

**WELEDA**

Since  1921



A gift  
within  
a gift

# WELEDA

Since 1921

## Celebrate a sustainable Christmas with Weleda

### A sustainable Christmas



UEBT  
CERTIFIED  
SOURCING  
WITH RESPECT



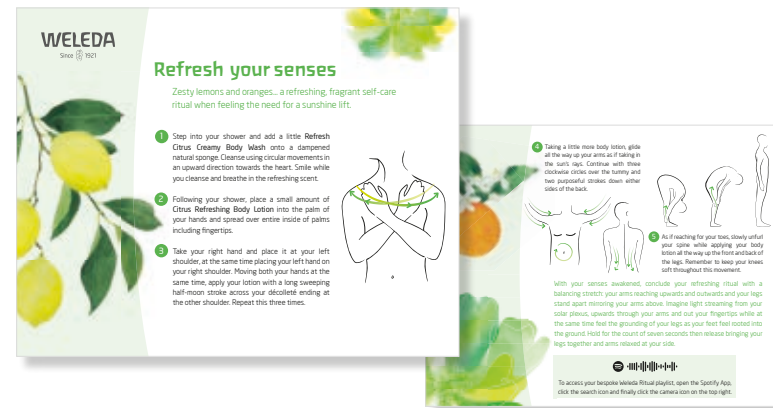
Our new 2022 gift collection introduces an understated, elegant simplicity that is a welcome change from the usual excess of Christmas. An eye-catching range of 9 beautifully boxed botanicals featuring some of our cult classics and latest launches, with a timeless appeal that will last well beyond the Christmas season, and would equally make wonderful presents for other occasions.

### Thoughtful packaging & print

The fully and easily recyclable packaging (free from plastic inserts or cellophane wrapping) is made with a large element of post-consumer recycled material, the remainder being FSC certified and printed with solvent free vegetable inks, to minimise carbon impact.

## A gift within

The new collection is a gift for both people and planet. For each box purchased, Weleda will plant a tree through charity TreeSisters, helping to restore forest ecosystems protecting endangered species, helping stabilise climate change as well as changing lives by empowering women in the workplace.



### Refresh Your Senses Gift Set

A wonderfully refreshing skincare double act, with Citrus Refreshing Body Lotion 200ml and Citrus Refresh Creamy Body Wash 200ml, made with zesty organic lemons and fragrant essential oils. It's the ideal pairing for a morning citrus ritual that lifts your spirits, awakens your senses and prepares you for the day ahead.

409875 Ve £20.00



NEW



### Revitalising Gift Set

Awaken skin and senses with the summery scent of this revitalising combination – Sea Buckthorn Body Lotion 200ml and a mini Sea Buckthorn Body Oil 10ml. The simple but effective self-care ritual brings a sense of warmth and nourishment, to increase your vitality and put a spring in your step, whilst intensively moisturising dry skin.

409871 Ve £18.00



### Regenerating Gift Set

Enjoy this regenerating pair – Pomegranate Body Lotion 200ml and a mini Pomegranate Body Oil 10ml, with a nurturing self-care ritual that increases microcirculation and stimulates the senses. Improve skin elasticity or firm and tone maturing skin, with organic pomegranate oil sourced from Weleda's long-term fair trade farming partners in Turkey.

409872 Ve £20.00



### Relax & Unwind Gift Set

This luxurious lavender duo, with a 200ml bottle of soothing Lavender Bath Milk and a mini Lavender Body Oil both made with organic lavender from Weleda's fair trade farming partners in Moldova, provides a deeply relaxing aromatherapeutic bath ritual. Soak cares away at the end of the day, knowing the planet is equally cared for.

409874 Ve £18.00



### Soothe & Nourish Gift Set

A dream team for dry, reactive skin, this Sensitive Body Lotion 200ml and Sensitive Nourishing Body Wash 200ml will soothe body and soul, with a calming self-care ritual to help you escape from the day's hustle and bustle. Nourishing plant oils of coconut and jojoba cocoon the body in kindness, quietening sensitive skin and providing a sense of peace and stillness in our busy lives.

409876 Ve £20.00



### Skin Food Glow Gift Set

The perfect gift for Skin Food superfans, providing top to toe replenishing care for dry skin. Skin Food Original 30ml soothes and comforts skin battered by daily stresses, whilst Skin Food Lip Balm helps protect against dryness or chapping, leaving an attractive sheen on the lips with no stickiness. The perfect prep under makeup for a beautiful dewy finish that's glowing with health.

