

WELEDA

Since  1921

Sustainable & Organic Health & Beauty



B CORP
BUSINESS



SUSTAINABLE
PALM OIL



BIODIVERSITY
IN ACTION



FAIR-TRADE
& BEYOND



ZERO
MICROPLASTICS



CERTIFIED
NATURAL



RESPONSIBLE
PACKAGING



BIODYNAMIC
CULTIVATION



ECO FRIENDLY
PRODUCTION



NO NASTIES



PRESERVING
GENETIC DIVERSITY



CRUELTY
FREE

CONTENTS

The world of Weleda, at a glance

- 5. A Word From Jayn
- 6. Leading The Way
- 8. We Are Nature – Planet, Plants, People
- 10. Our Sustainability Standards
- 12. Save Earth’s Skin

Skin Care

- 14. Caring For Your Skin
- 16. Weleda Skin Care Philosophy
- 17. Weleda Skin Care At A Glance
- 18. Your 28 Day Skin Cycle
- 20. Skin Care: Skin Food Face Care
- 25. Being a B Corp Business
- 26. Skin Care: Everyday Cleansing
- 28. Skin Care: Willow Bark. Purifying
- 30. Skin Care: Almond. Sensitive
- 32. Skin Care: Iris. Balancing
- 34. Skin Care: Wild Rose. Smoothing
- 36. Skin Care: Pomegranate. Firming
- 38. Your Weekly Mini Eye Care Ritual
- 40. Skin Care: Evening Primrose. Revitalising
- 42. Skin Care: For Men. Soothing
- 44. Skin Care: The Weleda Accredited Holistic Esthetician Directory

Bath & Body Care

- 46. Bath & Body Care At A Glance
- 48. Skin Food For Everybody Everywhere
- 54. Body Care: Beautiful Body Oils
- 56. Bath & Body Care: Sensitive. Nourishing
- 58. Bath & Body Care: Citrus. Refreshing
- 60. Bath & Body Care: Lavender. Relaxing
- 62. Bath & Body Care: Sea Buckthorn. Revitalising
- 64. Bath & Body Care: Wild Rose. Harmonising
- 66. Bath & Body Care: Pomegranate. Regenerating
- 68. Bath & Body Care: Birch. Purifying
- 70. Bath & Body Care: Aroma Therapy
- 72. Bath & Body Care: Certified Natural Body Washes
- 74. Bath & Body Care: Bathtime Bliss
- 76. Weleda Wellness Retreats
- 78. Natural Wellness Every Day
- 80. Home Therapy With Weleda
- 82. Bath & Body Care: Arnica For Active Living
- 84. Body Care: Stay Fresh Naturally – Deodorants
- 86. Body Care: Top To Toe Balms
- 88. Body Care: Oral Care

Mother & Baby Care

- 90. Mother & Baby Care At A Glance
- 92. Maternity Products For Mums
- 96. Baby Skin Care: Calendula
- 98. Baby Bathtime: Calendula
- 100. Baby Skin Care: White Mallow
- 102. Meet Our Expert Midwives
- 103. Baby Health Care
- 104. Bath & Body Care: Specially For Kids

Natural Health Care

- 106. Working With Nature For Natural Health Care
- 108. Natural Health Care At A Glance
- 110. Natural Wellbeing: Juices And Elixirs
- 112. Natural Health Care: Arnica For An Achy Body
- 115. Natural Medicines: Homeopathic Remedies
- 116. Natural Medicines: Homeopathic Oral Sprays
- 118. Natural Medicines: Family Health Heroes
- 120. Vegan Friendly Products
- 121. Natural Health Care: Hand Sanitiser
- 122. How To Recycle Our Packaging
- 124. The Weleda Accredited Holistic Esthetician Facial Course
- 126. Become A Weleda Wellbeing Advisor
- 128. Host Your Own Wellbeing Event
- 130. Price List

EG = Event Gift
See page 129 for more information about our Weleda wellbeing events

V = Vegetarian
Ve = Vegan and Vegetarian

G = Contains Gluten
D = Not suitable for diabetics

A word from Jayn

At Weleda, we have followed a holistic approach for the past one hundred years. It underpins all we do, from how we grow our plants through to running our business. This philosophy has deep roots - from our understanding of the human being, our link with the Earth and how we are connected to the cosmos.

We start with soil and how we grow our plants, following a regenerative organic practice known as 'biodynamic agriculture'. Through this we don't just nurture the plant but care for all biodiversity, from the soil through to the rich bio-culture of species, growing certified organic ingredients, full of vitality.

Alongside this unique philosophy, what makes Weleda different is our ownership. We are still owned by the not-for-profit foundations of our founders, ensuring our purpose is authentic and truly lived. We see Weleda not just as a place for work but for human development - where we work at eye level with our co-workers, suppliers, and customers, in partnership. From creating honest, fair, and transparent relationships with our customers, partners, and suppliers through to embracing personal responsibility and accountability for our work. It is these values which enable us to create a sustainable, long-term future for Weleda through ethical, value-creating practices, where profit is the result but not the goal.

When we're formulating products - whether creating pampering skincare, protective baby care or holistic medicines - rather than just creating a superficial quick fix, Weleda products are formulated to support the body's own healing process. We even created a whole book about it and are sharing some insights from 'Natural Wellness

Every Day: The Weleda Way' throughout this catalogue, which we hope you'll enjoy and want to come back to, again and again. Our purpose is to help you connect with your own health through our products to help bring natural balance to your everyday life and to support you in finding your own level of wellness.

Weleda is a place where working 'in harmony with nature and the human being' is much more than a catchphrase - it's our purpose which we have honoured since the founding of our company, over 100 years ago.



Jayn Sterland, Managing Director, Weleda UK

"Weleda is a trusted and much-loved brand in our family. From my father to my youngest child, we rely on its quality in all areas of wellbeing, ethical values and most importantly relaxation. I am a long-standing devotee of Weleda both in my personal and professional life, and I defy anyone else to match their all-round goodness."

Erin O'Connor, MBE
Model and fashion ambassador



Leading the Way

Natural pioneers for over a century
- this is the Weleda way

Weleda is a purpose-led business and has been since 1921. For over one hundred years we have built the path that many others have followed – creating natural, organic, life-enhancing products to “support the unfolding of health and beauty in the individual, through working in harmony with nature and the human being”.

It all began with a hospital and a pharmaceutical laboratory – founded by the Dutch doctor Ita Wegman, the Austrian philosopher Rudolf Steiner and Oskar Schmiedel, a chemist and pharmacist from Munich. Now it has become the world's leading manufacturer of certified natural and organic cosmetics, and holistic health products: Weleda.

Today, Weleda is sold in over 50 countries on five continents. Weleda produces hundreds of natural cosmetics and thousands of pharmaceuticals, many still made with medicinal plants grown in our own gardens. Responsible and ethical dealings with both nature and people have always formed part of our business, ever since Rudolf Steiner articulated his vision of a company completely at the service of human beings and the world as a whole. Whether it's through fair trade, biodynamic cultivation or the supportive development of our employees – sustainability is part of our roots.



Ethical Trailblazer





We are Nature

Planet, plants, people



Right from our beginnings we've always chosen to grow our own plant ingredients using biodynamic methods. Weleda has seven medicinal plant gardens worldwide, where we farm over 250sq kilometres of land biodynamically, and over 50 long term partnerships with growers who use regenerative agricultural methods like biodynamics and organics. Weleda provides advice, expertise and the guarantee of a regular and fair income for all of our long-term projects, and in return Weleda is assured the finest quality ingredients at a fair price that ensures our products remain affordable for our customers. Traditional farming methods are preserved for local communities, sustainable practices are nurtured, and the landscape is protected from potentially destructive large scale development. The partnership



flourishes on a shared philosophy of sustainable development and environmental protection. Biodynamic growers always aim to promote and increase biodiversity, ensuring that we're giving more back to nature than we're taking out as raw materials. We consciously cultivate for wildlife's needs not just our own, so we grow lots of flowers just for the pollinators, feed the micro-organisms in our soils with biodynamic compost and provide plenty of different habitats and hiding places to encourage the rich tapestry of life into the garden.

This helps us grow the best quality ingredients for our products and ensures that we're always working with genuine care and deep respect for our growers and the Earth we have just temporary custodianship of.

Our Sustainability Standards

Sustainable since day one

Increasingly often in the beauty industry it can be hard to identify which products are genuinely sustainable, natural or organic. The cosmetics market is flooded with 'nature inspired' products that, in truth, have very little natural goodness in them and do even less good for the planet. In an ocean of greenwash, how can we be sure that the products we buy are the real deal? At Weleda we adopt only the gold standards of ethical and sustainable practices, setting new benchmarks and driving the change within the beauty and health sectors. Our certifications are independently awarded, globally recognised and rigorously verified.



UEBT Certified: Sourcing with respect

The Union for Ethical BioTrade (UEBT) is a non-profit organisation that provides a globally recognised standard for the ethical sourcing of natural ingredients. It guarantees that biodiversity is conserved and used sustainably in the cultivation, harvesting and processing of raw materials. It also ensures that all our partners along the supply chain are treated equitably and paid fairly. Weleda is one of just two beauty brands worldwide to have achieved this certification to date.



NATRUE Certification

The NATRUE seal on all of Weleda's natural and organic cosmetics guarantees the highest standards of naturalness. The global seal identifies products you can trust to contain truly natural and organic ingredients, free from synthetic ingredients, silicones and mineral oils, GMO ingredients, artificial additives of any kind. It's also your reassurance that the product is cruelty free, because the NATRUE seal is not permitted on cosmetics that have been tested on animals.

"Animal testing is fundamentally against NATRUE's underlying values and ethics; a principle that is embedded in the NATRUE standard"

Dr Mark Smith,
Director General, NATRUE



B-Corp

B Corp certification is awarded by the non-profit organisation B Lab. It is not products that are certified, but a company's actions and overall approach. The focus is on social added value and ecological sustainability, and not maximising profits at any price. In other words, it is about the environment, biodiversity, species protection, human rights, climate protection, employees and customers. B Lab calls it 'business as a force for good'.



Zero Plastic Inside

This certification, provided by the Plastic Soup Foundation, can only be awarded to brands and companies that do not use microplastic ingredients in their products. This includes liquid polymers which are still commonly found in many cosmetics, not just plastic microbeads.



Demeter Certified

Weleda UK is the proud owner and careful custodian of 13 acres of Demeter-certified organic land just a couple of miles up the road from our Head Office in Derbyshire. Here we ensure the eco-system is balanced, growing to biodynamic standards to ensure no pesticides or artificial fertilisers are ever used. The land is managed sensitively and we've developed different habitats such as a pond, woodland, meadows and hedgerows, which help to sustain a rich and diverse population of insects, birds and animals. Weleda's 7 other medicinal plant gardens worldwide are Demeter-certified.



Living Wage

Weleda UK has recently been accredited as a Living Wage Employer by the Living Wage Foundation. The Living Wage Foundation is an organisation at the heart of the independent movement of businesses and people that campaign for the idea that a hard day's work deserves a fair day's pay, recognising responsible employers who choose to pay a real Living Wage based on the cost of living, not just the government minimum.



Sustainable Beauty Coalition

The Sustainable Beauty Coalition formed by The British Beauty Council champions a beauty industry whereby all practices are sustainable, ethical and profitable. Weleda UK Managing Director Jayn Sterland is SBC Chair and her work as a lifelong environmentalist feeds directly into Weleda's own green policies and practices.



B Corp Beauty Coalition

The new B Corp Beauty Coalition brings together over 35 leading cosmetics firms from all around the globe, to improve sustainability standards in the beauty industry. Its mission is to improve the social and environmental impacts of business practices in the beauty industry, through knowledge sharing and responsible innovation, with consistent and transparent communication. Through solid engagement, collaboration and coalition, they seek to improve social and environmental conditions along the supply chain, from raw materials to the finished product. Jayn Sterland, managing director of Weleda UK, represents Weleda in the Beauty Coalition as a board member.

THE EARTH'S SKIN NEEDS CARE, JUST LIKE OURS



Soil is the skin of our Earth – a rich, crucial, living biome. A healthy soil supports healthy life. But our soil is under threat – from deforestation, soil erosion, and surface sealing with concrete buildings and roads. Soil erosion alone accounts for over 24 billion tonnes of soil being lost each year.

A third of the Earth's soil is degraded, resulting in poor soil quality and diminished biodiversity within the soil. Soil, just like our skin, has a microbiome – it's a living, breathing ecosystem. A teaspoon of soil contains billions of microorganisms and tiny creatures that help make the soil fertile, enhancing plant health and enabling soil to store carbon and water.

We need healthy, fertile land in order to grow nutritious food, harvest natural resources, sequester carbon and reduce emissions.

Together, we can tackle the crisis facing our soil. Even if we take small steps, collectively it could make a big difference – from choosing soil friendly beauty products with ingredients grown using regenerative farming practices, to growing your own plants and composting – we can help protect and nourish the soil.

Our Save Earth's Skin campaign committed financial support to numerous soil-focused projects across the globe – twenty different international soil projects were supported. In the UK we teamed up with environmental charity TreeSisters, because planting trees is a great way to protect soil from erosion. With your help, over 200,000 trees have been planted around the world where they are most needed, to protect precious natural habitats and endangered rainforests.

For 2023 Weleda plans to contribute €200,000 for new regenerative cultivation projects, plus personnel support for those projects from our experienced international strategic sourcing team.



What you can do to get involved

We are partnering with environmental activist Arizona Muse and her soil regeneration charity DIRT, to promote regenerative farming practices such as biodynamic growing, and to campaign for soil health. We want to encourage everyone to think about the earth under our feet.

- We'll be celebrating Earth Day in April by donating 5% of all sales made over that weekend to DIRT, both from our own store and from participating retailers. The theme for Earth Day this year is 'Invest In our Planet'. The donation period will run from midnight on Friday 21 April through to midnight on Sunday 23 April 2023. We see this initiative as our partnership with the planet.

- Start making greener beauty choices which will positively impact the planet. Download the Planet Positive Beauty Guide for dozens of practical ways to Save Earth's Skin – simply scan the QR code for your free copy.



- Look for soil friendly certifications and verified third party standards that have independent testing measures to make sure a product is really delivering against its claims.
- Be mindful of what you eat – organic and biodynamic food and drink was produced without chemical pesticides and synthetic fertilisers.
- Choose peat-free compost for your garden, balcony, indoor plants, or local urban garden project. Better still, make your own.
- Whether in your own garden or community plot, it's time to get your hands dirty! Planting herbs, flowers, vegetables, shrubs and trees all helps to prevent soil erosion and increase biodiversity.

Our long-standing commitment to soil wouldn't be possible without your support.

#SaveEarthsSkin #EarthDay



Soil contains **25% of all life on Earth** and **stores three times the amount of carbon** in the atmosphere

Soil is being destroyed **10 times faster** than it is being created

One cubic metre of healthy soil is home to over **5,000 billion** living organisms

31 percent of greenhouse gas emissions can be directly linked to agriculture and land use change (IPCC)

Caring for your skin

“Weleda understands that we are all individual and that all skin has different needs day by day. Our skin is also a mirror, a personal expression of ourselves – changeable, intuitive and responsive. When we are well and in harmony within and between our inner and outer worlds, our skin is healthy, radiant and glowing. When we are out of balance, unwell, stressed or struggling with hormonal or digestive issues, our skin reflects this too.”

Elizabeth King, Weleda Skin Care Expert



Meet Elizabeth King, Weleda's Skin Care Expert

With over 20 years experience as a holistic facialist and highly qualified in several complementary therapies, Elizabeth joined Weleda to help share and support the Weleda Skincare Philosophy, as well as creating a Weleda accredited holistic esthetician course. She specialises in the anthroposophic approach to beauty – working in harmony with nature and the human being.

Your Skin

Not sure which products are right for you? Why not book a skincare consultation with a Weleda Wellbeing Advisor? Our team of Wellbeing Advisors are highly trained in our skincare range and rather than being prescribed a generic 'regime' will work with you to understand your skin's current phase or tendencies and support you with healthy, holistic products. You'll get to try, apply, and learn some new helpful tips and techniques to support vital, radiant skin.

A skin consultation takes around 20 minutes and can be received online or in person. Call our friendly team on 0115 9448698 or visit www.weleda.co.uk/findanadvisor today.



Use this page when you have your one-to-one with a Weleda Wellbeing Advisor

Skin Consultation

How would you describe your skin's current phase (e.g does it feel dry, tight, hormonal, stressed, oily, imbalanced, seasonally disrupted, sensitive, etc.)?

What are the concerns you would like to address today?

- ☐ Moisture/oil balance
- ☐ Redness/irritation
- ☐ First signs of ageing
- ☐ Deeper lines/wrinkles
- ☐ Blemishes/congestion/acne
- ☐ Eye Area ☐ Lips ☐ Neck

Your Weleda Product Recommendation

Weleda Skin Care Philosophy

We are all individual and our skin needs different products at different times of life. Rather than a skin 'type', we should consider our skin 'phase', which is influenced by our age, our health and environment.

Using our unique Lead Plant Philosophy we have created a range of holistic natural products that are responsive, protective and supportive – that work with your unique skin and its changing needs.

Iris for balance: using active ingredients from biodynamic orris root, Iris helps to regulate and balance, making it ideal for younger, fluctuating, hormonal skin.

Wild Rose for first signs of ageing: the precious Rosa Moschata oil's active ingredients strengthen and support the skin's structure, helping it retain moisture and treating the first signs of fine lines.

Pomegranate for renewal: the antioxidant-rich active ingredients of pomegranate seed oil are found in our skin-firming range for skin that is maturing more visibly, to support cell renewal and regeneration.

Evening Primrose for revitalising: the active ingredients of the evening primrose stabilise and strengthen mature and post-menopausal skin, helping it find its bloom and radiance.

Almond for sensitive skin: rich in oleic acid and monounsaturated fatty acids, almond oil is wonderfully soothing and calming, making this fragrance-free range ideal for delicate, dry, reactive skin.

Willow Bark for purifying: a combination of soothing natural anti-bacterial and anti-inflammatory plant extracts, and the Aknedoron Purifying range is ideal for skin prone to congestion, blemishes and acne, during our teens or beyond.



Like us on Facebook to get more skin care tips throughout the season



Weleda Skin Care at a glance

P22 Skin Food
Naturally Nourishing Facial Care



P26 Cleansing
Cleanse and tone gently but thoroughly



P28 Willow Bark
Purifying Facial Care
Purifies, calms and re-balances congested and acne prone skin



P30 Almond
Sensitive Facial Care
Fragrance-free skin care to soothe, comfort and protect



P32 Iris
Balancing Facial Care
Regulates and preserves moisture balance



P34 Wild Rose
Smoothing Facial Care
Softens and smooths fine lines



P36 Pomegranate
Firming Facial Care
Promotes regeneration, firms and tightens



P38 Your Weekly Mini Eye Care Routine



P40 Evening Primrose
Revitalising Facial Care
Enhances skin's vitality and radiance, and deeply nourishes



P42 Skin Care for Men
Soothing Men's Facial Care
Leaves skin smooth, supple and toned



P44 The Weleda Accredited Holistic Esthetician Directory



Your 28 day skin cycle

How to support the skin phase you're in

At Weleda, we believe that your daily skincare routine should provide the best possible support for your skin's current phase. It should all make sense to you, be easy to follow and feel both purposeful and pleasurable.

- Avoid constantly chopping and changing your preparations. Consider your skin's phase as a journey – if you keep swapping products over the course of a few days, not only will your skin become confused, but you are unlikely to see positive results (and will find yourself with a cupboard full of half-used bottles).
- Instead work with your skin's own natural 28-day renewal period – also called our inner-moon rhythm – and try to commit to a 28-day process with your chosen skincare.
- You should begin to notice a change to how your skin looks and feels soon after you start using Weleda skincare, but avoid becoming too absorbed with the daily changes of your skin as this can sometimes be more disruptive than helpful. Instead, care consciously for your skin while at the same time taking a step back, trusting that the natural preparations are supporting the skin to regain its capacity to self-regulate.
- Divide your 28-day process into four weeks, and journal skin changes every seven days. This allows space for both the skin's processes to come into effect, and also gives you time to reflect.



- You may begin to notice how the skin's self-regulatory capacity increases as each week progresses. Perhaps this offers you an invitation too – to reflect on how you are feeling in relation to your skin, as well as on your inner wellbeing and relationship to the outer environment.
- You could also use this time as an opportunity to implement some positive lifestyle changes, such as addressing your sleeping patterns, beginning some gentle daily exercise or beginning to eat in a more seasonal way.

You can find more holistic wellness advice throughout this catalogue and in our award-winning book **Natural Wellness Every Day: The Weleda Way**

404075 £20.00



Skin Food Face Care

NEW



Naturally nourishing facial skin care

Inspired by our iconic Skin Food Original, the **NEW** Weleda Skin Food Face range is formulated for daily care and blends cult beauty hero Skin Food's naturally active botanicals with antioxidant-rich centella asiatica, sacha inchi oil and olive squalane, to intensely nourish and protect dry skin.



Sustainable inside and out:

- ✓ NATRUE certified natural
- ✓ UEBT certified supply chains
- ✓ Vegan friendly formulations
- ✓ New sustainable packaging





SKIN FOOD FACE CARE

The new Skin Food Face Care line-up - all suitable for vegans - is formulated specifically for daily facial care, and is clinically proven to deliver immediate, long-lasting moisture. An expert blend of original signature botanicals of Weleda Skin Food – rosemary, viola tricolor, calendula, chamomile, sunflower – with antioxidant-rich plant actives to leave dry skin feeling deeply nourished, replenished and renewed.

The new sustainable packaging can all go out for kerbside collection. The creams come in infinitely-recyclable green glass jars which are made from largely recycled glass, and lids from recyclable PP plastic. The cleansing balm comes in a tube of 100% recycled aluminium plus an HDPE plastic cap, and can go out with household recycling.




Skin Food Face Care

“My skin has gone through a huge transformation; I normally suffer with winter dryness and dullness, but my skin looks radiant and incredibly fresh.”

“My skin feels so relaxed, pampered, plumper and softer, which is a real treat as I have very temperamental skin.”

Beauty Bible testers




Skin Food Nourishing Day Cream 
Our nutrient-rich cream expertly blends botanical extracts of pansy, organic calendula, organic chamomile and organic olive leaf with squalane and organic sunflower oil. It deeply nourishes and moisturises skin and helps to restore the skin barrier, leaving it feeling silky-soft, revealing a luminous, naturally beautiful complexion.

102230 40ml Ve £14.95



- +72% immediate moisturisation*
- 93% agree skin feels instantly nourished **
- 93% agree absorbs quickly ***
- Dermatologically proven for skin compatibility and efficacy.
- *Measured in an in-use study after 15 minutes after a single product application.
- **In-use study with 30 subjects after 15 minutes after a single product application.
- ***In-use study with 30 subjects after 4 weeks of twice daily application.



Skin Food Nourishing Night Cream 
Our nutrient-rich cream expertly blends botanical extracts of pansy, organic calendula and organic chamomile with cica, squalane and organic sacha inchi oil. It deeply nourishes and moisturises skin, bringing out its luminous, natural beauty. It regenerates the skin and strengthens the skin barrier - you wake up to a radiant, silky-soft complexion.


102231 40ml Ve £14.95



- +24% increased cell renewal*
- Strengthens the skin barrier and thus increases resilience
- 87% agree skin looks recovered **
- 83% agree skin is intensively nourished **
- Dermatologically proven for skin compatibility and efficacy.
- *Measured in an in-use study after 4 weeks of twice daily application
- **In-use study with 30 subjects after 4 weeks of twice daily application

Skin Food Face



Skin Food Nourishing Cleansing Balm 
Our oil-based formula with nutrient-rich organic sunflower oil and botanical extracts of pansy, organic calendula and chamomile gently cleanses whilst maintaining skin's moisture levels. The balm turns into a milky emulsion with the contact of water and is then rinsed-off. It effectively removes dirt, impurities and water-soluble make-up, revealing clean, soft, glowing skin. It can also be used as a nourishing face mask.

102232 75ml Ve £12.95



- 100% agree it removes dirt and grime effectively *
- 79% agree the skin's moisture feels replenished *
- 79% agree skin does not feel dry after application **
- Dermatologically proven for skin compatibility and efficacy.
- *In-use study with 29 subjects after 1 week of twice daily usage
- **In-use study with 29 subjects after 15 minutes after a single application

An instant hit with Beauty Bible testers!

From Jo Fairley and Sarah Stacey,
Joint Editors of BeautyBible.com

Weleda's iconic Skin Food is a legend in beauty circles, a multi-tasking hero product that we often recommend to friends and readers. At Beauty Bible, we're known for putting products through their paces with real women, soliciting in-depth feedback after real-life use of products – so we were delighted to be asked to trial this trio of new products with a panel of 30 women, aged 25-30, who identified as having dry to very dry skin.

The results for the **Nourishing Cleansing Balm**, **Nourishing Day Cream** and **Nourishing Night Cream** were truly outstanding and impressive.

With the **Nourishing Cleansing Balm**, testers agreed that it not only cleansed dirt, impurities and make-up superbly, but left skin looking and feeling replenished. Three-quarters of these women would buy the product, after the trial.

Nourishing Day Cream truly delivered on its promise to moisturise and hydrate, with almost nine out of 10 testers reporting that their skin looked and felt healthier and in better condition, after the trial, and the same number feeding back that they'd buy the product. (Since our trial coincided with a seriously cold spell in winter, when many of us resorted to turning the thermostat up higher on our central heating, Beauty Bible's even more impressed by this performance.)

90% of the testers reported that after 28 nights' use of **Nourishing Night Cream**, their skin had recovered from dryness and dullness – 'soothed, rested and radiant, all at once' was a typical comment, with so, so many testers feeding back on the comfort and softness delivered from first use by this rich but swiftly-absorbed cream. Four out of five would buy it again – again, a fantastic result, and most definitely not something we see with every trial.

The Beauty Bible team is just delighted that **Weleda** – the original 'green beauty brand', with sustainability woven into its DNA since it first debuted in 1921 – will be offering these effective natural solutions



for thirsty, dull skins. Antioxidant-rich and powerfully skin-quenching, we've really seen that these products deliver immediate, long-lasting moisture – yet are gentle. Dry skin often equals sensitive skin, but as we saw in the trials, all three products were also extremely widely tolerated.

