tight



Zoe Smith, Weleda's Superintendent Pharmacist, offers advice on ways to get a good night's sleep.

We all know how important a good night's sleep is, and how wonderful it is to wake refreshed, ready for the day ahead. If sleep is elusive, or you're going through a period of tossing and turning, thoughts whirring, and counting sheep just isn't helping, here are some tips that may help.



- Try to fix a bedtime and wake up time – our bodies like routine.
- Allow an hour's wind down time before bed - perhaps indulge in a warm bath with **Lavender Relaxing Bath Milk** (£8.50 200ml), followed by a massage with **Lavender Relaxing Body Oil** (£8.95 100ml). For babies and children our soothing **Calendula Bath** (£7.95 200ml) helps the calming-down process at the end of the day.
- Avoid daytime naps, or if you do nap make it short - no more than 30 minutes - preferably late afternoon when our batteries may need recharging.
- Avoid alcohol in the evening. Although it can help induce sleep, we tend to wake a few hours later as alcohol levels fall.

- Avoid caffeine (coffee, tea, cola, 'energy' drinks) in the evening.
- Avoid heavy meals in the evening – follow the adage: 'breakfast like a king, lunch like a prince, dine like a pauper'.
- Make sure the room is well ventilated and the temperature is comfortable – better for the air to be on the cool side than too hot.



For occasional sleeplessness in adults **Avena Sativa Comp Drops** (£6.50 25ml) can aid relaxation and promote restful sleep. Take 10-20 drops half an hour before going to bed. This can be repeated once if you wake during the night.

There are also a number of homeopathic remedies which can help – see chart. Sometimes sleeplessness is due to a minor niggle or health problem. If bothered by night-time cramps try massaging the feet and legs with **Copper Ointment** (£4.95 25g) at bedtime. For aching, tired legs, try **Chestnut Toning Bath Soak** (£8.50 200ml).

Another common cause can be those 'power surges' (at Weleda we like to think of them as 'Mediterranean moments') experienced by many of us women of a certain age! **Wala Melissa/ Sepia Comp Pillules** (£8 20g – only available from pharmacies or Weleda) can help with menopausal symptoms. Take seven pillules three times a day to start, then reduce dose according to response.

'Laugh and the world laughs with you. Snore and you sleep alone' observed author Anthony Burgess. People often joke about snoring but it's

no joke lying next to someone whose decibel level may average 60-90 (normal conversation registers around 60), so it's not surprising relationships can suffer. This very common problem affects 25% of us all the time and up to 45% if occasional snorers are included. Snoring is more common in men, and in those who are overweight.

It's also worth checking a few things:

- Sleeping position – snoring is usually worse when lying on the back. Hence the old wives' remedy of cotton reels sewn into the back of pyjamas – painful! Try a pillow behind the back to prevent rolling.
- Losing a few pounds may help if overweight.
- Avoid alcohol in the evening.

- If part of the problem may be a congested nose then inhaling steam before bed can help, as can **Oleum Rhinale Nasal Drops** (£7.50 15ml – only from pharmacies or Weleda).
- If the nose is very dry, so aggravating snoring, try **Rhinodoron Nasal Spray** (£4.95 20ml).



Sleeplessness symptom chart

Sleepless from	Wake up	Other symptoms	Worse	Better	Remedy
Anxiety and fear	Between midnight and 2am	Tossing and turning; worried and apprehensive; dreaming of danger	When cold	When head raised by pillows	Arsen alb 30c
Excitement; whirling thoughts; inability to switch off	Around 3am, then only doze	All senses more acute; sleep disturbed by dreams	For noise	For warmth	Coffea 30c
Mental strain	Too early - 3-4am - and unable to sleep again until almost morning	Irritability during day; possible nightmares	After over-eating and/or too much alcohol	After a nap, if allowed to finish it	Nux vom 30c
Over-active mind going over the events of the day	Around 4am	Dreaming a lot; talking and laughing in sleep	In heat or warm room	When uncovered	Lycopodium 30c
Shock, fright, panic		Fearful of dying; nervousness; restlessness; nightmares with tossing and turning	In warm rooms	For fresh air	Aconite 30c

Recommended adult dose: 2 tablets, sucked or chewed at bedtime, for 7-10 nights.

