

Sustainable & Organic Health & Beauty

ECO FRIENDLY PRODUCTION



Responsible Packaging SUSTAINABLE PALM OIL

BIODYNAMIC CULTIVATION





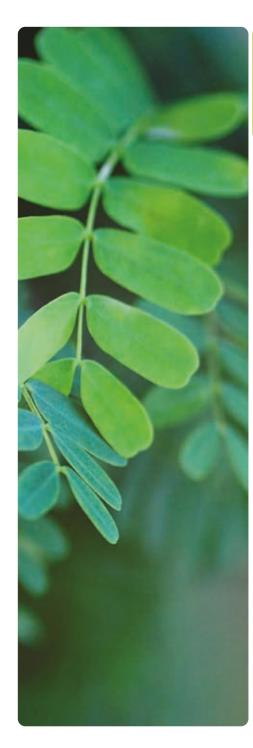
ZERO MICROPLASTICS



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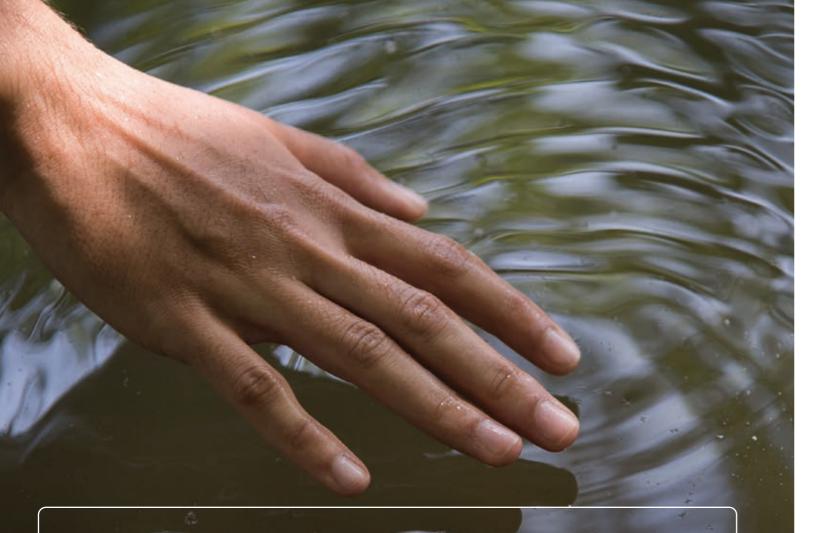
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"WELEDA IS A TRUSTED AND MUCH-LOVED BRAND IN OUR FAMILY. FROM MY FATHER TO MY YOUNGEST CHILD, WE RELY ON ITS QUALITY IN ALL AREAS OF WELLBEING, ETHICAL VALUES AND MOST IMPORTANTLY RELAXATION. I AM A LONG-STANDING DEVOTEE OF WELEDA BOTH IN MY PERSONAL AND PROFESSIONAL LIFE, AND I DEFY ANYONE ELSE TO MATCH THEIR ALL-ROUND GOODNESS."

Erin O'Connor, MBE Model and fashion ambassador

A WORD FROM JAYN

At Weleda, we have followed a holistic approach for over 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 skin care, 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.

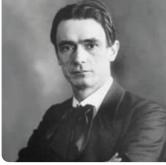
Weleda is a place where working 'in harmony with nature and the human being' is much more than a catchphrase – it's our purpose which we have honoured since the founding of our company, over 100 years ago.



Jayn Sterland, Managing Director, Weleda UK









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.



Winner Sustainability Pioneer



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 of which we just have temporary custodianship.



demeter

Living Wage





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.

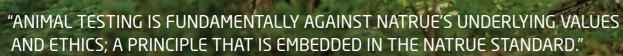
Certified B-Corp

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'.

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.



Dr Mark Smith, Director General, NATRUE



BBeauty

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 Demetercertified 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.

UEBT Member

Weleda has been a member of the Union for Ethical BioTrade since 2011. The UEBT is a non-profit that sets good practices for how companies and their suppliers source ingredients from biodiversity. Its members are active in the food, cosmetics and natural pharmaceutical sectors. As a UEBT member, Weleda is committed to a world in which all people and biodiversity thrive.

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 was the founding Chairperson of the SBC, and today Jayn holds the position of pillar president for ESG with the British Beauty Council. Jayn's 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.

HOW TO RECYCLE OUR PACKAGING

TURN YOUR EMPTIES INTO 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 squeezy 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.

Weleda was recently named Eco Brand of the Year in the 2023 Beauty Shortlist Eco Awards for our recycling solutions and partnership with ENVA.

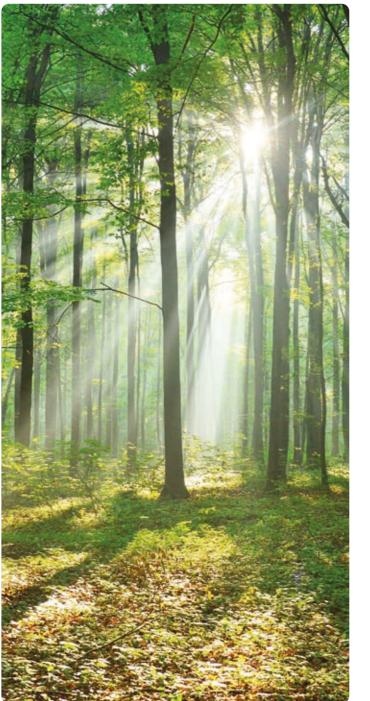


All Weleda customers can download the Freepost Weleda Recycling address label from our website and simply drop off their package at their nearest Post Office when it's convenient. Alternatively, customers can drop their empties off to their nearest Weleda Wellbeing Advisor (there are over 500 all around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

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

Every package returned to us will fund a tree with TreeSisters, Thanks to you, we have already planted over 227,800 trees.





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 8,000 certified B Corp businesses worldwide in over 96 countries across 162 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.





SOIL, THE SKIN OF THE EARTH, NEEDS OUR CARE

Soil is the skin of our Earth – a rich, crucial, living breathing eco-system. 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 fertile land to grow nutritious food, harvest natural resources, sequester carbon and reduce emissions. But our soil is under threat, and soil erosion alone accounts for over 24 billion tonnes of soil being lost each year.

Healthy soils are one of the key weapons in the fight against climate change as they store 3 x more carbon than the atmosphere and all of the world's plants and forests combined. But a third of the Earth's soil is degraded, resulting in poor soil quality and diminished biodiversity within the soil. In the UK alone, soil is being destroyed 10 x faster than it is being created. Every minute the equivalent of 30 football pitches of soil is being destroyed.

Weleda has been caring for soil, the skin of the earth, for over 100 years growing the plants used to make our iconic products using natural, soil-friendly methods such as biodynamic farming practices and collaborating with regenerative farming projects around the world, as well as in our own 6 medicinal Weleda gardens worldwide.

Weleda's commitment to soil is at the heart of our ingredient sourcing and where we do not produce certain raw materials ourselves, we are committed to working with long-term organic and biodynamic farming partners.

Now in its third year, Weleda's Save Earth's Skin campaign highlights the need to care for soil as we would our own skin, because 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.

We are continuing our partnership with environmental activist Arizona Muse and support for her soil regeneration charity DIRT (www.DIRT.charity), whose mission is to increase the number of biodynamically managed farms across the globe and raise awareness and demand for soil-friendly biodynamic farming practices.

"DIRT supports biodynamic farming because it is the most effective way of regenerating life within soil. It's so important in the face of climate change that we pay attention to soil and understand just how connected we are to the land we live on" says Muse.



For Soil Regeneration

WHAT YOU CAN DO TO GET INVOLVED

- We'll be celebrating Earth Day in April by donating 5% of all sales made during the month of April to DIRT, both from our own store and from participating retailers. The donation period will run from 9am on the 1st April until midnight on the 30th April 2024. 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



HEALTHY SOIL SUPPORTS HEALTHY LIFE

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

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

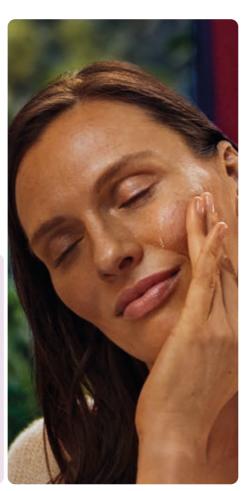
With over 20 years experience as a holistic facialist and highly qualified in several complementary therapies, Elizabeth joined Weleda to help share and support the Weleda Skin Care Philosophy, as well as creating a Weleda accredited holistic esthetician course. She specialises in the anthroposophic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

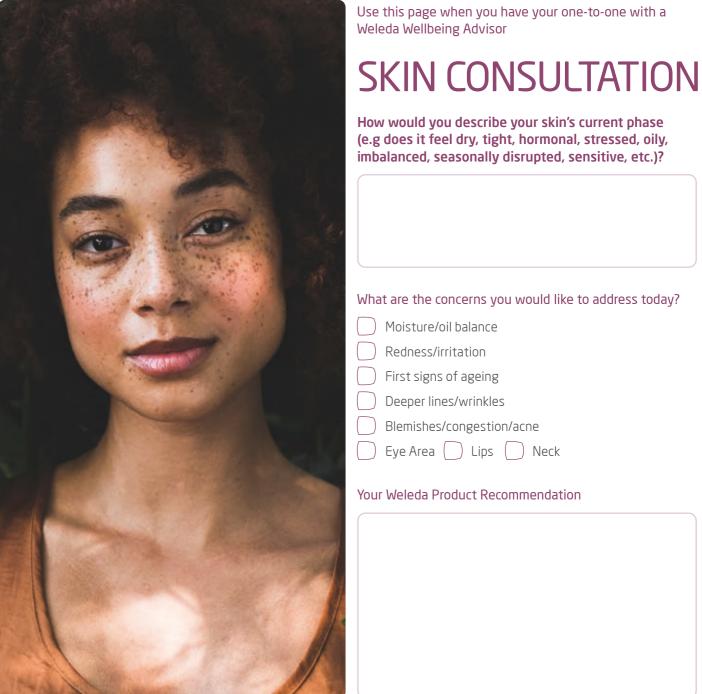
YOUR SKIN

Not sure which products are right for you? Why not book a skin care consultation with a Weleda Wellbeing Advisor? Our team of Wellbeing Advisors are highly trained in our skin care 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 you around 20 minutes and can be received online or in person.