From our perspective, this is more proof that natural cosmetics can perform just brilliantly, with no compromises in performance. And that matters: our readers are more concerned than ever about the ethical, sustainability (and especially cruelty-free) credentials for their products, and increasingly understand and seek out B Corp certification, which Weleda has jumped through the many hoops required, to achieve!

As a result of this fantastic performance in our real-life, in-depth trials, the range qualifies for our special 'Beauty Bible Approved' logo – because these real-life testers really did approve of the range.

Being a B Corp Business

Weleda achieved B Corp certification in 2021, our centennial year. But what does it actually mean to be a B Corp business?

Certification is awarded to companies that do business in a meaningful way. The focus is on social added value and ecological sustainability – the environment, species protection, human rights, climate protection, employees, and customers.

B Corp stands for 'business as a force for good', and not maximising profits at any price. This is the underlying vision of B Lab. Founded in 2006 this non-profit organisation certifies for-profit companies as B Corporations – B Corps for short. The 'B' stands for beneficial: the benefit to society and the environment these businesses are providing.

Today the global B Corp community is working together to make the planet a better place. How are we doing this? By putting business practices to the test. Companies must undergo a rigorous certification process according to strict criteria: What values do we live by in terms of our management style? What rights do our employees have? What is our impact on the environment, society and customers? A company with certified B Corp status means that it meets the highest standards of verified social and environmental performance, balancing profit and purpose.

Today there are over 6,000 certified B Corporations worldwide, in more than 80 countries, and over 150 different industries.

B Corporations are committed to a long-term process of continuous improvement: every three years they must re-certify and meet increasingly ambitious standards. The aim is to do more good for people and the environment through exemplary business practices.



EVERYDAY CLEANSING

Our gentle holistic cleansing products help your skin maintain or regain its balance by supporting the skin's natural processes. Always gentle, kind and a pleasure to use, our cleansing products work with your skin's natural tendencies, and help restore radiance and vitality. Designed to cleanse and tone without dryness or irritation, our cleansing products contain natural plant extracts such as witch hazel to calm and cool, revitalising wild rose leaf extract, cold-pressed jojoba oil and extract of iris root to soothe and balance the skin.

Gentle Cleansing Milk

Gentle Cleansing Foam

Prickly Pear Facial Mist

Plant Story: Witch Hazel

Witch hazel contains essential oils, flavonoids and a large amount of tannins in its leaves and bark. The leaves and branches of the witch hazel are steam distilled for use in cosmetics. It has wonderful natural anti-inflammatory, calming and astringent properties and also helps the skin retain moisture.

Hamamelis virginiana

Cleanse & Tone



Gentle Cleansing Milk ^{EG}

With nourishing jojoba oil to soothe and gently cleanse, this cleanser is ideal for normal and dry skin. Balancing iris root and witch hazel help skin to regulate oil levels, providing additional cleansing power without disrupting your skin's natural protective barriers. For best results follow with our Refining Toner.

102104 100ml Ve £12.95



One-Step Cleanser & Toner ^{EG}

Olive oil soap combined with balancing iris root and purifying witch hazel cleanse the skin and refine pores. Normal and combination skin benefits from deep yet gentle cleansing action, removing dirt and make-up in one easy step. The perfect two-in-one product when either time or space is limited.

102010 100ml V £17.25



Refining Toner ^{EG}

This gentle toner refreshes and purifies the skin, rebalancing the skin's natural pH following cleansing. Mildly astringent plant ingredients including lemon juice, wild rose leaf extract and witch hazel distillate provide a gentle but effective pore-refining effect, leaving skin refreshed, smooth and toned. The subtle fresh fragrance of natural essential oils revives the skin and senses.

102105 100ml Ve £12.95



Gentle Cleansing Foam ^{EG}

A delicately gentle foaming cleanser with witch hazel distillate to remove make-up and cleanse thoroughly without drying the skin, providing the perfect base for any of our facial care ranges. This gentle cleansing foam, with its invigorating and refreshing scent, is ideal for normal and combination skin. It deeply cleanses and maintains the skin's moisture balance, leaving skin fresh and radiant.

102076 150ml Ve £17.25

★★★★★

REVIEW

My skin is really sensitive, so I'm cautious trying new products. I love Weleda's Skin Food moisturiser and Gentle Cleansing Milk.

Actor Lucy Boynton,
(Elle magazine)



Hydrating Facial Mist ^{EG}

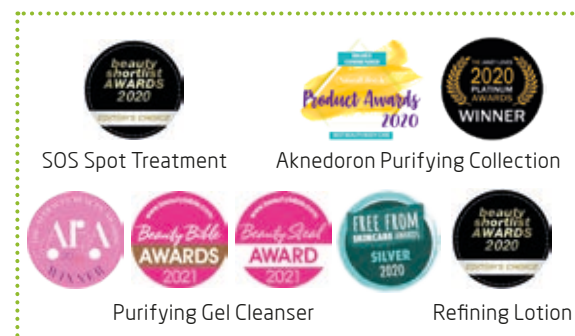
Nature's oasis, in a bottle. Spritz skin for an instant hydrating boost with this refreshing, pore-refining and toning facial mist, to invigorate skin and senses for up to 12 hours. This oil free, non-sticky facial mist absorbs quickly, leaving skin soft, fresh and supple. Not that's a fresh idea.

102081 100ml Ve £16.95

WILLOW BARK. PURIFYING

Acne is one of the most common skin conditions in the UK, leading to 3.5m visits to the doctor every year. Over 95% of adolescents the western world are affected at some point, but it's not confined to our teen years, adult acne is on the rise, with over 15% of all women now experiencing it*. The Weleda Aknedoron Purifying range takes a gentle yet effective approach for a visibly clearer complexion, without drying or irritating the skin.

* <https://cks.nice.org.uk/topics/acne-vulgaris/background-information/prevalence/>



Healthy ways to support and rebalance oily skin

- When looking for a cleanser for oily skin, choose one that is 100% natural. Ensure that your cleanser does not leave your skin feeling tight and 'squeaky clean' (this is never a good thing – skin should not squeak!), but instead feels calm, comfortable and clear.
- Facial compresses can help rebalance sebum production. Try a sprig of sage or thyme, with lavender or chamomile – add to 500ml of hot water and let infuse for 15 minutes. Then soak a clean cloth in the cooled liquid and apply to face for a balancing post-cleanse treatment.
- Do not squeeze your spots or blackheads. Instead give yourself a herbal facial steam 1-2 times weekly to support the skin's own ability to cleanse, clear and then heal.
- If you feel critical of your skin and find it hard to resist fiddling, try dimming the bathroom lights when cleansing and applying your skincare; alternatively, you could cover your mirror or close your eyes and focus on treating your skin gently and intuitively. This is also a great opportunity to awaken your other senses – sense of touch and listening to your skin.

You will find more holistic wellness advice like this in our new book **Natural Wellness Every Day: The Weleda Way**, see p.78-79

Plant Story: Willow Bark

Weleda's willow bark extract is sourced from organic farming partners in Germany from four species of willow. A natural antimicrobial with soothing properties, willow bark contains salicin, a natural anti-inflammatory compound. Willow is also rich in polyphenols including flavonoids, which contribute antioxidant benefits to help repair skin damage.

Purifying Skin Care



SOS Spot Treatment EG

A calming and cooling spot treatment to target spots, day or night. Made with antibacterial willow extract and astringent witch hazel distillate, it is clinically tested to visibly reduce the appearance of spots and blackheads, to calm and cool affected areas, and reduce excess sebum. With natural antibacterial thyme essential oil and natural sulphur, it can also be applied under make-up.

102059 10ml Ve £12.95



Purifying Gel Cleanser EG

A gentle but highly effective gel cleanser for deep pore cleansing. Formulated for skin prone to oily breakouts, it has been clinically tested to cleanse deeply, and reduce oiliness whilst also removing makeup. Apply morning and evening to damp hands, gently massage the face and rinse clean. The shower-fresh natural fragrance is provided by a mix of pure essential oils of soothing chamomile, lavender and peppermint, which are all naturally antibacterial too.

102057 100ml Ve £12.95



Refining Lotion EG

This light, non-comedogenic moisturiser is designed for oily skin. A refreshing lotion that provides day-long hydration and uses the powers of antibacterial willow extract and soothing organic witch hazel distillate, for visibly clearer skin. With a long-lasting mattifying effect to reduce shine on oily areas, even out the complexion and refine texture, it is suitable for use on face, neck and décolletage, and it can be applied under makeup. Clinically tested to reduce blemishes, counter shininess, and calm the skin. Naturally fragranced with chamomile, lavender and peppermint.

102058 30ml Ve £18.95



Aknedoron Cleansing Lotion EG

Made with therapeutic plant extracts of organic chamomile and calendula plus toning organic lemon and grapefruit juices. Instead of harsh drying ingredients, this lotion contains organic olive oil soft soap emulsion to deep-cleanse problem skin gently but effectively, without compromising the skin's natural protective layer. A wonderfully fresh yet delicate fragrance is created by essential oils of orange, rosemary and lavender, making it a treat for the senses too. Apply with a cotton wool pad.

102007 100ml V £12.95



Aknedoron Purifying Lotion EG

Intensive care for problem skin, this lotion contains organic tinctures of calendula, valued for its wound healing, natural antiseptic action, alongside soothing chamomile and echinacea. These are combined with mildly astringent witch hazel and sulphur to treat spots. Fragranced with a mix of therapeutic essential oils including sage for its natural antiseptic properties, chamomile for skin soothing, thyme for its antibacterial action, and lavender to calm irritation. Used overnight, this lotion reduces inflammation and promotes skin healing, while during the day, it works as a mattifying lotion to reduce shine and minimize pores.

102006 50ml Ve £12.95



REVIEW

As a makeup artist, a favourite of mine is the Aknedoron Purifying range which I've really seen to improve skin tone and texture with just a week's worth of regular use.

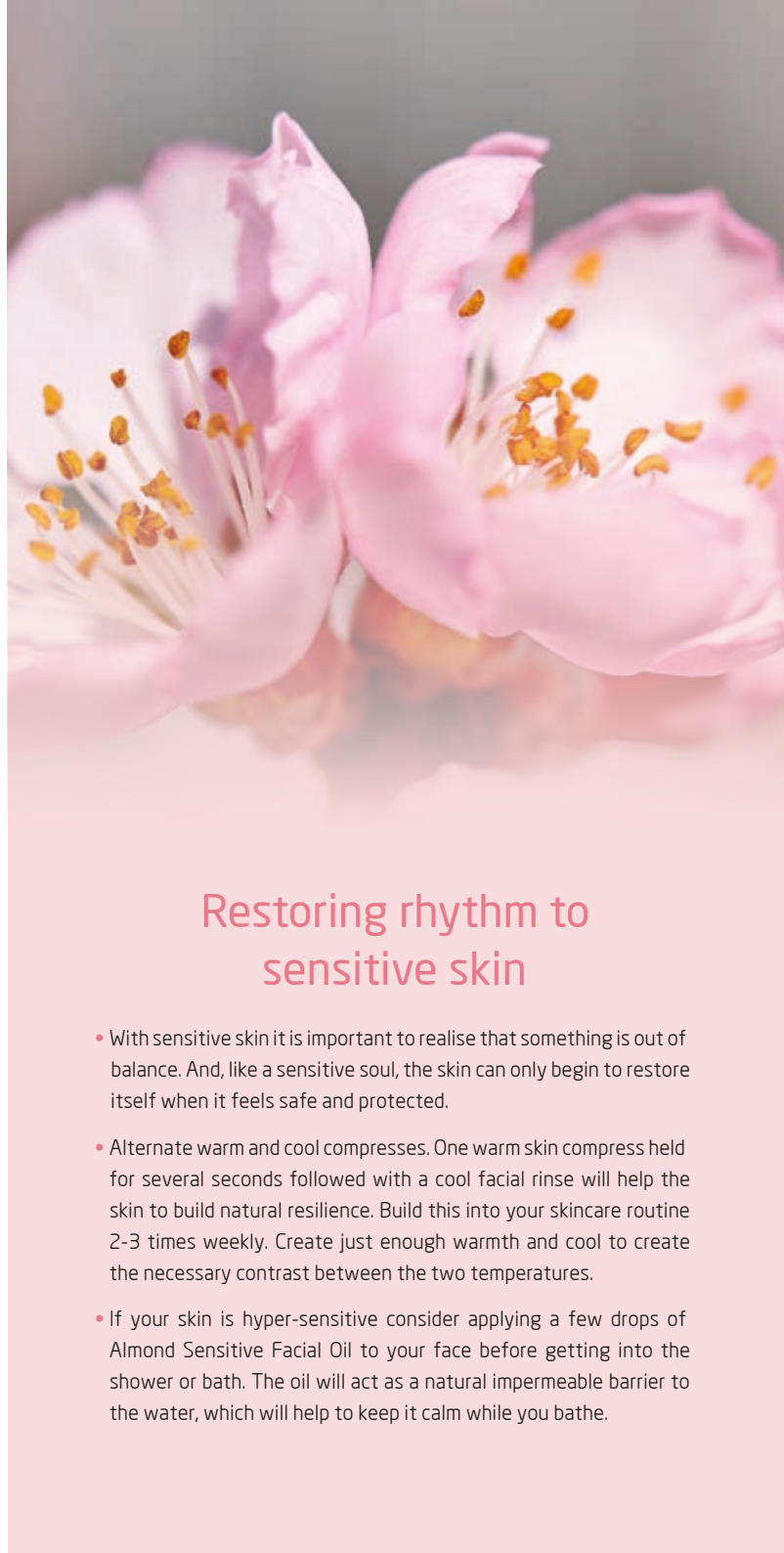
Makeup artist Sarah Spears

ALMOND, SENSITIVE

Our **Almond Sensitive Facial Care** is formulated with nature's best skin soothers, to bring calm and restore balance to delicate skin. With organic sweet almond oil, dry and irritated skin is supported in its return to supple comfort. Fragrance-free and hypoallergenic.

Plant Story: Sweet Almond

Much of Weleda's almond oil is cold-pressed from precious organic crops grown in Spain by our long-term partners, a cooperative of farmers passionate about organics, from orchards sprawling over 100,000 acres of the Valencian countryside. It takes over 2kg of almonds to produce 1kg of precious oil. Containing omega 6 and 9 fatty acids, sweet almond oil is highly effective in protecting skin against moisture loss, and strengthens the skin's own natural barrier.



Restoring rhythm to sensitive skin

- With sensitive skin it is important to realise that something is out of balance. And, like a sensitive soul, the skin can only begin to restore itself when it feels safe and protected.
- Alternate warm and cool compresses. One warm skin compress held for several seconds followed with a cool facial rinse will help the skin to build natural resilience. Build this into your skincare routine 2-3 times weekly. Create just enough warmth and cool to create the necessary contrast between the two temperatures.
- If your skin is hyper-sensitive consider applying a few drops of Almond Sensitive Facial Oil to your face before getting into the shower or bath. The oil will act as a natural impermeable barrier to the water, which will help to keep it calm while you bathe.

Almond Sensitive Facial Care



Almond Sensitive Cleansing Lotion ^{EG}
This soothing, creamy cleanser helps to restore the delicate lipid and pH balance of sensitive skin. Designed to be used with damp cotton pads, our gentlest cleanser feels cooling and calming on contact, and will not strip away the skin's own natural, protective oils.

102201 75ml Ve £12.95



Almond Sensitive Facial Cream ^{EG}
Our creamy moisturiser strengthens the skin's natural protective barrier. Organic sweet almond oil, rich in essential fatty acids, gently nourishes and supports the skin's natural moisture balance. For use as a day or night cream, it also soothes redness and inflammation—leaving skin soft, supple and protected.

102203 30ml V £19.25



Almond Sensitive Facial Lotion ^{EG}
A lightweight, hydrating moisturiser that absorbs quickly to bring balance and protection to sensitive skin. Soothing sweet almond and plum oils lightly nourish and protect, leaving the skin feeling comfortable and refreshed.

102202 30ml V £19.25

What women experienced using our
Almond Sensitive Facial Lotion:



Almond Sensitive Facial Oil ^{EG}
Easily absorbed, this intensive treatment restores the skin when it is in need of extra protection and nourishment. Organic blackthorn flower extract calms and reduces irritation while antioxidant-rich plum kernel oil balances and soothes. Recommended as a protective barrier in cold weather and while travelling at altitude. Also provides soothing relief to skin after a long day spent in the city. Warm a few drops in the palms, then apply to damp, cleansed skin for a veil of comfort and skin security.

A few drops on a damp cotton wool pad will remove even the most stubborn eye makeup, gently but effectively.

102205 50ml Ve £20.50



REVIEW

At the end of a hard day filming, the actors love to take the day off with Almond Soothing Cleansing Lotion and hydrate with a comforting lick of Skin Food original.

Makeup designer James Spinks



IRIS, BALANCING

In our twenties - often a busy time of great change and development – the natural balance of our skin can be disrupted. Iris, with its reliable ability to bloom under pressure, regulating moisture and vital energy, makes it ideal for this stage of life. We combine balancing iris with soothing calendula, purifying witch hazel and gentle, nourishing oils of jojoba and sweet almond, to take care of skin that needs to re-establish its happy balance.

“

★★★★★

REVIEW

I'm always in safe hands with Weleda, knowing the refreshing Iris Balancing Day Cream will always bring my actress's skin back to life, especially whilst filming long hours and often battling the elements.

Makeup designer Holly Edwards

”



Bringing balance to skin in your twenties

- The years between the age of 21-28 can often be associated with many activities such as travelling, studying, socialising and starting a career. It can certainly be a busy life phase with lots of variety. This variety and its subsequent frequent environmental changes can be reflected in the skin.
- The first self-regulating process that begins to slow down is the skin's ability to bind and store water. For this reason, it is helpful in our mid-twenties to look for hydrating products that help balance oil levels while also boosting moisture. A combination of Hydrating Facial Mist followed by Iris Day and Night Cream will help skin do just that.

Plant Story: Iris

The iris thrives in inaccessible regions of Morocco's Atlas Mountains, where we work with an organic cooperative comprised of around 300 farming families and source our essential oil of orris. We also source iris extract from long-term farming partners at Casa Dei Fiori – a small cooperative of Demeter-certified biodynamic producers in Tuscany, Italy. The iris was named after the Greek rainbow-goddess of the same name – bringer of water and messenger of the gods. The striking rainbow flowers and the plant's ability to store water for long periods in fleshy roots confirm its connection with its mythological namesake.



Iris germanica

Iris Balancing Facial Care



Iris Balancing Facial Lotion ^{EG}

This gentle, light and quickly absorbed lotion is ideal for normal and combination skin. Created to help regulate the skin's natural moisture balance, with softening jojoba seed oil and soothing witch hazel to support your skin's natural protection against the elements. Skin feels fresh, vital and radiant.

102101 30ml V £19.50

What women experienced using our Iris Balancing Facial Lotion:

Increased moisture

+9% after 14 days



Iris Balancing Day Cream ^{EG}

Soothing jojoba oil, combined with cocoa and shea butters, softens and improves elasticity, while the skin's natural balance is regulated with extracts of iris and witch hazel. This silky cream supports the skin's natural protective barrier, leaving it smooth, healthy and harmonised.

102100 30ml V £19.50



Iris Balancing Night Cream ^{EG}

This nourishing night cream helps to replenish overnight, working in tune with the skin's own regenerative processes. Organic chamomile and calendula flower extracts soothe and calm your skin and gentle almond oil softens and intensively moisturises. Come morning, skin is beautifully relaxed and refreshed.

102102 30ml V £19.50



WILD ROSE, SMOOTHING

In our thirties, skin naturally begins to show the first signs of ageing. It needs intensive nourishment and gentle smoothing to retain its youthful resilience, radiance and elasticity. Rosehip seed oil is perfect for skin during this phase of life. Proven to renew elasticity and intensively moisturise, this rich, golden oil strengthens the skin's resilience to environmental factors, while reducing the visibility of fine lines.



Wild Rose Smoothing Day Cream



Bringing resilience to skin in your thirties

- Our thirties can often be a time when we struggle with balancing home and work life – responsibilities mount, free time seems to diminish, and perhaps we find that we feel more in service to others than to ourselves. This can show in our expression lines.
- Plant ingredients rich in antioxidants are particularly helpful during this biographical phase. Wild rosehip seed oil, known for its ability to adapt and survive extreme weather conditions, is very high in antioxidants and can be really helpful in improving the skin's resilience and elasticity.
- The skin around our eyes is also very delicate, thinner than the rest of the face. This means it is the first area to show the signs of ageing with the appearance of fine lines. Every hour, take a few minutes and step outside of your working or artificially-lit environment – and away from all screens – into natural lighting, ideally surrounded by nature. If you can't do this, simply close your eyes for 60 seconds every hour.

Plant Story: Rose

Our organic Rosa Moschata or 'musk rose' seed oil is obtained from rosehips that grow wild, without chemical fertilisers and sprays, gathered by certified wild collection. The rosehips contain seeds from which the valuable oil is extracted. For a long time, the seeds were seen as waste products – their high nutritional value only discovered at the end of the 1990s. Weleda's oil is pressed from the ripe hips of bushes that grow abundantly at the foot of the Andes where environmental pollution is minimal, the hedges a welcome source of income for the Araucanians and Mapuche, the indigenous inhabitants of Chile. The virgin oil is rich in essential fatty acids that play a crucial part in skin regeneration, improving elasticity and hydration.

Wild Rose Smoothing Facial Care



Wild Rose Smoothing Day Cream ^{EG}

An exquisitely scented, highly moisturising cream, enriched with smoothing wild rosehip seed oil that counteracts fine lines, dryness and dull skin. Created to preserve skin's suppleness and elasticity, skin feels nourished, smooth and vital – glowing with natural radiance.

102220 30ml V £25.50

What women experienced using our Wild Rose Smoothing Day Cream:

Renewed elasticity +23%*

Increased moisture +41%*

*tested after 28 days



Wild Rose Smoothing Night Cream ^{EG}

This rich, smoothing night cream was created to support your skin during its natural nightly regeneration phase, helping it to strengthen and renew. Our wild rosehip seed oil is combined with evening primrose oil for softer, smoother looking skin that feels deeply nourished.

102222 30ml V £25.95



Wild Rose Smoothing Eye Cream ^{EG}

A beautiful multi-tasking cream that is unscented, making it ideal for use around the delicate eye area. Designed to soften fine lines and smooth skin, while also reducing puffiness, it can be kept in the fridge for additional de-puffing and cooling benefits.

102223 10ml V £25.95




REVIEW

I went to my local health food shop and bought Weleda Wild Rose Eye Cream, Calendula Baby Cream and Light Skin Food Cream. As soon as I started using your products, my skin felt calmer. It's taken three days for my skin to get back to anything like normal, but your products have helped enormously and feel really lovely to use. I'll be sticking with Weleda from now on. Thank you for your commitment to pure, plant-based products that work in harmony with my skin.




Barbara Hickson



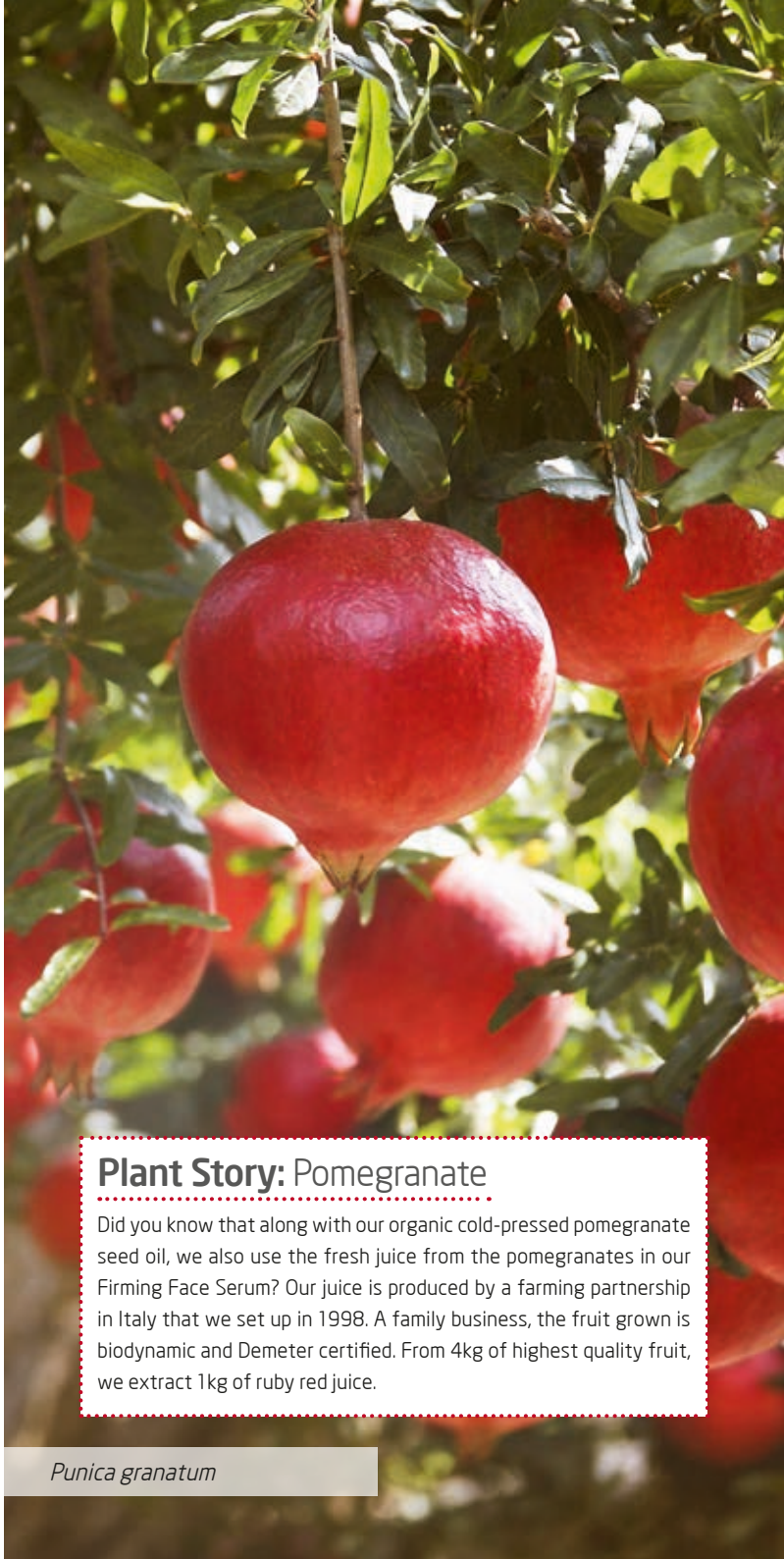
After forty, the skin's circulation and skin cell's renewal rate begin to decrease, which can make it harder for our epidermis to remain soft and supple. We need extra nourishment to prevent sensitivity, dryness and irritation. The potent power of pomegranate – rich in vitamins C, B5 and potassium and high in powerful polyphenols – makes it ideal for boosting the skin's regenerative processes. Our cold-pressed organic pomegranate seed oil, replenishing argan and borage oils work together to provide maturing skin with a tangible feeling of support. Skin is left feeling firmer, more vibrant and naturally radiant.



