

# WELEDA

Since  1921

## Sustainable & Organic Health & Beauty



SUSTAINABLE  
PALM OIL



BIODIVERSITY  
IN ACTION



ECOLOGICAL  
EDUCATION



FAIR-TRADE  
& BEYOND



ZERO  
MICROPLASTICS



100%  
Certified  
NATURAL  
Care



RESPONSIBLE  
PACKAGING



BIODYNAMIC  
CULTIVATION



ECO FRIENDLY  
PRODUCTION



NO NASTIES



PRESERVING  
GENETIC DIVERSITY



CRUELTY  
FREE

# Welcome to the ‘Weleda Way’

With so many brands claiming to be natural, organic and sustainable it is important to know exactly what you are buying. At Weleda, we have been growing and creating natural medicines and body care products for almost a hundred years - often to the same original, authentic recipes we know work and have stood the test of time.

Weleda pioneered the way for others to follow – through our sustainable business practises, the way we farm and grow our plants, our fair-trade values, and our pharmaceutical standards which produce the highest quality natural cosmetics you can buy today\*.

We are the No 1 producer of certified natural skin and health care products globally, supplying across five continents and over fifty countries. All our cosmetics are natural and organic, with over 80% of our plant-based ingredients grown organically – all independently certified by NATRUE. We are one of a few cosmetic companies to be accepted for the Union for Ethical Bio Trade certification through which we have verified over 1000 of our supply chains as ‘Sourced with Respect’ for people, biodiversity and the environment. Within this product guide, you will find everything you need to stay well. If you would like further advice, a personal consultation or if you have a specific question contact us (details are on the back cover), we love to help.

\*Source: Kline2016



*“Weleda was the first natural cosmetics brand and has pioneered the way for others to follow - from organic and biodynamic farming cultivation to setting the standards for ethical and sustainable business practices”*

## What makes Weleda unique?

### Always natural

At Weleda, our cosmetics are 100% certified natural and around 80% of all our plant ingredients are classified as being of organic and biodynamic quality. We never use synthetic fragrances or preservatives. You know they are genuinely natural as every Weleda beauty product bears the internationally recognised NATRUE seal of quality. The NATRUE seal guarantees the highest standards. This means products contain only natural and organically sourced ingredients, have not been tested on animals, do not contain silicone oils nor ingredients from petrochemicals and are made by a truly authentic brand.



### Always the highest quality

As a pharmaceutical company we control our whole supply chain, sometimes even down to the field or tree the ingredient comes from, so you can be assured a Weleda product is of the highest quality available. Our teams of scientists carefully process the ingredients, using their expertise and insights into ‘nature’s wisdom’, ensuring the purest plant essence is extracted as a whole and activated to realise its potential. Our healthcare experts create holistic formulations to work with you on a physical and an emotional level. Every ingredient provides a health benefit, not as a cheap filler or to make a fashionable marketing claim.

### For always

We have been doing all of this since 1921, so it’s certainly not a bandwagon we have jumped on recently. Weleda is still owned by the ‘not-for-profit’ organisations created by our founders Rudolf Steiner and Dr Ita Wegman, just one more way in which Weleda is unique in the world of natural health and well being.

- V = Vegetarian

Ve = Vegan and Vegetarian

HG = Hostess Gift

G = Contains Gluten

D = Not suitable for diabetics



Rudolf Steiner

Ita Wegman

Oskar and Thekla Schmiedel

Weleda was founded in 1921 by the Austrian philosopher and visionary, Rudolf Steiner, together with a Dutch doctor Ita Wegman and Oskar Schmiedel, a chemist from Germany. Steiner viewed the human body as having the capacity to heal using gifts from nature and he called his approach anthroposophy – meaning ‘a wisdom of man’. Weleda grew out of this work.

It is this understanding of the connections between man and nature which makes Weleda's skincare products unique. When you use a Weleda product you can see, smell and feel this for yourself. Our potent all-natural ingredients give targeted support to the body's own processes.

They enhance the body's ability to heal and to bring the skin into balance. Weleda products promote the vitality of the skin, rather than simply replacing what it lacks.