409878 V £15.00



### Skin Food Nourish & Shine Gift Set

Superfood for skin - containing a compact 30ml Skin Food original and matching Skin Food Light. A time-honoured combination of pure plant oils, protective waxes and therapeutic plant extracts of biodynamic calendula from Weleda's own medicinal herb gardens, to keep skin cosseted and comforted whatever the weather. This really is the ultimate power couple.

409877 V £15.00



### Pamper Your Senses Gift Set

A trio of 75g aromatic plant-based shower bars to pamper your senses, with mood-enhancing scents created by Weleda's skilled perfumers, drawing on 100 years of fragrance know-how. Match your morning mood to one of the 3 aromas – Ginger & Petitgrain, Lavender & Vetiver, or Geranium & Litsea Cubeba – or gently wash away the day's cares in the evening.

409879 Ve £12.50



### Men's Gift Set

The perfect morning duo. Start the day with this energising and uplifting set, complete with the Active Fresh Shower Gel 200ml and natural 24h roll-on deodorant 50ml. Naturally scented with essential oils – there's invigorating rosemary to revitalise and sharpen the senses, plus the refreshing lemon zestiness of litsea cubeba, balanced by the warm woody undertones of vetiver.

409880 Ve £15.00





## Lavender Lullaby

Many of us adore the festive season and are counting down the days to Christmas from the first frost. But for others it can be a stressful time – juggling working from home and the school holidays, all the increased expenditure, painfully early starts to open stockings and very late nights ringing in the New Year, and the inevitable family tensions fuelled by tiredness and cabin fever. Setting aside even half an hour of self-care each day can significantly support your wellbeing at stressful times. A little aromatic Lavender can help create that moment of tranquillity.

### Your perfect winter wind-down

Dim the lights in the bathroom, light a candle and enjoy this easy ritual to clear your mind, still those whirring thoughts, relax tense muscles, and pave the way for a peaceful night's sleep.

After running your bath, add three to four capfuls of Lavender Relaxing Bath Milk to the tub, and gently swirl it around in a wide figure-of-eight while taking three deep breaths in. As you exhale, let today's troubles float away. Take a moment to consciously pause body and mind, and ease into the steamy bathwater.



Allow yourself a good 20-minute soak, and don't feel guilty about prioritising this important end-of-day 'me-time'. Rinse a fresh flannel in the warm lavender bath water and apply to the back of your neck, and enjoy a few gentle shoulder rolls to release any knotty muscles.

After your bath, apply a little Lavender Relaxing Body Oil to neck and shoulders, and gently massage away any remaining tension. Warm some oil in your hands and feels its soothing caress on your feet, drawing your top hand up from your toes towards your ankle, whilst your other hand glides under your arch to cup your heel. Pop on some soft socks and in no time at all you'll be in the land of nod...



### Top tip

Even with the best laid plans, sometimes we can't indulge in a blissful bath before bed. But you could still enjoy a five-minute foot soak with a capful of Lavender Relaxing Bath Milk and then gently massage your weary feet with a little oil before hitting the hay – it's surprisingly effective. If you don't have a bathtub, then pour a couple of capfuls onto a flannel and lie it flat in the shower tray, so its mesmerising fragrance is released in the cascading hot water. Or add a capful to a bedside diffuser, to fill your bedroom with its somniferous scent.



## Sustainable stocking fillers

With precious presents under the tree, traditional Christmas stockings can often end up stuffed with cheap, throwaway purchases destined for landfill. Why not put a couple of more meaningful, planet positive gifts in stockings this year and waste less? Supplement with inexpensive but useful extras such as a soft organic cotton flannel, a decorative clove-studded orange, a hand-stitched lavender bag, a cosy pair of bamboo socks, a jar of homemade preserve or candied fruit, a box of promises written on pretty paper, or a little tin of freshly baked cookies.



### Skin Food

Our pocket-sized superhero. Comfort dry skin with this intensely nourishing cream made with a time-honoured mix of organic plant extracts, nourishing plant oils and protective waxes to lock in softness. Just what your skin's been waiting for.

106056 V £8.25 30ml



### Pomegranate Regenerating Hand Cream

A deeply moisturising treat for hands, made with a luxurious blend of organic pomegranate seed oil, shea butter, sesame oil and golden millet extract, to protect against the drying effects of water, harsh weather and central heating.

104024 Ve £13.50 50ml



### Foot Balm

Revive your dancing feet for Christmas and New Year with this cooling balm. Essential oils of lavender, rosemary, sweet orange and litsea cubeba refresh in a non-greasy formulation that also strengthens the skin's resilience, helping protect against blisters.