Pomegranate Firming Night Cream



Pomegranate Firming Facial Oil




Plant Story: Pomegranate

Did you know that along with our organic cold-pressed pomegranate seed oil, we also use the fresh juice from the pomegranates in our Firming Face Serum? Our juice is produced by a farming partnership in Italy that we set up in 1998. A family business, the fruit grown is biodynamic and Demeter certified. From 4kg of highest quality fruit, we extract 1kg of ruby red juice.

Punica granatum

Pomegranate Firming Facial Care




Pomegranate Firming Facial Oil EG

Bursting with antioxidants from organically grown pomegranate, this precious oil encourages cell renewal, leaving the skin firmer, smoother and more radiant. Apply just a few drops of this rich, silken oil to freshly cleansed skin for a daily regenerating treatment. You can also mix one or two drops in with your Pomegranate Day or Night Cream for an extra nourishing boost, when skin is in need of intensive moisturisation and replenishment.

102049 30ml Ve £41.95

Contains ARGAN OIL Vegan




Pomegranate Firming Day Cream EG

This deeply moisturising, nutrient-rich cream helps reduce the appearance of wrinkles, improves skin elasticity and protects the skin from harmful exposure to the elements. Organic pomegranate seed oil and organic argan kernel oil intensively nourish and revitalise maturing skin. Depth of wrinkles reduced by 14% after 28 days*.

102050 30ml Ve £31.50

Contains ARGAN OIL Vegan



Pomegranate Firming Face Serum EG

This hydrating oil-free facial serum gives mature skin a daily dose of plant powered goodness. Intensively hydrating, skin is left feeling softer and smoother, day and night. Designed to be used with the Pomegranate Day or Night Cream, skin is noticeably rejuvenated. Depth of wrinkles reduced by 29% after 28 days*.

102054 30ml Ve £41.95

Contains ARGAN OIL Vegan

Pomegranate Firming Night Cream EG

This luxuriously rich cream helps to reduce the appearance of wrinkles, and nourishes the skin by activating and supporting the skin's own natural night-time regeneration phase. Wake up with skin that's noticeably firmer, refreshed and renewed. Depth of wrinkles reduced by 35% after 28 days*.

102051 30ml Ve £31.95

Contains ARGAN OIL Vegan

What women experienced using our Pomegranate Night Cream:

Wrinkle reduction +35% after 28 days

*Measurement of depth of wrinkles with PRIMOS, test with 21 subjects in 2009, age: 42-69 years.

Pomegranate Firming Eye Cream EG

Made with the finest plant oils and precious extracts of golden millet and sunflower petals, this gentle yet highly effective cream helps reduce the appearance of wrinkles. Frequent use firms the skin and reactivates skin regeneration around the delicate eye area. Ophthalmologically tested, it can be used with contact lenses. Fragrance-free. Depth of wrinkles reduced by 23% after 28 days*.

102053 10ml Ve £31.25

Contains ARGAN OIL Vegan

What women experienced using our Pomegranate Eye Cream:

Wrinkle reduction +23% after 28 days

*Measurement of depth of wrinkles with PRIMOS, test with 22 subjects in 2009, age: 42 - 69 years.

★★★★★

REVIEW

I absolutely love Weleda products. My favourite is the Pomegranate Firming Day Cream which melts into the skin and the smell is amazing.

Makeup designer Nikki Hughes



Your weekly mini eye care ritual

- 1** Begin by gently but thoroughly cleansing your skin.
- 2** Using the soft pads of your ring fingers, take a dab of your eye cream (an amount the size of a grain of rice is good for each eye) and gently press it into the skin, always working from the inner corners of your eyes outwards.



3 Beginning at the 'third eye', do gentle eyebrow squeezes all along the brow, from the centre outward, using a gentle, rhythmical action along the eyebrow with your forefinger and thumb.

4 Make gentle circular movements beneath the eyes using ring and middle fingers. Begin at the inside corners and work outwards towards the temples.



5 Using your middle and ring fingers, begin between the brows. Smooth your brow muscle by moving your fingers outwards towards your temples. Repeat three times.



6 Make gentle circles over the temples using relaxed fingers. Repeat three times.



Find the full version in our award-winning book, **Natural Wellness Every Day: The Weleda Way** 404075 £20.00





Our Evening Primrose Facial Care was created for the unique needs of more mature skin. Hormonal changes after menopause can cause skin to thin, impairing its barrier function and reducing its resilience. As a result, the skin’s ability to hold moisture diminishes, and it can feel noticeably drier and rough to the touch. Skin needs a generous supply of regenerative nutrients now – and this is where our organic evening primrose oil – rich in skin-replenishing essential fatty acids – begins to work its revitalising magic.

“

★★★★★

REVIEW

The fact that Weleda have never tested on animals and are environmentally conscious means they will always be a brand we reach for time and again!

Makeup artist Laura Surcombe

”

Plant Story: Evening Primrose

The evening primrose blooms as dusk begins... within a few moments, the blossoms are open, and they remain that way throughout the night and into the early hours of the morning. The oil from the evening primrose seeds contains extremely high concentrations of essential fatty acids – up to 85% linoleic and 15% γ-linolenic – which play a key role in the skin’s natural barrier function. Our organic, sustainably sourced evening primrose oil protects against moisture loss, smooths dry and rough patches, and promotes cell regeneration.

Oenothera biennis

Evening Primrose Age Revitalising Facial Care



Evening Primrose Age Revitalising Day Cream ^{EG}
This beautifully rich day cream plumps the skin with intensive moisture and delivers a feeling of immediate comfort and protection. Along with the replenishing power of organic evening primrose oil, Centella Asiatica extract also works with the skin to revive its own vital functions and helps protect the complexion from harsh weather, dehydration and free radicals. With regular use, deep lines are noticeably reduced, skin appears more even and visibly firmer.

105600 30ml Ve £31.50

Proven Efficacy

73 % The skin appears visibly firmer*

77 % The skin appears more even*

*Clinically tested, subjects surveyed after 4 weeks of using the Day Cream



Evening Primrose Age Revitalising Night Cream ^{EG}
This wonderfully nourishing night cream promotes the skin’s own natural regenerative ability – supporting a complexion that is noticeably revitalised and firm. Structuring Centella Asiatica extract also helps strengthen the skin and restores plumpness, leaving skin taut, radiant and vital.

105601 30ml V £31.95



The Special Scent: Sustainable Sandalwood

The Evening Primrose Day and Night Creams owe their soft, subtle fragrance to sandalwood. Sustainable growers of sandalwood are like the proverbial needle in a haystack but, at Weleda, we work with two dedicated producers, both of whom meet the strict UEBT standards. To ensure a sustainable supply of precious sandalwood essential oil, Weleda has invested in an agriculture project for the future which is part of a reforestation project in the central highlands of Sri Lanka. Every year, 2,500 seedlings are planted here in the open field. If all goes well, in 20 years’ time they will be large and strong enough for harvesting. The sandalwood trees that are already growing naturally on the farm will be harvested bit by bit. Meanwhile, 250 trees per hectare are being planted annually, in order to establish a sustainable harvesting method. In this way, Weleda is helping to reforest and future-proof the work that joins people, plants and planet together.



Evening Primrose Age Revitalising Eye and Lip Cream ^{EG}
This wonderful multi-tasking fragrance-free cream reduces the appearance of deep lines and wrinkles. Designed to be used around both the delicate eye and lip areas, the contours of both appear smoother after application. This quickly absorbed cream also reduces puffiness, making it ideal for tired or irritated eyes. Ophthalmologically and dermatologically proven even for wearers of contact lenses.

105602 10ml V £31.95

Proven Efficacy

83 % The eye area appears smoother*

65 % The lip area appears smoother*

*Clinically tested, subjects surveyed after 4 weeks of using the Eye and Lip Cream

SOOTHING SKIN CARE FOR MEN

Our gentle shaving and skincare products are 100% natural, free from potentially irritating synthetic fragrances, preservatives, parabens and petroleum derivatives, and are created for all skin types, including sensitive and anyone prone to allergies or dermatitis. Our simple three-step skin care range is designed to protect from irritation that can be caused by regular shaving, and to help with common concerns such as spots, comedones (blackheads), shininess and enlarged pores.



Moisture Cream for Men

Plant Story: Jojoba

Where once there was only parched desert and very little plant life due to profound soil erosion caused by over farming, there is now a biodiverse landscape within the Pipanaco desert in Argentina. Weleda has been working with farm owner Jorge Arizu since 2007, to transform this patch of precious earth into a fertile, biodynamic jojoba farm that is also Demeter certified. This golden oil, which is in fact a liquid wax with a chemical structure that is very similar to our skin's own sebum, is the ideal skin soother: light yet nourishing, balancing and non-pore-blocking.

Simmondsia chinensis

For Men: Three-Step Facial Care



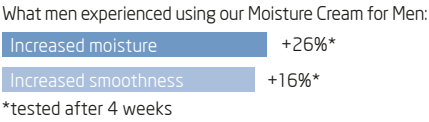
STEP 1: Shaving Cream ^{EG}
Creates a soothing, creamy lather that lasts, for a closer, smoother wet shave without irritation. Enriched with organic goat's milk and almond milk, which calm and support skin that is sensitised by the stresses of shaving.
106014 75ml V £12.95



STEP 2: After Shave Balm ^{EG}
Pure plant extracts of chamomile and myrrh soothe and calm the skin after wet or dry shaving, while cooling and hydrating aloe vera combines with balancing jojoba oil to protect the face from dryness, keeping the skin smooth and supple.
106019 100ml V £19.50



STEP 3: Moisture Cream for Men ^{EG}
This refreshingly light and fluid cream is rapidly absorbed by the skin, leaving it smooth, supple and toned. Extract of marshmallow root softens and calms, while organic sesame and jojoba oils moisturise, protecting the skin from drying out or becoming irritated.
106022 30ml V £19.50



REVIEW

My favourite Weleda products are Skin Food and the men's facial care and shaving products. Weleda skincare is a staple in my kit.
Makeup designer Paul Gooch



The Weleda Accredited Holistic Esthetician Directory

If you would like to experience the Weleda Signature Facial, find one of our accredited estheticians in our directory by visiting

www.weleda.co.uk/weleda-holistic-estheticians-directory

Or scan the QR code below



Weleda Signature Facial

Described as a holistic wellbeing treatment, the Weleda Signature Facial is so much more than a facial alone. Using Weleda's certified natural and organic skincare, together with mindful and rhythmical movements, the aim is to restore rhythm and vitality to the skin, while taking the client into a quiet space of inner calm and deep relaxation. These unique Weleda practices and products connect both esthetician and client with nature, which has been at the heart of Weleda's purpose since 1921.

Our signature treatment offers the following variations:

Purifying & Rebalancing

This deeply cleansing holistic facial treatment not only gives you the space to let go; the warm compresses, internal skin cleansing support with the Rhythmic Activation Massage and the rebalancing Aknedoron preparations, helps the skin to let go of impurities and congestion, while also recognising that moisture is essential for a healthy skin barrier. Both you and your skin, can begin to breathe again.

Skin Resilience & Signs of Ageing

Sometimes environmental stressors and lifestyle demands can take its toll on your skin. The skin may appear dull, lifeless and may even begin to show early signs of ageing. Immersing the skin in Weleda's wild rose facial collection, together with the life of touch and additional boost of the wild rose ampoule, improves skin elasticity, brings strength, and promotes radiance.

Revitalising & Hydrating

Together with Weleda's unique rhythmical application movements and 100% natural preparations, the skin instantly benefits from both a deep cleanse and a welcome hydration boost. Extract of prickly pear cactus, nature's answer to hyaluronic acid, has been scientifically proven to bind moisture in the skin for up to 24 hours. Dull, lifeless skin soon feels plump, is revitalised and glowing.

Nourishing & Firming

When the natural ageing processes begin to take hold and cellular activity begins to slow down, the skin requires nourishing care as well as cellular activation. The expertise of the Esthetician's rhythmical application movements and massage together with the antioxidant boost of Weleda's facial firming and nourishing care, delivers a regenerating boost and energising impulse to the skin.

Soothing & Strengthening

Our skin is naturally sensitive, adapting and adjusting throughout the day in order to protect us from external influences. Sometimes, however the skin's barrier is not as strong and self-regulating as it needs to be, the result can lead to over-reactive, sensitive skin. The Esthetician's skilled rhythmical quality of touch together with the soothing quality of the almond facial range, calms redness, evens the skin's complexion and helps restore the skin's own natural barrier function.

Duration 1hr 30.



And don't forget, if you'd like to become an Esthetician yourself, sign up to our accredited holistic Esthetician course.

More information on page 124.

Visit: www.weleda.co.uk/weleda-holistic-esthetician-facial-course

Or scan the QR code



Bath & Body Care at a glance

P48 Skin Food: Feed Your Skin

Nourishing, comforting, protective

Intensive care for dry or rough skin



P54 Beautiful Body Oils

Nourishing, replenishing, pampering

Daily self-care in a bottle



P56 Sensitive

Gentle, calming, soothing

For easily-irritated, reactive skin



P58 Citrus

Zesty, uplifting, refreshing

The scent of sun-ripened lemons
to boost your get-up-and-go



P60 Lavender

Relaxing, calming, soothing

Soothes the body and settles the skin



P62 Sea Buckthorn

Revitalising, nourishing, softening

Bursting with summer freshness



P64 Wild Rose

Harmonising, romantic, luxurious

Soothes the skin and senses



P66 Pomegranate

Regenerating, skin-smoothing, sensuous

The mellow scent inspires the senses



P68 Birch

Purifying, cleansing, stimulating

Restore skin radiance and tone



P70 Aroma Showers & Bars

Beautifully fragrant and mood-boosting

As eco-friendly as they are skin-friendly



P72 Body Washes

Refreshing, moisturising, skin-smoothing

As gentle on skin as they are on the planet



P74 Bathtime Bliss

Holistic, rebalancing, refreshing

Let your cares soak away, naturally



P76 Weleda Wellness Retreats

Introducing our new long-weekend retreats

To support your health and wellbeing holistically

P78 Natural Wellness Every Day

Activate your wellbeing from within

A complete guide to natural care of earth, skin, self and health



P80 Home Therapy with Weleda

Relaxing, restorative, reviving

Simple self-care rituals you can create at home



P82 Arnica

Warming, invigorating, relieving

Delivers soothing relief to overworked muscles



P84 Deodorants

Refreshing, deodorising, non-aerosol

Made without aluminium salts



P86 Top To Toe Balms

Hands, feet, lips and scalp

A range of top-to-toe skin saviours



P88 Oral Care

Effective, protective, supportive

To cleanse thoroughly but gently



P104 Specially for kids

Gentle, skin-friendly and fun

Everyday essentials for children



SKIN FOOD FOR EVERYBODY EVERYWHERE

First introduced in 1926, our original formulation remains unchanged – a time-honoured, unique blend of pure plant oils, protective waxes and organic plant extracts of healing calendula, soothing chamomile, revitalising rosemary and smoothing viola tricolor. Our original Skin Food is a much-loved multi-tasking and multi-award-winning product, providing intensive care to very dry and rough skin.

★★★★★

REVIEW

I use your Skin Food dark green cream every single day and I have chronic eczema and this is the only thing that has helped in years and it's so amazing!

Lucy Mackie

good health

WINNER

2019

SILVER

2019

WINNER

CEJL

RESPONSIBLE BEAUTY

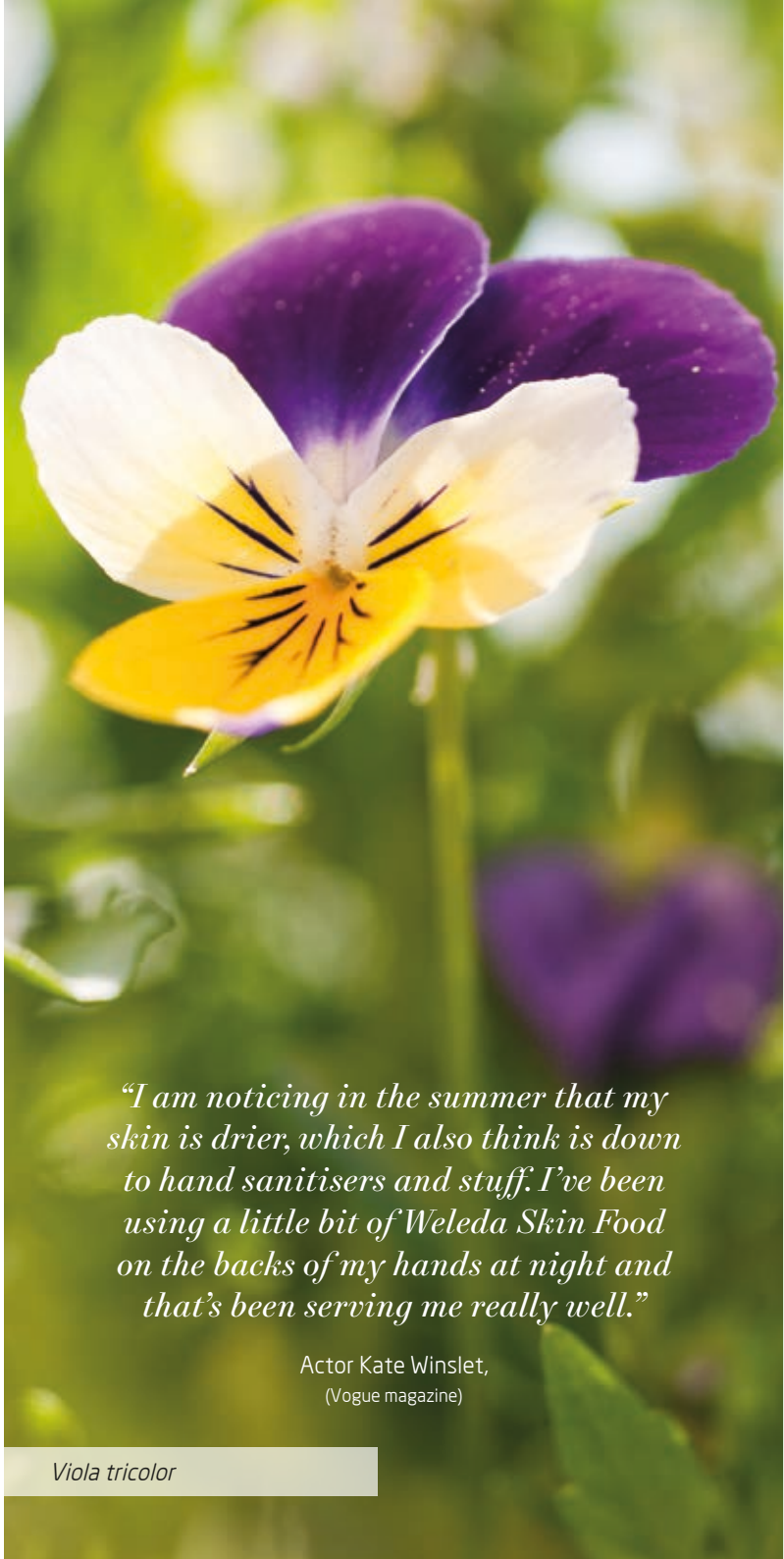
FINALIST

2019

2019

WINNER

Skin Food Collection



Viola tricolor

“I am noticing in the summer that my skin is drier, which I also think is down to hand sanitisers and stuff. I’ve been using a little bit of Weleda Skin Food on the backs of my hands at night and that’s been serving me really well.”

Actor Kate Winslet,
(Vogue magazine)

The Fantastic Four

The plant allies at the heart of Skin Food

Plant Story: Calendula

Grown in Weleda’s own gardens in Germany, our biodynamic Calendula is prized not only for its gentleness and mildness, proving one of the most suitable ingredients for soothing sensitive skin, but is also much valued for its natural wound-healing properties.



Plant Story: Rosemary

Much of our organic rosemary leaf extract is grown by our farming partners in Portugal. A renowned circulatory stimulant, rosemary is much valued for its enlivening, invigorating and restorative properties.

Plant Story: Chamomile

We source much of our organic chamomile from our farming partners in Kosovo. Chamomile flowers contains a beautiful blue volatile oil that is high in azulenes which have a wonderful anti-inflammatory, soothing and repairing effect on the skin.



Plant Story: Viola Tricolor

Weleda makes its precious wild pansy extract from the aerial parts of the plant, grown in Germany and then harvested between May and September. Viola Tricolor – also known as heartsease – contains protective flavonoids and polysaccharides, which have a skin-soothing effect.

Skin Food

Our iconic, inimitable **Skin Food** was **launched in 1926** and is our best-selling skincare product – with **one sold every 10 seconds**.



Skin Food – the original icon EG

A highly effective, intensive moisture cream, with soothing wild pansy, calming chamomile and healing calendula. Rosemary stimulates the circulation, while sunflower and sweet almond oils deeply nourish. Beeswax and lanolin lock in softness, for long lasting, incredibly versatile and extremely good value care. First formulated in 1926, this cream is adored by all, and its original cult following has grown to an inclusive cross-generational fan club.

106057	75ml	V	£14.95
106056	30ml	V	£8.95



Skin Food

The Skin Food Range

Intensive long lasting moisture for all skin types



Skin Food Light

Skin Food Lip Balm

Skin Food Body Butter

Skin Food Body Lotion

Plant Story: Shea

Our organic shea butter is largely sourced from long-term suppliers we have partnered with for over a decade. The fruit is collected sustainably from the wild in Burkina Faso in Western Africa. Our producer employs a cooperative of female growers and shea-gatherers and maintains high social standards including regular training and medical care for all workers.

Butyrospermum Parkii

Skin Food



Skin Food Lip Balm EG
Made with natural oils and plant extracts of calendula, wild pansy and chamomile, our Skin Food Lip Balm offers deep, nourishing support for dry and chapped lips.
106060 8ml V £7.75



Skin Food Body Butter EG
Harness the powers of our original Skin Food formulation with a generous tub for the whole body! Plant extracts of soothing viola tricolor, calendula and chamomile harmonise the skin, while organic shea butter and cocoa butter leave dry skin intensively nourished. The non-greasy formula delivers long-lasting hydration, fragranced with aromatic lavender and sweet orange.
106061 150ml Ve £21.95 Vegan



Skin Food Light EG
Immediately absorbed comfort to dry skin. Our silky lotion combines lightweight, organic sunflower oil with extracts of calendula, wild pansy and chamomile. It provides the skin with instant moisture and protects it from drying out. The lighter formulation is quickly absorbed and leaves skin velvet soft. Suitable for face or body.
106059 75ml V £14.95
106058 30ml V £8.95



Skin Food Body Lotion EG
Intensive nourishment and moisturisation for dry to very dry skin. Indulge both your skin and senses with the scents of sweet orange and aromatic lavender balanced with the warm and vanillic notes of benzoin resin.
106126 200ml Ve £14.95 Vegan

“

★★★★★

REVIEW

Please please please NEVER stop making the rich intensive Skin Food it's the best thing I have ever used in my life.

Weleda customer

”

Skin Food Ultra-Light Dry Oil

Shake, Spray, Glow!

NEW



Introducing another future icon

Formulated to naturally moisturise, intensively nourish and instantly hydrate, the vegan-friendly ingredients in this certified natural, microbiome-friendly formulation include Skin Food's time-honoured botanicals rosemary, wild pansy, calendula and chamomile, together with nourishing oils of organic sunflower and jojoba. It's packaged in a recyclable rPET pump-action spray bottle made from 98% recycled plastic.



Skin Food Ultra-Light Dry Oil

A dynamic oil-in-water formulation which needs a quick shake to mix the ingredients before spritzing the fine mist onto skin and effortlessly smoothing in. Naturally fragranced with essential oils, the spray leaves a satin sheen and the Skin Food signature scent of refreshing rosemary, aromatic lavender, vibrant sweet orange and balsamic benzoin. The perfect product to bring out the skin's natural beauty, with a dry-touch, sheer texture that absorbs instantly without leaving a greasy film.

106140 100ml Ve £15.95



Enjoy naturally moisturised skin in an instant

- ✓ 91% agree absorbs instantly¹
- ✓ +78% immediate moisture²
- ✓ 73% agree provides intensive nourishment³
- ✓ 97% agree instantly softer skin⁴

¹ In-use study with 33 subjects after 2 weeks, once to twice daily application on body

² Measured 15 minutes after a single application

³ In-use study with 33 subjects after 2 weeks, on body and face

⁴ In use study with 33 subjects after the first application on body



Our expertly-formulated sensitive skin products, soothe sensitivity and reduce irritation while restoring natural balance, replenishing the protective barrier and delivering lasting moisture, thereby reducing feelings of skin discomfort. The hypoallergenic formula supports even the most sensitive skin to become clear, smooth and calm.

Sensitive Nourishing Body Wash

Sensitive Hand Cream

Sensitive Body Lotion

Plant Story: Coconut

Our organic virgin coconut oil is chiefly sourced from Ghana, where it is harvested sustainably from the wild. Here farming has a very low intensity, with only around 80 coconut trees per hectare compared to 150 trees on a commercial plantation, which encourages a rich biodiversity to flourish on the farm.