# WELEDA

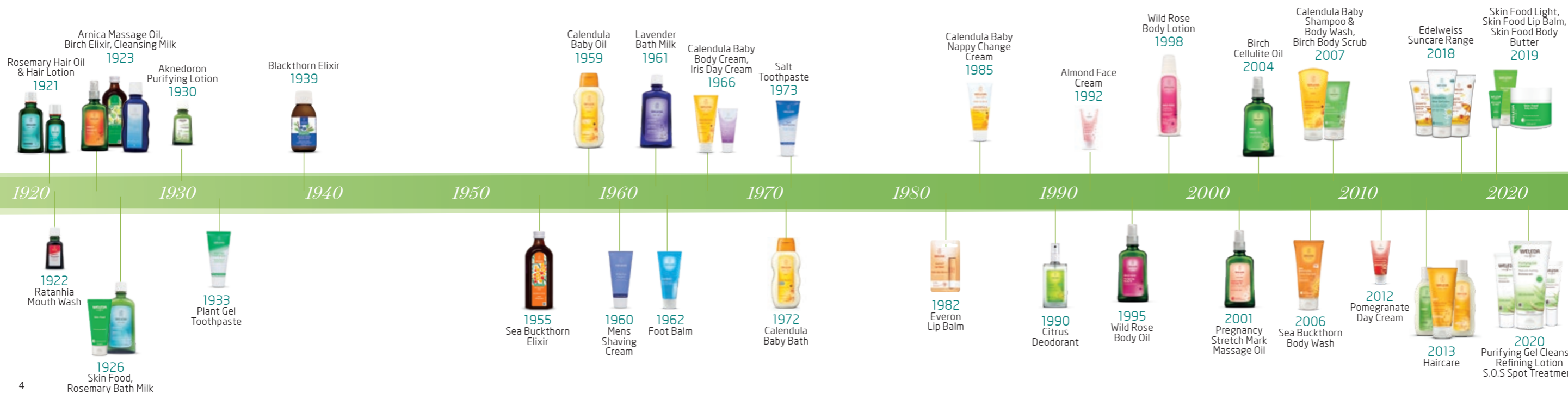
Since  1921

Steiner named the company Weleda, inspired by the Celtic word Veleda or Veleta for a female healer or wise woman. He also designed the company logo himself, using the ancient Greek symbol for medicine and health - the rod and serpent – being embraced by the arms of humanity.

Weleda is owned by the not-for-profit organisations of its founders and our profits fund their work into holistic medical research and education.

We are proud to say many of our products produced today are the original formulations, created when our company was founded.

That's true sustainability.



# Being responsible to you and the planet

Jayn Sterland, MD of Weleda UK, was recently awarded the top spot in the 'Who's Who of Natural Beauty' list of movers and shakers for the fourth year running. She is a member of the influential British Beauty Council.



With the advent of cleaner living there has never been a better time to switch to all-natural skincare, but how do we, as consumers, know what we are buying and which brand should we trust?

Sadly, there is no legal definition for natural cosmetics and a product may be labelled as 'organic' when it contains as little as 5% certified ingredients. How do we know a product is authentic rather than a 'conventional' synthetic product re-badged with a green leaf and a few selected natural ingredients, supported by clever marketing to make the product look more natural than it really is? This is known as 'green-washing' and sadly, it really does happen. Today it is even more important for skincare brands to be honest and transparent about the business practises they operate – are they doing the right thing for people and the planet or simply chasing sales and profit?

Look for a respected certification seal on the packaging as this means it has been independently tested and verified as natural/ organic, is not tested on animals or is made in a more sustainable way.

We are also members of the Union for Ethical Bio Trade and our ingredients and business practices are certified under the 'Sourcing

with Respect' label. For clarity, Weleda has also created a series of icons denoting our business practices which will begin to appear on our packaging and in our marketing.

Weleda's commitment can be shown in the 12 clear statements below. Being an ethical company requires a huge amount of commitment, costs money and isn't easy, but it is essential, we are honest and transparent about the ingredients we are using.

Beauty products, including the vast majority of everyday washes, deodorants and toothpastes - contain a cocktail of ingredients – often over twenty in every product, each being there to serve a purpose - but not all are for your benefit. Preservatives are added to extend shelf life, foaming agents are used to make the product easier to use, inert fillers are added to bulk out the more expensive actives, liquid plastics are added to make skin and hair feel silky soft, synthetic nano-particles are created in the lab to penetrate the deeper layers of the skin for increased effectiveness.

# Clean beauty you can trust

We believe in nature's ability to help you feel healthy, balanced and beautiful. Our products are thoughtfully crafted to harness the vitality of nature and work in harmony with your body's own restorative abilities. We are committed to building farming partnerships that honour the human spirit and respect the natural world.



100% CERTIFIED  
NATURAL CARE



FREE FROM MINERAL  
OIL, PARABENS,  
SILICONES AND PEGS



FREE FROM SYNTHETIC  
FRAGRANCES, GENETICALLY  
MODIFIED INGREDIENTS  
AND MICROPLASTIC  
INGREDIENTS



NO ANIMAL  
TESTING



80% BOTANICALS  
CERTIFIED  
ORGANIC



ETHICAL SOURCING  
WITH RESPECT FOR  
PEOPLE AND  
BIODIVERSITY

# Our commitment to you

- Guaranteed 100% certified natural care
- 80% of our botanicals are certified as organic
- Our plant oils, extracts, waxes and fragrances come from protected natural origin
- Our sourcing is both ethical and sustainable across our supply chains, with respect to nature, the environment and the human being.
- The fragrances used by our in-house perfumers are 100% natural
- We operate transparent, sustainable business practises, with targets aligned to the United Nations Sustainable Development Goals (SDGs)



# Weleda gains new UEBT certification and label for sourcing with respect



**Weleda is one of two leading beauty brands worldwide (the first in Europe) to obtain the new UEBT certification for sourcing with respect. UEBT (Union for Ethical BioTrade) is a non-profit organisation that provides a globally recognised standard for sustainable sourcing and the use of raw materials.**

UEBT certification will help consumers tell that they are buying products from a company that treats people and biodiversity with respect. Weleda has a responsibility for the environments in which it operates, and for the people involved in manufacturing Weleda products.