When using medicines, always read the label and if in any doubt about your symptoms consult your doctor.

Huw Morgan from Derbyshire emails: 'Some months ago, the Weleda Pharmacy kindly prepared a remedy for me, aiming to alleviate my terrible snoring. In a nutshell, it's completely cured me, which I think is staggering!'



There's no universal homeopathic remedy for snoring. This was a tailor-made remedy prepared by one of our pharmacists.

If you need to avoid a particular ingredient, such as gluten or sugar, then our pharmacists will tailor remedies to meet your specific needs. Call the Weleda Pharmacy on 0115 944 8200 for further advice.

Gifts for all - get set...



Looking for pampering treats for a loved one, stocking fillers, or something for the person who usually has you scratching your head wondering what would suit? Problems solved! We have something for everyone and eco-friendly fair trade products are our speciality.

Combining two products for gorgeously indulgent pampering, these duo sets give a professional touch to DIY skincare. Ideal for those who you know don't have time to lounge around for beauty salon treatments.

Beautifully presented in toning recyclable boxes (making them easier to wrap) there's one to suit all tastes. You may even find you want to treat yourself, as the sets offer excellent value!

Sea Buckthorn Creamy Body Wash & Sea Buckthorn Hand Cream (€10.95)

Weleda's Creamy Body Washes have received high praise from beauty experts who've tried more than most! Naturally pH balanced, and especially mild and gentle,

these use eco-friendly cleansers made from sugar and coconut. The organic sesame oil in the mix is a natural antioxidant and free radical catcher.

It's the fragrance of the essential oils used in the Sea Buckthorn range many love though – some say it's reminiscent of zesty marmalade. This award winner, which soothes and replenishes skin, also contains regenerating pro-vitamin A and vitamin E.

Sea Buckthorn Hand Cream helps anyone say goodbye to dry and

rough hands. It's quickly absorbed and leaves no trace of stickiness or a greasy film. Hands are left feeling soft, supple and smooth. The lingering fresh and fruity fragrance alone is reason enough to choose this one.



Citrus Creamy Body Wash & Citrus Refreshing Bath Milk (€13.95)

Start the day with real zing and wake up all the senses with this revitalising duo – though it may be hard to choose whether to bath or shower! Citrus Creamy Body Wash uses biodynamic lemon

oil to revitalise and organic sesame oil, containing vitamin E, to moisturise. Ideal for those who struggle to wake up in the morning yet need to hit the day running.

Citrus Refreshing Bath Milk could give a slightly more leisurely start to the day, or be used anytime when mind and body need perking up. Especially good after physical exertion, or a tiring day at work, and suitable for the whole family.

Lavender Creamy Body Wash & Lavender Relaxing Bath Milk (€13.95)

Giving a new twist to a familiar, famously relaxing aromatherapy fragrance, the Lavender Creamy Body Wash



is good for those who tend to start the day feeling frazzled. While cleaning effectively, this also soothes the senses.

Weleda's vintage Lavender Relaxing Bath Milk has been a top seller for decades, and not surprisingly. It's an excellent way to wind down at the end of a day, especially if it's been one of those that's best forgotten! An ideal way to prepare for a peaceful night's sleep.

Wild Rose Creamy Body Wash & Wild Rose Body Lotion (€16.95)

These offer beauty powerhouses in easy applications. All the Wild Rose range revitalises and deeply nourishes skin, supporting natural regeneration and helping to prevent the first signs of fine lines.

Wild Rose Creamy Body Wash contains musk rose oil, and rich, skin-caring essential fatty acids that are especially helpful for dry or stressed skin. The feminine, floral fragrance makes this a hit with most women. Smooth on Wild Rose Body Lotion after showering and the hydrating and soothing effect of calendula, jojoba oil, along with refreshing witch hazel is topped by the lingering fragrance of the most precious of essential oils.



Men's Gift Set – Shaving Cream & After Shave Balm (€14.95)

Take the boring routine out of shaving and turn it into an indulgent pleasure that calms and invigorates skin rather than causing irritation. Shaving Cream is based on pure vegetable soap and natural oils to produce a creamy lather; with sweet almond milk and

organic goats' milk, to help keep skin smooth and supple. It's subtly fragranced with a mix of pure essential oils, including uplifting clary sage and geranium to help start the day in a positive mood.