Cocos Nucifera

Sensitive Body Care



Sensitive Nourishing Body Wash

A nourishing body wash formulated to care for sensitive, reactive skin. Mild, plant-based surfactants gently cleanse while the soap-free formula with organic almond oil replenishes the skin's lipid layer – helping regulate moisture balance, for a soothing shower and silky soft skin - and provides the delicate marzipan-mellow fragrance.

104060 200ml Ve £8.25



Sensitive Body Lotion

This fast-absorbing lotion was developed with dermatologists to deliver long-lasting moisturisation. This calming and soothing formulation is made with organic coconut and jojoba oils to provide a rich, nourishing lotion that protects and comforts reactive and easily irritated skin. Its fragrance-free formulation contains no essential oils, and just leaves the subtle scent of coconut oil on the skin.

106124 200ml V £12.95



Sensitive Hand Cream (almond-free)

This fragrance-free hand cream with organic coconut oil and jojoba oil is formulated to soothe sensitive and reactive skin. It delivers intensive moisturisation, and reduces feelings of tightness. Leaving hands feeling silky-soft.

106067 50ml Ve £13.50

“

★★★★★

REVIEW

As a hair and make up designer for television I come across actors and actresses who have skin sensitivities or reactive skin and care about what goes on their skin. I turn to the Weleda range for help, as it's natural and organic.

Makeup artist Helen Speyer

”

CITRUS. REFRESHING

Weleda's Citrus Body Care range lifts the mood and spirit, hydrates the skin and promotes a sunnier outlook for the day ahead. Sun-ripened lemons are nature's moisture-storing experts and lend their secret to this freshest range that bursts with hydration.



Refresh Citrus Creamy Body Wash

A delightfully refreshing body wash with organic lemon peel oil to revive the senses. Enriched with skin-softening sesame seed oil, this silky, luxurious wash contains no harsh surfactants or foaming agents. A wonderful morning wake-up call, or for a spirit-reviving shower after a tiring day.

104058 200ml Ve £8.25



Citrus Body Lotion

Citrus Refreshing Bath Milk

Citrus Roll-On Deodorant

Plant Story: Citrus

We source our lemons from organic farms, where the vibrant fruits are grown without chemical pesticides or fertilisers. The zesty oil from the lemon peel is what gives much of our Citrus range its energising boost, and we also use zingy lemon essential oil in our Citrus Body Lotion for sunny notes of summer, all year round.

Citrus limon

Citrus Refreshing Body Care



Citrus Refreshing Body Lotion ^{EG}

This hydrating lotion provides long-lasting 24h moisturisation, with organic sunflower oil, cooling aloe vera, soothing coconut oil and luxurious shea butter. Its light, easily-absorbed formulation delivers instant refreshment and is ideal for when you're on the go and need instant results.

106121 200ml Ve £12.95



Citrus Hand and Nail Cream ^{EG}

A rich hand and nail cream that leaves skin velvety-soft and nails beautifully strong. The nourishing formulation with calendula and wild pansy, protective waxes and sweet almond oil keeps cuticles well-cared for, supporting the growth of healthy nails. The refreshing scent of citrus essential oils lingers on the hands, providing an invigorating aroma throughout the day.

106054 50ml V £13.50



Citrus Refreshing Body Oil ^{EG}

Pure almond oil, rich in unsaturated fatty acids, leaves the skin smooth and supple, while organic lemon peel oil and citrus essential oils impart a fresh scent that enlivens the body and spirit. A great oil for intensive, long-lasting daily moisture and also ideal for revitalising massage. Dry skin is softened and protected from moisture loss and your day is brightened by the sunny scent of zesty lemons.

106114 100ml Ve £18.50



Citrus Refreshing Bath Milk ^{EG}

Zinging with the all-natural fragrance of organic lemon and sweet orange, our zesty bath milk uplifts and revives the senses. Wonderful after a day of physical exertion, or to refresh and restore the senses, providing a powerful pick-me-up that can be enjoyed in the bath or shower; for the latter, simply pour a capful onto a flannel laid in your shower tray and allow the cascading water to transform it into uplifting citrus vapours while you wash.

104005 200ml Ve £16.25



Citrus Spray Deodorant

Unlike antiperspirants which use ingredients such as aluminium salts to block the body's natural perspiration reflexes and healthy function, our all-natural deodorants work with your body for a feeling of all-day freshness. With the summery zing of lemon and sweet orange essential oils to neutralise body odour, our Citrus Deo Spray comes in a recyclable glass bottle with a non-aerosol pump spray, so it's better for your body and our planet.

106012 100ml Ve £10.95



Citrus Roll-On Deodorant ^{EG}

This zesty roll-on deodorant has a fresh citrus fragrance from essential oils of lemon and litsea cubeba as top notes, balanced by a woody heart note of petitgrain (bitter orange).

102264 50ml Ve £8.50





LAVENDER, RELAXING

The natural plant-actives in lavender oil are known the world over for their incredible relaxing power, whilst the vivid blue-violet flowers soothe the mind’s eye too. Our top quality organic Moldovan lavender is particularly fragrant and will calm the mind, soothe the body, and settle the skin.

RELAX Aroma Shower

Lavender Relaxing Bath Milk

Plant Story: Lavender

Rolling purple fields have long been a feature of the Moldovan countryside, where the rich black soil provides a fertile base for growing lavender. Weleda’s organic farming partnership in the Rezina area of Moldova is currently undergoing certification to become the first biodynamic farm in Moldova. Resendjer farms over 300 hectares of lavender fields and runs a dedicated distillery for the essential oils. At harvest time the farm employs over 200 workers.



Lavandula angustifolia

Lavender Relaxing Body Care



RELAX Aroma Shower
This relaxing and comforting blend invites you to soothe your mind, bringing a feeling of calm tranquillity to the busiest day. Made with a subtle, relaxing blend of aromatic lavender, bright bergamot and enveloping, warm, woody vetiver, take this as an invitation to find your inner balance while you shower.
104056 200ml Ve £8.25



Lavender Relaxing Bath Milk
A long soak with our multi-award-winning bath milk is the ideal therapy for depletion, over-stimulation and restlessness. Its harmonising action soothes body and mind, easing muscular tension while also calming racing thoughts. Ideal for use before bed to promote a peaceful night’s sleep, a capful can also be used in a bedside diffuser to fill your bedroom with somniferous scent.
104007 200ml Ve £16.25



Lavender Relaxing Body Oil
Ideal for a relaxing massage at the end of a difficult day, this potent massage oil was created to impart a feeling of deep wellbeing and restfulness. To encourage a good night’s sleep, we recommend that you apply it to touch-damp skin after a bath with our Lavender Relaxing Bath Milk. Skin is left intensively nourished, soft, supple and smooth, with a delicate fragrance that will linger all night long.
106116 100ml Ve £18.50

“★★★★★
REVIEW
What I’ve been really loving is having a bath every night with lavender epsom salts followed by Weleda lavender oil all over my body. I forgot how good Weleda products are until recently. They are cheap, organic and easy to order online. The lavender relaxing bath milk is good too.
Author Meg Matthews
(Country & Town House magazine)”

What’s good sleep hygiene?

Nope, it’s not how clean your bedsheets are, but how conscious your bedtime routine is. Numerous studies have found that the best way to support a restorative night’s sleep is to do the same thing every night, in the same order, and at the same time – this signals to the brain that we are preparing to slow down, stop and sleep, and has been shown to result in a much better night’s sleep.

- 1 Start an hour before bedtime, with an unwinding routine that will lead you gently and deeply into sleep. Try a nightly bath or shower with our Lavender or Arnica bath milk.
- 2 Create an environment of absolute darkness in your bedroom.
- 3 Be disciplined and stick to screen-free time from early evening onward.


- 4 Avoid caffeine after 3pm to ensure it will not disturb your sleep cycle.
- 5 Avoid vigorous exercise three hours prior to bed as this can have a stimulating effect.
- 6 Ensure your room is cool, and that your bed and your feet are warm. Massage Lavender Body Oil into your feet and then pop on a clean pair of socks while it absorbs.
- 7 Invite relaxing scents into your bedroom with a pillow spray, diffuser or simply by washing sheets with a dash of our Lavender Bath Milk in lieu of fabric softener. It really works!

You can find more holistic wellness advice in our award-winning book **Natural Wellness Every Day: The Weleda Way** 404075 £20.00




SEA BUCKTHORN, REVITALISING


We have been using Sea Buckthorn since the 1950s in our organic Elixir because of its prized vitamin C content. An amazing plant, ripe with botanical goodness, it's also the ideal partner for our revitalising body care range which was created to smell and feel like sunshine. Zesty top notes of grapefruit and mandarin, balanced by the soft mellow complexity of sandalwood, evoke bright and joyful summer days, whatever the weather.



Vitality Sea Buckthorn Creamy Body Wash



Sea Buckthorn Body Lotion



Sea Buckthorn Roll-On Deodorant

Plant Story: Sea Buckthorn

Sea buckthorn is a pioneer, a hardy bush resilient to drought, permafrost, extreme coastal conditions and high altitude, demanding little from the earth. The organic oil pressed from the seeds of the small golden fruit is intensely nourishing, brimming with vitamins, rich in unsaturated fatty acids and other antioxidants that help protect the skin, bringing golden radiance and suppleness to your body.



Discover our Sea Buckthorn Elixir, made with revitalising organic sea buckthorn berry juice, on p.111

Hippophae rhamnoides

Sea Buckthorn Revitalising Body Care



Vitality Sea Buckthorn Creamy Body Wash
Our multi-award-winning body wash nourishes skin with a soft, luscious lather enriched with vitamin-rich sea buckthorn oil. Fragranced with 100% natural essential oils from sun-drenched oranges and grapefruit, the fresh, fruity aroma lifts the spirit, boosts the mind and refreshes the body.

104061 200ml Ve £8.25



Sea Buckthorn Revitalising Body Lotion EG
Our revitalising body lotion contains essential fatty acids for visibly smoother, enduringly soft skin. Our unique formulation, bursting with vitamin-rich oil from organic sea buckthorn, mallow extract and cocoa butter, protects skin from moisture loss and activates its natural regenerating functions, revealing soft, vital, healthy skin. The fresh, fruity summer-in-a-bottle fragrance invigorates the senses and uplifts the mood.

106122 200ml Ve £14.95



Sea Buckthorn Revitalising Body Oil EG
Vibrant vitamin-rich sea buckthorn berries combine with nutrient-rich plant oils for a body treatment that bursts with unsaturated fatty acids and vitamins C, A and E. This incredibly replenishing, intensively moisturising oil restores vitality and softness to skin, and is also ideal after sun exposure. The summery mandarin fragrance leaves you feeling uplifted and content.

106118 100ml Ve £20.50



Sea Buckthorn Replenishing Hand Cream EG
Rich in vitamins and unsaturated fatty acids, the sea buckthorn and sesame oils in this soothing balm give rough, dry, hard-working hands an intense moisturising treatment, while the bright, fruity scent boosts both skin and senses, whenever it is applied.

106026 50ml V £13.50



Sea Buckthorn Roll-On Deodorant EG
Fresh fruity essential oils of mandarin and grapefruit and a base note of sandalwood provide a summery scent with a marmalade-mellowness that relaxes and refreshes.

102262 50ml Ve £8.50



★★★★★


REVIEW

I'm a big fan of using Weleda products on the cast, as not only are they deeply nourishing, but we love that Weleda makes such a conscious effort to create ethically sourced and natural products. Weleda is a staple in my kit and is the first skin care I think of when creating care packages for actors.




Makeup designer Claire Williams

WILD ROSE, HARMONISING

Our products combine the nourishing oil from organically grown *Rosa moschata* rosehips with organic damask rose essential oil – two varieties of rose that come together at the perfect balanced heart of our Wild Rose range: to pamper both skin and the senses. The oil is high in antioxidants, essential fatty acids and skin-supporting vitamins A and E, so the skin’s natural protective barrier is left radiant and restored.



Wild Rose Harmonising Body Oil



LOVE Aroma Shower



Plant Story: Wild Rose

The damask roses (*Rosa Damascena*) that give our Wild Rose range its exquisite scent, are the result of two long-term farming partnerships at Weleda. In Morocco's Dadès Valley, with a partnership established in 2008, we work with an organic farming cooperative comprised of around 50 farms. In 2002 Weleda also created a pioneering project that inspired hundreds of Turkish farmers to switch to the sustainable cultivation of organic roses. What began as an initiative to support sustainable rural development became a partnership of regional significance with over 300 small-scale farmers switching to organic cultivation, their land now free from chemical pesticides and sprays.

Rosa damascena

Wild Rose Harmonising Body Care



LOVE Aroma Shower

Our fragrant Aroma Showers celebrate the power of mother nature – bringing her aromatherapeutic benefits into the daily routine. Created to evoke a feeling of harmony as it cocoons the mind, body and spirit in a sense of wellbeing, the delightfully romantic fragrance transports you to the garden, where you will find comforting rose, precious jasmine and delicately sweet ylang ylang.

104055 200ml Ve £8.25



Wild Rose Harmonising Body Lotion EG

Our nourishing body lotion helps to stimulate the skin's regenerative processes and maintain its natural elasticity. A luxurious formulation, enriched with organic wild rose oil, jojoba oil and pampering shea butter which noticeably smooth and comfort the skin. With an enveloping fragrance of the Damask rose, senses are indulged as the scent lingers on throughout the day.

106125 200ml Ve £16.95



Wild Rose Spray Deodorant

Unlike antiperspirants which use ingredients such as aluminium salts to block the body's natural perspiration reflexes and healthy function, our all-natural deodorants work with your body for a feeling of all-day freshness. With the alluring floral scent of wild rose and neroli essential oils to neutralise body odour and cocoon the senses, our Rose Deo Spray comes in a recyclable glass bottle with a non-aerosol pump spray, so it's better for your body and our planet.

106021 100ml Ve £14.95



Wild Rose Harmonising Body Oil EG

Our beautiful rose oil is pressed from the seeds from sun-ripened rosehips from the *Rosa Moschata* which grows wild in the foothills of the Andes Mountains, coupled with the unmistakable scent of *Rosa Damascena*, which gives our Wild Rose body and bath products their dreamy 100% natural fragrance. With a uniquely nourishing combination of vitamins and essential fatty acids, it proffers a soul-soothing dose of daily self-care, whether used as a body moisturiser or massage oil.

106120 100ml V £27.95

“

★★★★★

REVIEW

It is so important to be using beautiful products on our actors to keep their skin looking good and protected from the climate plus all the prosthetic scars and wounds, and fake blood and dirt required on films. The Wild Rose Body Oil turns the whole process into a total 5 star pampering session, doing an amazing job keeping the actors relaxed and soothed after a heavy day shooting.

”

Makeup designer Carmel Jackson

POMEGRANATE, REGENERATING



Although the pomegranate looks brittle and dry from the outside, it conceals a surprisingly rich and plump interior with countless seeds, each cushioned in juicy red flesh, resembling small, jewel-like berries. This inner richness lends itself beautifully to the fruit's revitalising power: the precious oil from its seeds extremely high in antioxidants and regenerative polyphenols – harnessed in body care so contours are firmed and smoothed and skin renewal accelerated in a wholly natural way.

Health Food Business Winner 2017

Anti-Ageing Award Winner Beauty Site

Glossy Green Beauty Awards 2022

Cosmo Natural Beauty Awards 2018

Pomegranate Regenerating Body Lotion

Pomegranate Regenerating Hand Cream

Pomegranate Roll-On Deodorant

Pomegranate Regenerating Body Oil

Plant Story: Pomegranate

We source our organic, cold-pressed pomegranate seed oil from our long-term fair trade farming partners in Turkey's Karahacili valley. Harvesting begins just after dawn and the crop is hand-picked, carefully and labour-intensively, to harvest only the best quality fruit. To produce just 1kg of our rich, organic oil requires around 500kg of pomegranates.

Punica granatum

Pomegranate Regenerating Body Care



Inspire Pomegranate Creamy Body Wash

The full-bodied, sensuous and luxurious fragrance of this nutrient-rich body wash was created to inspire the senses and bring balance to body and mind. Bursting with organic pomegranate seed and sesame seed oils, it envelops skin in a softest lather, scented with comforting neroli rose and grounding sandalwood.

104059 200ml Ve £8.25



Pomegranate Regenerating Body Lotion

This regenerating body lotion actively prevents the premature ageing of the skin with a luxurious formulation enriched with organic pomegranate seed oil, apricot kernel oil and shea butter. Cell renewal is stimulated and skin is protected from the daily elements. Maturing skin feels velvety-smooth, firmer and more resilient.

106123 200ml Ve £16.95



Pomegranate Regenerating Hand Cream

This deeply moisturising treatment is packed with fatty acids from organic shea butter to protect hands from the drying effects of water, harsh weather, manual work and central heating. With a luxurious blend of organic pomegranate seed oil, shea butter, sesame oil and golden millet extract, it is instantly absorbed, leaving hard-working hands smooth, supple and non-greasy. The mood-lifting fragrance brings pleasure to the practical too.

104024 50ml Ve £14.50



Pomegranate Regenerating Body Oil

Luxurious and enriching, this firming body oil is packed with nature's best nourishers. We combine our pomegranate seed oil with wheat germ, jojoba and sesame oils to deliver intensive nourishment with their essential fatty acids and skin-supporting vitamins, improving elasticity and softness. Tests have shown that this nourishing body oil accelerates natural skin renewal by 50% in two weeks*.

106115 100ml Ve £26.95



What women experienced using our Pomegranate Body Oil:

Skin renewal +50% after 14 days

*Measurement of depth of wrinkles with PRIMOS, test with 21 subjects in 2009, age: 42-69 years.



Pomegranate Roll-On Deodorant

With the much-loved sensual scent of Weleda's Pomegranate Bodycare range, our 24h Roll On is evocatively fragranced with essential oils of fruity orange, exotic davana and warm vanilla.

102265 50ml Ve £8.50



REVIEW

We are keen to use natural, cruelty free and sustainable products on set, and Weleda are all these things. We particularly like Weleda Skin Food and the Pomegranate Hand Cream.

Makeup designer Jenny Hammond

BIRCH. PURIFYING

Silver Birch is renowned for its purifying power. Full of flavonoids which encourage the body to flush out toxins, birch leaf extract helps to restore skin's radiance, inside and out. Our Birch products can be used as part of a gentle yet highly effective Spring Cleanse programme (see box) or used individually, to support your body's own natural detoxification and renewal processes.

A dermatological study* confirmed that when using Birch Cellulite Oil twice daily over 28 days in combination with Birch Juice, testers' skin was on average noticeably 35% firmer and skin elasticity improved by 20%.

*The efficacy tests for Birch Cellulite Oil were conducted independently by German dermatological specialists proDERM, Institut für Angewandte, Dermatologische Forschung GmbH, Hamburg, over 12 weeks, using Birch Juice for the first three weeks of the study.



Birch Cellulite Oil

Plant Story: Birch

Silver Birch is traditionally linked to purification – a symbol of spring, of cleansing and new beginnings. Weleda's silver birch is grown in South Bohemia in Czech Republic, by a family of growers with whom our long-term partnership began in 1994. The new leaf tips of the tree are sustainably harvested in spring, air dried, and then the potent purifying extract is skilfully made using methods passed down through the family.

Betula pendula



No plastic microbeads

Birch Body Scrub

Containing the gentlest of exfoliators – tiny natural beeswax pearls, with round, soft edges – our Body Scrub loosens dead skin cells without disturbing the healthy layers below. Our pearls are held within a rich, creamy cleanser made from moisturising sesame seed oil, birch extract to purify and tone the skin, citrus to refresh, and rosemary to stimulate the circulation. Birch Body Scrub is ideal for use weekly, to give your skin an energising boost, and leave it with a healthy glow.

104021 150ml V £10.95



Birch Juice

A certified organic drink with birch leaf extract to gently cleanse the entire system – thereby restoring vitality and a healthy glow to skin. Discover more about our brilliant Birch Juice and our other natural elixirs, on p.110-111.

203000 250ml Ve £12.25



Birch Body Care



Birch Cellulite Oil ^{EG}

From a holistic standpoint, an increase in cellulite can indicate a build-up in toxins within the body – most of which are stored within the body's adipose (fatty) tissue. Regular massage and the use of specific cleansing and stimulating oils can significantly improve the appearance of these areas, supporting the body in its own internal cleansing processes. Weleda's Birch Cellulite Oil is a 100% certified natural massage oil for areas of visible cellulite anywhere on the body such as thighs and buttocks.

Extracts from organically grown birch, rosemary and butcher's broom stimulate the skin's metabolism, and are blended with active carrier oils, including vitamin rich wheat germ and nourishing jojoba. Invigorating essential oils of grapefruit and cypress provide the fragrance, and also work to uplift the mind, and energise the body. And it really works.

106112 100ml Ve £27.95



A dermatological study confirmed that after using Birch Cellulite Oil twice daily over 28 days, testers' skin was on average noticeably 22% firmer, visibly 21% smoother and cellulite significantly reduced.

3 Step Spring Cleanse with Birch

1 Gentle exfoliation

In the shower, massage Birch Body Scrub into wet skin with circular motions, particularly over the thighs, hips and bottom. Rinse thoroughly. Use once weekly.

2 Invigorating massage

Massage in Birch Cellulite Oil, using moderate pressure and in circular movements work upwards, towards the heart. Use twice daily.

3 Support from the inside

Organic Silver Birch taken internally is a popular natural health supplement to incorporate into a spring or autumn cleanse or to

complement a diet regime, to support the body's detoxification processes. Add a tablespoon of Birch Juice to a glass of water every morning, or mix with organic fruit juice, for a refreshing drink. Enjoy three times daily, for three to six weeks, to cleanse the system each Spring. Also suitable for diabetics and vegans.

You can find more holistic wellness advice in our award-winning book **Natural Wellness Every Day: The Weleda Way** 404075 £20.00



Drawing on 100 years of expertise in essential oils and natural fragrances, Weleda has created a range of shower products that care for your skin and awaken your senses.

Our creamy, 100% natural origin solid bars are as convenient as they are caring. With a biodegradable plant-based cleansing formula (according to OECD), the Weleda Shower Bars are beautifully fragranced with natural essential oils that come alive in the shower – producing an aromatic steam that awakens the senses and a soft, creamy lather, enriched with organic shea butter, that rinses away quickly to leave skin thoroughly cleansed and naturally scented.

Our certified natural Aroma Showers celebrate the power of mother nature – bringing her aromatherapeutic benefits into the daily routine. The aromatic fragrances created by our natural fragrance experts are created to come alive in the steam of a shower, whether it's long and luxurious or a revitalising rinse. Formulated with Weleda's gentlest plant-based biodegradable cleansers, they come in soft-touch plastic tubes that are partially made from recycled plastic – learn more about our Weleda Recycling Initiative with TreeSisters on p.122-123.



LIMITED EDITION



A beautifully creamy body wash that creates an atmosphere of comfy contentment, like a warm hug. The mellow scent of vanilla, refreshing lemon and warm spicy undertones of star anise conjure up memories of cosy winter holidays.

104065 200ml Ve £8.25



Give yourself a boost of happiness with this brand new limited-edition shower gel. Let the joyous, feel-good scent of refreshing lime, grapefruit and the sweet notes of mandarin uplift you. Let the summer vibes in!

104066	200ml	Ve	£8.25
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WELEDA
Since 1928

SHOWER BAR

Feitici Quercifolius (Blackberry and rosemary)

Savon végétal solide
Solid Body Soap

Nourishing and refreshing

100% VEGETARIAN

Start your day on a natural high with a zingy shower experience to enliven the senses. The invigorating blend of natural essential oils of spicy ginger and refreshing petitgrain awaken with the steam of your shower to create an energising cocoon of aroma. Our creamy lather, enriched with organic shea butter, rinses off easily leaving skin feeling delightfully clean.

104071	75g	Ve	£5.95
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Indulge your senses in the delicate fragrance of sweet ylang ylang and powdery iris, combined with pure organic shea butter. Our harmonising and balancing blend of natural essential oils creates a petal soft sensory experience for a feel-good moment that helps to restore the body, mind and soul to a feeling of peaceful harmony.

104072	75g	Ve	£5.95
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Created to evoke a feeling of harmony as it cocoons the mind, body and spirit in a sense of wellbeing, the delightfully romantic fragrance transports you to the garden, where you will find comforting rose, precious jasmine and delicately sweet ylang ylang.

104055 200ml Ve £8.25



The heart of supremely soothing lavender is balanced with brighter top notes of bergamot and base notes of warm woody vetiver, to create a comforting moment of tranquility in the shower.

104056 200ml Ve £8.25



This elegant floral blend, enriched with organic shea butter, is an uplifting treat for mind and body. Whether you enjoy your shower in the morning or evening, our refreshing blend of natural essential oils proffer an opportunity to step out of the day with a simple restorative ritual that will awaken the senses.

104074	75g	Ve	£5.95
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Create a deeply soothing shower experience with this blend of natural essential oils of aromatic lavender and woody vetiver, which combine to bring a relaxing moment of ease into the shower. Whether in the morning before a high-pressure event, or in the evening to wash the day's cares away, enjoy the calming scents of Nature in the comfort of your own bathroom.

104073	75g	Ve	£5.95
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The fresh woody scent of silver and Siberian fir trees mingles with a hint of aromatic lavandin to conjure the mind-clearing, deeply restorative feeling of a 'forest bathing' experience.

104054	200ml	Ve	£8.25
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A joyful, energising scent that helps you feel uplifted and revitalised. Lively, spicy ginger is blended with refreshing citronella and warm woody cedar for a mood-boosting experience – an ideal way to start the day.

104053	200ml	Ve	£8.25
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CERTIFIED NATURAL BODY WASHES

Carefully formulated with skin friendly, biodegradable, sustainable and fairly-traded ingredients, our multi-award-winning mild and low-foaming cleansers (naturally derived from coconut and sugar) refresh the entire body, while our organic plant oils leave skin smooth, supple and moisturised. Our highest quality natural essential oils imbue each wash with its own unique, evocative scent – to boost mind, body and spirit.