Bas Schneiders, Head of International Strategic Sourcing at Weleda, commented:

*“With certification we are taking the next step: creating a significant impact for the growers, collectors and producers working for us.”*

In order for a brand to be certified, UEBT looks at its entire sourcing system. One part of the process is to validate that the brand has incorporated the requirements from the UEBT standard into its systems for sourcing and processing natural ingredients. Another part of the certification requirements concerns sourcing practices: certified companies need to verify that they have implemented these throughout the supply chains for their natural ingredients.

*“We have received many awards in recent years for our efforts to achieve sustainability in our supply chains”, explained Annette Piperidis, Manager of Sustainable Sourcing at Weleda. “Sustainability is not a goal for us, but rather a process which we constantly strive to optimize. For this reason, it was important to us to take our efforts to the next level and to tackle further challenges.”*

Rik Kutsch Lojenga, UEBT’s Executive Director and a global expert on ethical sourcing of natural ingredients, added:

*“We are so proud that Weleda has achieved ethical sourcing system certification by the UEBT and will be one of the first brands to place the UEBT trust mark on its products. By meeting our internationally recognised standard, a company assures customers that, when sourcing raw materials, biodiversity is conserved and sourced sustainably, and that all partners along the supply chain are treated equitably and paid fairly.”*

Weleda became a full member of the Union for Ethical BioTrade in 2011. With its membership, Weleda reaffirmed its traditional principles of ethical business practice and applied the UEBT standard to its raw material procurement. UEBT values such as conservation, the sustainable use of biodiversity and the fair compensation of all partners in the supply chain, correspond with Weleda’s own long-held principles.

Jayn Sterland, managing director of Weleda UK, added:

*“Weleda has pioneered sustainable business practices and Steiner’s approach is inspiring a new generation of green entrepreneurs. At Weleda we believe, for instance, that value must be shared equally across the supply chain otherwise winners and losers are created and the system fails. Truly sustainable business practice is something which takes vision, dedication and daily commitment from everyone in the business.”*

Each year Weleda publishes its annual Sustainability Report which highlights other efforts the company continues to make year on year to meet targets and reduce its impact on the planet. Here is just a snapshot of some of these latest updates:



Weleda consists of **23 companies in over 50 countries** across 5 continents.

Weleda manages approximately **248 square km worldwide** organically – the equivalent of **35,000 football pitches**.

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.

**30 tonnes of fresh arnica flowers generate 5 tonnes of dried flowers** from which oil is extracted for use in Weleda’s Arnica Massage Oil and Stretch Mark Massage Oil.

Weleda is one of the **world’s largest buyers of organic raw materials**.

**Over 1,000 natural ingredients** go into Weleda products each year.

Around **81% of all the plant ingredients Weleda uses are certified organic** (over 2,000 tonnes).

Weleda has over **50 long-term organic farming partnerships** around the world.

Weleda manufactures **over 120 natural and organic cosmetics**, and more than 1,000 pharmaceuticals.

Weleda **employs over 2,440 people** worldwide.

Weleda has **8 medicinal herb gardens around the world**, all managed to **strict biodynamic standards**.

99% of the company’s electricity used at the production facilities for manufacture of the Weleda range comes from **renewable energy** and continues to rise year on year.

**Over 98% of all waste produced during the manufacturing process is reused** – either composted, repurposed, recycled or recovered (including thermal recovery).

**85% of the glass used in Weleda’s 100% recyclable glass bottles comes from recycled glass** – the highest share of recycled glass possible.

Weleda’s product **cartons are printed using mineral-oil-free colour inks**.

**250,000 fewer pack inserts** were printed following the switch to peel-back labels on the body oils which provide additional product information on the reverse side.

**Energy intensity reduced by 4.5%**, chiefly due to improved efficiency.

**Our target** for a further **reduction of water intensity by 2.5% was met**.



Skin Food



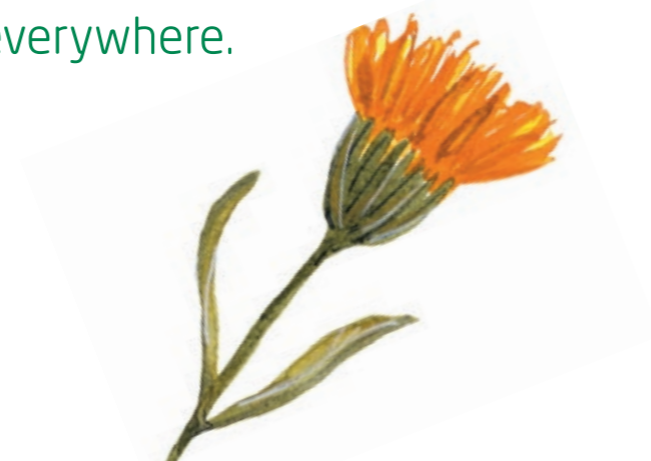
Skin Food



# Skin Food

For everybody for everywhere.

First formulated 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 and smoothing viola tricolor. The original Skin Food is a much-loved multi-tasking and multi-award winning product, providing intensive care to very dry and rough skin. Use everywhere.