After Shave Balm combines the refreshing qualities of an aftershave in a moisturising lotion. The cooling aloe gel and jojoba oil are quickly absorbed, leaving a sophisticated mellow fragrance of palmarosa (an aromatic Indian grass), with highlights of ylang ylang and the refreshing citrus scent of litsea cubeba.



Stocking fillers for men

Moisture Cream for Men (£6.95 30ml)



It's not only metromen who are realising manly skin can benefit from some TLC. Especially helpful for those who spend hours enjoying outdoor pursuits, or, conversely spend days in the drying atmosphere of office blocks - this light, easily absorbed cream will smooth, hydrate and protect the skin. Can be used to replenish the skin day or night, and is suitable for all skin types.

Pine Reviving Bath Milk (£8.50 200ml)

Many people report that the most effective way they wind down is to enjoy a soak in the bath. Pine Reviving Bath Milk offers the aromatic scent of a pine forest – both refreshing and invigorating. Especially helpful to overcome the effects of cold, damp weather, and particularly suitable after a tiring day – a soak in this helps regain inner balance and renewed strength.



Treats for tots

Children's Tooth Gel (£2.50 50ml)

The bright golden colour of this tooth gel comes from calendula, which is good for gums and also makes it more fun than boring white for kids. Designed especially for milk teeth, the popular natural flavour comes from essential oils, including fennel and a hint of spearmint.



Lip Balm (£5.95 4.8g)

Children's lips can quickly become dry and sore in the winter months. Treat them to this 100% natural lip balm that's easy to pop into their school bag.

Calendula Cream Bath (£6.95 200ml)

Children, like adults, enjoy adding something special to the bath water. Free from detergents, this creamy bath milk (free from synthetic detergents) soothes and cleanses without drying. The natural fragrance is a hit with kids.

Stocking fillers for women

Skin Food (30ml £4.95)

Many beauty professionals wouldn't travel anywhere without this – so this new handbag sized tube will show a woman 'in the know'. It's perfect for keeping skin moisturised during air travel. It's also great for protecting against harsh weather; so good to pop into the pocket for long wintry walks.



Rosemary Soap (£4.50 100g)

Created in 1927, our mild and gentle vegetable-based Rosemary Soap is prepared with pure plant oils and refreshing essential oil of rosemary. Ideal for guest rooms. The ruby red packaging makes this a lovely festive stocking filler.



Foot Balm (£6.95 75ml)

To revive feet after Christmas shopping, standing at parties, or to prepare them for the rigours of skiing – and, of course, to keep them looking and feeling their best – Foot Balm moisturises, nourishes and refreshes. It also smells fantastic, as it's fragranced with essential oils including lavender; rosemary and refreshing sweet orange and litsea cubeba.



Mallow Body Lotion (£7.95 200ml)

Our Editor's favourite in the body lotion range. The mix of organic mallow flower extract and pure vegetable oils protects and softens dry skin, so it's especially good when the mix of cold winds outside and heat indoors tests skin to its limits. Gives immediately noticeable improvements in skin smoothness and suppleness, and leaves it looking radiantly healthy. The mellow yet enlivening fragrance gently lingers.

Citrus Deodorant (£3.50 30ml travel size)

Okay, it's called deodorant – and works well as that, or as a light, zingy body spray – but many also use this as a natural and wonderfully fresh room fragrance, and it can counteract lingering Christmas party odours.



Pomegranate Regenerating Hand Cream (£7.95 50ml)

This brand new addition to our luxury and divine-smelling hand creams is specially designed for the woman aged 40+, and in tests has proved to help prevent premature ageing which can lead to tell-tale brown age spots.

Calendar

(£7.99 size 42cm high 30cm wide)

Weleda's 2010 calendar has been designed by artist Jorgen Hadedank, renowned for his glass painting. The theme is 'Transformations', with a contemporary style to entice the eye.

Stuck for what to buy work colleagues? This will brighten the wall at work or home, and the images would look great framed afterwards as a colourful patchwork of limited edition modern art.



The ultimate present



If you're planning a cosmopolitan city break or romantic weekend in Paris, consider adding in an extra indulgence to restore your energy and joie de vivre.