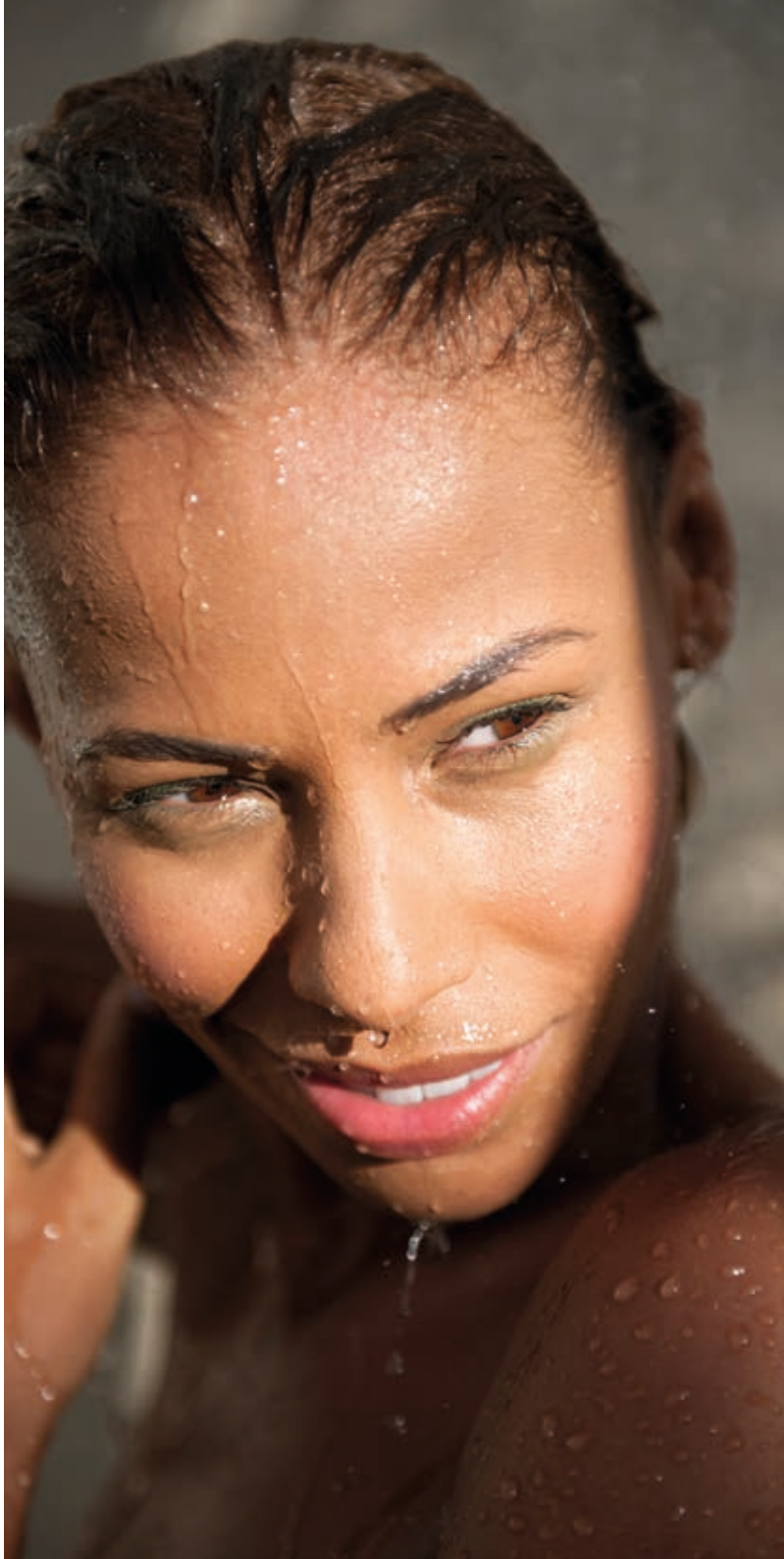
Sensitive Nourishing Body Wash

Arnica Energising Sports Shower Gel

Men's Active Fresh Shower Gel

Calendula Shampoo & Body Wash

Vitality Sea Buckthorn Creamy Body Wash



Body Washes



Men's Active Fresh Shower Gel
Enliven your body and mind while gently cleansing your skin. The energising fragrance of organic rosemary and zesty litsea cubeba will leave you feeling invigorated and refreshed. Ideal for a morning mood-boost, or as a revitalising pick-me-up, after a strenuous day or workout.

104047 200ml Ve £8.25



Sport Arnica Energising Shower Gel
This crystal clear gel refreshes and preserves the skin's natural moisture balance. It's one of the very few sports shower gels available that is also 100% certified natural – made with an invigorating organic rosemary and lavender scent which restores and revitalises the body and mind, while anti-inflammatory arnica gets to work supporting sore muscles after even the toughest of workouts.

104057 200ml Ve £8.25



Inspire Pomegranate Creamy Body Wash
The full-bodied, sensuous and luxurious fragrance of this nutrient-rich body wash was created to inspire the senses and bring balance to body and mind. Bursting with organic pomegranate seed and sesame seed oils, it envelops skin in a softest lather, scented with comforting neroli rose and grounding sandalwood.

104059 200ml Ve £8.25



Refresh Citrus Creamy Body Wash
A delightfully refreshing body wash with organic lemon peel oil to revive the senses. Enriched with skin-softening sesame seed oil, this silky, luxurious wash contains no harsh surfactants or foaming agents. A wonderful morning wake-up call, or for a spirit-reviving shower after a tiring day.

104058 200ml Ve £8.25



Vitality Sea Buckthorn Creamy Body Wash
Our multi-award-winning Wash nourishes skin with a soft, luscious lather enriched with vitamin-rich sea buckthorn oil. Fragranced with 100% natural essential oils from sun-drenched oranges and grapefruit, the fresh, fruity aroma lifts the spirit, boosts the mind and refreshes the body.

104061 200ml Ve £8.25



Sensitive Nourishing Body Wash
A nourishing body wash formulated to care for sensitive, reactive skin. Mild, plant-based surfactants gently cleanse while the soap-free formula with organic almond oil replenishes the skin's lipid layer – helping regulate moisture balance, for a soothing shower and silky soft skin - and provides the delicate marzipan-mellow fragrance.

104060 200ml Ve £8.25



Calendula Shampoo & Body Wash
Designed for a baby's delicate hair and skin, this multi-award-winning wash is popular with all ages for good reason: it's the perfect balance of gentlest cleansing, soothing moisture and kindest care, wrapped up in our softly lathering suds. A gentle wash that preserves the natural oils of the skin, scalp and hair, it's ideal for little ones, and those with sensitive skin.

105001 200ml Ve £8.25

★★★★★

REVIEW

Weleda Arnica Energising Sports Shower Gel is perfect for those who like to exercise. It's great for tired muscles and contains refreshing and energising essential oils of rosemary and lavender which are the ideal mix to calm your mind and energise your body.

Wellbeing and fitness writer Amanda Byram

BATHTIME BLISS

Our holistic Bath Milks and Soaks are highly therapeutic, bringing the serenity of a spa to the comfort of your own bathroom. These powerfully effective time-honoured formulations soothe and rebalance both the body and mind, each one created with a specific experience in mind – whether as a sleep-supporting soak at the end of a hard day or to treat aching muscles after exercise. Extend your home spa experience by partnering your bath therapy with a Weleda Body Oil.

Lavender Relaxing Bath Milk

Citrus Refreshing Bath Milk

Arnica Muscle Soak

Pine Reviving Bath Milk

Plant Story: Pine

At high altitude, in pristine, mountainous forests, stately Silver Fir (Abies Alba) and Siberian Fir (Abies Sibirica) transmute the purity and freshness of the air into their aromatic essential oils. These precious oils have numerous health benefits, and their powers awaken when added to warm water, whether bathing with Pine Reviving Bath Milk or showering with our Harmony Aroma Shower. The aromatic essential oils are excellent to lift fatigue and weariness after a stressful day. You'll breathe easier, feel lighter in mood, and find clarity and calm in the wake of your aromatherapeutic wash.

Bathtime Bliss

Pine Reviving Bath Milk EG

Infused with the warming scent of aromatic pine forests, this bath milk is restorative and uplifting – waking up the senses and promoting deep, clarified breathing; ideal during cold or damp weather. It is also perfect after a particularly tiring or stressful day, whereby its restorative action will revive body and mind, helping you to regain your inner balance.

104008 200ml Ve £16.25

Rosemary Invigorating Bath Milk

Our revitalising rosemary, grown on sun-soaked Mediterranean fields, really blows the cobwebs away. Ideal in a warm bath, to loosen and soothe achy, tired limbs, or in a foot bath after a long hot day, wherein it also improves the general circulation in the legs and feet, it will leave you feeling balanced and vitalised.

104009 200ml Ve £16.25

Citrus Refreshing Bath Milk EG

Zinging with the all-natural fragrance of organic lemon and sweet orange, our zesty bath milk uplifts and revives the senses. Wonderful after a day of physical exertion, or to refresh and restore the senses, providing a powerful pick-me-up that can be enjoyed in the bath or shower; for the latter, simply pour a capful onto a flannel laid in your shower tray and allow the cascading water to transform it into uplifting citrus vapours while you wash.

104005 200ml Ve £16.25

Lavender Relaxing Bath Milk

A long soak with our multi-award-winning bath milk is the ideal therapy for depletion, over-stimulation and restlessness. Its harmonising action soothes body and mind, easing muscular tension while also calming racing thoughts. Ideal for use before bed to promote a peaceful night's sleep, a capful can also be used in a bedside diffuser to fill your bedroom with somniferous scent.

104007 200ml Ve £16.25

Arnica Muscle Soak

A warm bath with this aromatic soak helps soothe the body and mind while relaxing muscles and weary limbs. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender essential oils, Weleda Arnica Muscle Soak helps aid recovery during times of over-exertion and exhaustion, working to lift feelings of tiredness and fatigue. Discover our Arnica range on p.82-83.

104017 200ml Ve £16.25

Our amazing Weleda Bath Milks are also wonderfully versatile – they can be added to a big bowl of hot water for a steamy foot bath (try Citrus, Rosemary, Arnica or Lavender) and to home diffusers for mood-boosting scent (try Lavender to relax, Citrus to refresh and Rosemary to aid concentration). Swirl a dash of bath milk in a basin of warm water to rinse a muslin or flannel for a perfect pick-me-up or to soothe a furrowed brow at busy times. If you've no time for a long soak, lie a flannel in the shower tray and add a capful of bath milk and the hot cascading water will activate the fragrance to revive the senses.

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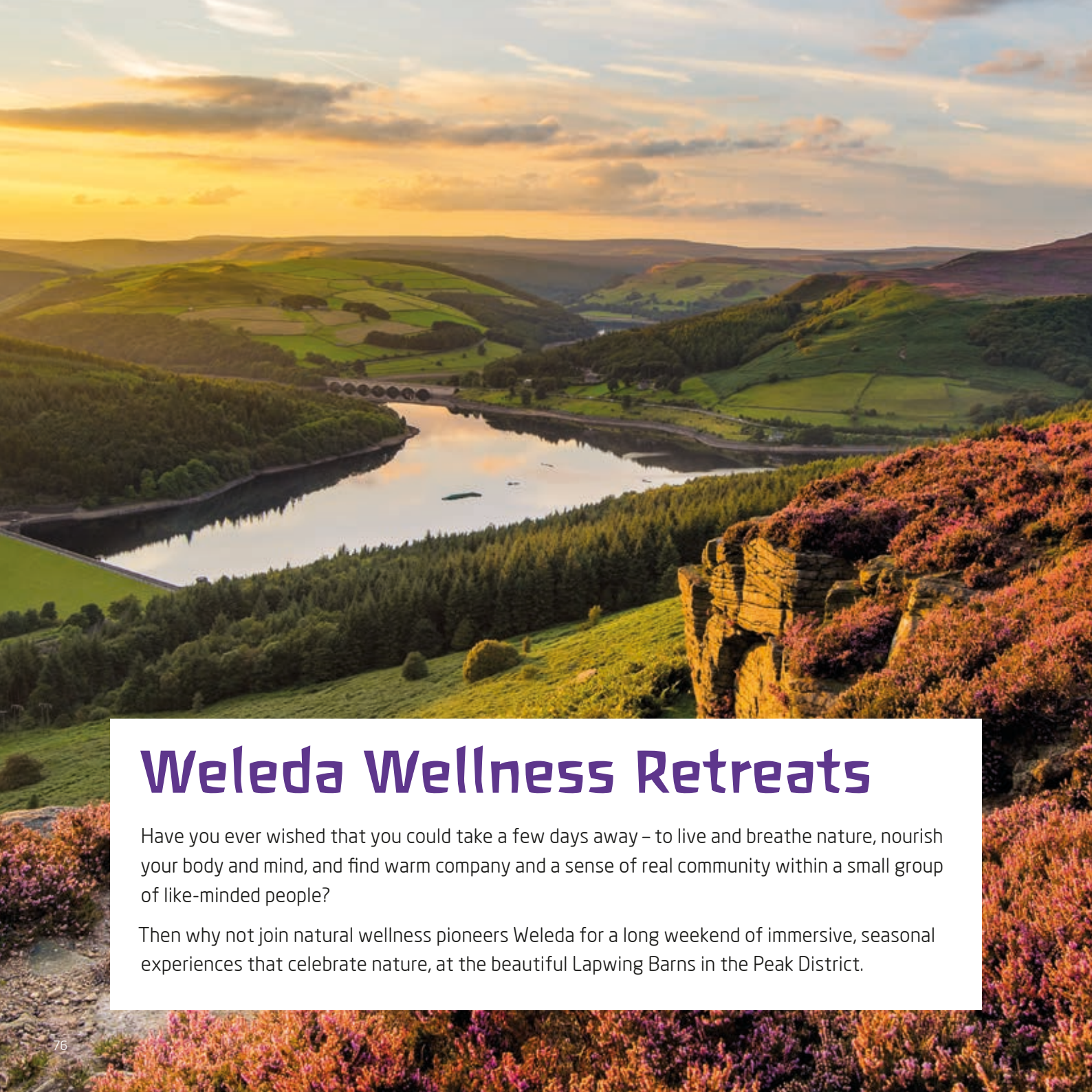
★★★★★

REVIEW

Trouble sleeping? Have a long soak with Weleda Lavender Relaxing Bath Milk. It is packed full of lavender to help you drift off and unwind after even the most stressful day. Trust me, I felt sleepy after the first sniff!

Actor Patsy Kensit (Best magazine)

”



Weleda Wellness Retreats

Have you ever wished that you could take a few days away – to live and breathe nature, nourish your body and mind, and find warm company and a sense of real community within a small group of like-minded people?

Then why not join natural wellness pioneers Weleda for a long weekend of immersive, seasonal experiences that celebrate nature, at the beautiful Lapwing Barns in the Peak District.

Upcoming retreats

13 - 16 October 2023

23 - 26 February 2024

11 - 14 October 2024

To find out more and book your place, visit
weleda.co.uk/weleda-wellness-retreat



From delicious organic food to blissful 90-minute treatments that will rebalance your body, mind and soul, this is an opportunity to completely re-set and replenish; to reconnect with nature, your breath and your body, and learn much more about how to support your own health and self, every day.

- Learn to understand your skin's language and how best to support it with an interactive Awakening Skin workshop led by senior esthetician and skincare expert Elizabeth King, and then enjoy our brand new Weleda Signature Skin Treatment. This is 90 minutes of pure, transporting holistic bliss that will leave you feeling calm, balanced and rejuvenated.
- Learn more about your own unique body and personality type, and feel empowered to activate your own wellness from within with Weleda's complementary health expert, Evelyn Liddell.
- Get outside and deepen your connection to Nature with immersive guided experiences that will inspire and revitalise you, led by former Weleda head gardener, Claire Hattersley.
- Enjoy revitalising morning yoga sessions with experienced wellness practitioner Sharron Fitzpatrick, and the opportunity for dedicated one-to-one wellbeing coaching.
- Enjoy delicious, seasonal meals – from hearty vegetarian suppers to vibrant, vitalising salads and soups – made with locally sourced ingredients, brimming with wholesome goodness.
- Experience complete rest and peaceful seclusion at Lapwing Barns – a beautiful farmhouse and barn conversion with generous bedrooms, wonderfully relaxed and comfortable communal spaces and picture-perfect views of the rolling countryside and sprawling national park.

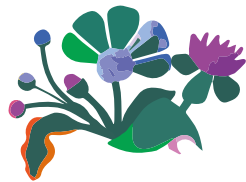


“If you're looking for a weekend of pure bliss in the beautiful Peak District then this is the one for you. It's not really heavy on one specific thing (yoga, skincare etc.) but is a good balance of everything, with plenty of 'me time' peppered throughout to reflect and restore calm. So, if you're looking to further understand your skin, your body and nature cycles throughout the year at a slow pace, then you'll love the Weleda retreat”.

Jess Bantleman,
Women's Health magazine



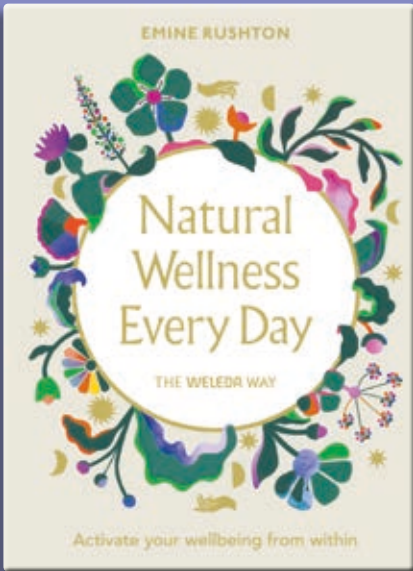
NATURAL WELLNESS EVERY DAY



Natural Wellness Every Day is a complete guide to natural care of earth, skin, self and health, guiding you towards a routine that will activate your wellness from within and care for the planet at the same time.

For the past 100 years, we have been at the forefront of developing and creating natural health and wellness products, accumulating a wealth of knowledge along the way. Natural Wellness Every Day is a beautiful and informative new book that taps into and shares this wellness wisdom.

Co-written by Emine Rushton, author and holistic therapist, Natural Wellness Every Day is packed full of insights, tips and recipes for a complete mind-body approach to wellbeing and draws on 100 years of expertise to bring specialist holistic advice to all – from soothing rituals and natural remedies to the powerful benefits of seasonal self-care.



Natural Wellness Every Day
404075 £20.00



“Natural Wellness Every Day is a friendly companion of self-care. Caring for yourself is a prerequisite to caring for others. And while we take care of ourselves, we also need to care for our Mother Nature! Congratulations to Weleda on its centenary of accomplishments in maintaining the integrity of self-care, social care and environmental care.”

Satish Kumar,
Editor Emeritus, Resurgence & Ecologist



HOME THERAPY WITH WELEDA

Rosemary bath for circulation

Warmth is an important support for our circulation and is vital for our wellbeing. Bathing with rosemary supports blood circulation and could make all the difference to someone who has poor circulation, Raynaud's disease or diabetes.

Rosemary is a common ingredient in ointments and oils which encourage the movement of warmth – stimulating and enlivening circulation. A wonderful way to absorb rosemary's circulation-boosting benefits is to add Weleda Rosemary Bath Milk to a foot bath. The warm water with aromatic rosemary immediately stimulates blood flow and encourages warmth back into the area – a boon for those whose toes are always cold!



A restorative rose, lavender and oat bath ritual

- 1 Prepare your bath by adding a handful of oats to the centre of a muslin cloth, and then tying it securely into a 'ball'. Then add a few drops of Weleda Lavender Bath Milk to your running bathwater.
- 2 Before stepping into your bath, add an extra layer of cocooning warmth to your skin by applying Weleda Wild Rose Body Oil with gentle upwards sweeping movements to your arms, legs, including your chest, tummy and lower back.
- 3 Now, sink into the bath, allowing the benefits of rose, lavender and oats to combine.
- 4 Following your therapeutic bath, gently pat yourself dry and move into a quiet area where you can rest for 30 minutes. Wrap yourself well in a warm gown and blanket. This essential 'wrapping' time allows the oil and aromatherapeutic aspects of your bath to gently permeate all levels of your being.

You can find more holistic wellness advice in our new book **Natural Wellness Every Day: The Weleda Way**, see p.78-79.



ARNICA FOR ACTIVE LIVING

Whether whizzing down a ski slope, powering up a hill or flexing your limbs in yoga, our organic arnica delivers deep muscle warmth and soothing relief, helping the body to prepare for and recover from physical activity.

Arnica Muscle Soak

Arnica Cooling Gel

Arnica Massage Oil

Arnica Energising Sports Shower Gel

Plant Story: Arnica

Much of our potent arnica is grown to strict biodynamic standards in Scotland's Black Isle to ensure purity and quality, without the use of chemical pesticides or sprays. About 150 pharmaceutically active ingredients are found in arnica's flower clusters – among these are valuable and effective substances such as flavonoids, carotenoids, sesquiterpen lactones and precious essential oils. The fine silica content helps to regenerate tissue after blunt injuries such as bruises, bumps or contusions. The highest quality of our organic Arnica gives our products their extraordinary efficacy.

Arnica montana

Arnica Body Care



Arnica Massage Oil EG

This oil is ideal for massage before and after physical activity and sports, to keep hard-working muscles warm and flexible. Sunflower seed and olive oils intensively soften and nourish the skin. Apply before or after exercise to protect against cramps, muscle tension and soreness. The aromatic oil is naturally fragranced with essential oils of relaxing lavender and invigorating rosemary. Our organic birch leaf extract also supports the skin's natural detoxification functions, soothing and toning, making this the ideal partner for busy, active lives.

106111 100ml Ve £18.95 Vegan



Sport Arnica Energising Shower Gel

This crystal clear gel refreshes and preserves the skin's natural moisture balance. It's one of the very few sports shower gels available that is also 100% certified natural – made with an invigorating organic rosemary and lavender scent which restores and revitalises the body and mind, while anti-inflammatory arnica gets to work supporting sore muscles after even the toughest of workouts.

104057 200ml Ve £8.25 Vegan



Arnica Cooling Gel

This light, cooling, non-sticky gel made with biodynamically grown organic arnica extract is ideal for use before and after sporting activity. Applying with a light massage helps stimulate blood flow, whilst the cooling sensation refreshes overworked, tired limbs and lifts the feeling of over-exertion. The handy size is easily popped into a pocket for the gym.

205028 25g Ve £8.95 Vegan



Skin Tone Lotion*

A highly effective medicinal product that brings together a number of tried and tested ingredients including arnica and copper sulphate, to refresh and revitalise heavy, tired legs.

206035 100ml Ve £13.50 Vegan



Arnica Muscle Soak

A warm bath with this aromatic soak helps soothe the body and mind while relaxing muscles and weary limbs. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender essential oils, Weleda Arnica Muscle Soak helps aid recovery during times of over-exertion and exhaustion, working to lift feelings of tiredness and fatigue.

104017 200ml Ve £16.25 Vegan

“



REVIEW

I use Arnica Massage Oil each morning to take care of my skin and ease any achy muscles. Twice a week I have a warm bath with Arnica Muscle Soak, letting all the goodness soak in. And that smell is a dream!
Endurance athlete and Weleda Arnica Ambassador Laura Try

”

* Always read the label



Our body-kind natural deodorants offer reliable protection from odour, with an all-natural preservation system thanks to our beautiful organic essential oils. Formulated with organic ingredients, and without zirconium or aluminium salts, worrisome synthetic additives, parabens or preservatives, our naturally fragranced products allow the skin to function fully and healthily. Our Roll-On Deodorants are designed to be quickly absorbed, leaving no sticky feeling on the skin. As part of Weleda's ongoing eco-design programme, all four roll-on deodorants have been repackaged in new fully recyclable HDPE bottles which can go out for kerbside collection with your other household recycling.

Men Roll-On Deodorant

Citrus Roll-On Deodorant

Pomegranate Roll-On Deodorant

Sea Buckthorn Roll-On Deodorant



Hello Green

Did you know that it is possible to recycle green glass indefinitely, whereas other materials (including colourless glass) are not always endlessly recyclable. Interestingly, using colourless glass would require 30% more energy than green glass. So, in many ways, using recycled green glass is better for the planet than using colourless glass. Which is why our Deo Sprays now come in green glass bottles.

Natural Deodorants



Citrus Spray Deodorant
Unlike antiperspirants which use ingredients such as aluminium salts to block the body's natural perspiration reflexes and healthy function, our all-natural deodorants work with your body for a feeling of all-day freshness. With the summery zing of lemon and sweet orange essential oils to neutralise body odour, our Citrus Deo Spray comes in a recyclable glass bottle with a non-aerosol pump spray, so it's better for your body and our planet.

106012 100ml Ve £10.95



Wild Rose Spray Deodorant
Unlike antiperspirants which use ingredients such as aluminium salts to block the body's natural perspiration reflexes and healthy function, our all-natural deodorants work with your body for a feeling of all-day freshness. With the alluring floral scent of wild rose and neroli essential oils to neutralise body odour and cocoon the senses, our Rose Deo Spray comes in a recyclable glass bottle with a non-aerosol pump spray, so it's better for your body and our planet.

106021 100ml Ve £14.95



Sage Spray Deodorant
A fresh herbal fragrance from essential oils of sage, rosemary, pine, lavender and thyme, which brings invigorating freshness to the body, neutralises odour, and allows skin to breathe and rebalance. In a recyclable glass bottle, using a non-aerosol pump spray – and without pore-clogging aluminium – it delivers freshness, naturally.

106015 100ml Ve £10.95



Sea Buckthorn Roll-On Deodorant
Fresh fruity essential oils of mandarin and grapefruit and a base note of sandalwood provide a summery scent with a marmalade-mellowness that relaxes and refreshes.

102262 50ml Ve £8.50



Citrus Roll-On Deodorant
This zesty roll-on deodorant has a fresh citrus fragrance from essential oils of lemon and litsea cubeba as top notes, balanced by a woody heart note of petitgrain (bitter orange).

102264 50ml Ve £8.50



Men's Roll-On Deodorant
This hardworking roll-on is naturally fragranced with pure essential oils of litsea cubeba, rosemary and the sophisticated earthiness of vetiver for an invigorating, masculine scent.

102263 50ml Ve £8.50



Pomegranate Roll-On Deodorant
With the much-loved sensual scent of Weleda's Pomegranate Bodycare range, our 24h Roll On is evocatively fragranced with essential oils of fruity orange, exotic davana and warm vanilla.