106016 V £12.50 75ml



### Calendula All Purpose Balm

The tiny tin with big benefits! This neat little pot contains a soothing balm with a multitude of uses - to intensively nourish or protect any dry patches, chapped skin or cracked lips. The perfect winter skin saviour.

105012 Ve £7.95 25g



## Showering you with gifts

Our certified natural Aroma Showers elevate the everyday with nature's aromatic essential oils. The luxurious fragrances come alive in the steam of the cascading water, tempting you to linger longer in the shower. Formulated with the gentlest of plant-based biodegradable cleansers, as kind to skin as they are the planet.

Our new limited-edition COMFORT Aroma Shower creates an atmosphere of cosy contentment, like a warm hug. The mellow scent of vanilla, refreshing lemon and warm spicy undertones of star anise conjure up memories of cosy winter holidays.



<b>Energy</b>	104053	200ml	Ve	£8.25
<b>Harmony</b>	104054	200ml	Ve	£8.25
<b>Comfort</b>	104065	200ml	Ve	£8.25
<b>Relax</b>	104056	200ml	Ve	£8.25
<b>Love</b>	104055	200ml	Ve	£8.25

## Creating a cosy Christmas

With so much uncertainty in daily life, anxiety has become an everyday problem for many of us, and fragrances that ground us and centre us can be extremely beneficial, setting us up for a positive day ahead or soothing the soul at the end of a difficult day. Why not create a moment of pure 'hygge' at home with some of our favourites.



### Natural Wellness Every Day

Curl up with our beautiful new hardback that captures a century of Weleda wisdom. With soothing rituals and natural remedies, we guide you through the seasons towards better self-care, activating your wellness from within.

Save £5 with this code **NWEDX5** and order your copy at [www.weleda.co.uk](http://www.weleda.co.uk)

404075 £20.00



### Pine Reviving Bath Milk

Bring the uplifting scent of the pine forest to your bathroom, with aromatic essential oils of Silver and Siberian fir to restore a sense of balance and calm. The perfect end to a busy day, to revive body and mind.

104008 Ve £15.75 200ml



### Wild Rose Harmonising Body Oil

A delicate veil of silky moisturising oils to pamper skin after bathing. Organic rose hip oil smoothes and nourishes, coupled with the dreamy scent of damask roses, providing a soul-soothing dose of daily self-care.

106120 V £27.25 100ml



# 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 us for a long weekend of immersive, seasonal experiences that celebrate nature, at this beautiful location in the Peak District.

From delicious organic food to blissful 90-minute treatments that will rebalance your body, mind and soul, this is an opportunity to re-set, replenish and reconnect with nature.

Experience the complete rest and peaceful seclusion of Lapwing Barns - a beautiful farmhouse and barn conversion with picture-perfect views of the rolling countryside and sprawling national park. Relax and unwind in the informal setting at this stylish home-from-home.

Deepen your connection to nature with guided walks and talks to inspire you. Enjoy a revitalising morning yoga session in the new barn space, understand your skin's language with an interactive Awakening Skin workshop, and identify your unique body and personality type and feel empowered to activate your wellness from within.

## Upcoming retreat dates

**Winter** 6 - 9 January 2023

**Spring** 31 March - 3 April 2023

**Autumn** 13 - 16 October 2023

To find out more and book your place, visit [weleda.co.uk/weleda-wellness-retreat](https://weleda.co.uk/weleda-wellness-retreat)



"Weleda Wellness Retreats aim to reconnect you with yourself and with the seasonality of nature, helping you to feel more rooted. It truly scooped me up, revived me and reminded me what was important. The three-night break is great value, guided by Weleda's experts in nutrition, pharmacy and skincare, and includes a mindful nature walk as well as gentle yoga."

Victoria Woodhall, Editorial Director, Get The Gloss





## Plant a forest this winter

To date over 195,000 Weleda trees have been planted via UK charity TreeSisters. Every gift purchase funds the planting of trees that sequester carbon, restore landscapes, provide habitat, create rainfall, stabilise weather and cool the Earth.



To order or find out more, visit [www.weleda.co.uk](http://www.weleda.co.uk)

To speak to us, please call 0115 944 8200

To find your local wellbeing advisor, please visit [www.weleda.co.uk/findanadvisor](http://www.weleda.co.uk/findanadvisor)

To join us on social, you'll find us at:



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# WELEDA

Since  1921

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In harmony with nature and the human being



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