Call our friendly team on 0115 9448698.





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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 & MACA PEPTIDES FOR REGENERATING: antioxidant-rich, protective ingredients including pomegranate seed oil and peptides from Peruvian maca root activate cell renewal, to support skin regeneration and visibly counter the signs of skin ageing.

BLUE GENTIAN & EDELWEISS FOR REJUVENATING: powerful plant actives and unique Collagen+ Active Complex to boost collagen, balance skin pigmentation, reduce deep wrinkles, brighten skin tone, and bring greater definition to facial contours.

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.

PURIFYING FACIAL CARE: a combination of soothing natural antibacterial and anti-inflammatory plant extracts, 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

f Weleda Ø@WeledaUK



WELEDA SKIN CARE AT A GLANCE

P22 SKIN FOOD NATURALLY NOURISHING FACIAL CARE Formulated specifically for daily care	
P28 CLEANSING CLEANSE AND TONE GENTLY BUT THOROUG Help your skin maintain or regain its balance	
P30 WILLOW BARK PURIFYING FACIAL CARE Purifies, calms and re-balances congested and acne prone skin	
P32 ALMOND SENSITIVE FACIAL CARE Fragrance-free skin care to soothe, comfort and protect	
P34 IRIS BALANCING FACIAL CARE Regulates and preserves moisture balance	

P36 WILD ROSE SMOOTHING FACIAL CARE

Softens and smooths fine lines

P38 POMEGRANATE & MACA-PEPTIDES FIRMING FACIAL CARE

Regenerating skincare to increase elasticity and radiance

P40 BLUE GENTIAN & EDELWEISS CONTOURING FACIAL CARE

Boosts collagen, reduces deep wrinkles, so facial contours appear sharper



P42 FACIAL CARE FOR MEN SOOTHING SKIN SAVIOURS

Cleanse, nourish, replenish, protect and purify



P44 THE WELEDA ACCREDITED HOLISTIC ESTHETICIAN DIRECTORY

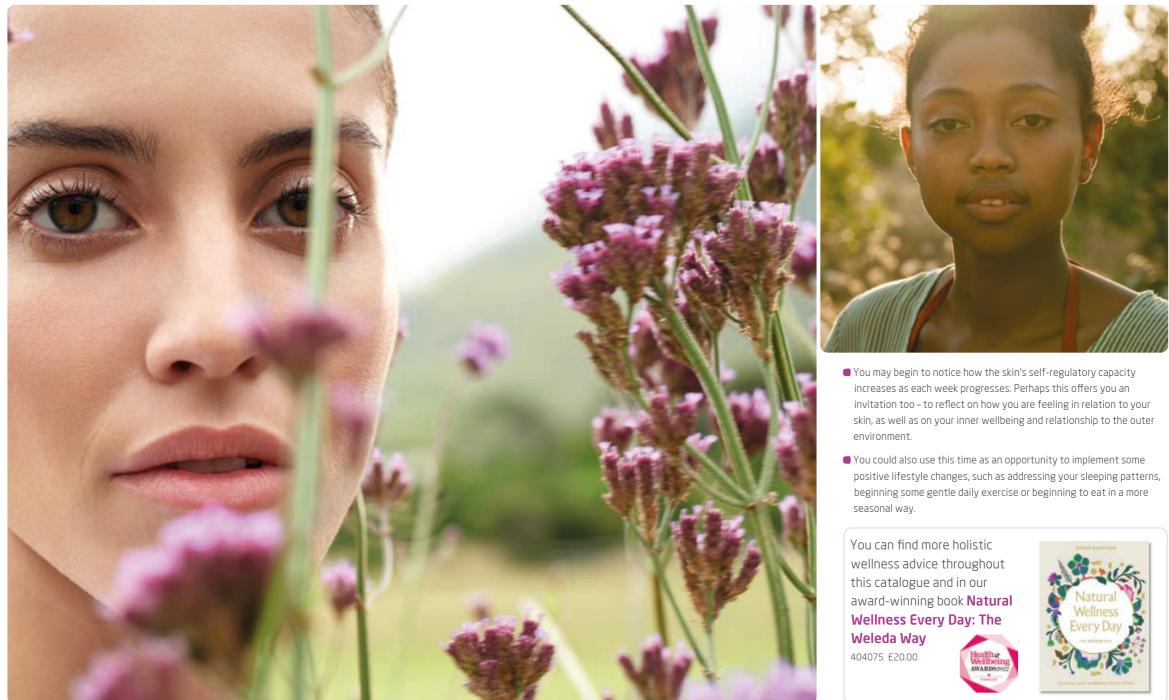


YOUR 28 DAY SKIN CYCLE

How to support the skin phase you're in

At Weleda, we believe that your daily skin care 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 skin care.
- You should begin to notice a change to how your skin looks and feels soon after you start using Weleda skin care, 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.





NATURALLY NOURISHING FACIAL SKIN CARE

Inspired by our iconic Skin Food Original,

the 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.



KIN FOOD



SUSTAINABLE INSIDE AND OUT:

- **NATRUE** certified natural
- Vegan friendly formulations
- **W** New sustainable packaging

SKIN FOOD FACE CARE

The 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 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.



"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."



SKIN FOOD FACE

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.

40ml Ve £14.95 102230

+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



WELEDA

urishing Day Crear

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



Strengthens the skin barrier and thus increases resilience***

87% agree skin looks recovered**

83% agree skin is intensively nourished**

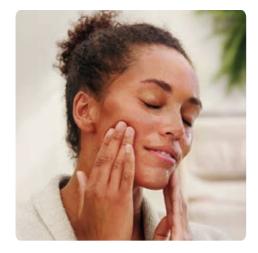
Dermatologically proven for skin compatibility and efficacy. *measured in an in-use study after 4 weeks of twice daily application

**in-use study with 30 subjects after 4 weeks of twice daily application

***measured in an in-use study, assessed after 7 days







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

£12.95

00% agree it removes dirt and grime effectively*

Ve

- 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 multitasking 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 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 skinquenching, 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.

THE COMPLETE SKIN FOOD REGIME

Inspired by the iconic Skin Food Original and Weleda's long-held holistic approach to skincare, Weleda has teamed up with leading foodbased supplement brand Cytoplan to produce **The Complete Skin Food Regime**, which includes two nourishing skincare creams and a unique new nutritional formula, Skin Food Complex, in a beautifully boxed set, all suitable for vegans.

The combination of Cytoplan's new **Skin Food Complex** to nourish the deep layers, partnered with Weleda's Day and Night Creams to intensively nourish, protect, replenish and renew the surface skin layers, work as the perfect partners to feed your skin inside and out.

409902 2x60 capsules, 40ml Day Cream & Night Cream Ve £50.00





FEED YOUR SKIN - INSIDE & OUT

The Complete Skin Food Regime is designed to optimise the health and vitality of both the deep layers of skin as they develop and the visible surface layer which appears a few weeks later. Only if skin receives the best nourishment in the development stages can you ensure resilient, healthy, glowing, moisturised skin during its cycle. However, once it reaches the surface your skin is subjected to many environmental and other damaging influences that can dull its appearance and reduce vitality. That's why together we've created a complete regime to ensure resilient healthy skin from the inside and outside.

Visit: www.weleda.co.uk/the-complete-skinfood-regime

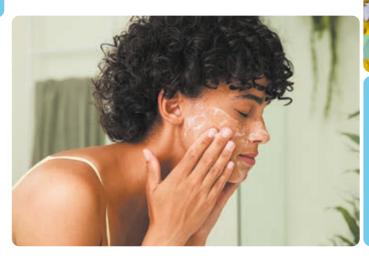


Or scan the QR code.

HOLISTIC **CLEANSING FOR** BEAUTIFUL SKIN

Whatever your skin type or current skin phase, we have products to cleanse and tone gently but effectively without drying out the skin. The skin's natural moisture balance is preserved, leaving skin glowing with health. Powerful plant actives elevate everyday cleansing to a holistic self-care ritual that makes us feel relaxed and comfortable in our own skin. Weleda creates the perfect 're-set' routine for your skin wipe away the day's impurities and reveal your natural glow!

The range is packaged in recyclable green glass made from a significant amount of recycled material, with recyclable caps or pumps, and outer cartons made from at least 80% recycled fibres.





PLANT STORY: WITCH HAZEL



WELEDA



The ideal first step in your double cleanse ritual, for a moment of wellbeing. Formulated for normal, dry and sensitive skin, this plant-based, fragrance-free cleansing oil melts away make-up and impurities with ease. Refresh and invigorate your skin with organic apricot oil and witch hazel water, to leave skin feeling nourished, supple and soft. This silky cleansing oil is suitable for face and eyes, and will remove even the most stubborn of make-up and waterproof mascara.

102110 150ml Ve £13.95

*dermatologically and clinically tested by experts, after 1 application **in-use study after 2 weeks, twice daily application

DEEP CLEANSING GEL

Rinse away daily dirt, grime, pollutants and make-up, to leave skin refreshed, supple and soft with no feeling of tightness. Formulated for normal, combination and oily skin, this deep cleansing but light textured gel thoroughly cleanses without drying out the skin. The gel effectively removes impurities or excess oil and make-up, whilst preserving the skin's natural moisture balance. Organic aloe vera refreshes and hydrates, while organic witch hazel soothes and invigorates. Scented with essential oils including zesty lime, refreshing lemon and fruity orange.



CLEANSE & TONE



REFINING TONER

Formulated for normal and combination skin, this gentle toner preserves the skin's natural moisture as it refreshes and removes the last traces of impurities after cleansing. It's made with pore-refining witch hazel, organic rose leaf and sage leaf extracts and refreshing organic lemon juice. The toner's refreshing scent is a combination of citrus essential oils including zesty lime, refreshing lemon and fruity orange, plus aromatic sage extract.

102112 150ml Ve £12.95



*in-use study after one single application **in-use study after 4 weeks, twice daily application

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 skin care; 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 award-winning 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 antiinflammatory compound. Willow is also rich in polyphenols including flavonoids, which contribute antioxidant benefits to help repair skin damage.