Two minutes walk from the hustle and bustle of the Champs Elysées in central Paris, and just a stone's throw from the Eiffel Tower is an oasis of calm. Welcome to Weleda Espace.

This exclusive beauty salon and shop treats busy Parisians - and tourists - needing help with stressed bodies or irksome sports injuries.

The prime location at Number 10, Avenue Franklin D Roosevelt - only a 10 minute taxi ride from the Gard du Nord Eurostar station - makes this easily accessible for British visitors to Paris. It's an ideal spot for those wanting to relax mind and body.

The stylish, contemporary façade has been beautifully designed by architect Maryam Ashford-Brown, featuring a distinctive and enticing horizontal striped frame to its glass frontage that gives a small taste of the delights within.

Walking through the glass doors triggers an immediate feeling of leaving the cares of the world behind. Just sitting in the airy sandstone-coloured reception helps calm and revive the spirits. The high ceiling allows plenty of room for the thriving vertical living garden. Water trickling through the garden takes the mind to memories of bubbling brooks. Near this tableau is a stone monolith and sun-bleached pebbles that are hard to resist stroking.

The uber-cool yet very user-friendly modern furniture adds to the comfort for the body while the vibrant colours nourish the soul.





Behind the wooden reception desk (its curved contours mirroring the symbol in the Weleda logo) you're likely to find Espace Manager, Yvonne Keller, who speaks excellent English, as do many of the staff. As well as advising on and selling the full range of Weleda bodycare, this is where many book in for massage therapies.

There are two spacious, well-designed, subtly lit massage rooms – a third when the mezzanine layer isn't being used for training seminars. Training sessions run at Espace include teaching parents how to massage their babies, and toning and fitness sessions (especially good for pre-ski). Some of the most popular workshops are where women (screened from each other) learn about breast health, self-examination, and massage techniques to help improve the

contour; revitalise the blood and lymphatic circulation to eliminate accumulated toxins in the breast and release the tensions often associated with wearing a bra.

Back to pampering massage though, which is what British visitors are likely to seek. On the 'menu', you can choose from a hand massage (20 minutes for 29 Euros), face massage (45 minutes, 65 Euros), full body massage (either 54 Euros, or 95 Euros for the full 1 hour 15 minutes), or the ultimate head to toe massage (1 hour 45 minutes, 142 Euros).

The Weleda Espace team are big fans of the new Pomegranate range, both for its subtle and warming fragrance and its rejuvenating effects. The whole body massage leaves clients floating care-free from the room.

Before re-entering the Paris café culture surrounding Espace, clients are given a hot reviving herbal tea in the reception area, and may well find they're reluctant to leave!

This could well make a truly memorable present, not just for Christmas, perhaps for a special anniversary, a birthday treat, Valentine's day, a great hen party idea, or Mother's day.

To book with Weleda Espace (10.30am to 7pm weekdays and 2-7pm on Saturdays) - email service.consommateurs@weleda.fr or call 00 33 1 53 96 06 15. For more information and a virtual tour, visit www.espace-weleda.fr

Don't forget ...

If you're likely to indulge in too many mince pies over Christmas, or your system could struggle with the after effects of all those Brussel sprouts, these natural alternatives can put things to right.



Melissa Comp Drops (£6.50 25ml)

Offers relief from nausea and stomach ache, stomach upset and occasional diarrhoea.

Nux vom 6C (£5.25 125 tablets)

For stress-induced indigestion, overindulgence, liverishness

Carbo veg 6C (£5.25 125 tablets)

For that heavy, full feeling, or trapped wind causing tummy ache

Lycodium 6C (£5.25 125 tablets)

For weak digestion, bloating, excessive flatulence

Chamomilla 3X Drops (£6.50 25ml)

This children's remedy (made from soothing chamomile) can also be used by adults to relieve symptoms of colicky pain.

Always read the label

Sea Buckthorn Elixir (£7.95 200ml)

To help maintain the body's natural defences, this fruity elixir is made with revitalising organic sea buckthorn berries, a natural source of vitamin C, together with other free-radical-fighting antioxidants such as vitamin E and provitamin A.



Eco trailblazers - Brigit Strawbridge



I've always felt part of a greater picture, part of nature. I first realised the impact man can have on the natural world when I was quite small and was horrified to discover Dodos were hunted into extinction.