*“It’s not particularly expensive and you can find it anywhere. The formula is so thick and buttery. When I have a tan, I’ll mix it with coconut oil and cover my entire body with it. I suppose some people may not like the greasiness, but it helps me hold on to the colour. It’s like my skin’s had a good drink. I go through so many of these...”*

Victoria Beckham  
Fashion designer, Model and Singer

**Skin Food** HG

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, from fishermen to supermodels, surgeons to gardeners and everyone in between.

106057	75ml	V	£12.95
106056	30ml	V	£7.95



Originally introduced in 1926, iconic Skin Food has become Weleda’s best selling cream with one sold every 23 seconds.

## Skin Food

The Skin Food Range now has you covered, top to toe



### Skin Food Lip Balm



Made with natural oils and plant extracts, Skin Food Lip Balm offers nourishing support for dry and chapped lips.

106060 8ml V £6.95



### Skin Food Body Butter



Harness the powers of our Skin Food formulation. Plant extracts of soothing viola tricolor, calendula and chamomile harmonise the skin, while organic shea butter and cocoa butter leave dry skin intensively nourished. Non-greasy and long-lasting hydration, fragranced with aromatic lavender and sweet orange.

106061 150ml Ve £18.95



## Skin Food



### The Natural Skincare Phenomenon

An annual celebration of the great and the good in beauty cabinets around the UK, Skin Food Light was recently honoured as The Natural Skincare Phenomenon 2020 in the prestigious Vogue Beauty Awards. Amongst the standout beauty launches that most impressed the magazine's discerning judging panel, Skin Food Light was commended for providing "luminous skin in a flash."



### Skin Food Light



Skin Food Light brings immediate comfort to dry skin. The silky lotion combines organic sunflower oil with extracts of calendula, wild pansy and chamomile. It provides the skin with instant moisture and protects from drying out. The light formulation helps support regeneration of the skin's protective barrier. Quickly absorbed it is ideal for on the go and leaves the skin soft and feeling protected. Suitable for face or body.

106059 75ml V £12.95

106058 30ml V £7.95



# Weleda Skin Care Philosophy

We are all very individual and our skin needs different products at different times of life. Rather than a skin ‘type’, we should consider our skin ‘phase’, as our changing needs are influenced by our age, our health and environment. Using our unique ‘Lead Plant Philosophy’ we have created a range of super-nutritional products to support your skin as you go through life, preparing it for the way ahead:

**Iris:** using active ingredients from the biodynamic iris root, this helps regulate and balance skin making it ideal for hormonal, young skin.

**Wild Rose:** precious rosa mosqueta seed oil’s active ingredients strengthen and support the skin’s structure, helping it retain moisture and combating the first signs of fine lines.

**Pomegranate:** the antioxidant-rich active ingredients of pomegranate seed oil are used exclusively in our anti-ageing range for regenerating and supporting cell renewal.

**Evening Primrose:** active ingredients of the evening primrose stabilise and strengthen mature and post menopausal skin, helping it retain bloom and radiance.

Our facial skincare active ingredients are supported with a range of effective mild cleansing systems for all skin needs and requirements.

We have two award-winning specialist skincare ranges - **Almond Sensitive Skincare** and for problem skin we have our **Aknedoron Natural Cleansing System**.