SOS SPOT TREATMENT

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

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

Vegan

REFINING LOTION

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



PURIFYING FACIAL CARE



AKNEDORON CLEANSING LOTION

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



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





"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.

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 skin care 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.



PLANT STORY: SWEET ALMOND

crops grown in Spain by our long-term partners, a cooperative of





ALMOND SENSITIVE CLEANSING LOTION

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.

75ml Ve £12.95 102201



**** 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



ALMOND SENSITIVE FACIAL LOTION

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 £18.95





ALMOND SENSITIVE FACIAL CREAM

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 £18.95



ALMOND SENSITIVE FACIAL OIL

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 £22.95



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.

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 midtwenties 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 BALANCING DAY CREAM

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 £16.95

+33% increase in skin moisture*

85% agreed skin felt smooth** *measured in an in-use study after 28 days **in-use study after 28 days



IRIS BALANCING NIGHT CREAM

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 £17.95

+13% increase in skin moisture*

91% agreed skin soothe

*measured in an in-use study after 14 days **in-use study after 28 days

"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

IRIS BALANCING FACIAL CARE



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 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

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.

30ml V £20.95 102220

+18% increase in skin moisture* *measured in an in-use study over 28 days



WILD ROSE SMOOTHING EYE CREAM

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 £20.95





WILD ROSE SMOOTHING NIGHT CREAM

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 £21.95

*measured in an in-use study over 28 days



"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

POMEGRANATE & MACA PEPTIDES. FIRMING

Weleda has launched an innovative new range of clinically proven age-resilient skincare: rejuvenating Pomegranate & Maca Peptides Firming Face Care.

This regenerative skincare provides long-lasting moisture and is clinically proven to slow down the ageing effects on the skin, protecting from the negative oxidative effect of blue light exposure.

Weleda has transformed nature's own high-performing ingredients into powerful botanical formulations which measurably and visibly counter the signs of skin ageing. Enriched with organic plant oils, butters and waxes including luxurious Shea Butter, nourishing Pomegranate and Macadamia seed oil, and precious peptides from organic Peruvian Maca root. The range is formulated to activate cell renewal, support skin regeneration and counter perimenopausal skin changes, leaving skin feeling firmer and looking more radiant, and lines less pronounced.

SCIENTIFICALLY PROVEN ADVANCED BOTANICALS

At the heart of Weleda's innovative botanical formulations is the unique active ingredient combination of organic pomegranate seed oil and hydrolysed peptides from organic Peruvian maca root. Pomegranate is one of nature's most powerful antioxidants, and supports the skin's regeneration processes. Maca peptides - small protein compounds that can penetrate the skin to help smooth fine lines - help to reduce wrinkles, improve skin elasticity and intensify the skin's natural radiance. The result is a range delivering strong efficacy results.

**** REVIEW

"The creamy texture is great for dry under-eye skin and helps to soothe, smooth, depuff and hydrate the eye area. Immediately after application my skin looked hydrated and moisturised. After 7 days skin looked less puffy, more supple, soothed, and lines reduced."

Makeup artist Famida Pathan



POMEGRANATE & MACA PEPTIDES FIRMING FACIAL CARE

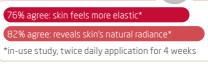
POMEGRANATE & MACA PEPTIDES DAY CREAM

WELEDA

WELEDA

WELEDA

A fast-absorbing, certified-natural Day Cream for natural radiant skin, made with organic Pomegranate seed oil and peptides from organic Peruvian Maca root, plus extract of organic olive leaf, to reduce fine lines and wrinkles and restore a healthy glow. The cream provides immediate an long-lasting moisture, and improves elasticity, resulting in firmer skin in just 14 days. 102280 40ml Ve £24.95



POMEGRANATE & MACA PEPTIDES NIGHT CREAM

A regenerating, certified-natural Night Cream made with organic Pomegranate seed oil and maca root peptides plus organic olive leaf extract, to reduce lines and wrinkles, activate cell renewal, intensively nourish, restore radiance and regenerate skin during its nightly repair phase. Resulting in firmer skin in a fortnight.

102282 40ml Ve £25.95



70% showed increased elasticity*

-16% reduction in depth of wrinkles**

*measured in an in-use test, twice daily application for 2 weeks

**measured in an in-use test after 4 weeks, twice daily application

POMEGRANATE FACIAL OIL

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 £28.95



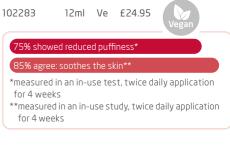
FIRMING

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TRANS.

POMEGRANATE & MACA PEPTIDES EYE CREAM

A fragrance-free, certified-natural Eye Cream with antioxidant effect, made with organic Pomegranate seed oil and Maca root peptides, together with Pomegranate peel extract and Caffeine, to reduce fine lines and wrinkles, reduce puffiness, diminish dark circles, soothe and visibly firm skin. Suitable for contact lens wearers.





POMEGRANATE & MACA PEPTIDES FACE SERUM

A light, rehydrating, certified-natural Face Serum made with organic Pomegranate seed oil, peptides from organic Peruvian Maca root, olive leaf extract and organic Aloe vera gel. It's formulated to energise cell activity and immediately rehydrate skin, improving skin elasticity and reducing lines and wrinkles - leaving skin visibly firmer in just 7 days, and feeling fresher and smoother. Ideal for times when skin would benefit from a little extra boost.



BLUE GENTIAN & EDELWEISS. CONTOURING

Introducing Weleda's most scientifically advanced innovation in 100 years: rejuvenating Blue Gentian & Edelweiss Contouring Face Care. At the heart of Weleda's innovative botanical formulations is a unique patent-pending, natural Collagen+ Active Complex to boost collagen, reduce deep wrinkles, and bring greater definition to facial contours.

Nature's own high-performing ingredients are harnessed in powerful botanical formulations which measurably and visibly counter the signs of skin ageing. Enriched with organic plant oils, butters and waxes including luxurious Shea and Cocoa Butters, nourishing Sacha Inchi oil, and skin-smoothing olive oil. The carefully crafted formulas stimulate collagen synthesis, balance skin pigmentation, hydrate and nourish the skin, and brighten up skin tone. Reducing the impact of menopausal changes, they leave skin feeling firmer and cashmere-soft.

SCIENTIFICALLY PROVEN ADVANCED BOTANICALS

Weleda's Blue Gentian and Edelweiss are organically cultivated in the Swiss Alps. Edelweiss, rich in anti-oxidants, contains leontopodic acid and phenol acid which are considered more powerful than vitamin C for preventing and reducing wrinkles, keeping skin supple and strengthening the skin barrier, helping to slow down skin ageing. Blue Gentian's strong vital forces and substances in the plant such as anthocyanins activate the skin metabolism, bringing structure and rejuvenation to the skin's natural processes, contributing to skin firmness. Its high concentration of anthocyanins protect against light-induced skin ageing and stimulate cellular regeneration. Bitter compounds such as iridoids support the skin's essential keratinization process, also strengthening the skin barrier function.



"My skin feels plump and as if it has some of its elasticity back. It looks tighter without feeling tight. I love to touch it because it feels like the bouncy skin of someone much younger."

Kate, Skins Matter tester

BLUE GENTIAN & EDELWEISS CONTOURING FACIAL CARE

BLUE GENTIAN & EDELWEISS DAY CREAM



A hydrating, fast-absorbing, certified-natural Day Cream formulated to reduce deep wrinkles and balance skin pigmentation, for plumper, re-densified skin. The Collagen+ Active Complex with organic Blue Gentian and Edelweiss stimulates the skin's collagen content. Skin feels more elastic, immediately and intensively nourished, and skin tone is brighter and redness reduced. It's clinically proven to firm sagging skin, so facial contours appear sharper.

102305 40ml Ve £28.95



100% agree skin feels more elastic*

77% agree skin looks firmer*

*measured in an in-use study, twice daily application for 4 weeks



BLUE GENTIAN & EDELWEISS NIGHT CREAM

An super hydrating, certified-natural Night Cream formulated to reduce deep wrinkles and regenerate skin during its nightly repair phase. Resulting in plumper, more elastic, re-densified skin, so facial contours appear sharper. The Collagen+ Active Complex increases the skin's collagen content, reduces skin pigmentation, brightens up skin tone, intensively hydrates and nourishes overnight, so you awaken to cashmere-soft skin. It's clinically proven to reduce pigmentation spots.

102306 40ml Ve £29.95



75% showed reduction in depth of wrinkles*

+36% acceleration of cell renewal* *measured in an in-use test, twice daily application for 4 weeks



BLUE GENTIAN & EDELWEISS EYE & LIP CREAM

A fragrance-free, certified-natural Eye Cream for visibly re-densified skin, this soothing, revitalising formula reduces deep wrinkles and diminishes dark circles and puffiness. The Collagen+ Active Complex increases the skin's collagen content for visibly sharper eye contours, whilst added organic Olive leaf extract protects and soothes. The eye and lip area looks smoothed and radiant, and skin is hydrated and immediately and intensively nourished. Suitable for contact lens wearers.

102308 10ml Ve £28.95

82% agreed it visibly firms skin around the eyes*

80% observed reduced puffiness**

- *measured in an in-use test, twice daily application for 4 weeks
- **self-assessment in an in-use study, twice daily application for 4 weeks



BLUE GENTIAN & EDELWEISS FACE SERUM

A powerful cell-renewing, certified-natural Face Serum for immediately firmer feeling skin, it hydrates and brightens skin tone so skin pigmentation appears more balanced, and deep wrinkles are reduced, revealing visibly plumper, firmer, brighter skin. The Collagen+ Active Complex increases the skin's collagen content, so skin feels more elastic and facial contours appear sharper. The Serum is ideal for times when skin would benefit from an immediate moisture boost.





88% showed reduction in depth of wrinkles*

+33% acceleration of skin renewal**

- *measured in an in-use test, twice daily application for 2 weeks
- **measured in an in-use test, twice daily application for 4 weeks

SOOTHING SKIN CARE FOR MEN

Supercharge your skincare routine with our two new skin saviours: a soothing, non-drying face wash to deep cleanse and purify, and a luxurious but lightweight, oil-free serum to support your skin's vitality. The clinically proven multi-action serum provides 24h moisture, improves elasticity, stimulates cell renewal and fights skin-damaging free radicals, leaving skin smooth and revitalised.