Natural options always interested me, and I set up a little business in my late teens making skincare from gorgeous recipes I found, then sold some locally.

Those who caught BBC2's 'It's Not Easy Being Green' series will already have got to know a little about Brigit Strawbridge. Her passion for nature goes back to childhood and her latest project, part of The Big Green Idea, is taking the Big Green Bus on tour to show anyone who wanders in how easy it can be to begin swapping to sustainable living.

After marrying and having my children James (now 25) and Charlotte (23) I raised them in the most natural way I could. I thought we'd lived quite a low impact life – until we did the TV series.

Once we dipped below the surface it opened many new worlds for me, especially through inspirational people I met who either live a sustainable life or are experts in their field. I'll never, for instance, go back to using a tumble dryer or an iron. That's liberating. I don't think I look like a creased up bag of wrinkles! It's empowering to cut out things you thought were important – but aren't.

For the last year or so, perhaps to do with turning 50, I've been going through a process

that feels almost spiritual, shedding more and more unnecessary habits and 'stuff' I'd hung onto because I thought it might come in useful (but never has).

Living greener is really all about changing habits. One new habit I've adopted is saving water I've cooked vegetables in. If I'm not making a soup, then the nutrient-rich water goes back on the garden.

That's the kind of message I try and get across on the Big Green Bus, that there are lots of things we can do - beyond wind turbines, solar panels or veg boxes that might seem expensive - everyday things like growing food, using natural household cleaners, using leftovers, reducing water and energy use.



The idea for the bus sprang from the thousands of letters we received while doing the series. We replied, and I did talks, but felt I wanted to do more. So the idea of the bus was born. I didn't want it to look either corporate or hippie, but beautiful - and it is. The inside is crafted from sustainable or recycled materials and packed with information on everything from alternative fibres and energy to skincare.

In 2010 I hope to take the Big Green Bus on tour to the South West, Wales and South Yorkshire (to book the bus, check www.thebiggreenidea.org). I always show people Weleda products and love watching their faces as they smell the gorgeous



fragrances. One of my favourites is the **Sea Buckthorn** range, especially the **Hand Cream** (£4.95 50ml).

It helps that Weleda's products are so affordable. I explain to visitors about the frightening chemical cocktail their usual ranges probably contain. Personally I can smell a chemical a mile off now as it's many years since I used anything unnatural on my skin, or in my home.

I'm pleased to see Weleda's Body Washes don't contain palm oil. I've been trying the new Pomegranate range and like that fragrance. Using the new **Creamy Body Wash** (£8.95 200ml), the **Pomegranate Regenerating Body Oil** (£19.95 100ml) and then the **Hand Cream** (£7.95 50ml) has a nice layering effect. I love the luxury of using body oil or cream on my skin, always have.

I don't use make-up or products to make me look younger; and don't worry about the ageing process, but do like pampering and nurturing myself for that feel good factor. I also look after my body's mechanics, hoping it will last me! My diet is virtually vegan, though I occasionally crave fish or a little meat, but very rarely have dairy as you can't be 100% sure of its source.

If I do get ill I treat myself where I can, often with herbs. I practised reflexology for about seven years, and if I could live a parallel life I'd train as a herbalist.



As it is I currently spend 52 weeks a year running The Big Green Idea charity and bus. By November we aim to have a small online shop - just a few things to help cover costs and supplement funds from donors like The Funding Network.

It's great taking the bus out, especially talking to children. They absorb so much and tell so many people. Currently I'm on a mission to talk to children about bees, and how devastating it would be if they died out.

If I could choose one message to leave with people it would be about bees. It's vital we all do something to help, and easy ways are to plant flowers to bloom throughout the year, and stop using pesticides.



Sweet dreams



name to our compound remedy - **Avena sativa comp Drops** (£6.50 25ml)- which help people overcome nervous anxiety and sleep peacefully.

According to the biodynamic calendar; to avoid later fungal problems oats need sowing before March 11 when the Sun enters the constellation of Pisces. As an added preventative we soak the seeds overnight in oak bark preparation, a biodynamic addition to compost making.

Oats like lumpy soil - which we have with our clayey loam - and a cool damp climate, something we increasingly 'enjoy' in Derbyshire!