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





Weleda



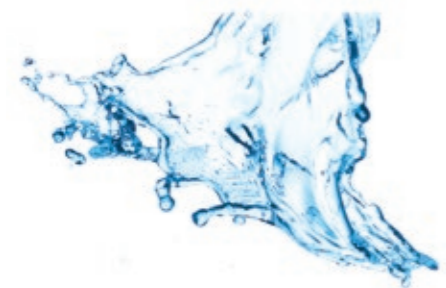
Weleda Baby

# Skincare that fits with you

Skincare Range	<b>Iris</b> Hydrating Facial Care	<b>Wild Rose</b> Smoothing Facial Care	<b>Pomegranate</b> Firming Facial Care	<b>Evening Primrose</b> Age Revitalising Facial Care	<b>Almond</b> Soothing Facial Care	<b>Aknedoron</b> Purifying Facial Care
Skin Phase	regulates and preserves moisture balance	softens and smoothes fine lines	promotes regeneration, firms and tightens	enhances skin's vitality, radiance and deeply nourishes	soothes, comforts and protects	purifies, calms and re-balances congested and problematic skin
Universal Cleansing Range	<b>Gentle Cleansing Foam</b> see page 17	<b>One Step Cleanser &amp; Toner</b> see page 17	<b>Gentle Cleansing Milk</b> see page 17	<b>&amp; Refining Toner</b> see page 17		
	<b>Aknedoron Cleansing Lotion</b> see page 19		<b>Aknedoron Purifying Gel Cleanser</b> see page 19		<b>Almond Soothing Cleansing Lotion</b> Gently cleanses see page 21	<b>Almond Soothing Cleansing Lotion</b> Gently cleanses see page 21
Moisturise	<b>Iris Hydrating Facial Lotion</b> normal, oily & combination skin	<b>Wild Rose Smoothing Facial Lotion</b> normal & combination skin	<b>Pomegranate Firming Day Cream</b> all ageing skin see page 27	<b>Evening Primrose Age Revitalising Day Cream</b> mature skin see page 29	<b>Almond Soothing Facial Lotion</b> all sensitive skin	<b>Aknedoron Refining Lotion</b> mattify, re-balance, and hydrate see page 19
	<b>Iris Hydrating Day Cream</b> dry skin see page 23	<b>Wild Rose Smoothing Day Cream</b> dry skin see page 25			<b>Almond Soothing Facial Cream</b> sensitive dry skin see page 21	
Night Care	<b>Iris Hydrating Night Cream</b> all skin see page 23	<b>Wild Rose Smoothing Night Cream</b> all skin see page 25	<b>Pomegranate Firming Night Cream</b> all ageing skin see page 27	<b>Evening Primrose Age Revitalising Night Cream</b> mature skin see page 29		
Eye Care		<b>Wild Rose Smoothing Eye Cream</b> all skin types see page 25	<b>Pomegranate Firming Eye Cream</b> all ageing skin types see page 27	<b>Evening Primrose Age Revitalising Eye and Lip Cream</b> mature skin see page 29		
Intensive Care	<b>Almond Soothing Facial Oil</b> an intensive treatment see page 21	<b>Pomegranate Firming Serum</b> all ageing skin types see page 27		<b>Evening Primrose Concentrate</b> mature skin see page 29		
		<b>Pomegranate Firming Facial Oil</b> all ageing skin types use: see page 27				
					<b>SOS Spot Treatment</b> see page 19	<b>Aknedoron Purifying Lotion</b> see page 19
						<b>Almond Soothing Facial Oil</b> sensitive skin use: as an intensive treatment see page 21



In the Autumn and Winter seasons your skin may benefit from the richer formulations of our Day Creams and Facial Cream for extra protection. For extra dry skin, apply the Facial Lotion followed by the Day Cream or Facial Cream.

# EVERYDAY CLEANSING



Our facial skincare products help the skin maintain or regain its balance by supporting its natural functions. In this way, our products support and protect your natural beauty in every phase of your life, fulfilling your skin's individual needs.

Designed to cleanse and tone without drying the skin, Weleda's mild cleansing products contain natural plant extracts such as witch hazel to calm and cool, revitalising wild rose leaf extract, cold-pressed jojoba oil and extract of iris root to soothe and balance the skin. The natural way to prepare your skin before following with Almond, Iris, Wild Rose, Pomegranate or Evening Primrose facial care.



Gentle Cleansing Foam




Hamamelis virginiana

## Cleansing



**Gentle Cleansing Milk** <sup>HG</sup>  
for everyday cleansing

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

102104    100ml    Ve    £11.95    



**Refining Toner** <sup>HG</sup>  
for everyday toning

This refreshing tonic purifies any skin type following cleansing. Mildly astringent plant ingredients including lemon juice, wild rose leaf extract and witch hazel distillate have a pore-refining effect, leaving skin refreshed, smooth and toned. The subtle fresh fragrance of natural essential oils revives the skin and senses.

102105    100ml    Ve    £11.95    



**One Step Cleanser/Toner** <sup>HG</sup>


Olive oil soap combined with balancing iris root and purifying witch hazel cleanse the skin and refine pores. Normal and combination skin benefits from deep yet gentle cleansing action, removing dirt and make-up in one easy step.

102010    100ml    V    £15.95



**Gentle Cleansing Foam** <sup>HG</sup>  
One-step cleansing foam

A delicately gentle foaming cleanser with witch hazel distillate to remove make-up and cleanse thoroughly without drying the skin, providing the perfect base for any of our facial care ranges. This gentle cleansing foam maintains skin's moisture and is suitable for all skin types.

102076    150ml    Ve    £15.95    

*“I have been using this milky cleanser for a few weeks now and have to say ‘wow’! No harsh chemicals, love the smell and I love the feel of it on my skin. My minor skin irritations and dry patches have much improved, it leaves my skin clean, fresh and comfortable, no tightness or stinging, just natural how it should be.”*

Sue,  
Derbyshire

# AKNEDORON PURIFYING SKINCARE

### All it takes is Thyme

Student Kimberley Sanderson and supervisor, Dr Margarita Gomez Escalada, a Senior Lecturer in Microbiology and Genetics at Leeds Metropolitan, recently revealed that a solution using the common herb thyme – an active ingredient in our Aknedoron Purifying and Aknedoron Cleansing Lotions - was more effective in killing acne bacteria than traditional chemical-based creams.

Acne is caused by a bacterium called Propionibacterium acnes, which infects the skin pore and then forms a pimple. Currently, the most common treatments for acne are antibiotics or a topical cream or wash containing the chemical benzoyl peroxide. These treatments are often associated with side-effects, for example benzoyl peroxide often causes a burning sensation on the skin and irritation.



Purifying Gel Cleanser



Thymus vulgaris

### Hints & Tips

Aknedoron, literally means gift (doron) for acne. These two unsung heroes are real problem solvers for anyone in search of specialist products for problem skin. Once tried, never forgotten!