Our gentle shaving and skin care 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 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.



"My favourite Weleda products are Skin Food and the men's facial care and shaving products. Weleda skin care is a staple in my kit."

Makeup designer Paul Gooch



Moisture Cream for Men



PLANT STORY: |0|0BA

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.



5 IN 1 MULTI-ACTION SERUM

The oil-free certified-organic formula provides a burst of hydration and 24h intensive moisturisation for skin, with potent botanicals including organic aloe vera gel and antioxidant-rich pomegranate juice, together with protective blackthorn extract. These powerful plant actives combine to activate cell renewal, improve skin elasticity and resilience, fight free radicals and reduce lines and wrinkles. Leaving skin smoother, softer, fresher. 102116 30ml Ve £15.95



+56% increase in skin moisture**

*measurement in an in-use test after 4 weeks, twice daily application **measurement in an in-use test 30 minutes after first application



WELEDA

After Shave Ball

SHAVING CREAM

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 £9.95

AFTER SHAVE BALM

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 £12.95

FACIAL CARE FOR MEN



2 IN1 FACE WASH

The refreshing, purifying gel formula is suitable for both face and beard, to reduce excess sebum and balance oily skin, leaving skin feeling fresh, smooth and revitalised. Soothing liquorice root and willow bark extracts, and toning witch hazel water combine to cleanse gently but thoroughly, without drying the skin. Naturally fragranced with pure essential oils of refreshing rosemary, woody vetiver, and the citrusy notes of litsea cubeba.

102117 100ml Ve £9.95



- 95% agree: skin feels less oily*
- 81% agree: soothes skin*
- *measured in an in-use test, 15 mins after first application
- **self-assessment in an in-use study after 4 weeks,
- twice daily application



MOISTURE CREAM

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 £15.95

Increase in skin hydration +25.8%*

- +16.1% increase in skin smoothness *
- *measured in an in-use test after 14 days
- **measured in an in-use test after 28 days





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/weledaholistic-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 skin care, 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.

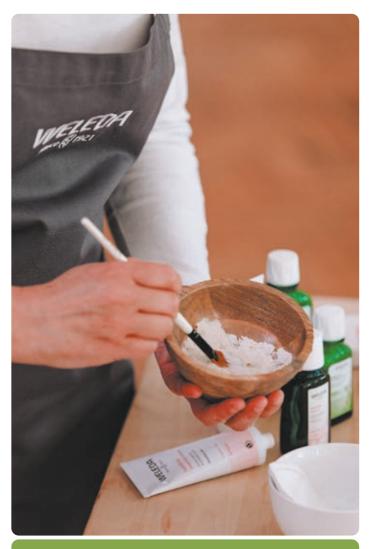
NOURISHING & FIRMING

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 122. Visit: www.weleda.co.uk/weleda-holisticesthetician-facial-course Or scan the QR code.



BATH & BODY CARE AT A GLANCE



P60 LAVENDER Relaxing, calming, soothing Soothes the body and settles the skin



WELEDA

WELEDA

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



HOWERS & BARS RAGRANT AND IC.



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





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P70 AROMA S
BEAUTIFULLY FE

As eco-friendly as they are skin-friendly





Everyday essentials for children

P82 ARNICA



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



Skin Food Collection



"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)

Viola tricolor

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.





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 skin care product with one sold every 10 seconds.

SKIN FOOD - THE ORIGINAL ICON

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

As seen on TV

Skin Food

Rich, intensive skin care For Face or Body

For very dry and rough skin

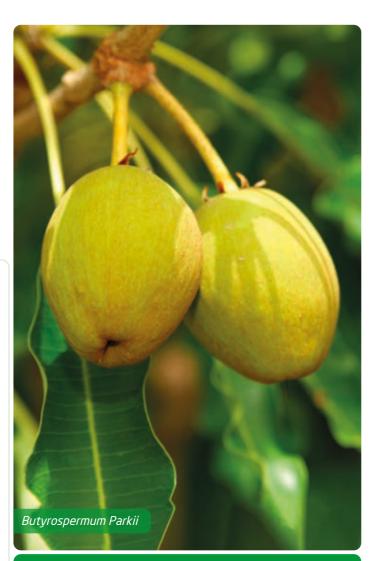


The Skin Food Range

INTENSIVE LONG LASTING MOISTURE FOR ALL SKIN TYPES



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.



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. 8ml V £7.75 106060

kin Foo Light

SKIN FOOD LIGHT

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.

75ml V £14.95 106059 106058 30ml V £8.95



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

Makeup designer Paul Gooch



SKIN FOOD BODY BUTTER

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 longlasting hydration, fragranced with aromatic lavender and sweet orange.

106061 150ml Ve



£21.95



SKIN FOOD BODY LOTION

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



SKIN FOOD ULTRA-LIGHT DRY OIL SHAKE, SPRAY, GLOW!

Skin Food Ultra-Light Dry Ol

OUR LATEST SKIN FOOD ICON

Formulated to naturally moisturise, intensively nourish and instantly hydrate, the vegan-friendly ingredients in this certified natural, microbiomefriendly 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 E1

5.95 Vega

★★★★★ REVIEW

"The newest member of the Skin Food family is this Ultra-Light Dry Oil, which I spotted being road-tested a few months ago at the Eudon Choi autumn/winter show to give the models' shoulders and shins extra gleam. It's an oil-in-water formula that sinks in within seconds – it's worked wonders on a scar I have. Plus it's so sheer you can layer it up, which is great because that signature Skin Food scent – a citrus, rosemary, lavender blend – keeps me coming back for more."

Charlotte Jolly, Beauty Director, Hello Magazine



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



Skin Food Ultra Light Dry Oil

BEAUTIFUL **BODY OILS**

Zesty lemon peel, luxurious lavender, sun dried rosehip, vibrant sea buckthorn berries....Weleda's wondrous body oils burst with nature's miracles, harnessing the warming nature of the sun's rays that have ripened the fruit, seeds, hips and kernels in organic orchards and groves. Delicious, daily self-care in a bottle.





Pomegranate Regenerating Body Oil

Wild Rose Harmonising Body Oil





Arnica Massage Oil



Stretch Mark Massage Oil



POMEGRANATE REGENERATING BODY OIL

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

100ml Ve £28.95 106115



*measurement of stratum corneum regeneration in an in-use test, after 14 days

BODY OILS

BIRCH CELLULITE OIL



This beautifully vital, zesty oil tones, smooths and firms the skin. Our organic birch leaf extract is full of flavonoids that support the body's own cleansing and purifying processes. Rosemary improves the circulation and metabolism, while Butcher's Broom has a de-puffing, anti-inflammatory effect. The combination of jojoba and apricot oils, rich in essential fatty acids, and vitamin E-rich wheat germ oil nourish and moisturise. Within independent tests*, skin elasticity and firmness significantly improved within 28 days.

106112 100ml Ve £29.95



*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.

LAVENDER RELAXING BODY OIL

Find deepest calm with this heavenly oil that captures lavender fields in full bloom. In a base of warming, nourishing sesame and sunflower seed oils, this oil is the ideal companion for a relaxing massage at the end of a tiring day, or applied to touch-damp skin, after a bath or shower. Also wonderful kept by the bed for a soothing foot massage before turning in for the night.

106116

100ml Ve £19.95

STRETCH MARK MASSAGE OIL



A soothing, softening combination of jojoba, sweet almond and wheat germ oils, this wonderfully moisturising 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. The soft floral scent of rose, neroli and myrrh inspires a feeling of calm and confidence. Easily absorbed, and with a delicate, light fragrance, it is ideal for use during pregnancy.





SEA BUCKTHORN REVITALISING BODY OIL

Vibrant vitamin-rich sea buckthorn berries combine with nutrientrich 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 £21.95



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 £19.95





CITRUS REFRESHING BODY OIL

Zesty organic lemon peel oil together with pure almond oil, rich in unsaturated fatty acids, leave the skin smooth, soft and supple while invigorating citrus essential oils impart a fresh scent that enlivens body and spirit and transports you to a fragrant citrus grove. A great oil for intensive, long-lasting daily moisture and also ideal for revitalising massage. Skin is softened, awakened and senses brightened with the all-natural scent of sun-ripened lemons.

106114 100ml Ve £19.95





WILD ROSE HARMONISING BODY OIL

Our beautiful rose oil is pressed 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 care 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 £29.95

SENSITIVE. NOURISHING

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.

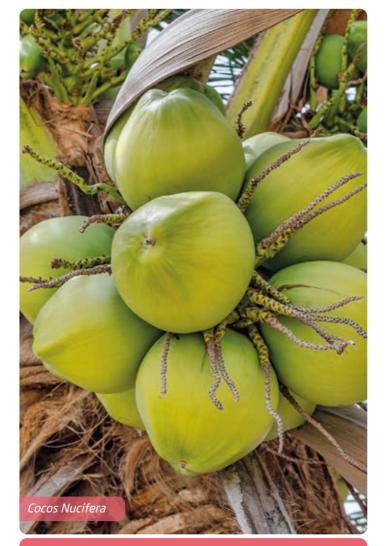


Sensitive Nourishing Body Wash



Sensitive Body Lotion





PLANT STORY: COCONUT



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



WELEDA

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 Ve £12.95



SENSITIVE BODY CARE



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





"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.



WELEDA

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

1.0

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 REFRESHING BODY CARE



CITRUS REFRESHING BODY LOTION

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.

200ml Ve £12.95 106121



WELEDA

CITRUS HAND AND NAIL CREAM

A rich hand and nail cream that leaves skin velvetysoft 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



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 £19.95







CITRUS REFRESHING BATH MILK

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.

200ml Ve £16.25 104005





CITRUS FRESH DEO SPRAY

Unlike antiperspirants which use ingredients such as aluminium salts to block the body's natural perspiration reflexes and healthy function, our allnatural 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 £11.95





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 £8.95



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.





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.



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

Vegan

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.