102265 50ml Ve £8.50

TOP TO TOE BALMS



Revitalising Hair Tonic

This hair tonic has been a cornerstone of Weleda's natural care for over 90 years, helping to treat hair and scalp problems, including hair loss, thinning or brittle hair, dandruff and dryness. Used for centuries to stimulate the circulation, rosemary helps restore the health of the scalp, while stonecrop and horseradish extracts work together to discourage microbial development and reduce inflammation.

103024 100ml Ve £13.95
Spritz Pump 705000 £2.25



Sensitive
Hand Cream



Pomegranate
Hand Cream



Revitalising
Hair Tonic



Skin Food Lip Balm



Essentials for scalp, lips, hands and feet



Pomegranate Regenerating Hand Cream

This deeply moisturising treatment is rich in fatty acids from organic shea butter to protect hands from the drying effects of water, harsh weather, manual work and central heating. With a luxurious blend of organic pomegranate seed oil, shea butter, sesame oil and golden millet extract, it is instantly absorbed, leaving hard-working hands smooth, supple and non-greasy. The mood-lifting fragrance brings pleasure to the practical too.

104024 50ml Ve £14.50



Sea Buckthorn Replenishing Hand Cream

Rich in vitamins and unsaturated fatty acids, the sea buckthorn and sesame oils in this soothing balm give rough, dry, hard-working hands an intense moisturising treatment, while the bright, fruity scent boosts both skin and senses, whenever it is applied.

106026 50ml V £13.50



Foot Balm

Packed with soothing and cooling natural extracts, this refreshing balm is the perfect treat for hot, tired or aching feet. Essential oils of lavender, rosemary, sweet orange and litsea cubeba refresh and revive in a non-greasy formulation that also strengthens skin's resilience, helping to protect against blisters.

106016 75ml V £13.95



Lip Balm

The delicate skin of the lips makes them particularly vulnerable to harsh environmental factors such as the sun, wind and cold. Our buttery lip balm has been made with a selection of natural waxes and oils to gently soothe and protect. Organic jojoba seed oil, rose wax, beeswax, candelilla and carnauba wax provide holistic, wrap-around care. Vanilla and rose essential oils create the delightfully powder-soft fragrance, for a lip balm you'll enjoy applying throughout the day.

106017 4.8g V £5.75



Sensitive Hand Cream (almond-free)

This fragrance-free hand cream with organic coconut oil and jojoba oil is formulated to soothe sensitive and reactive skin. It delivers intensive moisturisation, and reduces feelings of tightness. Leaving hands feeling silky-soft.

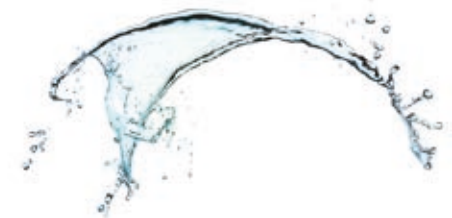
106067 50ml Ve £13.50



Skin Food Lip Balm

Made with natural oils and plant extracts of calendula, wild pansy and chamomile, our Skin Food Lip Balm offers deep, nourishing support for dry and chapped lips.

106060 8ml V £7.75



A NATURAL SMILE



Developed with dentists our holistically formulated and multi-award-winning certified natural toothpastes contain the purest plant extracts in a natural mineral base or plant-based gel to clean teeth gently but thoroughly, prevent the build-up of plaque, keep gums healthy and breath sweetly fresh. In fact the list of things not included in our range is equally if not more significant: no detergents, bleaches, foam boosters or optical brighteners, nor synthetic fragrances, colourants, flavourings, sweetening agents, emulsifiers, disinfectants or triclosan, so the balance of natural flora in the mouth is not disturbed. The range is also made without fluoride, which is particularly popular in areas where water supplies contain added fluoride. A healthy mouth with strong teeth is not only beautiful and comfortable, but an important factor in the health of the whole being.

Plant Gel Toothpaste

Oral Care Range

Children's Tooth Gel

Calendula Toothpaste

Salt Toothpaste



Plant Story: Ratanhia

Ratanhia (*krameria lappacea*) is an inconspicuous, bushy plant that grows in the arid landscapes around the city of Arequipa in southern Peru. In the harsh climate of the Andes range the ratanhia thrives, with its spreading, branched root system serving as protection against erosion of thin, dry mountain soil. The plant has played an important role for Weleda's dental care products for over 50 years and is sustainably harvested in the wild. The root of the ratanhia plant contains calming tannins that strengthen and fortify the gums, at the same time relieving irritation in the oral cavity.

Krameria lappacea

Oral Care



Calendula Toothpaste

Created without peppermint, especially for users of homeopathic medicines, this creamy paste is naturally flavoured with essential oils of fresh-tasting fennel. Anti-inflammatory calendula keeps the oral cavity healthy, while calcium carbonate gently polishes and protects the teeth. Regular use helps to protect against the build up of plaque.

101001 75ml Ve £5.50



Plant Gel Toothpaste

This gel formulation with soothing chamomile is especially gentle on tooth enamel and delicate gums. The combination of refreshing peppermint and spearmint oils works to keep breath fresh.

101006 75ml Ve £5.50



Salt Toothpaste

Natural sea salt and sodium bicarbonate help neutralise harmful plaque acids, protecting teeth from the build-up of plaque, tartar or staining. Sea salt stimulates salivation to increase the cleaning power of the ingredients in this mouth-watering formulation. The zesty, salty taste is freshened with essential oil of peppermint, for tingly-fresh cleansing. Soothing myrrh and ratanhia, together with horse chestnut bark extract, are included for gum health.

101004 75ml V £5.50



Children's Tooth Gel

Natural care for children's delicate first teeth. Our unique plant-based gel helps look after new and developing teeth, providing natural protection against cavities. With extracts of organic calendula to keep gums healthy, silica for thorough cleaning and natural flavours of fennel and spearmint, it makes cleaning teeth into a happy ritual. Our fluoride-free formulation causes no harm if swallowed, providing peace of mind for you and your child.

101005 50ml Ve £4.25



Ratanhia Toothpaste

Traditionally used by the people of the Peruvian Andes for gentle natural oral care, the ratanhia plant's natural astringent and strengthening properties are harnessed in this toothpaste. The root is rich in tannins which contribute valuable anti-bacterial properties, to strengthen and protect sensitive gums. We add extract of myrrh and refreshing essential oils of peppermint and spearmint, with calcium-based cleansers for a naturally effective toothpaste.

101002 75ml Ve £5.50



Ratanhia Mouthwash Concentrate

Extract of ratanhia root, gathered from our organic producers in the Andes of Peru, is blended with precious myrrh to tone, strengthen and tighten the gums and prevent irritation. Essential oils of sage, eucalyptus and peppermint deliver long-lasting freshness. Highly concentrated, when diluted this 50ml bottle makes more than 5 litres of mouthwash, saving space in your bathroom cabinet or wash bag.

101009 50ml V £9.95



REVIEW

The mouth is the gateway to the rest of our bodies and supporting our oral health goes a long way to supporting the health of our whole being. I really like Weleda's Salt Toothpaste; I found that my mouth and teeth felt clean and smooth after using it and this sensation lasted most of the day.

Dentist Samantha Jugdev
BSc (Hons), BDS (Brist), MFHom (Dent)



Mother & Baby Care at a glance

P92 Maternity Products for Mums

Gentle, nurturing, protective

For bump, birth and beyond



P96 Baby Skin Care: Calendula

Gentle, soothing, nourishing

To protect and care from the very beginning



P98 Baby Bathtime: Calendula

Gently cleansing and refreshing

Suitable for the most delicate skin



P100 Baby Skin Care: White Mallow

Baby Derma Skincare

For hypersensitive and dry skin



P102 Meet Our Expert Midwives

Mother and daughter midwives Anna and Sheena can help you get the best out of Weleda Baby products.

P103 Baby Health Care

Soothing natural remedies

For your little ones



P104 Specially for kids

Gentle, skin-friendly and fun

Everyday essentials for children





MATERNITY PRODUCTS FOR MUMS

Developed in collaboration with experienced midwives and pharmacists, our range for new mums and parents-to-be is made from plant-based oils that share a special affinity with our own skin and are more easily absorbed by the body. To complement our nourishing oils, we use natural, soothing plant extracts including organic calendula and chamomile, and essential oils of lavender, ylang ylang and neroli for a warming, nourishing and nurturing holistic experience. All of our natural and organic cosmetics are free from synthetic fragrances, colours and preservatives and are made without raw materials derived from mineral oils, such as petroleum or paraffin, which form an inert, occlusive film over the skin rather than working to support and care for it.



Nipple Balm

Stretch Mark Massage Oil

Perineum Massage Oil

Maternity Range

Pregnancy, birth and beyond



Stretch Mark Massage Oil EG

A soothing, softening combination of jojoba, sweet almond and wheat germ oils, this special regenerating oil is full of vitamins A, D and E, essential fatty acids and anti-inflammatory arnica. Massaging into the skin daily helps to keep the connective tissues supple – our best defence against stretch marks. Regular use helps to visibly reduce the appearance of stretch marks across belly, thighs, bottom and breasts. Easily absorbed, and with a delicate, light fragrance, it is suitable for use during pregnancy and after birth.

106119

100ml

Ve

£19.95

The treatment of the skin with Stretch Mark Oil over a period of six months resulted in a reduction of existing stretch marks:

Reduction of stretch mark area

- 33% after six months

Skin surface smoothness

+ 92% improvement after six months



Perineum Massage Oil

This unique formulation was developed specifically to assist you in preparing for childbirth. Massaging the perineum with a composition of organic sweet almond and wheat germ oils helps to relax the cellular matrix and increases elasticity which may help prevent perineal tearing during childbirth. Dermatologically tested and with no mineral oil, synthetic colourings, preservatives or fragrances, it is completely safe for use over this sensitive area.

606161

50ml

Ve

£12.95



Nipple Balm EG

Developed with experienced midwives and pharmacists, this fragrance- and mineral oil-free nipple balm provides care and protection for sore nipples, cracked skin and chafing. Suitable for frequent use and safe for both mum and baby. Our nipple Balm contains soothing organic calendula extract and does not need to be removed before breastfeeding. Also suitable for athletes to counter the soreness known as 'joggers nipple' caused by friction when running.

205027

25g

V

£8.25

205030

50g

V

£12.50

Plant Story: Neroli

How does the cultivation of our plant-based raw materials affect the climate and biodiversity, and how can this be measured in monetary terms? This is the subject of what is known as true cost accounting. We want to know the true costs and also find out what positive effect biodynamic cultivation has. The initial results offer hope: bitter oranges from Egypt, which we use for neroli oil, have a benefit of 3.30 euros per kilogram and 600 euros per hectare of cultivated land. This is because more CO₂ is bound than emitted by the compost incorporated into the soil. By way of comparison: conventionally grown bitter oranges generate a loss of 4.50 euros per kilogram.



REVIEW

I am 34 weeks pregnant and have been using your Stretch Mark Oil, it smells amazing, is so relaxing and I don't have a single stretch mark! I have recently bought the Perineum Massage Oil and looking forward to trying that. I have had a difficult pregnancy but your products are making it more enjoyable.

Claire Fleming



“The creamy consistency helps soothe any feeling of skin tightness or dryness, comforting and preparing the skin as it stretches to accommodate a growing bump. Massaging in the wonderfully rich body butter helps keep the skin’s connective tissues elastic - our best defence against stretch marks. A great way for mums to pamper themselves and bond with their developing baby.”

Elizabeth King, Weleda Skincare Expert



Stretch Mark Body Butter

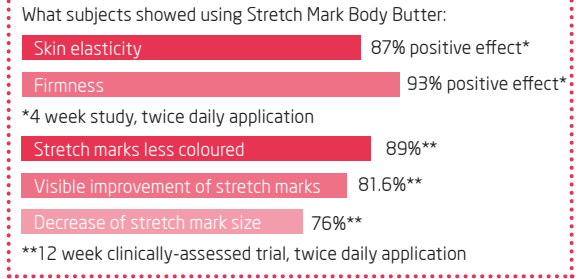
Our new **Stretch Mark Body Butter** is formulated with luxurious shea and cocoa butter together with sunflower and jojoba oils, to leave skin feeling nourished, supple and soft.

The subtle fragrance is a mix of natural essential oils suitable for pregnancy, including an uplifting top note of floral rose, a heart note of relaxing neroli (orange blossom) and a warming base note of myrrh, leaving a delicate scent on the skin whilst mind and body feel comforted and calm.

The formulation contains plant extracts of Centella asiatica and Crocus chrysanthus, both prized for their ability to support skin elasticity and firmness. The final touch of magic is Weleda’s extract of organic arnica flowers.

Pregnancy, birth and beyond

Massaging with Stretch Mark Body Butter is proven to both prevent the appearance of stretch marks and visibly improve stretch marks, as well as improve skin elasticity and tone. The creamy consistency helps soothe any feeling of skin tightness or dryness, and comforts skin as it stretches to accommodate a growing bump. Massaging in the wonderfully rich body butter helps keep the skin’s connective tissues elastic - our best defence against stretch marks - and is a great way for mums to pamper themselves and bond with their developing baby.



Stretch Mark Body Butter

The new Body Butter is ideal to prevent and reduce the appearance of stretch marks. It melts indulgently into the skin, offering faster absorption than a pregnancy oil - making it a welcome addition to the range for busy mums who need to dress swiftly in the mornings and have less time to linger due to time pressures of work or the daily school run.

106127 150ml Ve £21.95



CALENDULA BABY CARE

In order to protect and care for our skin from the very beginning, our baby range has been developed with the assistance of experienced midwives and pharmacists and is dermatologically tested for skin compatibility. Our soothing calendula-rich products provide comfort, protection and support to delicate skin, promoting healthy development, just as nature intended.

Our skilfully balanced formulations are made with the kindest, natural, sustainably sourced ingredients including precious extracts of hand-picked organic calendula and pure plant oils to soothe and nourish sensitive skin, without the need for synthetic preservatives, fragrances, colourants or artificial additives of any kind.

Baby Range

Calendula Nappy Change Cream

Calendula Body Lotion

Calendula Baby Oil

Calendula Face Cream



Baby Skin Care: Calendula



Calendula Body Lotion
This lightweight yet nourishing body lotion provides lasting protection, hydration and moisture. Particularly good for use after bathing, its milky consistency absorbs quickly, leaving baby's skin happy, soft and supple. Can also be used as a gentle cleansing lotion when applied with cotton pads.

105005 200ml V £11.50



Calendula Baby Oil
This fragrance-free formulation contains just two organic ingredients and provides long-lasting protection for your baby's skin, keeping it supple, comfortable and moisturised. Suitable for daily care, it is also an excellent product for baby massage and for cleansing the nappy area. It can also be used to treat a dry scalp or cradle cap.

105100 200ml Ve £11.50



Calendula Face Cream
Five times thinner than grown-up skin, and much more prone to moisture loss, baby skin needs a natural helping hand. Organic calendula extract wraps its protective mantle around tender facial skin, while skin-shielding lanolin and organic almond oil moisturise. Quickly absorbed, it's ideal for regular reapplication to keep delicate faces happy and moisturised, in all weather.

105002 50ml V £10.50



Calendula Intensive Body Cream
Brand new skin has a lot to learn from birth – protecting what's inside while resisting what's beyond. Give it the gentle help and protection it needs, with this rich, smoothing treatment containing organic sesame oil and precious extracts of organic calendula. Delivering intensive care to dry areas, and protection from loss of essential skin moisture, it can be used all over, including the nappy area if the skin is not rash-prone.

105008 75ml V £9.75



Calendula Skin Protection Balm
Outdoor babies love fresh air, but delicate new skin isn't yet ready to provide optimal protection. Top up the natural barrier on their faces and hands with this rich balm made with organic almond oil, nourishing lanolin and soothing organic calendula. Formulated with midwives, mums, and Weleda's own fifty years of experience with baby products, this protective cream can be enjoyed by the whole family. Can also be used to protect the lips.

105007 30ml V £9.75



Calendula Nappy Change Cream
A deeply nourishing, protective barrier cream which cares for the delicate skin of the nappy area. Skin-protecting lanolin and zinc oxide provide a protective barrier against excessive moisture, while almond oil, precious biodynamic calendula and chamomile extracts soothe and soften the skin. A favourite with families and midwives for over 30 years.

105009 75ml V £7.75
104510 30ml V £3.25

“

★★★★★

REVIEW

I just wanted to say that I discovered your nappy cream recently and it has transformed the well being of one my twins who has food intolerances and used to have a constant sore bottom. I only need to apply it once a day and he is doing fantastic now! I am telling everyone having babies that it's the only nappy cream to buy!

Weleda customer

”

Baby Bathtime



Calendula Shampoo and Body Wash

Designed for a baby's delicate hair and skin, this multi-award-winning wash is popular with all ages for good reason: it's the perfect balance of gentlest cleansing, soothing moisture and kindest care, wrapped up in our softly lathering suds. A gentle wash that preserves the natural oils of the skin, scalp and hair, it's ideal for little ones, and those with sensitive skin.

105001 200ml Ve £8.25



Calendula Bath

This oil-free formulation ensures bath time with your newborn is not a slippery experience. Baby's delicate skin gets the gentlest care with this soothing treatment, made with organic calendula extract and organic thyme to warm and comfort. Don't be put off by the soft peaty colour of the liquid, which is due to the natural herbal extracts. Our protective natural botanicals create a caring veil around your baby's extra-delicate skin, while the warmth of the water helps to encourage sleepiness and calm. A peaceful bedtime ritual for you both.

105003 200ml Ve £14.75



Calendula Cream Bath

Our extra-mild cream bath was created for the most delicate skin. Calendula's sunny warmth and gentle soothing powers combine with silky sweet almond oil and organic sesame oil to prevent skin from drying out. Reassuring on the skin and kindly cleansing, it brings calm to baby's bath and bedtime.

105004 200ml Ve £14.75



Calendula Soap

With precious extracts of organic calendula and chamomile, gentlest cleansers from organic coconut, responsibly-sourced sustainable palm oil and organic olive oil, and the lightest fragrance from our 100% natural essential oils, this cleanses with kindness and can be used all over the body. Suitable for delicate skin of all ages.

105010 100g Ve £5.95



Calendula Shampoo & Body Wash

Calendula Soap

Calendula Cream Bath

★★★★★

REVIEW

What's in my changing bag? Probably Weleda Baby Calendula Body Cream which I also use on myself. Weleda's products are amazing, we always use them in the bath too.

Television personality Binky Felstead
(Baby London magazine)

Plant Story: Calendula

At Weleda we make our calendula tincture from fresh plants, grown organically using the strictest Demeter-standard biodynamic methods. Careful harvesting and handling are also crucial in ensuring that the extract is of the highest quality. The calming nature of calendula compounds makes skin feel soothed – even the fragile skin of babies – with the utmost delicacy. Few plants are as adaptable and effective as calendula, which is prized for its replenishing and restorative properties. At Weleda we use calendula as the foundation for more than 20 NATRUE-certified baby and body care products.

Calendula officinalis

Must-Have Multi-Tasker



Calendula All Purpose Balm

A tiny tin with big benefits, this neat little pot contains a soothing baby balm that has a multitude of uses, ideal to pack in a handbag or changing bag when you are out and about. Made with nourishing organic plant oils, luxurious cocoa seed butter, protective candelilla wax and carnauba wax, infused with precious calendula extract. Use it to calm any minor rashes or redness, chafing or dryness - from dribble rash to sore noses. Try it on the upper lip to soothe skin irritated by the constant nose blowing of seasonal sniffles. Or apply a little balm around the rim on each nostril as a barrier to trap dust, pollen or other allergens.

105012 25g Ve £7.95

★★★★★

REVIEW

My baby daughter has very dry hair and skin and even when we apply moisturiser throughout the day, patchy dryness remains an issue. The balm can be applied anywhere on her body without the need for re-application unless we are going outside (it is great at preventing chapped cheeks!). A little goes a long way, in fact it is only finished because I used it as lip balm too!

Midwife Alicia Burnett,
All4Maternity



Calendula All Purpose Balm

WHITE MALLOW BABY CARE

Naturally soothing for hyper-sensitive baby skin white mallow has long been highly regarded as a medicinal plant, and is at the heart of our multi-award-winning Baby Derma range. The soothing properties of white mallow help calm and protect reactive and hypersensitive skin, relieving itching and promoting healthy skin development. The polysaccharides in its roots are particularly effective and, combined with water, form an organic gel which provides moisture, alleviates irritation and envelopes the skin in a soothing cocoon. Organic coconut oil provides high levels of vitamin E which is essential for healthy skin growth and repair, keeping skin smooth and protecting against chapping and cracking. Recent research has also shown its effectiveness in treating atopic dermatitis in paediatric patients.



Accredited by the National Eczema Association

With extracts of organic white mallow, pansy, organic coconut oil, borage seed oil, organic cocoa butter and sesame oil, Weleda's white mallow fragrance-free products soothe and provide intensive care for skin prone to irritation.



Baby Skin Care: White Mallow



Derma White Mallow Face Cream ^{EG}

This soothing and comforting cream for baby's hypersensitive, dry or atopic skin contains no added fragrance and was created with midwives. Nature's kindest gifts unite to cosset, care and bring skin back to centre. This softest cream combines the tender touch of calming organic mallow and gentle wild pansy extracts with nourishing organic oils of coconut and sweet almond. Organic golden beeswax creates a light water-resistant, protective layer that is ideal for dry and itchy skin.

105802 50ml V £11.50



Derma White Mallow Body Lotion

Weleda asked midwives to advise on the perfect moisturising lotion, and they helped us choose the most delicate formula we've ever made. Organic white mallow extract wraps baby in a cooling protective layer, kind-hearted wild pansy extract soothes irritation, and organic coconut and sesame oils nurture the skin. The fragrance-free body lotion relieves itchiness and creates a pleasant calming sensation on the skin with just the subtle scent of coconut oil. For delicate skin that needs cossetting, it can be used by the whole family, including adults with highly sensitive skin.

105803 200ml V £13.50



Derma White Mallow Nappy Change Cream

Nappy time can be a happier time, with a highly soothing cream that calms even the most sensitive skin. Especially formulated for hypersensitive and atopic skin in babies, this cream blends organic extracts from calming organic white mallow and skin-kind wild pansy with organic sesame and coconut oils to help maintain healthy skin. Comforting zinc oxide protects against damp, and the gentle scent comes from organic golden beeswax and organic coconut oil. No added fragrance.

105801 50ml V £9.50



★★★★★

REVIEW

My husband uses the White Mallow Body Lotion on his varicose eczema (on legs) and it's the only thing that works. No prescription products have helped over the years.

Anon

Plant Story: White Mallow

At first glance, it is a rather delicate plant, but the white mallow can in fact withstand lack of water and extremes of heat with remarkable resilience. This is due to the gel-like mucilage in the flowers and roots, which prevent the plant from drying out and give mallow its soothing, emollient, protective and moisturising properties. Its delicate fragrance has a calming effect on the senses too, making it a perfect partner for baby skincare.

Althaea officinalis

Meet our Expert Midwives

Mother and daughter midwives Anna and Sheena are here to help you get the best out of Weleda Baby products

All4Maternity

Created by internationally renowned mother and daughter midwives, All4Maternity offers a unique and accessible learning platform to support, develop and nurture midwives, student midwives and maternity workers. Anna and Sheena have developed an online global community where all are welcome; their underpinning philosophy centres on compassion, kindness and respect. All resources are evidence-based and easy to access to enable responsive searching and innovative means of information sharing.

All4Birth

All4Birth is an online, freely available resource for sharing of information & resources related to childbirth and maternity care. Co-created by a global community of birth practitioners and women and families, All4Birth focuses on normal physiological childbirth related to preconception, pregnancy, parturition (birth) postnatal care and parenting.

Recommended by midwives

The Weleda Baby Care range has been developed with the assistance of healthcare professionals and pharmacists and is dermatologically tested.

The support and endorsement of the Midwifery community is so important to Weleda. That's why we've been working with our esteemed friends at All4Maternity to support their education programmes, publications and events.

Our Weleda Baby Care range is recommended and trusted by UK midwives.



Personal Profiles:

Sheena Byrom OBE

Sheena Byrom is a practising midwife of 40 years, and was one of the UK's first consultant midwives. As well as being an international speaker, Sheena provides consultancy services to organisations globally.

Sheena was awarded an OBE in 2011 for services to midwifery and was made an Honorary Fellow of the Royal College of Midwives in 2015, and has received Honorary Doctorates from Bournemouth University and the University of Central Lancashire.

Together with her midwife daughter Anna, Sheena is the proud joint owner of The Practising Midwife journal, and an exciting learning online platform All4Maternity.com.

Sheena is committed to the humanisation of childbirth, to maximising normal physiological birth processes, and for all women to experience a positive birth.

Dr. Anna Coonan-Byrom

Starting her midwifery career in 2000, Anna is passionate about relational midwifery care that centres childbearing women, people and families. Working clinically across all areas of maternity Anna moved in to midwifery higher education in 2010. In 2019, she completed her doctoral studies exploring the influence of the Unicef UK Baby Friendly Initiative. Transforming midwifery care through effective education is Anna's goal and her vision has seen the development of a globally renowned case-based learning curriculum based on the wellbeing-orientated philosophy of salutogenesis. Supporting, strengthening and sustaining optimal experiences and outcomes for birthing women, families, midwives and maternity workers has been at the heart of Anna's work as Director and publisher of The Practising Midwife and The Student Midwife journals, and the All4Maternity learning, sharing and caring platform including All4Birth the open access resource for parents.

Baby Health

Weleda Baby Health Care products are natural remedies created to ease the common problems which occur with many babies and small children. With our granules for teething and a nasal spray to clear blocked noses, you can rest a little easier with Weleda.



Chamomile Teething Granules

For the relief of teething pain and other minor symptoms associated with teething in babies and children. Suitable from 3 months onwards.

The granules are easily sucked and dissolved. They taste pleasant and bland - the base granule is made from sucrose (unlike many lactose/wheat starch base tablets) and is suitable for lactose-intolerant infants. The product is gluten-free for anyone with concerns about wheat allergies.