Aknedoron Cleansing Lotion may be applied morning and night, using a cotton pad. Gently massage into the skin, lifting grime and cleansing without removing your natural sebum layer. After cleansing thoroughly, apply Aknedoron Purifying Lotion. Acting as a SOS treatment, it clears the pores and calms irritation.

## Aknedoron Purifying Skincare



**SOS Spot Treatment** HG  
A calming and cooling spot treatment to target spots and pimples, day or night. Made with antibacterial willow extract and astringent witch hazel distillate, to improve the appearance of reddened skin overnight. Clinically tested to visibly reduce the appearance of spots and blackheads, to calm and cool affected areas, and reduce excess sebum.

Apply directly on spots or impurities where needed, applying a thin layer. Reapply day or night as needed.

102059 10ml Ve £10.95



**Refining Lotion** HG  
A light, refreshing moisturising lotion that won't overload oily skin and provides day-long hydration, harnessing the powers of antibacterial willow extract and soothing organic witch hazel distillate, for visibly clearer skin. The lotion has a long-lasting mattifying effect to reduce shine on oily areas, to even out the complexion and refine the skin's texture without blocking your pores.

Apply morning and evening on cleansed skin on face, neck and décolleté areas.

102058 30ml Ve £17.95



**Purifying Gel Cleanser** HG  
A gentle but highly effective gel cleanser for deep pore cleansing. The antibacterial formula for skin prone to oily outbreaks, has been clinically tested to cleanse deeply, and reduce oiliness whilst also removing makeup to leave you with a radiant complexion.

Apply morning and evening to damp hands, gently massage the face and rinse clean.

102057 100ml Ve £11.95



**Aknedoron Cleansing Lotion** HG  
A daily cleanser to gently purify without stripping away the skin's natural defences. Sunflower and olive oils form the gentle cleansing base that lifts away dirt and grime while essential oils of orange, grapefruit, lavender and rosemary refresh and revive. Chamomile soothes, and Calendula restores the skin's natural balance. Perfect for hot, humid weather, and for cleansing on long journeys, because of its wonderfully refreshing qualities.

102007 100ml V £11.95



**Aknedoron Purifying Lotion** HG  
A potent mixture of expertly selected plant extracts and minerals, this incredible lotion restores harmony after oily outbreaks. Sage, thyme and lavender provide balance, while calendula and chamomile soothe. Witch hazel's mild astringent properties help clear the pores, and sulphur calms irritation while stimulating restorative blood flow. This lotion can be used on problem areas all over the body – simply apply with cotton wool.

102006 50ml Ve £10.95



*“My skin felt so much better! Less itchy, less red, less bumpy, less irritated and fewer spots. It is hard to describe but my face feels free! My skin feels much less oily, which is exactly what the product states it will do: reduce excess sebum and oiliness”*

# ALMOND, SENSITIVE SKIN

Our **Almond Soothing Facial Care** is formulated with gentle, organic sweet almond oil and other pure ingredients carefully selected to be soothing and kind. Together, they calm your sensitive skin, reducing irritation and redness while they restore its natural balance and replenish its protective barrier. And since our formula is fragrance-free and hypoallergenic, even the most sensitive skin can become clear, smooth and comfortable.



*Prunus dulcis*

## Almond Soothing Facial Care



**Almond Soothing Cleansing Lotion** HG  
This rich, creamy cleanser allows sensitive skin to restore its delicate lipid balance and pH balance is maintained. Our gentlest cleanser will not strip away the natural oils necessary for healthy skin. Apply with a damp cotton wool pad, to leave skin soft and refreshed.

102201 75ml Ve £11.95



**Almond Soothing Facial Cream** HG  
This creamy moisturiser strengthens your skin's natural protective barrier. Organic sweet almond oil gently nourishes and supports your skin's natural moisture balance with essential fatty acids. For use as a day or night cream, it also soothes redness and inflammation – leaving your skin soft, supple and protected.

102203 30ml V £17.95



**Almond Soothing Facial Lotion** HG  
A light hydrating moisturiser that absorbs quickly to balance and protect sensitive skin. Gentle sweet almond oil and soothing plum oil leave skin feeling refreshed. Ideal for use with our Aknedoron range – the light moisturising effect will soften without increasing the oiliness of unbalanced skin.

102202 30ml V £17.95

What women experienced using our Almond Soothing Facial Lotion:



\*tested after 28 days



**Almond Soothing Facial Oil** HG  
The perfect product to remove stubborn eye make-up gently but effectively or oil cleanse the most delicate skin. Organic blackthorn flower extract calms and reduces irritation while nourishing plum kernel oil balances and soothes. Your skin is left feeling restored, soft and protected.

102205 50ml Ve £18.95



### Hints & Tips

Almond Soothing Facial Oil is the perfect make-up remover! A must-have whatever your skin type. Apply a few drops to a cotton pad and wipe over the face – particularly good for removing eye make-up gently, quickly and effectively.