LAVENDER RELAXING BODY CARE



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 £19.95





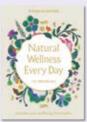
"What I've been really loving is having a bath every night with lavender epsom salts followed by Weleda lavender oil all over my body. I forgot how good Weleda products are until recently. They are cheap, organic and easy to order online. The lavender relaxing bath milk is good too."

Author Meg Matthews

(Country & Town House magazine)

- 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.

> Discover our Sea Buckthorn Elixir, made with revitalising organic sea buckthorn berry juice, on p.120

> > Hippophae rhamnoides

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.

SEA BUCKTHORN REVITALISING BODY CARE



WELEDA

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

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-abottle fragrance invigorates the senses and uplifts the mood.

106122 200ml Ve £14.95

Vegan

SEA BUCKTHORN REVITALISING BODY OIL

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 £21.95



Vitality Sea Buckthorn Sea Buckthorn Sea Buckthorn Roll-On

Sea Buckthorn

Body Lotion

Sea Buckthorn Roll-On Deodorant





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



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 £8.95





"I'm a big fan of using Weleda products on the cast, as not only are they are 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.







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.

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

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 FLORAL FRESH DEO SPRAY

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 £15.95





WILD ROSE HARMONISING BODY OIL

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 £29.95



"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.

**** 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









Pomegranate Regenerating Body Lotion



Body Butter





Pomegranate Regenerating

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.

POMEGRANATE REGENERATING BODY CARE



WELEDA

WELEDA

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

104024

and non-greasy. The mood-lifting fragrance brings pleasure to the practical too. 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 £28.95

Skin cell renewal +50%*

* measurement of stratum corneum regeneration in an in-use test, after 14 days



POMEGRANATE REGENERATING BODY BUTTER

This cell-renewing formula firms and regenerates skin with antioxidative pomegranate extract. Centella asiatica extract activates collagen production, increasing skin elasticity. Made with luxurious shea butter, leaving skin with a silky sheen and no stickiness. The mellow fragrance creates a cosy moment with the fruity freshness of orange, inviting warmth of davana and velvety sweetness of vanilla.

106129 150ml Ve £21.95





POMEGRANATE ROLL-ON DEODORANT

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

102265 50ml Ve £8.95



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 luice for the first three weeks of the study.





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.



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.

150ml V £11.95 104021



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 elixir, on p.120.

203000 250ml Ve £12.95

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.

BIRCH BODY CARE



BIRCH CELLULITE OIL

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 £29.95

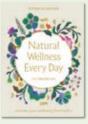


A dermatological study confirmed that after using Birch Cellulite Oil twice daily over 28 days, testers' skin was on average noticeably 22% firmer, visibly 21% smoother and cellulite significantly reduced.

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





AROMA THERAPY

Natural Power in your Shower.

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.

WELEDA SHOWER BARS

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.

WELEDA AROMA SHOWERS

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.





THE POWER OF NATURAL FRAGRANCE, EVERY DAY

GINGER & PETITGRAIN SHOWER BAR

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



YLANG YLANG & IRIS SHOWER BAR



WELEDA

SHOWER BAR

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Solid Body Mart

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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



LOVE AROMA SHOWER

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





RELAX AROMA SHOWER

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 tranquillity in the shower. 200ml Ve £8.25 104056



AROMA SHOWERS & BARS



GERANIUM & LITSEA CUBEBA SHOWER BAR

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



LAVENDER & VETIVER SHOWER BAR



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





HARMONY AROMA SHOWER

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





ENERGY AROMA SHOWER

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



CERTIFIED NATURAL BODY WASHES

Carefully formulated with skin friendly, biodegradable, sustainable and fairly-traded ingredients, our multi-awardwinning 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.



Arnica Energising Sports Shower Gel

Men's Energy Fresh 3 in 1

Shower Gel

Men's Active Fresh 3 in 1

Shower Gel

Vitality Sea Buckthorn

Creamy Body Wash



Sensitive Nourishing Body Wash



Calendula Shampoo & Body Wash





MEN'S ACTIVE FRESH 3 IN 1 SHOWER GEL With its invigorating fragrance, this 3-in-1 shower gel is the ideal wake-up companion to overcome

feelings of sluggishness or weariness. Essential oil of eucalyptus refreshes skin and senses while the earthy, woody base note of vetiver is grounding, so your day starts with calm clarity and purpose.

104063 200ml Ve £8.25





WELEDA

WELEDA

MEN'S ENERGY FRESH 3 IN 1 SHOWER GEL

This aromatic shower gel provides a welcome energy boost in the shower to wake up skin and senses. Naturally fragranced with aromatic cedarwood complemented by the refreshing scent of zesty lemon, it's the perfect way to start the day.

104064 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 antiinflammatory 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



BODY WASHES



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 multiaward-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



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.





Citrus Refreshing Bath Milk



Lavender Relaxing 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.



WELEDA

PINE REVIVING BATH MILK

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

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



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BATHTIME BLISS



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





"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)



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 2

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 moodboosting 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.



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 RETREAT

11 - 14 October 2024 in DerbyshireTo find out more and book your place, visitweleda.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 skin care 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 pictureperfect 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, skin care 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."

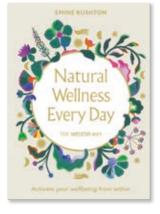
Jess Bantleman, Women's Health magazine

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 awardwinning 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.



Visit: www.weleda.co.uk/ natural-wellness-everyday-book-404075

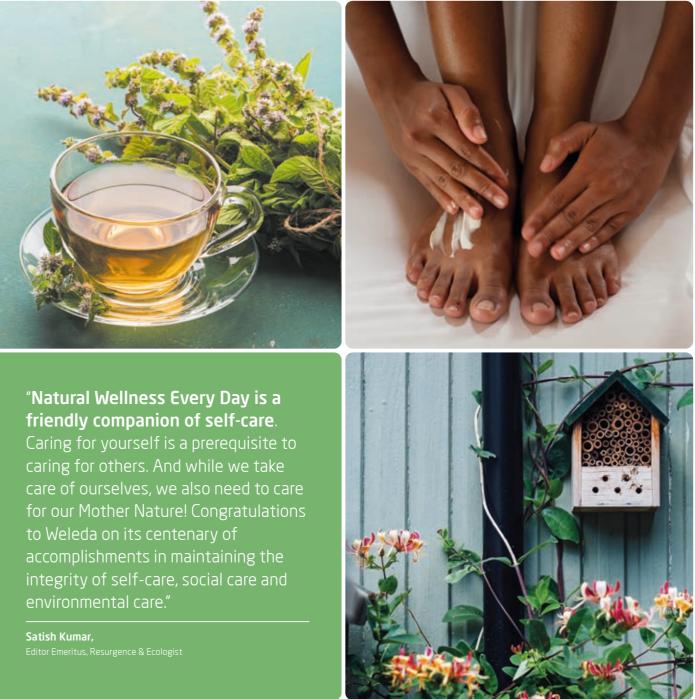
Or scan the QR code.



Natural Wellness Every Day 404075 £20.00







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 award-winning 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 is prized for its ability to ease muscle tension, refreshing weary limbs after a challenging workout.

An Alpine plant, arnica does not thrive in our Weleda gardens, and so our arnica is either grown biodynamically in the Scottish Black Isle, without the use of chemical pesticides or sprays, or sustainably harvested from mountain meadows in Romania, where the conditions and light encourage prolific flowering.

Containing around 150 pharmaceutically active compounds in its yellow flowers, including flavonoids, carotenoids, sesquiterpene lactones and precious essential oils, arnica is a natural training partner, whatever sport you enjoy.





Arnica Cooling Gel



Arnica Massage Oil



Arnica Muscle Soak



Arnica Energising Sports Shower Gel



ARNICA BODY CARE



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 £19.95

**** 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

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





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 £9.50





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 £19.95





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





"I love this muscle soak, it not only smells amazing but really helps me to relax and soothes my aches and pains. A little goes a long way so good value for money."

Customer of weleda.co.uk

*Always read the label

FRESH IDEAS

Introducing our new proven-effective solid deodorants for 2024, offering 24h effective protection against body odours. Suitable for vegans, these convenient stick deodorants are made with ingredients of 100% natural origin and without alcohol. The new formulations are as kind to skin as they are to the planet. Their sustainable packaging is a simple eco-friendly paper-based tube.

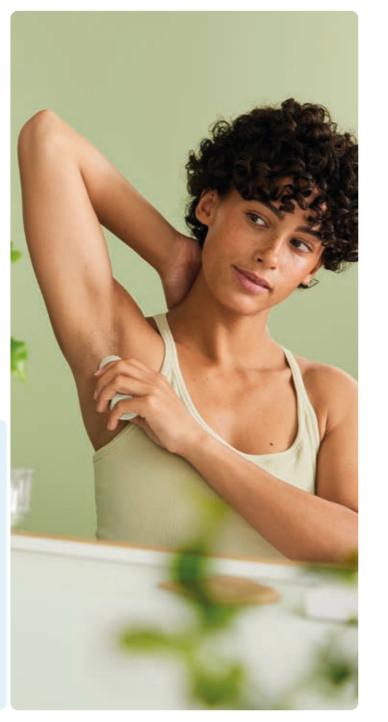
Their formulations feature organically grown raw materials including luxurious skin-softening shea butter, and nourishing sunflower seed wax rich in vitamin E, to soothe and smooth skin on application. Made without aluminium or zirconium salts, they help maintain the skin's natural detox function, but protect against the bacteria that cause body odour.

A solid stick, the waxy, buttery texture melts on contact with the warmth of the skin, to glide on effortlessly, leaving no sticky residue or traces on your clothes. Suitable for use after shaving or hair removal.

Choose the fragrance that suits your skin's natural scent: aromatic Eucalyptus-Peppermint, refreshing Citrus-Bergamot, or the super gentle Deo Stick for Sensitive skin.