The granules come with a tiny measuring scoop for easy administration.

207002 15g Ve £6.25



Rhinodoron Nasal Spray

Moisturises, cleans and cares for dry nasal passages. Made with soothing organic Aloe Vera gel to moisturise and care, in a natural isotonic saline solution that perfectly matches the body's balance of sodium and potassium salts, so the spray is well tolerated by the mucous membranes. Rhinodoron can be used for the hygienic care of the nasal passages of babies who cannot blow their own noses. Suitable from birth.

206036 20ml Ve £10.75



Rhinodoron
Nasal Spray



Chamomile
Teething Granules



Always seek medical advice if symptoms persist or are causing problems.
Always read the label.

SPECIALLY FOR KIDS

Even in the busiest homes, some things should be savoured – like the running of a bath at the end of hectic day, to signal to our minds and bodies that it's time to switch off and have some relaxed fun. Our 2-in-1 Shampoo & Body Washes were developed by kids, for kids – and everything from the animal-tastic tubes to the upbeat all-natural scents are designed to bring big smiles into the bathroom. Mild and gentle cleansing for both skin and hair, in three fun fragrances.



Kids 2in1 Shampoo and Body Wash Mightly Mint



Kids 2in1 Shampoo and Body Wash Lively Lime



Kids 2in1 Shampoo and Body Wash Happy Orange



Kids Shampoo & Body Wash range



Children's Tooth Gel




Everyday essentials for your children



Kids 2in1 Shampoo and Body Wash Mightly Mint


The mellow minty freshness of aromatic spearmint is balanced with notes of lavender, encouraging calm clarity for the day ahead, or the perfect wind down at the end of an action-packed day.

104564 150ml Ve £6.25 



Kids 2in1 Shampoo and Body Wash Lively Lime


The zesty all-natural scent of lime and lemon essential oils creates an upbeat mood that's fun, happy and playful – for bath times that burst with positivity.

104560 150ml Ve £6.25 



Kids 2in1 Shampoo and Body Wash Happy Orange


Tangy essential oil of orange is blended with just a dash of vanilla to create a feel-good fragrance that bursts with sweet fruitiness – for a citrusy soak that brings on the smiles.

104561 150ml Ve £6.25 



Children's Tooth Gel

Natural care for children's delicate first teeth. Our unique plant-based gel helps look after new and developing teeth, providing natural protection against cavities. With extracts of organic calendula to keep gums healthy, silica for thorough cleaning and natural flavours of fennel and spearmint, it makes cleaning teeth into a happy ritual. Our fluoride-free formulation causes no harm if swallowed, providing peace of mind for you and your child.

101005 50ml Ve £4.25 



REVIEW

Natural products avoid harsh ingredients. I dislike the ingredient triclosan which is a known irritant – a range of studies suggest potential harmful effects for human health and polluting the planet. I also like to avoid sodium lauryl sulphate (SLS), a foaming agent, as it may cause ulcers. Fluoride-free oral care products are useful in areas where water contains fluoride, and are particularly useful when children are learning not to swallow toothpaste.

Dentist Fred Dartford, BDS (Lon), LFHom

Working with nature for natural health care

From our very own biodynamic gardens in Derbyshire come our top quality plant tinctures for our range of natural medicines.

We ensure the eco-system is balanced, planting in line with the biodynamic calendar; odd at first until you realise that the moon, sun and planets all affect the way a plant grows. Farming in this way isn't easy but it is well worth the extra effort we go to as our plants make potent tinctures from which we make your medicines.

Weleda has the largest medicinal plant gardens in Europe, home to over 1,000 different species of plant growing on 23 hectares, around 50 different types of bird and more than 30 species of wild bee. Over 120 plants are used, freshly picked, in tinctures for Weleda products.

We hand pick our gardeners too:

Our gardeners are special folk. Their job is to nurture, ensuring the plant itself and its environment is healthy. We use our own seed bank as we believe this makes for plants most suited to our environment here in Derbyshire. We use traditional farming methods as it makes sense to rotate our growing beds annually, and we combine wisdom from our many seasons of gardening, creating active composts to feed the soil from our own plant materials; we make our own biodynamic garden preparations from our natural materials which we spray in the Spring, Summer, Autumn and Winter. Our aim is to grow the healthiest of plants, always.



“The harvest is a special time every year. Especially when you have followed the seedling growth from the very beginning. Each year we have new seasonal workers with very different personalities. The garden becomes the sum of every person who has worked here.”

Claire Hattersley
Garden Development Manager

- 8 medicinal plant gardens around the world
- Around 80% of all Weleda raw materials are from biodynamic, organic or certified wild sources
- 13 acres of Demeter-certified gardens in Derbyshire
- We produce over 70 plant tinctures at our Derbyshire head quarters
- We potentise 155 remedies in Derbyshire for our UK range

Natural Health Care at a glance

P110 Natural Wellbeing: Juices and Elixirs

A range of liquid health supplements
Support your wellbeing all year round



P112 Natural Health Care: Arnica

A range of herbal and homeopathic medicines
Ease muscular pain and minor sports injuries



P115 Natural Medicines: Homeopathy

A range of remedies for all the family
30C potency in easy-to-take tablets



P116 Natural Medicines: Oral Sprays

A range of homeopathic remedies
In a convenient pocket-sized spray



P118 Natural Medicines: Family Health

A range of natural health heroes
For the family medicine cabinet



P121 Natural Health Care: Hand Sanitiser

Effective anti-bacterial and anti-viral spray
A handbag-sized spray plus eco refill



Juices and Elixirs



Birch Juice

The ultimate supportive supplement for gentle cleansing of the body. The bright, fresh leaves of birch in spring are full of dynamic essences being carried from the roots to the leaves. We harvest young leaves from controlled wild collections and carefully process them to preserve natural flavonoids, saponins and tannins. Fresh and tart-tasting, it's ideal as part of a spring or autumn cleanse or to complement a diet regime, to assist digestion and support the body's detoxification processes. Shake the bottle, then add a tablespoon to a glass of water, or two tablespoons to your water bottle to sip throughout the day. You can even stir into yoghurt. Certified organic, this 100% natural juice is suitable for diabetics and vegans. Why not try our recipe, below and put the spring back in your step.

203000 250ml Ve £12.25



REVIEW

I love my cast to feel calm, so I love to have calming Elixirs that help them through their very tough day and long hours.

Makeup Designer Sue Michael



Recipe: A birch drink for spring cleansing

Mix two tablespoons of birch juice, half a glass of organic white grape juice, half a lime and a handful of mint leaves. Top your glass up with sparkling or still spring water for a refreshing drink to activate the kidneys and encourage the elimination process in the body.

Betula pendula



Juices and Elixirs



Prunus Elixir

First to blossom, longest to ripen, growing sweeter in the frost. The blackthorn is a naturally potent plant with a patient and slow-developing harvest. Weleda harnesses the goodness of fresh, wild-grown sloes and gently sweetens them with organic raw sugar. We add just a twist of organically grown lemon juice, for a totally tasty elixir to enliven the body naturally. This deliciously fruity health supplement is suitable for use during periods of increased pressure at school, home or work, during growth phases, pregnancy and breastfeeding, or in later life. Perfect diluted in hot or cold water or milk, taken undiluted, or added to porridge or yoghurt.

203004 200ml Ve £12.25



Sea Buckthorn Elixir

Made with revitalising organic sea buckthorn, and naturally sweetened with organic honey and sugar, this certified organic elixir is ideal to help support vitality and the body's natural defences. The golden sea buckthorn berries are a natural source of vitamin C, together with potent antioxidants vitamin E and provitamin A that help fight free radicals and protect cells from oxidative stress, helping maintain a healthy immune system. This distinctive elixir sings with sunshine – an ideal boost to help us keep up with the demands of a hectic life, or during convalescence.

203010 250ml V/D £12.25

You can find more recipes like this and holistic wellness advice in our new book *Natural Wellness Every Day: The Weleda Way*

Recipe: Peanut butter balls with sea buckthorn

Ingredients:

- 3/4 cup peanut butter
- 1/3 cup chopped dried cherries
- 1/3 cup ground pecans
- 1/4 cup Sea Buckthorn Elixir
- 1/2 cup raw honey or maple syrup
- 1/4 cup desiccated coconut
- 2 oz. melted chocolate (use dark, white or milk chocolate)
- Pinch of sea salt

Method:

- 1 Grind pecans in a blender.
- 2 In a separate bowl, mix the honey/maple syrup, peanut butter, salt, sea buckthorn juice, cherries and coconut until well combined. Then add in half of the pecan mixture and stir through until well combined.
- 3 Slowly melt your chocolate.
- 4 Prepare a cookie sheet with parchment paper.
- 5 Roll the mixture into small balls and then roll half of the balls in the remaining half of your ground pecans, and then roll the other half into the melted chocolate and place on the parchment paper.
- 6 Dip a spoon in melted chocolate and then raise above the cookie sheet, drizzling over the balls for a criss-cross effect.



- 7 Put the pan in the fridge for 30 minutes to allow the chocolate to harden and the peanut butter balls to firm up.
- 8 Once firm, they can be stored in the fridge in an airtight container for a week.

Arnica for an achy body



Arnica Massage Balm
Your natural recovery partner. Turn an 'ouch' into an 'ahhh' with this soothing golden oil: a traditional herbal medicinal product for the symptomatic relief of rheumatic pain, muscular pain and stiffness, backache, fibrositis, bruising, cramps, sprains and minor sports injuries.

204009	200ml	Ve	£22.45
204001	100ml	Ve	£14.55
204002	50ml	Ve	£10.25



Arnica Bumps & Bruises Skin Salve
A traditional herbal medicinal product for the symptomatic relief of sprains and bruises.

205002	25g	V	£8.95
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Arnica Bumps & Bruises Spray
A traditional herbal medicinal product used topically for the relief of minor sports injuries, muscular pain, stiffness and sprains.

303007	20ml	Ve	£7.85
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Muscular Pain Relief Oral Spray
A homeopathic medicinal product for the symptomatic relief of muscular strains and associated aches and pains.

303001	20ml	Ve	£11.75
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Always seek medical advice if your symptoms persist or are causing problems.
Always read the label.



Skin Tone Lotion
A highly effective medicinal product that brings together a number of tried and tested ingredients including arnica and copper sulphate, to refresh and revitalise heavy, tired legs.

206035	100ml	Ve	£13.50
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Arnica 6X Tablets
A homeopathic medicine, in tablet form, for accident upset. A handy addition to the family first aid kit. Made from organic arnica tincture.

207001	125 tabs	V	£9.75
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Plant Story: Arnica

Arnica is an alpine plant and for this reason it does not thrive in our lowland Derbyshire soil at Weleda HQ in the UK. Instead, Weleda obtains Scottish-grown and biodynamically cultivated arnica from our longterm grower, Duncan Ross. Each year Duncan makes a ten-hour drive with a freshly-harvested crop. The day before the crop arrives, Duncan and four other gardeners are busy, carefully lifting each arnica plant, roots and all (planta tota), washing the roots and removing any discoloured and broken leaves. The plants are then placed upright in boxes, with their roots in fresh water, ready for the journey to Weleda Head Office. In the cool twilight hours, he sets off transporting around 100 kilos of whole fresh plants. Our Weleda gardeners meet and greet Duncan early doors – scrubbed-down and gowned-up to meet the stringent rules we work to in our pharmaceutical laboratories – and take delivery of his precious cargo. Every member of staff at Weleda knows when it's 'Arnica Day' and is ready to chip in as and when they are required. It is critical the arnica plants are processed as soon as possible in order to capture the plant's vitality. It's this duty of care to our plants and production that gives our arnica products their valuable potency and power.

Keep active, naturally



Arnica Massage Oil
This oil is ideal for massage before and after physical activity and sports, to keep hard-working muscles warm and flexible. Sunflower seed and olive oils intensively soften and nourish the skin. Apply before or after exercise to protect against cramps, muscle tension and soreness. The aromatic oil is naturally fragranced with essential oils of relaxing lavender and invigorating rosemary. Our organic birch leaf extract also supports the skin's natural detoxification functions, soothing and toning, making this the ideal partner for busy, active lives.

106111	100ml	Ve	£18.95
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Arnica Cooling Gel
Arnica Cooling Gel is a light, cooling, non-sticky gel made with biodynamically grown organic arnica extract. Ideal for use pre and post sporting activity. Applying with a light massage helps stimulate blood flow, whilst the cooling sensation refreshes overworked, tired limbs and lifts the feeling of tiredness. The handy size is easily popped in a pocket to take to the gym.

205028	25g	Ve	£8.95
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Arnica Muscle Soak
A warm bath with this aromatic soak helps soothe the body and mind while relaxing muscles and weary limbs. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender essential oils, Weleda Arnica Muscle Soak helps aid recovery during times of over-exertion and exhaustion, working to lift feelings of tiredness and fatigue.

104017	200ml	Ve	£16.25
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Copper Ointment
A traditional ointment for the symptomatic relief of muscular pain and cramps. Massage well into the affected area once or twice a day to ease symptoms. The neat tube is handy to keep on your bedside table if you suffer with nighttime cramps, or to pack in your kit bag if you're heading off to the gym.

205010	25g	V	£8.50
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Rhus Tox. Ointment
A natural medicine for the symptomatic relief of rheumatism, made with tincture of the plant Rhus toxicodendron from our Derbyshire herb gardens, wrapped up in a soothing base of lanolin, yellow beeswax, sunflower oil and olive oil. Gently rub a little ointment into the affected area once or twice a day to ease muscles and joints.

205014	25g	V	£8.50
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Ruta Ointment
Another great natural recovery partner, this handy ointment is formulated for the symptomatic relief of sprains, and made with tincture of Ruta graveolens - the herb rue - from our Derbyshire gardens, in a soothing base of lanolin, yellow beeswax, sunflower and olive oils. Gently massage into the affected area once or twice a day to ease sprains, from a turned ankle to tennis elbow.

205015	25g	V	£8.50
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Always seek medical advice if your symptoms persist or are causing problems.
Always read the label.



Homeopathic Remedies

From plant to product...

From the moment our head gardener judges a plant to be ready we are on countdown to harness its power. We harvest at specified times on certain days of the year. Sometimes we harvest the root, sometimes the flower, sometimes the whole plant. Our gardeners scrub-down and gown-up to meet the stringent rules we work to in our pharmaceutical laboratories. They harvest, clean, chop, grind and prepare the plant material and they work with the production team to turn this into the precious Mother Tinctures.



Mixed Pollen 30C

A great 'first port of call' for seasonal symptoms, many homeopaths recommend starting this as a 4-6 week course before symptoms even appear. This remedy contains 18 pollens – from trees, grasses and flowers – painstakingly collected from Weleda's organic herb gardens.

302035 125 tabs V £7.50



The Home Prescriber

A practical guide to modern homeopathy by experienced homeopath Marcus Fernandez, created to help everybody use homeopathic remedies in the home, confidently. It easily and plainly explains the remedies for common ailments such as anxiety, sore throats, insomnia and teething. A useful reference for all the family.

404080 £9.95

Homeopathy - where 'like cures like'

We also manufacture Homeopathic remedies. Developed by Dr Samuel Hahnemann in the 18th century, homeopathy also follows a holistic approach to good health stimulating the body's natural ability to cure itself. Its guiding principle is to choose a remedy that would produce similar symptoms to those you wish to treat, i.e. 'like cures like'. Each remedy is created by a series of dilution and shaking processes to produce a minimum 'potentised' dose.

Why choose Weleda?

- Over 100 years of knowledge and expertise making homeopathic and anthroposophic medicines
 - Made and potentised by hand
- Using plant tinctures from our own biodynamic® gardens
- MHRA approved GMP manufacturing facilities
 - Easy to order and fast delivery
 - Advice line manned by experts

30C Homeopathic Medicines

Pack Size 125 tabs

Price £7.65

PRODUCT	CODE	PRODUCT	CODE	PRODUCT	CODE	PRODUCT	CODE
Aconite 30	302003 V	Calc fluor 30	302015 V	Hepar sulph 30	302027	Phosphorus 30	302039 V
Apis mel 30	302005	Cantharis 30	302017	Hypericum 30	302028 V	Rhus tox 30	302041 V
Argent nit 30	302006 V	Carbo veg 30	302018 V	Ignatia 30	302029 V	Ruta grav 30	302042 V
Arnica 30	302007 V	Chamomilla 30	302013 V	Kali phos 30	302032 V	Silicea 30	302044 V
Arsen alb 30	302008 V	Cocculus 30	302057 V	Lycopodium 30	302034 V	Sulphur 30	302045 V
Belladonna 30	302011 V	Euphrasia 30	302022 V	Nat mur 30	302037 V	Thuja 30	302047 V
Bryonia 30	302012 V	Gelsemium 30	302024 V	Nux vom 30	302038 V		
Calc carb 30	302014	Graphites 30	302025 V	Pulsatilla 30	302040 V		

Always seek medical advice if your symptoms persist or are causing problems. Always read the label.

Homeopathic Oral Sprays

Weleda’s innovative range of homeopathic oral sprays can help relieve the symptoms of a wide range of common, everyday ailments.

Stress Relief



At times we all feel the effects of everyday living like commuting, juggling the demands of work and home, maybe speaking in public or taking an exam. This handy homeopathic Stress Relief Oral Spray is formulated for the temporary relief of mild stress, irritability and tension. It’s made with tinctures of Chamomile and Pulsatilla from our Derbyshire herb gardens. Easy to use when you’re out and about. Not for those with a history of depression. Over 18 years only.

303003 20ml Ve £11.75



Digestion Relief




We can all have too much of a good thing and our Digestive Relief Oral Spray, for the symptomatic relief of indigestion and bloating, is handy when over-indulgence or eating in a rush leads to discomfort. It works by providing temporary relief with its unique formulation of traditionally used homeopathic remedies Carbo Veg and Colocynthis.

Easy to use, keep one in your bag for digestive relief at the push of a button.

Contains lactose. Over 18 years only.

303004 20ml V £11.75



Cold Relief



We all know when an impending cold begins to take hold. Our Cold Relief Oral Spray is formulated for the symptomatic relief of the common cold, cough associated with colds, and related flu-like symptoms, in a handy spray so you can nip cold symptoms in the bud. Best taken at the onset of symptoms, the spray is easy to use. Keep one in your pocket for cold relief at the push of a button. Over 12 years only.

303006 20ml Ve £11.75



Hayfever Relief



Our Hayfever Relief Oral Spray provides symptomatic relief of hayfever or allergic rhinitis, to ease streaming eyes, runny nose, sneezing, tickly throat and general irritation, with its unique formulation of Allium Cepa, Euphrasia and Gelsemium. Its mild homeopathic formulation is non drowsy. Easy to use, keep one to hand for relief through the day. Over 12 years only.

303005 20ml Ve £11.75



Muscular Pain Relief



Nagging muscular pain can easily get you down. Our Muscular Pain Relief Oral Spray provides symptomatic relief from muscular strains and associated aches and pains, and can be used alongside conventional pain relief. Its homeopathic formulation, made with traditional remedies arnica, ruta and rhus tox, and is ideal for when you want a gentle natural form of pain relief to ease aching muscles. It’s easy to stow in a sports bag when you’re out and about. Over 12 years only.

303001 20ml Ve £11.75




Dry Skin & Eczema Relief



A new way of treating dry and eczema-prone skin, our Eczema Relief Oral Spray works from the inside out, providing symptomatic relief of dry skin and eczema, and can be used in combination with topical emollients. Its homeopathic action provides gentle help if eczema begins to flare up, to nip that itchy discomfort in the bud. Over 12 years only.

303002 20ml V £11.75



Natural family health heroes



Seasonal Remedies



Herb & Honey Cough Elixir

Our Herb & Honey Cough Elixir is a traditional herbal medicinal product for the symptomatic relief of dry and irritating coughs. It's made with thyme, a centuries-old herbal remedy for tickly coughs and croaky throats, together with aniseed, elderflower and marshmallow root. All wrapped up in a comforting honey syrup that slips down sore throats a treat.

203006 100ml V/D £10.95



Rhinodoron Nasal Spray

Rhinodoron is a natural saline nasal spray with soothing aloe vera, to help moisturise, clean and care for dry nasal passages or a stuffy nose when you have a cold, when the air is dry, or when you are suffering from allergic rhinitis or hayfever. Suitable for all the family.

206036 20ml Ve £10.75



Stress and Strain



Relaxing Oral Drops

Stressful day? Sometimes a healthy level of stress can suddenly become unhealthy, eating into your good night's sleep. This homeopathic medicinal product provides temporary relief for mild symptoms associated with stress, and to aid sleep. It is made with a combination of traditional remedies Pulsatilla and calming Chamomile from our own Weleda gardens.

206005 25ml Ve/G £10.75



Prunus Spinosa 6X Oral Drops

For the symptomatic relief of fatigue following stress or illness. Made from an extract from the fresh leaf tips of the organic blackthorn trees in our Derbyshire gardens.

206037 25ml V £10.50



Larch Resin comp. Ointment

A natural ointment for the relief of tired or strained eyes, to be gently applied to the skin around the eye, on lids and temples. Made with a soothing extract from the larch trees in our Derbyshire gardens, together with refreshing pineapple extract and relaxing lavender oil which leave a subtle scent - the perfect pick-me-up for screen weary eyes.

205013 25g V £8.50



Digestive Health



Digestion Calming Drops

A traditional herbal remedy to support digestive health, our Digestion Calming Drops provide symptomatic relief of nausea, stomach ache and upset stomach. A few drops in water can settle an upset tum gently but effectively. Suitable for 12 years and over.

206015 25ml Ve £9.75



Fragaria Vitis tablets

An Anthroposophic medicine for the symptomatic relief of bilious symptoms and nervous indigestion. It gets its name from its two botanical ingredients: Fragaria vesca (wild strawberry) and Vitis vinifera (grape vine).

207017 80 tabs V/G £10.75



Calendula Cuts & Grazes Spray

A traditional herbal medicinal product used for the relief of minor wounds, cuts and grazes. It can also be sprayed onto a clean dressing and applied to the cut or graze. It's made from soothing organic calendula extract from our own Derbyshire gardens. Suitable for 6 years and over.

303008 20ml Ve £7.50



HyperCal Wound Salve

A traditional herbal medicinal product, HyperCal Wound Salve provides relief of painful cuts and minor wounds naturally. It gets its name from its two plant tinctures: our home-grown organic calendula and hypericum. Suitable for 12 years and over.

205012 25g V £8.50



Calendula Cuts & Grazes Skin Salve

Made with the same top quality organic calendula that goes into our Cuts & Grazes Spray, but wrapped up in a soothing natural base of lanolin, sunflower and olive oils and yellow beeswax. This traditional herbal medicinal product is used for the treatment of minor wounds, cuts and grazes. Apply direct to the skin or on a dry dressing to protect the area. Suitable for 6 years and over.

205005 25g V £8.50



Combudoron Ointment

For the symptomatic relief of minor burns and scalds, this handy home remedy is made with tinctures of organic arnica and urtica urens. Apply direct to the affected area, or on a dry dressing as a soothing compress. Suitable for adults and children.

205008 25g V £8.50



Insect Bites Spray

A handy natural spray for the symptomatic relief of insect bites, whether you're out and about or at home in the garden. Made with organic extracts of arnica and urtica urens. Spray affected area immediately, and repeat if necessary, until itching and swelling have eased. Suitable for adults and children.

206010 20ml Ve £7.50



Vegan friendly

At Weleda we have been making many of our products the same way for over 100 years and some of our products do contain animal derivatives, such as beeswax, lanolin, goat's milk, as well as honey and lactose in some of our wellbeing products, and we are not a Vegan company. But we do make over 100 products that ARE vegan and if you wish to avoid all animal derivatives, here is our wide range of products that are suitable for you.

Facial Care

Aknedoron Purifying Lotion
Almond Soothing Cleansing Lotion
Almond Soothing Facial Oil
Evening Primrose Age Revitalising Day Cream
Gentle Cleansing Foam
Gentle Cleansing Milk
Hydrating Facial Mist
Pomegranate Firming Day Cream
Pomegranate Firming Eye Cream
Pomegranate Firming Face Serum
Pomegranate Firming Facial Oil
Pomegranate Firming Night Cream
Purifying Gel Cleanser
Refining Lotion
Refining Toner
Skin Food Cleansing Balm
Skin Food Day Cream
Skin Food Night Cream
SOS Spot Treatment

Baby & Mum

Calendula All Purpose Balm
Calendula Baby Oil
Calendula Bath
Calendula Cream Bath
Calendula Shampoo & Body Wash
Chamomile Teething Granules
Children's Tooth Gel
Perineum Massage Oil
Stretch Mark Body Butter
Stretch Mark Massage Oil

Dental

Children's Tooth Gel
Calendula Toothpaste
Plant Gel Toothpaste
Ratanhia Toothpaste

Body Care

Arnica Cooling Gel
Almond Hand Cream
Arnica Massage Oil
Birch Cellulite Oil
Citrus Refreshing Body Lotion
Citrus Refreshing Body Oil
Comfort Aroma Shower
Happiness Aroma Shower
Lavender Relaxing Body Oil
Pomegranate Regenerating Body Oil
Pomegranate Regenerating Body Lotion
Pomegranate Regenerating Hand Cream
Revitalising Hair Tonic
Sea Buckthorn Revitalising Body Oil
Sea Buckthorn Revitalising Body Lotion
Sensitive Body Lotion
Sensitive Hand Cream
Skin Food Body Butter
Skin Food Body Lotion
Skin Food Ultra-Light Dry Oil
Wild Rose Harmonising Body Lotion

Deodorants

Citrus Roll-On Deodorant
Citrus Spray Deodorant
Men Roll-On Deodorant
Pomegranate Roll-On Deodorant
Sea Buckthorn Roll-On Deodorant
Sage Deodorant Spray
Wild Rose Spray Deodorant

Bath & Shower

Arnica Energising Sports Shower Gel
Arnica Muscle Soak
Calendula Soap
Citrus Refreshing Bath Milk
Energy Aroma Shower
Geranium & Litsea Cubeba Shower Bar
Ginger & Petitgrain Shower Bar
Harmony Aroma Shower
Inspire Pomegranate Creamy Body Wash
Kids 2 in 1 Shampoo & Body Wash Happy Orange
Kids 2 in 1 Shampoo & Body Wash Lively Lime
Kids 2 in 1 Shampoo & Body Wash Mighty Mint
Lavender & Vetiver Shower Bar
Lavender Relaxing Bath Milk
Love Aroma Shower
Men Active Fresh Shower Gel
Pine Reviving Bath Milk
Refresh Citrus Creamy Body Wash
Relax Aroma Shower
Rosemary Invigorating Bath Milk
Sea Buckthorn Creamy Body Wash
Sensitive Almond Nourishing Body Wash
Ylang Ylang & Iris Shower Bar

Natural Medicines

Arnica Bumps & Bruises Spray
Arnica Massage Balm
Calendula Cuts & Grazes Spray
Cold Relief Oral Spray
Copper Ointment
Digestion Calming Drops
Hayfever Relief Oral Spray
Insect Bites Spray
Muscular Pain Relief Oral Spray
Prunus Elixir
Prunus Spinosa 6X Oral Drops
Relaxing Oral Drops
Rhinodoron Nasal Spray
Skin Tone Lotion
Stress Relief Oral Spray

Wellbeing

Birch Juice
Calendula & Chamomile Hand Sanitiser



SOURCING
WITH RESPECT

We make 100% certified natural and organic cosmetics

A contact of these products and their raw materials to material of animal origin during the manufacturing process cannot be ruled out entirely.