*“I love to create my own bespoke treatments with essential oils, and this oil from Weleda is the perfect base. It mixes well with other products but is equally beautiful alone. This product melts into skin to give a hydrated finish that’s not too oily and is perfect for boys and girls alike. I favour natural skincare for its nourishing qualities – and Weleda always delivers.”*

Lucy Burt,  
Make-up Artist



**Iris root** is known for its ability to preserve vitality. Our twenties are a time of great change and development, which can often disrupt the natural balance of the skin. This is why iris, with its moisture regulating qualities, is ideal for this stage of life. Expertly combined with soothing calendula, purifying witch hazel and gentle, nourishing oils of jojoba and sweet almond, our Iris range takes care of skin when its needs are changing from day to day.

### Hints & Tips

The great thing about the Iris range is the hydrating quality of the products. They are wonderfully refreshing to use and can be a good spring/summer swap at any age when something lighter but hydrating is wanted, for example for hotter climes where skin may sweat more.



*“...before a big night, I always make sure I get some shut eye in the afternoon to smoothen my skin. I also use the light Weleda Iris moisturiser before I nap, so my skin stays moist and not greasy before I apply make-up.”*

Sushama Reddy,  
Indian model and actress

*“Singer song-writer Birdy has the most lovely alabaster skin. I prep her skin by giving a gentle cleanse and moisturise. Weleda’s Iris range suits her skin really nicely and gives a great base for make-up.”*

Lou Dartford,  
Make-up Artist

Iris germanica

## Iris Moisture Balancing Facial Care



### Iris Hydrating Facial Lotion HG

This gentle, light and quickly absorbed lotion helps regulate your skin's natural moisture balance. With softening jojoba seed oil and soothing witch hazel, it supports your skin's natural protection against the elements. Normal and combination skin will feel smooth and look radiantly fresh.

102101 30ml V £17.95

What women experienced using our Iris Hydrating Facial Lotion:  
**Increased moisture** +9% after 14 days



### Iris Hydrating Night Cream HG

This richly nourishing night creams helps soften and replenish overnight, during the skin's nightly regenerative phase. Organic chamomile and calendula flower extracts soothe and calm your skin and gentle almond oil intensively moisturises. By morning, your skin is beautifully relaxed and refreshed.

102102 30ml V £17.95



### Iris Hydrating Day Cream HG

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

102100 30ml V £17.95

# WILD ROSE, SMOOTHING

In your thirties, skin naturally begins to show the first signs of ageing - fine lines and the loss of that vital glow. It needs intensive nourishment and gentle smoothing to retain its youthful resilience and elasticity.

Rosehip seed oil is perfect for your skin during this time of life. Proven to renew elasticity and intensively moisturise, this golden oil strengthens the skin's resilience to environmental factors, while reducing the visibility of fine lines.

Rose Absolute, the perfume that gives the Weleda Wild Rose range its unique, indulgent fragrance, comes from the petals of organic Damask Roses. Grown in the Isparta region of Turkey, what began as a local initiative to train small-scale farmers in organic farming methods, now includes over 300 farmers in the production of these vibrant roses.



Wild Rose Smoothing Day Cream



Rosa canina

## Wild Rose Smoothing Facial Care



**Wild Rose Smoothing Day Cream** HG  
A rich, smoothing moisturiser that counteracts fine lines, dryness and dull skin. With preserved elasticity and vitality, your skin feels nourished, smooth and beautifully radiant.

102220 30ml V £23.50



**Wild Rose Smoothing Night Cream** HG  
This rich, smoothing night cream supports your skin during its natural regeneration phase, helping to strengthen and replenish. Rosehip seed oil is combined with evening primrose oil for softer, smoother looking skin.

102222 30ml V £23.50



**Wild Rose Smoothing Facial Lotion** HG  
Normal and combination skin receive perfectly balanced moisturisation with this light, quickly absorbed lotion. Organic rosehip seed oil provides an exceptionally high amount of essential fatty acids and antioxidants that preserve your skin's elasticity and vitality. Your skin feels smooth, rejuvenated and soft to the touch.

102221 30ml V £23.50



**Wild Rose Smoothing Eye Cream** HG  
A gentle, mild and smoothing eye cream that reduces swelling and softens fine lines around the delicate eye area. Fragrance-free.

102223 10ml V £23.50

*“I have recently fallen head over heels in love with Weleda’s Wild Rose Smoothing Facial Lotion, a light moisturiser with a fresh petal scent, natural ingredients and a great price. What’s not to love?”*

Kate O'Reilly,  
Make-up Artist

*“I get to try all sorts of expensive beauty potions, but nothing ever compares favourably enough with Weleda’s Rose Night Cream and Skin Food. I rate Weleda’s authenticity. I rate Weleda’s integrity. I just rate Weleda.”*

Caryn Franklin,  
Fashion Commentator

# POMEGRANATE, REGENERATING



**After 40**, our skin needs additional nourishment as circulation decreases, making it harder for the epidermis to remain soft and supple. Skin becomes drier and more sensitive to irritation. The powerful concentrate of nutrients from pomegranate, including vitamins C, B5 and potassium, together with antioxidant polyphenols make it ideal for supporting the reduced regeneration abilities of the skin.

Combined with rich argan and borage oils, the cold-pressed pomegranate seed oil in our range enables maturing skin to remain firm, vibrant and naturally radiant. Wrinkles are reduced and regeneration improves.