SOLID STICK DEODORANTS

- **24h effectiveness**
- **100%** natural origin formula
- **Without alcohol**
- **Free from aluminium salts**
- Proven protection against body odour
- **Fast absorbing**
- **No sticky residue**
- Skin tolerance clinically and dermatologically proven
- Vegan friendly
- Sustainable packaging



SOLID STICK DEODORANTS

EUCALYPTUS & PEPPERMINT SOLID DEODORANT

This solid deo is fragranced with aromatic eucalyptus and peppermint, balanced by herby scent of sage oil which is a prized natural antibacterial, to effectively protect against body odour and leave skin and senses feeling cool and invigorated. A great way to kick start your day, or to revive body and mind after showering following a sweaty session at the gym.

106080 50g Ve £8.95

/ELEDA

WELEDA

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39% agreed skin doesn't feel sticky after application* *in-use study after application for 5 days

CITRUS & BERGAMOT SOLID DEODORANT

A deo stick with universal appeal, made with essential oils of zesty lemon and uplifting bergamot - extracted from the peel of the bitter orange – balanced by a touch of mint, to create an upbeat citrusy scent that will immediately refresh your senses, leaving a summery scent on the skin. Its solid formula makes it an ideal travel companion.

106081 50g Ve £8.95

93% agreed product is suitable for application after shaving*

*in-use study after application for 5 days **objective assessment after 24h by experts



SENSITIVE SOLID DEODORANT

A solid deodorant formulated with super sensitive skin in mind, the nourishing sunflower seed wax and luxurious shea butter glide on, pampering the skin. Its gentle formula is suitable for use after shaving or waxing underarms. The delicate, comforting fragrance is a mix of essential oils - soothing mimosa, relaxing orange blossom and the soft scent of amyris.

106082 50g Ve £8.95 *in-use study after application for 5 days



STAY FRESH NATURALLY

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.



HERO

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.



CITRUS FRESH DEO SPRAY

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.

100ml Ve £11.95 106012



WILD ROSE FLORAL FRESH DEO SPRAY

Unlike antiperspirants which use ingredients such as aluminium salts to block the body's natural perspiration reflexes and healthy function, our allnatural 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 £15.95



SAGE HERBAL FRESH DEO SPRAY

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 £11.95





DEODORANTS

NATURAL DEODORANTS



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 £8.95





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 £8.95





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 £8.95





POMEGRANATE ROLL-ON DEODORANT

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

102265 50ml Ve £8.95



TOP TO TOE BALMS

103024



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.

Spritz Pump 705000









ESSENTIALS FOR SCALP, LIPS, HANDS AND FEET



WELEDA

WELEDA

WELEDA

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.

50ml Ve £14.50 104024



CITRUS HAND AND NAIL CREAM

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 oil lingers on the hands, providing an invigorating aroma throughout the day.

106054 50ml V £13.50

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.

50ml Ve £13.50 106067



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. 50ml V £13.50 106026



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 £14.95



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



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-awardwinning 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.



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.



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



WELEDA 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

**** 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 lugdev BSc (Hons), BDS (Brist), MFHom (Dent)

ORAL CARE



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

MOTHER & BABY CARE AT A GLANCE

P94 MATERNITY PRODUCTS FOR MUMS

GENTLE, NURTURING, PROTECTIVE For bump, birth and beyond



P98 BABY SKIN CARE: CALENDULA GENTLE, SOOTHING, NOURISHING To protect and care from the very beginning



P100 BABY BATHTIME: CALENDULA GENTLY CLEANSING AND REFRESHING Suitable for the most delicate skin



P102 BABY SKIN CARE: WHITE MALLOW BABY DERMA SKIN CARE

For hypersensitive and dry skin



P104 MEET OUR EXPERT MIDWIVES

MOTHER AND DAUGHTER MIDWIVES ANNA AND SHEENA CAN HELP YOU GET THE BEST OUT OF WELEDA BABY PRODUCTS.

P105 BABY HEALTH CARE SOOTHING NATURAL REMEDIES For your little ones



P106 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.





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.

STRETCH MARK MASSAGE OIL



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:

eduction of stretch mark area - 33% after six months

"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

PREGNANCY, BIRTH AND BEYOND



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

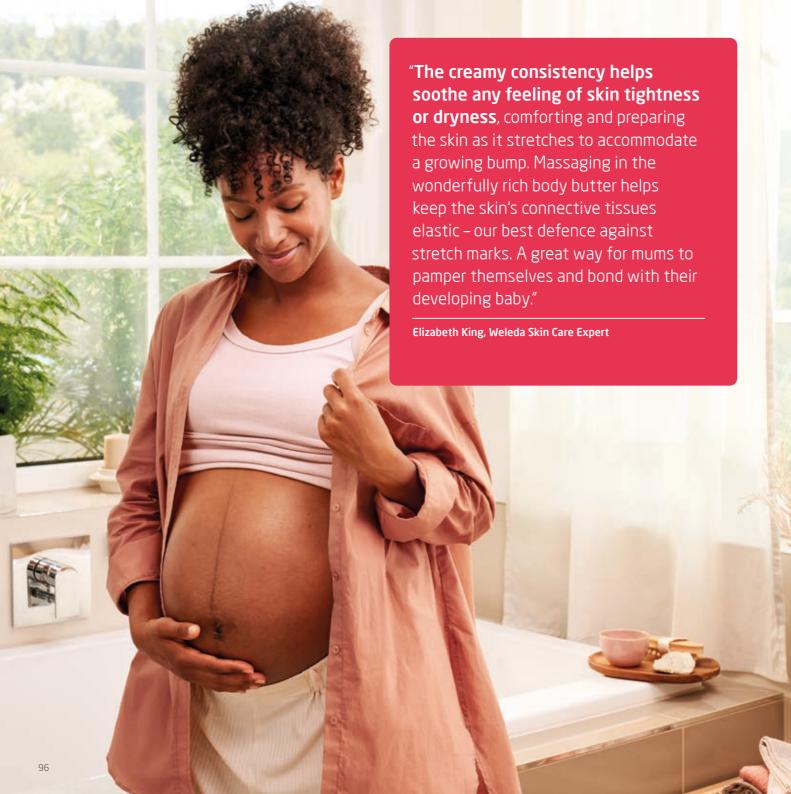




NIPPLE BALM

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	£8.50
205030	50g	V	£12.50





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.



Stretch Mark Body Butter

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.











WELEDA

WELEDA

baby

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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

**** 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



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.

75ml V £9.75 105008



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. Skinprotecting 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

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.

200ml Ve £8.25 105001



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



WELEDA

105004

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.

200ml Ve £14.75



"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

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, All4Maternitv

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.



White Mallow Body Lotion

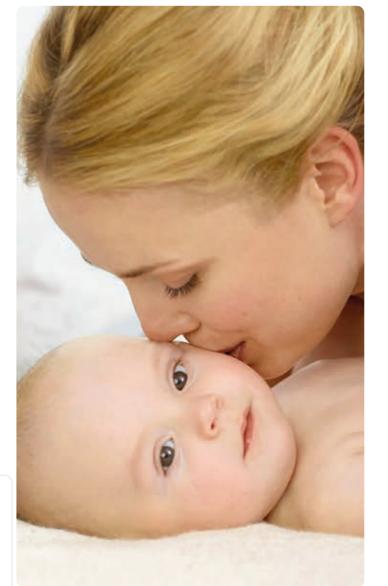


am White Mallow Nappy

Change Cream

White Mallow Face Cream





"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

BABY SKIN CARE: WHITE MALLOW



DERMA WHITE MALLOW FACE CREAM

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

WELEDA

Budy Letters

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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

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 cosseting, it can be used by the whole family, including adults with highly sensitive skin.

105803 200ml V £13.50



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 skin care.

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





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 £11.50





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.





EVERYDAY ESSENTIALS FOR YOUR CHILDREN



KIDS 2IN1 SHAMPOO AND BODY WASH MIGHTY 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



SPECIALLY FOR KIDS



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.



NATURAL HEALTH CARE AT A GLANCE

P112 NATURAL HEALTH CARE: ARNICA

A RANGE OF HERBAL AND HOMEOPATHIC MEDICINES Ease muscular pain and minor sports injuries



P118 NATURAL MEDICINES: FAMILY HEALTH A RANGE OF NATURAL HEALTH HEROES For the family medicine cabinet



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



P120 NATURAL WELLBEING: JUICES AND ELIXIRS A RANGE OF LIQUID HEALTH SUPPLEMENTS Support your wellbeing all year round







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 £23.95 204001 100ml Ve £15.50 50ml Ve £10.95 204002



ARNICA BUMPS & BRUISES SKIN SALVE

A traditional herbal medicinal product for the

symptomatic relief of sprains and bruises.

205002 25g V £9.50

ARNICA BUMPS & BRUISES SPRAY



-

A traditional herbal medicinal product used topically for the relief of minor sports injuries, muscular pain,

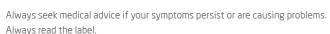
stiffness and sprains. 303007 20ml Ve £8.50



MUSCULAR PAIN RELIEF ORAL SPRAY

A homeopathic medicinal product for the symptomatic relief of muscular strains and associated aches and pains.

20ml Ve £12.50 303001





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 £19.95



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 £10.95



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

KEEP ACTIVE, NATURALLY

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 £19.95



ARNICA COOLING GEL

ARNICA MASSAGE OIL

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.



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.

200ml Ve £16.25 104017



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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.







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.





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.



25g V £8.95





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 £8.25





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

30C Homeopa	thic Medicine	25	Pack Size	125 tabs	Pr	ice £8.25	
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.

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

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.







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. 20ml V £12.50 303004



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.

20ml Ve £12.50 303006



HAYFEVER RELIEF

MUSCULAR PAIN RELIEF **DRY SKIN & ECZEMA RELIEF**



Our Hayfever Relief Oral Spray provides symptomatic relief of havfever 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 vears only.

303005



303001 20ml Ve £12.50



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

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





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.



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.

20ml V £12.50



303002

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NATURAL FAMILY HEALTH HEROES



SEASONAL REMEDIES



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 £11.50

STRESS AND STRAIN

RELAXING ORAL DROPS



T

100

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.



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 £10.95



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 £14.95





DIGESTIVE HEALTH

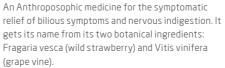
DIGESTION CALMING DROPS

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.