Hand Sanitiser



Calendula & Chamomile Hand Sanitiser

Calendula & Chamomile Hand Sanitiser is made with natural ingredients that provide effective anti-bacterial and anti-viral properties, with tests showing that it kills 99.9% of bacteria and viruses found on hands. The addition of glycerol to keep skin supple, along with pure essential oil of grapefruit to provide a delicate fresh natural fragrance, make this hand sanitiser both skin-friendly and a pleasure to use.

What's more, the calendula and chamomile are home grown organically in our biodynamic herb gardens in Derbyshire, for the ultimate in sustainable ingredient sourcing. The vegan formulation is made with 100% organic plant ingredients, and comes in recyclable amber glass packaging – with a 60ml handbag-sized spray and a great value 200ml refill size – and both bottles are beautifully decorated with botanical drawings of chamomile and calendula.

102269	60ml	Hand Sanitiser	Ve	£5.95
102270	200ml	Hand Sanitiser Refill	Ve	£14.95

“We found the Weleda Hand Sanitiser perfect at London Fashion Show when prepping the models backstage. It’s surprisingly gentle on hands, with a lovely refreshing natural scent that isn’t overpowering, and it dries fast which is essential when under time pressure. We liked the fact that the ingredients are all organic, and vegan friendly, and the glass bottle is recyclable. It has become a staple for my kit.”

Makeup designer Famida Pathan

Plant Story: Chamomile

We grow our own chamomile biodynamically at our Derbyshire herb gardens for use in our wellbeing products, and we use the flowers, root and whole plant to make different organic extracts or tinctures. The plant is famous for its calming properties and a valued natural anti-inflammatory with a soothing, repairing effect on the skin.



Hand Sanitiser

Chamomilla recucita (matricaria)



REVIEW

I have a patch of skin on my right hand that reacts badly to most things not Weleda. It manifests as eczema and is hot and sore. I've been using the hand sanitiser religiously every day since I received it – beautiful soft safe hands.

Mezzie Lucerne-Lambourne (Advisor)

How to recycle our packaging

Turning old empties into new trees

Most Weleda packaging is easily and widely recyclable via regional kerbside collection schemes with local councils, such as Weleda's glass bottles and jars, aluminium tubes and plastic lids. However most councils do not accept mixed plastics, such as Weleda's squeeze PE/PP plastic tubes, or plastics with any metal components (such as a hidden spring in a pump or nozzle), and so Weleda teamed up with waste management experts ENVA to ensure that our packaging does not need to go to landfill.

Return to Weleda

All Weleda customers can download the Freepost Weleda Recycling address label from our website and simply drop off their package at their nearest Post Office when it's convenient. Alternatively, customers can drop their empties off to their nearest Weleda Wellbeing Advisor (there are over 500 all around the UK). Or if customers live near Ilkeston, they can drop off empties at Weleda's Derbyshire shop on Heanor Road.

Every package returned to us will fund a tree with TreeSisters, in our pledge to plant a Weleda forest of a million trees.



Download your free returns label and learn more at: weleda.co.uk/our-responsibility/recycling



About Weleda and Tree Sisters

"Weleda is deeply aligned to TreeSisters' mission of giving back to Nature with the restoration of the tropical forests. They have been partners since 2020 and have already reached a fantastic fundraising milestone, and are well on their way to reaching their ambitious goal of planting one million trees. We are thrilled that they chose to celebrate turning 100 by growing a forest with us. We love Weleda's commitment to combating climate change and that the company has made giving back more accessible for their customers and encouraged them to get even more involved. Weleda has contributed to TreeSisters' planting of 22 million trees, and we are deeply appreciative of all they bring. We wish to say a huge thank you to having such a dedicated partner that is helping us restore our planet!"

Miriam Conesa Holmeide,
TreeSisters Business Partnerships Programme Manager

Thanks to you, we have already planted over 200,000 trees

Would you like to train as a holistic facialist?

Weleda Accredited Holistic Esthetician Facial Course

Life of touch: restoring rhythm with rhythm

Wellbeing treatments - particularly massage and the recognition of the life of touch - are very much part of Weleda's DNA. Dr Ita Wegman, Weleda's co-founder, studied massage before she became a medical doctor. She developed a very individual rhythmical massage technique, echoing nature's rhythms and patterns.

Inspired by this approach, we have developed an accredited qualification with Crossfields Institute, so those wanting to learn Weleda's unique ethos and specialist facial techniques can expand their existing beauty qualifications or develop a completely new skill as a Holistic Esthetician.

The new course, which is open to complete beginners as well as holistic therapists or beauticians with existing qualifications, has been developed by Weleda's skincare expert Elizabeth King drawing on her 23 years' experience as a holistic facialist specialising in anthroposophic skincare, as well as 100 years of Weleda wisdom.

Elizabeth is joined by a highly experienced Esthetician Training Team. The result is a fully accredited, Ofqual regulated, **CFI Level 4 Award for Holistic Estheticians**.

What will you get out of the course?

- A truly holistic approach to working with the skin
- Training from highly skilled experts in the field of holistic skin care
- A CFI Level 4 award qualification as a Holistic Esthetician and qualification as a fully accredited Weleda Esthetician
- An exclusive Esthetician Trade Account with Weleda which will give you a 30% discount on RRP
- Experience in successfully delivering Weleda's Signature Facial Treatment
- Knowledge of the highly effective Rhythmic Activation Method unique to Weleda
- Understanding of the three-fold approach to working with and treating skin phases
- Experience in working with a conscious, mindful touch

The training includes all the necessary skincare foundation including skin analysis and skin conditions, anatomy and physiology in relation to skin and face, and Weleda's treatment consultation and facial sequence. The course also provides a deeper understanding of Weleda's natural and organic cosmetics and working with the products adds an invaluable additional layer of training for the Esthetician.

How is the course organised?

The course is made up of four modules or units - two of these units will require in-person attendance at Weleda Head Office:

Unit 1 - Meeting the Boundary six-hour online foundation module completed from home, in your own time, prior to attending Unit 2.

Unit 2 - Three days of on-site training at Weleda UK's Accredited Learner Centre, Ilkeston, Derbyshire.

Unit 3 - Home study period: case-study work, two online sessions, and completing treatments.

Unit 4 - Three further days of on-site training with Weleda and practical assessment at Weleda UK's Accredited Learner Centre, Ilkeston, Derbyshire.

Course completion - Portfolio of evidence completed and submitted two weeks following Unit 4 for final assessment.

What is the cost of the course and what is included?

Cost:

1 x £1,250 payment or 3 x £416.67 interest-free payments via PayPal.

Included:

- Weleda products treatment pack (with a retail value of £750)
- Treatment accessories (with a retail value of £70)
- All on-site training and home learning support
- Accreditation fee and internationally industry-recognised qualification: Holistic Esthetician
- All training materials
- Lunch and refreshments during the six days of on-site training

Dates for 2023:

Summer 2023

Unit 2: 5th - 7th June 2023

Unit 4: 3rd - 5th July 2023

Autumn 2023

Unit 2: 2nd - 4th October 2023

Unit 4: 30th October - 1st November 2023

Please ensure you can attend the above course dates at Weleda Head Office before booking your place. This is a requirement of your course completion.



“The Rhythmic Activation Massage is at the heart of the facial treatment. Unique to Weleda, this method helps activate your skin's cellular processes and regenerative forces. It is these forces that when vital and flowing, help the skin restore its balance, strengthen and radiate health and beauty.”

Elizabeth King

Want to become part of our family?

Become a Weleda Wellbeing Advisor

If you are looking to work flexibly and become part of a nurturing, supportive, ethical company, then Weleda could be the place for you. We are currently recruiting for Wellbeing Advisors in a number of positions across the UK*. You don't need any special qualifications, although you may well be a qualified practitioner looking for a product range to complement your existing practice. What you do need is a passion for natural health, beauty and wellbeing, and we will support you in growing your business, providing everything you need.



*A set number of Wellbeing Advisor positions are available per postcode area thereby allowing you the opportunity and time to establish your business.

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“I feel blessed and honoured to have found Weleda. I joined the advisor network 10 years ago. I am a Kinesiologist and needed something to support my practice, to supplement my income and support my clients on their journey to wellness. Weleda ticked all of the boxes for me, and still does. But my journey over the last 10 years has been so much more than just being an advisor. I have grown so much in confidence. I have expanded my wisdom of all things natural and have attained so many other skills, through the collaborative partnerships we have, to increase my knowledge and support my kinesiology. I have met so many friends, both within the community and through the customers that I have helped. Working alongside Weleda has truly enriched my life. I am very grateful.”

Weleda Wellbeing Advisor & Kinesiologist Jo Dall
Matlock Derbyshire

How To Get Started

If you would like the opportunity to become involved with our Wellbeing Advisor Programme then please get in touch. Speak to your Wellbeing Advisor, contact us directly on 0115 944 8698 or email opportunities@weleda.co.uk

Host your own Wellbeing Event



Introduce friends and family to a more natural lifestyle and try our brand new shopping experience by hosting your own Weleda Wellbeing Event.

What can I expect?

Value for money products – At Weleda we are passionate about putting people before profits so your money goes a long way. We will share with you how our raw materials are grown or sourced, and how the highest quality ingredients create powerful formulations.

What do I have to do?

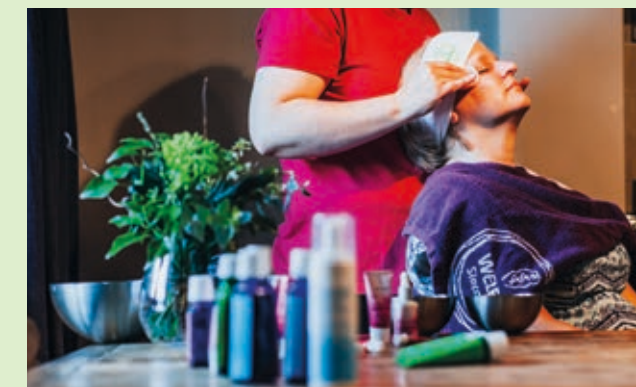
Our Wellbeing Advisors will take care of everything including helping you build your guest list. Just ask your Advisor when the next available date is and choose the best date for you. If you are not in touch with a Wellbeing Advisor then simply visit Weleda.co.uk to request our team to contact you about hosting an event or call on 0115 944 8698.

Our promise

No pressure - we will never try and recruit you or your friends. We will leave it up to you if you are interested in training as a Wellbeing Advisor yourself.



Book now by asking your Wellbeing Advisor, visiting www.weleda.co.uk/findanadvisor to find your nearest Wellbeing Advisor or calling on 0115 944 8698



Great reasons to host a Weleda Wellbeing Event

Free Skin Care Consultation

Our Wellbeing Advisors are highly trained experts in our Skincare range and will help you choose the best products for your skin. They will advise you of truly natural products and what ingredients to avoid and why.

Exclusive Event Gifts

As a thank you from us for inviting us to share our knowledge with you and your friends, you will receive exclusive offers.

Free Weleda Products

When you hold an event you receive 15% of total Wellbeing Event sales in free products. A great excuse to try something new or stock up on your favourites.

New Shopping Experience

A chance to try new products before you buy and with our no obligation to buy policy you are in safe hands.

Free Shipping

Direct to your door on all orders over £45.

Happiness Guarantee

30 day money back guarantee on all orders placed at the Wellbeing Event.

Price List

Code	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Skin Food Facial Care					
102230	Skin Food Nourishing Day Cream	P23	40ml	Ve	£14.95
102231	Skin Food Nourishing Night Cream	P23	40ml	Ve	£14.95
102232	Skin Food Nourishing Cleansing Balm	P23	75ml	Ve	£12.95

Almond Facial Care					
102201	Almond Sensitive Cleansing Lotion	P31	75ml	Ve	£12.95
102203	Almond Sensitive Facial Cream	P31	30ml	V	£19.25
102205	Almond Sensitive Facial Oil	P31	50ml	Ve	£20.50
102202	Almond Sensitive Facial Lotion	P31	30ml	V	£19.25

Iris Facial Care					
102100	Iris Balancing Day Cream	P33	30ml	V	£19.50
102101	Iris Balancing Facial Lotion	P33	30ml	V	£19.50
102102	Iris Balancing Night Cream	P33	30ml	V	£19.50

Wild Rose Facial Care					
102220	Wild Rose Smoothing Day Cream	P35	30ml	V	£25.50
102222	Wild Rose Smoothing Night Cream	P35	30ml	V	£25.95
102223	Wild Rose Smoothing Eye Cream	P35	10ml	V	£25.95

Pomegranate Facial Care					
102050	Pomegranate Firming Day Cream	P37	30ml	Ve	£31.50
102051	Pomegranate Firming Night Cream	P37	30ml	Ve	£31.95
102054	Pomegranate Firming Face Serum	P37	30ml	Ve	£41.95
102053	Pomegranate Firming Eye Cream	P37	10ml	Ve	£31.25
102049	Pomegranate Firming Facial Oil	P37	30ml	Ve	£41.95

Evening Primrose Facial Care					
105600	Evening Primrose Revitalising Day Cream	P41	30ml	Ve	£31.50
105601	Evening Primrose Revitalising Night Cream	P41	30ml	V	£31.95
105602	Evening Primrose Eye and Lip Cream	P41	10ml	V	£31.95

Facial Cleansing and Hydrating Mist					
102105	Refining Toner	P27	100ml	Ve	£12.95
102104	Gentle Cleansing Milk	P27	100ml	Ve	£12.95
102010	One-Step Cleanser & Toner	P27	100ml	V	£17.25
102076	Gentle Cleansing Foam	P27	150ml	Ve	£17.25
102081	Hydrating Facial Mist	P27	100ml	Ve	£16.95
102006	Aknedoron Purifying Lotion	P29	50ml	Ve	£12.95
102007	Aknedoron Cleansing Lotion	P29	100ml	V	£12.95
102059	SOS Spot Treatment	P29	10ml	Ve	£12.95
102058	Refining Lotion	P29	30ml	Ve	£18.95
102057	Purifying Gel Cleanser	P29	100ml	Ve	£12.95

Body Oils					
106115	Pomegranate Regenerating Body Oil	P54, P67	100ml	Ve	£26.95
106118	Sea Buckthorn Revitalising Body Oil	P55, P63	100ml	Ve	£20.50
106120	Wild Rose Harmonising Body Oil	P55, P65	100ml	V	£27.95
106112	Birch Cellulite Oil	P55, P69	100ml	Ve	£27.95
106114	Citrus Refreshing Body Oil	P55, P59	100ml	Ve	£18.50
106116	Lavender Relaxing Body Oil	P55, P61	100ml	Ve	£18.50
106111	Arnica Massage Oil	P55, P83, P113	100ml	Ve	£18.95
106140	Skin Food Ultra-Light Dry Oil	P53	100ml	Ve	£15.95

Body Lotions					
106121	Citrus Refreshing Body Lotion	P59	200ml	Ve	£12.95
106123	Pomegranate Regenerating Body Lotion	P67	200ml	Ve	£16.95
106122	Sea Buckthorn Revitalising Body Lotion	P63	200ml	Ve	£14.95
106125	Wild Rose Harmonising Body Lotion	P65	200ml	Ve	£16.95
106124	Sensitive Body Lotion	P57	200ml	Ve	£12.95

Body Scrubs and Washes					
104021	Birch Body Scrub	P69	150ml	V	£10.95
104058	Refresh Citrus Creamy Body Wash	P58, P73	200ml	Ve	£8.25
104059	Inspire Pomegranate Creamy Body Wash	P67, P73	200ml	Ve	£8.25
104061	Vitality Sea Buckthorn Creamy Body Wash	P63, P73	200ml	Ve	£8.25
104057	Sport Arnica Energising Shower Gel	P73, P83	200ml	Ve	£8.25
104047	Men's Active Fresh Shower Gel	P73	200ml	Ve	£8.25
104060	Sensitive Nourishing Body Wash	P57, P73	200ml	Ve	£8.25
104071	Ginger & Petitgrain Shower Bar	P71	75g	Ve	£5.95
104072	Ylang Ylang & Iris Shower Bar	P71	75g	Ve	£5.95
104073	Lavender & Vetiver Shower Bar	P71	75g	Ve	£5.95
104074	Geranium & Litsea Cubeba Shower Bar	P71	75g	Ve	£5.95
104053	Energy Aroma Shower Gel	P71	200ml	Ve	£8.25
104055	Love Aroma Shower Gel	P65, P71	200ml	Ve	£8.25
104056	Relax Aroma Shower Gel	P61, P71	200ml	Ve	£8.25
104054	Harmony Aroma Shower Gel	P71	200ml	Ve	£8.25
104065	Comfort Aroma Shower Gel	P70	200ml	Ve	£8.25
104066	Happiness Aroma Shower Gel	P70	200ml	Ve	£8.25
105010	Calendula Soap	P98	100g	Ve	£5.95
104564	Mighty Mint kids 2in1 Shampoo & Body Wash	P105	150ml	Ve	£6.25
104560	Lively Lime kids 2in1 Shampoo & Body Wash	P105	150ml	Ve	£6.25
104561	Happy Orange kids 2in1 Shampoo & Body Wash	P105	150ml	Ve	£6.25

Bath Milks					
104005	Citrus Refreshing Bath Milk	P59, P75	200ml	Ve	£16.25
104008	Pine Reviving Bath Milk	P75	200ml	Ve	£16.25
104009	Rosemary Invigorating Bath Milk	P75	200ml	Ve	£16.25
104007	Lavender Relaxing Bath Milk	P61, P75	200ml	Ve	£16.25
104017	Arnica Muscle Soak	P75, P83, P113	200ml	Ve	£16.25

Juices and Elixirs					
203000	Birch Juice	P69, P110	250ml	Ve	£12.25
203004	Prunus Elixir	P111	200ml	V/D	£12.25
203010	Sea Buckthorn Elixir	P111	250ml	V/D	£12.25

Deodorants					
106012	Citrus Spray Deodorant	P59, P85	100ml	Ve	£10.95
106015	Sage Spray Deodorant	P85	100ml	Ve	£10.95
106021	Wild Rose Spray Deodorant	P65, P85	100ml	Ve	£14.95
102263	Men Roll On Deodorant	P85	50ml	Ve	£8.50
102264	Citrus Roll On Deodorant	P59, P85	50ml	Ve	£8.50
102265	Pomegranate Roll On Deodorant	P67, P85	50ml	Ve	£8.50
102262	Sea Buckthorn Roll On Deodorant	P63, P85	50ml	Ve	£8.50

Intensive Care for Hands, Feet, Lips and Body					
106016	Foot Balm	P87	75ml	V	£13.95
104024	Pomegranate Regenerating Hand Cream	P67, P87	50ml	Ve	£14.50
106026	Sea Buckthorn Replenishing Hand Cream	P63, P87	50ml	V	£13.50
106054	Citrus Hand and Nail Cream	P59, P87	50ml	V	£13.50
106067	Sensitive Hand Cream (almond-free)	P57, P87	50ml	Ve	£13.50
106017	Everon Lip Balm	P87	4.8g	V	£5.75
106060	Skin Food Lip Balm	P51, P87	8ml	V	£7.75
106057	Skin Food	P49	75ml	V	£14.95
106056	Skin Food	P49	30ml	V	£8.95
106059	Skin Food Light	P51	75ml	V	£14.95
106058	Skin Food Light	P51	30ml	V	£8.95
106061	Skin Food Body Butter	P51	150ml	Ve	£21.95
106126	Skin Food Body Lotion	P51	200ml	Ve	£14.95
103024	Revitalising Hair Tonic	P86	100ml	Ve	£13.95
102269	Calendula & Chamomile Hand Sanitiser	P121	60ml	Ve	£5.95
102270	Calendula & Chamomile Hand Sanitiser Refill	P121	200ml	Ve	£14.95

Dental Care					
101001	Calendula Toothpaste	P89	75ml	Ve	£5.50
101002	Ratanhia Toothpaste	P89	75ml	Ve	£5.50
101006	Plant Gel Toothpaste	P89	75ml	Ve	£5.50
101005	Children's Tooth Gel	P89, P105	50ml	Ve	£4.25
101004	Salt Toothpaste	P89	75ml	V	£5.50
101009	Ratanhia Mouthwash	P89	50ml	V	£9.95

Baby - Calendula					
105003	Calendula Bath	P98	200ml	Ve	£14.75
105002	Calendula Face Cream	P97	50ml	V	£10.50
105004	Calendula Cream Bath	P98	200ml	Ve	£14.75
105010	Calendula Soap	P98	100g	Ve	£5.95
105005	Calendula Body Lotion	P97	200ml	V	£11.50
105008	Calendula Intensive Body Cream	P97	75ml	V	£9.75
105009	Calendula Nappy Change Cream	P97	75ml	V	£7.75
104510	Calendula Nappy Change Cream	P97	30ml	V	£3.25
105100	Calendula Baby Oil	P97	200ml	Ve	£11.50
105001	Calendula Shampoo & Body Wash	P73, P98	200ml	Ve	£8.25
105007	Calendula Skin Protection Balm	P97	30ml	V	£9.75
105012	Calendula All Purpose Balm	P99	25g	Ve	£7.95
207002	Chamomile Teething Granules	P103	15g	Ve	£6.25

Baby - Derma					
105803	White Mallow Body Lotion	P101	200ml	V	£13.50
105802	White Mallow Face Cream	P101	50ml	V	£11.50
105801	White Mallow Nappy Change Cream	P101	50ml	V	£9.50

Pregnancy and Birth					
106119	Stretch Mark Massage Oil	P55, P93	100ml	Ve	£19.95
606161	Perineum Massage Oil	P93	50ml	Ve	£12.95
205027	Nipple Balm	P93	25g	V	£8.25
205030	Nipple Balm	P93	50g	V	£12.50
106127	Stretch Mark Body Butter	P95	150ml	Ve	£21.95


Men's Range					
106019	After Shave Balm	P43	100ml	V	£19.50
106014	Shaving Cream	P43	75ml	V	£12.95
106022	Moisture Cream for Men	P43	30ml	V	£19.50
104047	Men's Active Shower Gel	P73	200ml	Ve	£8.25

Accessories					
705000	Spritz Pump				£2.25

Books					
404075	Natural Wellness Every Day	P79			£20.00
404080	The Home Prescriber	P115			£9.95

Code	DESCRIPTION	PAGE	SIZE	CAT	RRSP
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Natural Medicines					
207001	Arnica 6X Tablets	P112	125 tabs	V	£9.75
303001	Muscular Pain Relief Oral Spray	P112, P117	20ml	Ve	£11.75
302035	Mixed Pollen 30C	P115	125 tabs	V	£7.50
205028	Arnica Cooling Gel	P83, P113	25g	Ve	£8.95
204009	Arnica Massage Balm	P112	200ml	Ve	£22.45
204001	Arnica Massage Balm	P112	100ml	Ve	£14.55
204002	Arnica Massage Balm	P112	50ml	Ve	£10.25
205002	Bumps and Bruises Skin Salve	P112	25g	V	£8.95
303007	Arnica Bumps and Bruises Spray	P112	20ml	Ve	£7.85
205005	Calendula Cuts & Grazes Skin Salve	P119	25g	V	£8.50
303008	Calendula Cuts & Grazes Spray	P119	20ml	Ve	£7.50
205012	HyperCal Wound Salve	P119	25g	V	£8.50
206010	Insect Bites Spray	P119	20ml	Ve	£7.50
206005	Relaxing Oral Drops	P118	25ml	Ve/G	£10.75
203006	Herb & Honey Cough Elixir	P118	100ml	V/D	£10.95
303006	Cold Relief Spray	P116	20ml	Ve	£11.75
303002	Dry Skin & Eczema Relief Spray	P117	20ml	V	£11.75
303003	Stress Relief Oral Spray	P116	20ml	Ve	£11.75
303004	Digestive Relief Oral Spray	P116	20ml	V	£11.75
303005	Hayfever Relief Oral Spray	P117	20ml	Ve	£11.75
206015	Digestion Calming Drops	P118	25ml	Ve	£9.75
206036	Rhinodoron Nasal Spray	P103, P118	20ml	Ve	£10.75
205008	Combudoron Ointment	P119	25g	V	£8.50
205010	Copper Ointment	P113	25g	V	£8.50
206035	Skin Tone Lotion	P83, P112	100ml	Ve	£13.50
205013	Larch Resin comp. Ointment	P118	25g	V	£8.50
205014	Rhus Tox. Ointment	P113	25g	V	£8.50
205015	Ruta Ointment	P113	25g	V	£8.50
206037	Prunus Spinosa 6x Oral Drops	P118	25ml	V	£10.50
207017	Fragaria Vitis Tablets	P119	80 tabs	V/G	£10.75

 = Event Gift
See page 129 for more information about our Weleda wellbeing events

V = Vegetarian
Ve = Vegan and Vegetarian

G = Contains Gluten
D = Not suitable for diabetics

2023 (V2) Catalogue

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In harmony with nature and the human being