Early July the oats flower. Generally this lasts for four days, so we hurriedly harvest the flowering aerial parts using shears (sometimes up to 500 kilos), and then shred them for tincture within the same day.

Oats health benefits are increasingly appreciated whether as a cereal to help lower cholesterol, or medicinally to treat nervous conditions, aid convalescence and relieve insomnia.

Another natural sedative in Avena Sativa Comp Drops is Passion flower (*Passiflora incarnata*), a native from America. This beautiful pinky-blue flower is unusual amongst the family for dying back to the ground in early winter.

Michael Bate leads Weleda's gardening team in growing some 300 plant species organically for use in Weleda medicines, using biodynamic methods. Here he looks at plants grown for sleep and calming remedies

Gardens appear to sleep in winter. However, below ground nature's forces actively prepare soil for the following season. Crystallising forces - visible in frost, ice and snow - work deep into the ground, especially from January 15 to February 15 when we don't disturb Weleda's gardens, allowing nature to take its course.

It's not long before we begin harvesting roots such as Bryonia and Symphytum (Comfrey) while watching the weather for opportunities to sow spring oats (*Avena sativa*). These lend their

Passion flowers got their name from the Passion of Christ. The fantastical arrangement of flower parts symbolise the crucifixion, with the 10 petals and sepals representing 10 faithful apostles, the flower's radiating filaments are like the crown of thorns, the three styles symbolise the three nails, and the five anthers below them, the five wounds. The often blue and white colours represent heaven and purity.

While fully hardy, the Passion flower will only flower reliably given enough sun and warmth, so it's one of the few crops we grow in a polytunnel. Just as it looks most beautiful at the height of flowering we cut everything above ground and mash it for tincture! However, we leave some plants for seed which germinate easily in spring if soaked overnight. This climbing vine was known to native American Indians for its tranquillising, calming qualities and used as a sedative chewing gum and a painkiller.



Another plant ingredient in Avena Sativa Comp Drops was popular in Victorian times - before synthetic tranquillisers - and that's Valerian root (*Valeriana officinalis*). This tall native species with divided leaves and umbels of pinky-white flowers thrives in damp watery places. It's easily grown in spring from fresh seed (it's only viable for a year), or from offshoots in the autumn. We grow it on ridges - the traditional way employed by villages round Chesterfield when they were the centre of production.

In late September rhizomes with any new root growth are harvested, cleaned and dried ready for decocting into tincture. Another name for Valerian is 'Phu!' from its distinct smell of cats, which reputedly find the smell intoxicating! Legend has it that the secret of the Pied Piper of Hamelin's success was that rats were enticed by a few pieces of dried Valerian in his pockets! So great is Valerian's reputation for calming that it was given to soldiers in the First World War for shell shock.

We press juice from the flowers to dilute and spray onto finished compost heaps to provide a kind of warmth blanket. This spray can also be used round susceptible plants in spring to help protect against frost.

The final ingredients in Avena Sativa Comp Drops are Hops (*Humulus lupulus*), famously sleep-inducing, and Coffee beans at 60X dilution, meaning that instead of providing mental energy (as coffee does) they have the opposite effect.



Originally from Kaffa, in Ethiopia, and now grown across the tropics, this is a handsome plant to grow indoors. Clusters of beautiful jasmine-scented flowers open successively from where leaves join the stem. The fruits first green, then yellow, red, and finally reddish-purple contain a pair of seeds. They take a year to ripen indoors, and only remain viable for four weeks so it's only possible to buy the plants. These need a minimum 15° C in winter, but can go outside in summer in very sheltered spots.

While we grow so many plants to aid relaxation and sleep, after a hard day's digging, weeding, planting and harvesting, Weleda's gardeners rarely need them!

When using medicines always read the label.



For six years Zoe Smith has been Weleda's Superintendent Pharmacist. Along with managing the pharmacy which dispenses thousands of different preparations, Zoe oversees production of medicines made using hundreds of ingredients grown at the company's biodynamic gardens in Derbyshire.

My favourite job

It's unique for a pharmacist to see the job through from start to finish – to watch plants grow and be harvested, be part of the processing, then dispense them as medicines. I love visiting Weleda's gardens and have even been known to help harvest the crop. I enjoy making the ointments, particularly those that contain calendula.