25ml Ve £10.95

FRAGARIA VITIS TABLETS



207017 80 tabs V/G £11.50



FIRST AID





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

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



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 £8.95



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 £8.95





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 £8.95



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 £7.95





JUICES AND ELIXIRS



BIRCH JUICE

The spring birch leaves are full of dynamic essences. We harvest young leaves from controlled wild collection and carefully process them to preserve natural flavonoids, saponins and tannins. Birch Juice is 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. Add a tablespoon to a glass of water, or two tablespoons to your water bottle to sip throughout the day. This certified organic juice is suitable for diabetics and vegans.

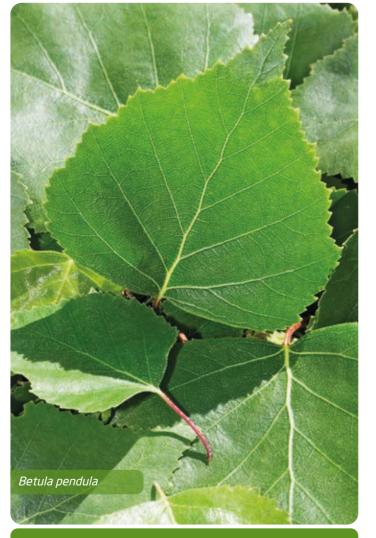
203000 250ml Ve £12.95



SEA BUCKTHORN ELIXIR

Made with revitalising sea buckthorn and naturally sweetened with 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 good natural source of vitamin C to help maintain a healthy immune system. An ideal boost to help us keep up with the demands of a hectic life, or during convalescence.

203010 250ml V/D £12.95



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.

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 Blue Gentian & Edelweiss Day Cream Blue Gentian & Edelweiss Eve & Lip Cream Blue Gentian & Edelweiss Face Serum Blue Gentian & Edelweiss Night Cream Deep Cleansing Gel Evening Primrose Age Revitalising Day Cream Make-up Removal Cleansing Oil Pomegranate & Maca Peptides Day Cream Pomegranate & Maca Peptides Eye Cream Pomegranate & Maca Peptides Face Serum Pomegranate & Maca Peptides Night Cream Pomegranate Firming Facial Oil Purifying Gel Cleanser Refining Lotion Refining Toner Skin Food Cleansing Balm Skin Food Day Cream Skin Food Night Cream SOS Spot Treatment 2 in 1 Face Wash for Men 5 in 1 Multi-Action Serum for Men

BABY & MUM

Calendula All Purpose Balm Calendula Baby Oil 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 Arnica Massage Oil Birch Cellulite Oil Citrus Refreshing Body Lotion Citrus Refreshing Body Oil Lavender Relaxing Body Oil Pomegranate Regenerating Body Butter 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 & Bergamot Solid Deodorant Citrus Roll-On Deodorant Citrus Fresh Deo Spray Eucalyptus & Peppermint Solid Deodorant Men Roll-On Deodorant Pomegranate Roll-On Deodorant Sage Herbal Fresh Deo Spray Sea Buckthorn Roll-On Deodorant Sensitive Solid Deodorant Wild Rose Floral Fresh Deo Spray

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.

BATH & SHOWER

Active Fresh 3 in 1 Shower Gel for Men Arnica Energising Sports Shower Gel Arnica Muscle Soak Calendula Soap Citrus Refreshing Bath Milk Energy Aroma Shower Energy Fresh 3 in 1 Shower Gel for Men 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 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 Codper Ointment Digestion Calming Drops Hayfever Relief Oral Spray Insect Bites Spray Muscular Pain Relief Oral Spray Prunus Spinosa 6X Oral Drops Relaxing Oral Drops Rhinodoron Nasal Spray Skin Tone Lotion Stress Relief Oral Spray

WELLBEING

Birch Juice





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 skin care expert Elizabeth King drawing on her 23 years' experience as a holistic facialist specialising in anthroposophic skin care, as well as 100 years of Weleda wisdom.

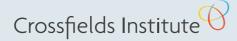
Elizabeth is joined by a highly experienced Esthetician Training Team. The result is a fully accredited, Ofqual regulated, **CFI Level 4 Award for Holistic Estheticians.**



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 skin care 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 £1,500 payment or 3 x £500 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 2024:

Summer 2024

Unit 2: 3rd – 5th June 2024

Unit 4: 1st – 3rd July 2024

Autumn 2024

Unit 2: 7th - 9th October 2024

Unit 4: 4th - 6th November 2024

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

COME AND JOIN US

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- *Starter kit purchase on opening the account







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Let's make the world a better place together.