My top products

To start my day on a positive note, after waking I usually do a little knitting. My granny taught me when I was four, and I've knitted ever since - it's like meditation. After that I dash to the shower: I like **Sea Buckthorn Creamy Body Wash** (£6.95 200ml).

After showering, in winter I like the warm feeling of **Mallow Body Lotion** (£7.95 200ml). My desert island product though would be **Foot Balm** (£6.95 75ml). It's soothing after being on my feet during the day. When I get home I lie back in **Chestnut Toning Bath Soak** (£8.50 200ml) first, then apply Foot Balm.

Before a night out my new favourite is the **Pomegranate Regenerating Body Oil** (£19.95 100ml). It smells wonderful!



In my bag

I carry **Sea Buckthorn Hand Cream** (£4.95 50ml), to keep my hands smooth – they can get rather dry in and out of water and using alcohol hand sanitisers whenever I enter a clean area. I also carry **Lip Balm** (£5.95 4g), and **Wild Rose Moisture Cream** (£9.95 30ml), in case my face feels dry.



Passing it on

A new baby in my extended family benefitted from **Calendula Nappy Change Cream** (£5.95 75ml), and **Chamomilla 3X Granules** (£5.95 15g) when he got colic. Now he's finding his feet, I'm sure **Arnica Ointment** (£4.95 25g) will quickly follow!

Always read the label

Zoe's indulgent bath soak recipes

2 tbs full cream milk
6 drops of essential oil

- for night 4 of lavender and 2 of orange
- for morning 2 drops of grapefruit and 4 of geranium

Or, for a truly luxurious soak with a delightful fragrance:
4tbsp of full cream milk
1 tsp of Weleda Wild Rose Body Lotion



Soap Box

Send us your views, anecdotes or recommendations on using Weleda products, and you will receive £20 of Weleda vouchers for those we print. Write to Weleda Revue, at the address on the back page, with your contact details, or send an email to revue@weleda.co.uk (if possible including a photo of yourself).



again, even after getting rained on several times. It's definitely my desert island can't live without product. My dogs also get the Weleda treatment as Henry - my Rescue Greyhound who's very accident prone - gets his legs treated to a massage with Weleda body oil.



Good combination

Gilly Jones from Lincolnshire emails:

I have a combination skin, which has dry patches but also a tendency to spots in places, so it was difficult to find a skin cream to suit. However, I've discovered **Wild Rose Intensive Facial Oil** (£14.95 30 capsules), and am now using that at night, and my skin tone has shown a tremendous improvement, my skin is softer and my spots have disappeared too. I like the capsules as it's so easy to use the correct amount of oil, and the fragrance is lovely.



I bought a tube for my sister, who suffers badly from eczema on her hands, and she loves it too! I've also been recommending it to colleagues and friends, including buying it as birthday presents as you can use it for nearly everything.

Today I've ordered the Iris skin care range and Wild Rose Facial Oil capsules, and last but by no means least, more Skin Food. I'm so looking forward to getting (more) beautiful and glowing!



Not just lip service

Roz Smith from East Sussex emails:

I tried your **Wild Rose Night Cream** (£9.95 30ml) a little while ago, and just wanted to let you know that it is incredible! I had some really sore, dry skin that had become irritated after I had waxed my

Beautiful glow

Gill Stewart from Dundee emails:

I've been using **Skin Food** (£6.95 75ml) for the past few months, and I highly recommend it. It's got a lovely scent, is easily absorbed, and has increased the strength of my nails as I've been rubbing it into my cuticles.

Helps me – and my dogs!

Sarah Platts from West Yorkshire emails:

I wanted to tell you how brilliant your products are. I'm hooked on **Almond Intensive Facial Cream** (£8.95 30ml). I first purchased it on a dog walking holiday in Scotland, when my skin became really dry from walking in different weather conditions. The first time I used this cream my skin felt so much better – normal



upper lip. Any other moisturiser I used just seemed to aggravate the condition, until I used your Night Cream, which has soothed it, taken away the redness overnight and is helping it heal. I am telling everyone I know about it and it is definitely going on my Christmas list! Thank you so much for getting it right!



wellbeing



WELEDA

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