PRICE LIST

CODE	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Skin Food	Facial Care				
102230	Skin Food Nourishing Day Cream	P25	40ml	Ve	£14.95
102231	Skin Food Nourishing Night Cream	P25	40ml	Ve	£14.95
102232	Skin Food Nourishing Cleansing Balm	P25	75ml	Ve	£12.95
409902	The Complete Skin Food Regime	P27	/ 5////	Ve	£50.00
	acial Care			10	200100
102201	Almond Sensitive Cleansing Lotion	P33	75ml	Ve	f12.95
102201	Almond Sensitive Cleansing Lotion	P33	30ml	Ve	£12.95
102205	Almond Sensitive Facial Creatin	P33	50ml	Ve	£22.9
102203	Almond Sensitive Facial Lotion	P33	30ml	Ve	£18.95
		P35	SUIII	V	E10.91
ris Facial					
102100	Iris Balancing Day Cream	P35	30ml	V	£16.95
102102	Iris Balancing Night Cream	P35	30ml	V	£17.95
√ild Rose	Facial Care				
102220	Wild Rose Smoothing Day Cream	P37	30ml	V	£20.95
102222	Wild Rose Smoothing Night Cream	P37	30ml	V	£21.95
102223	Wild Rose Smoothing Eye Cream	P37	10ml	V	£20.95
Pomegrar	nate & Maca-Peptide Firming Facial (are			
102280	Pomegranate Firming Day Cream	P39	40ml	Ve	f24.9
102282	Pomegranate Firming Night Cream	P39	40ml	Ve	£25.9
102284	Pomegranate Firming Face Serum	P39	30ml	Ve	£28.9
102283	Pomegranate Firming Eye Cream	P39	12ml	Ve	£24.9
102049	Pomegranate Firming Facial Oil	P39	30ml	Ve	£28.9
	ian and Edelweiss Contouring Facial		50111	VC	1220.5.
			40.1	1.1	620.00
102305	Blue Gentian Day Cream	P41	40ml	Ve	£28.95
102306	Blue Gentian Night Cream	P41 P41	40ml	Ve	£29.95
102307	Blue Gentian Face Serum		30ml	Ve	£32.95
102308	Blue Gentian Eye and Lip Cream	P41	10ml	Ve	£28.95
Men's Fac	ial Care				
102116	5 in 1 Multi-Action Serum	P43	30ml	Ve	£15.95
106014	Shaving Cream	P43	75ml	V	£9.95
106019	After Shave Balm	P43	100ml	V	£12.95
102117	Mens 2 in 1 Face Wash	P43	100ml	Ve	£9.95
106022	Moisture Cream	P43	30ml	V	£15.95
Facial Cle	ansing				
102110	Make-up Removal Cleansing Oil	P29	150ml	Ve	£13.95
102111	Deep Cleansing Gel				
		P29	150ml	Ve	£12.95
102112		P29 P29	150ml 150ml	Ve Ve	
	Refining Toner				
Purifying	Refining Toner Facial Care	P29	150ml	Ve	£12.95
Purifying 102059	Refining Toner Facial Care SOS Spot Treatment	P29 P31	150ml 10ml	Ve Ve	£12.95
Purifying 102059 102057	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser	P29 P31 P31	150ml 10ml 100ml	Ve Ve Ve	£12.95 £12.95 £12.95
Purifying 102059 102057 102058	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion	P29 P31 P31 P31 P31	150ml 10ml 100ml 30ml	Ve Ve Ve Ve	£12.95 £12.95 £12.95 £18.95
Purifying 102059 102057 102058 102007	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion	P29 P31 P31 P31 P31 P31	150ml 10ml 100ml 30ml 100ml	Ve Ve Ve Ve V	£12.95 £12.95 £12.95 £18.95 £12.95
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Purifying 102059 102057 102058 102007 102006 Body Oils	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion	P29 P31 P31 P31 P31 P31 P31	150ml 10ml 100ml 30ml 100ml 50ml	Ve Ve Ve V Ve Ve	£12.95 £12.95 £12.95 £18.95 £12.95 £12.95 £12.95
Purifying 102059 102057 102058 102007 102006 Body Oils 106115	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion Pomegranate Regenerating Body Oil	P29 P31 P31 P31 P31 P31 P31 P31 P54,P67	150ml 10ml 100ml 30ml 100ml 50ml	Ve Ve Ve V Ve Ve	£12.95 £12.95 £12.95 £18.95 £12.95 £12.95 £12.95 £12.95 £12.95
Purifying 102059 102057 102058 102007 102006 Body Oils 106115 106118	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion Pomegranate Regenerating Body Oil Sea Buckthorn Revitalising Body Oil	P29 P31 P31 P31 P31 P31 P31 P31 P54,P67 P55,P63	150ml 100ml 30ml 100ml 50ml 100ml 100ml	Ve Ve Ve Ve Ve Ve Ve Ve	£12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £28.95 £21.95 £29.95
Purifying 102059 102057 102058 102007 102006 Body Oils 106115 106118 106120	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion Pomegranate Regenerating Body Oil Sea Buckthorn Revitalising Body Oil Wild Rose Harmonising Body Oil	P29 P31 P31 P31 P31 P31 P31 P54,P67 P55,P63 P55,P65 P55,P69	150ml 10ml 30ml 100ml 50ml 100ml 100ml 100ml	Ve Ve Ve Ve Ve Ve Ve Ve Ve	£12.95 £12.95 £12.95 £18.95 £12.95 £12.95 £28.95 £21.95 £29.95 £29.95
Purifying 102059 102057 102058 102007 102006 Body Oils 106115 106118 106120 106112	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion Pomegranate Regenerating Body Oil Sea Buckthorn Revitalising Body Oil Wild Rose Harmonising Body Oil Birch Cellulite Oil	P29 P31 P31 P31 P31 P31 P31 P54, P67 P55, P63 P55, P65	150ml 10ml 30ml 100ml 50ml 100ml 100ml 100ml	Ve Ve Ve Ve Ve Ve Ve Ve Ve	£12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £21.95 £29.95 £29.95 £29.95 £19.95 £19.95
Purifying 102059 102057 102058 102007 102006 Body Oils 106115 106118 106120 106112 106114	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion Pomegranate Regenerating Body Oil Sea Buckthorn Revitalising Body Oil Wild Rose Harmonising Body Oil Birch Cellulite Oil Citrus Refreshing Body Oil Lavender Relaxing Body Oil	P29 P31 P31 P31 P31 P31 P31 P54, P67 P55, P63 P55, P63 P55, P69 P55, P69 P55, P69	150ml 10ml 30ml 100ml 50ml 100ml 100ml 100ml 100ml	Ve Ve Ve Ve Ve Ve Ve Ve Ve	E12.99 E12.99 E12.99 E12.99 E12.99 E12.99 E12.99 E29.99 E29.99 E29.99 E29.99 E29.99 E19.99 E19.99
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Purifying 102059 102057 102057 102006 Body Oils 106115 106118 106120 106114 106114 106114 106114 106114 106114 106121 106121	Refining Toner Facial Care SOS Spot Treatment Purifying Gel Cleanser Refining Lotion Aknedoron Cleansing Lotion Aknedoron Purifying Lotion Pomegranate Regenerating Body Oil Sea Buckthorn Revitalising Body Oil Wild Rose Harmonising Body Oil Birch Cellulite Oil Citrus Refreshing Body Oil Akin Food Ultra-Light Dry Oil Ons Citrus Refreshing Body Lotion	P29 P31 P31 P31 P31 P55,P63 P55,P65 P55,P69 P55,P69 P55,P69 P55,P61 P55,P61 P55,P61 P55,P63,P113 P53	150ml 10ml 100ml 30ml 50ml 100ml 100ml 100ml 100ml 100ml 100ml 100ml 100ml 200ml	Ve Ve Ve Ve Ve Ve Ve Ve Ve Ve Ve Ve Ve	£12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £12.95 £19.95 £29.95 £19.95 £19.95 £19.95 £19.95 £19.95 £19.95 £19.95 £15.95
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CODE	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Body Scru	bs and Washes				
104021	Birch Body Scrub	P69	150ml	V	£11.95
104021	Refresh Citrus Creamy Body Wash	P58, P73	200ml	Ve	£8.25
104059	Inspire Pomegranate Creamy Body Wash	P67, P73	200ml	Ve	£8.25
104039	Vitality Sea Buckthorn Creamy Body Wash	P63, P73	200ml	Ve	£8.25
104057	Sport Arnica Energising Shower Gel	P73, P83	200ml	Ve	£8.25
104057	Men's Active Fresh 3 in 1 Shower Gel	P73	200ml	Ve	£8.25
104064	Men's Energy Fresh 3 in 1 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
105010	Calendula Soap	P100	100g	Ve	£5.95
104564	Mighty Mint kids 2in1 Shampoo & Body Wash	P107	150ml	Ve	£6.25
104560	Lively Lime kids 2in1 Shampoo & Body Wash	P107	150ml	Ve	£6.25
104561	Happy Orange kids 2in1 Shampoo & Body Wash	P107	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
104003	Lavender Relaxing Bath Milk	P61, P75	200ml	Ve	£16.25
104007	Arnica Muscle Soak	P75, P83, P113	200ml	Ve	£16.25
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Juices and		0.00.0100	250		612.05
203000	Birch Juice	P69, P120	250ml	Ve	£12.95
203010	Sea Buckthorn Elixir	P120	250ml	V/D	£12.95
Deodoran	ts				
106012	Citrus Fresh Deo Spray	P59, P87	100ml	Ve	£11.95
106015	Sage Herbal Fresh Deo Spray	P87	100ml	Ve	£11.95
106021	Wild Rose Floral Fresh Deo Spray	P65, P87	100ml	Ve	£15.95
102263	Men Roll On Deodorant	P87	50ml	Ve	£8.95
102264	Citrus Roll On Deodorant	P59, P87	50ml	Ve	£8.95
102265	Pomegranate Roll On Deodorant	P67, P87	50ml	Ve	£8.95
102262	Sea Buckthorn Roll On Deodorant	P63, P87	50ml	Ve	£8.95
106080	Eucalyptus - Peppermint Deodorant Stick	P85	50g	Ve	£8.95
106081	Citrus - Bergamot Deodorant Stick	P85	50g	Ve	£8.95
106082	Sensitive Deodorant Stick	P85	50g	Ve	£8.95
	Care for Hands, Feet, Lips and Body	105	508	VC	L0.55
106016	Foot Balm	P89	75ml	V	£14.95
104024	Pomegranate Regenerating Hand Cream	P67, P89	50ml	Ve	£14.50
106026	Sea Buckthorn Replenishing Hand Cream	P63, P89	50ml	V	£13.50
106054	Citrus Hand and Nail Cream	P59, P89	50ml	V	£13.50
106067	Sensitive Hand Cream	P57, P89	50ml	Ve	£13.50
106017	Everon Lip Balm	P89	4.8g	V	£5.75
106129	Pomegranate Regenerating Body Butter	P67	150ml	Ve	£21.95
106060	Skin Food Lip Balm	P51, P89	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	P88	100ml	Ve	£14.95
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CODE	DESCRIPTION	PAGE	SIZE	CAT	RRS
Dental Ca	re				
101001	Calendula Toothpaste	P91	75ml	Ve	£5.5
101002	Ratanhia Toothpaste	P91	75ml	Ve	£5.5
101006	Plant Gel Toothpaste	P91	75ml	Ve	£5.5
101005	Children's Tooth Gel	P91, P107	50ml	Ve	£4.2
101004	Salt Toothpaste	P91	75ml	V	£5.5
101009	Ratanhia Mouthwash	P91	50ml	V	£9.9
Baby – Cal	lendula				
105002	Calendula Face Cream	P99	50ml	V	£10.
105004	Calendula Cream Bath	P100	200ml	Ve	£14.
105010	Calendula Soap	P100	100g	Ve	£5.9
105005	Calendula Body Lotion	P99	200ml	V	£11.
105008	Calendula Intensive Body Cream	P99	75ml	V	£9.7
105009	Calendula Nappy Change Cream	P99	75ml	V	£7.7
104510	Calendula Nappy Change Cream	P99	30ml	V	£3.2
105100	Calendula Baby Oil	P99	200ml	Ve	£11.
105001	Calendula Shampoo & Body Wash	P73, P100	200ml	Ve	£8.2
105007	Calendula Skin Protection Balm	P99	30ml	V	£9.7
105012	Calendula All Purpose Balm	P101	25g	Ve	£7.9
207002	Chamomile Teething Granules	P105	15g	Ve	£6.9
Baby – De	rma				
105803	White Mallow Body Lotion	P103	200ml	V	£13.
105802	White Mallow Face Cream	P103	50ml	V	£11.
105801	White Mallow Nappy Change Cream	P103	50ml	V	£9.5
Pregnanc	y and Birth				
106119	Stretch Mark Massage Oil	P55, P95	100ml	Ve	£19.
606161	Perineum Massage Oil	P95	50ml	Ve	£12.
205027	Nipple Balm	P95	25g	V	£8.5
205030	Nipple Balm	P95	50g	V	£12.
106127	Stretch Mark Body Butter	P97	150ml	Ve	£21.
Accessori	es				
705000	Spritz Pump				£2.2
Books					
404075	Natural Wellness Every Day	P78			£20.
404080	The Home Prescriber	P115			£9.9

V = Vegetarian	G	= Contains Gluten
Ve = Vegan and Vegetarian	D	= Not suitable for diabetics

CODE DESCRIPTION

PAGE SIZE CAT RRSP

Natural M	edicines				
207001	Arnica 6X Tablets	P112	125 tabs	V	£10.95
303001	Muscular Pain Relief Oral Spray	P112, P117	20ml	Ve	£12.50
302035	Mixed Pollen 30C	P115	125 tabs	V	£8.25
205028	Arnica Cooling Gel	P83, P113	25g	Ve	£9.50
204009	Arnica Massage Balm	P112	200ml	Ve	£23.95
204001	Arnica Massage Balm	P112	100ml	Ve	£15.50
204002	Arnica Massage Balm	P112	50ml	Ve	£10.95
205002	Bumps and Bruises Skin Salve	P112	25g	V	£9.50
303007	Arnica Bumps and Bruises Spray	P112	20ml	Ve	£8.50
205005	Calendula Cuts & Grazes Skin Salve	P119	25g	V	£8.95
303008	Calendula Cuts & Grazes Spray	P119	20ml	Ve	£7.95
205012	HyperCal Wound Salve	P119	25g	V	£8.95
206010	Insect Bites Spray	P119	20ml	Ve	£7.95
206005	Relaxing Oral Drops	P118	25ml	Ve/G	£11.50
303006	Cold Relief Spray	P116	20ml	Ve	£12.50
303002	Dry Skin & Eczema Relief Spray	P117	20ml	V	£12.50
303003	Stress Relief Oral Spray	P116	20ml	Ve	£12.50
303004	Digestive Relief Oral Spray	P116	20ml	V	£12.50
303005	Hayfever Relief Oral Spray	P117	20ml	Ve	£12.50
206015	Digestion Calming Drops	P119	25ml	Ve	£10.95
206036	Rhinodoron Nasal Spray	P105, P118	20ml	Ve	£11.50
205008	Combudoron Ointment	P119	25g	V	£8.95
205010	Copper Ointment	P113	25g	Ve	£8.95
206035	Skin Tone Lotion	P83, P112	100ml	Ve	£19.95
205013	Larch Resin comp. Ointment	P118	25g	V	£14.95
205014	Rhus Tox. Ointment	P113	25g	V	£8.95
205015	Ruta Ointment	P113	25g	V	£8.95
206037	Prunus Spinosa 6x Oral Drops	P118	25ml	V	£10.95
207017	Fragaria Vitis Tablets	P119	80 tabs	V/G	£11.50

2024 CATALOGUE

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