Pomegranate Firming Night Cream



Weleda was the winner in the CEW Eco Beauty Awards 2012 for our Pomegranate Firming Facial Care range. This award recognises a beauty product or product line that has most significantly moved towards the goal of true sustainability.



*Punica granatum*

NEW



## Pomegranate Firming Facial Oil <sup>HG</sup>

This nourishing formulation promotes cell renewal and its antioxidant effects protect the skin against damage from pollution and the elements, reducing lines and wrinkles. The fine oil, which has been dermatologically-tested\* for proven effectiveness, absorbs quickly and leaves skin noticeably supple with a natural silky glow and no unpleasant feeling of greasiness.

102049 30ml Ve £38.95



Contains ARGAN OIL



## Pomegranate Firming Day Cream <sup>HG</sup>

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

102050 30ml Ve £28.95



What women experienced using our Pomegranate Day Cream:

**Wrinkle reduction** +14% after 28 days

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

Contains ARGAN OIL



## Pomegranate Firming Night Cream <sup>HG</sup>

This luxuriously rich cream helps to reduce the appearance of wrinkles, and nourishes the skin by activating and supporting the skin's natural night time regeneration phase. You wake up with skin that's firm, renewed and ready for the day. Depth of wrinkles 35% less after 28 days\*.

102051 30ml Ve £28.95



What women experienced using our Pomegranate Night Cream:

**Wrinkle reduction** +35% after 28 days

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

## Pomegranate Regenerating Facial Care



## Pomegranate Firming Face Serum <sup>HG</sup>

This firming facial serum gives mature skin a regenerating boost of nutrients. The skin receives intensive hydration, making it feel soft and smooth, day and night. To further enhance its revitalising, firming effects, follow with Pomegranate Day or Night Cream. Depth of wrinkles 29% less after 28 days\*.

102054 30ml Ve £38.95



What women experienced using our Pomegranate Firming Serum:

**Wrinkle reduction** +29% after 28 days

**Increased moisture** +39% after 30 minutes

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

Contains ARGAN OIL



## Pomegranate Firming Eye Cream <sup>HG</sup>

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

102053 10ml Ve £28.95



What women experienced using our Pomegranate Eye Cream:


**Wrinkle reduction** +23% after 28 days

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


*"I love the pomegranate firming face serum, it is lightweight and disappears quickly into the skin, making it great for use under make-up."*

Lou Dartford,  
Make-up Artist

Maturing Skin




# EVENING PRIMROSE, AGE REVITALISING




**The Evening Primrose** Facial Care Range specially designed for the needs of maturing skin.

Hormonal changes after the menopause can cause skin to become thinner, impairing its barrier function and reducing its resilience. Its ability to hold moisture diminishes and it tends to be drier. Elasticity and radiance decrease, as does the supply of nutrients. During this phase, the specially developed Evening Primrose Facial Care is here to help you.


The Good Housekeeping Institute Readers Recommend Award was awarded for this range (Day, Night & Eye Cream).




Evening Primrose Age Revitalising Day Cream



Evening Primrose Age Revitalising Concentrate




Evening Primrose Range



Oenothera biennis

## Evening Primrose Age Revitalising Facial Care



**Evening Primrose Age Revitalising Day Cream** HG

Evening Primrose Age Revitalising Day Cream plumps the skin with intensive moisture. Centella asiatica extract revives the skin's own vital functions and protects against free radicals. Deep lines are noticeably reduced. The skin's overall appearance is more even and visibly firmer.


105600    30ml    Ve    £28.95


Proven Efficacy

73 % The skin appears visibly firmer\*

77 % The skin appears more even\*

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






**Evening Primrose Age Revitalising Night Cream** HG

Evening Primrose Age Revitalising Night Cream encourages the skin's natural regenerative ability, to revitalise and firm. Centella Asiatica extract strengthens the skin and plumps it from the inside, leaving your skin radiating vitality.

105601    30ml    V    £28.95



**Evening Primrose Age Revitalising Eye and Lip Cream** HG

Evening Primrose Age Revitalising Eye and Lip Cream (fragrance-free) reduces the appearance of deep lines and wrinkles. The contours around the eyes and lips are tightened. Reduces puffiness and leaves the delicate skin around the eyes and lips looking smoother.

Use: gently dab on a pearl-sized quantity around the eye and lip area each morning and night. Good compatibility opthalmologically and dermatologically proven even for wearers of contact lenses.


105602    10ml    V    £28.95

Proven Efficacy

83 % The eye area appears smoother\*

65 % The lip area appears smoother\*


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



**Evening Primrose Age Revitalising Concentrate** HG

Evening Primrose Concentrate helps to reactivate, renew and plump the skin leaving it feeling wonderfully revitalised. Skin appears firmer, tone is visibly more even and deep lines appear considerably reduced.

105599    30ml    Ve    £38.95



*“Skincare is always the first step to create a beauty look, and for London Fashion Week we will be using Weleda’s Evening Primrose products. This is an exceptional range that boosts and revitalises sensitive skin. I am very excited to be introducing the beautiful Evening Primrose Concentrate into the skin-prep this season – this serum is a skincare must-have to add in to your beauty regime, especially in the coldest months of the year.”*

Martina Lattanzi,  
Make-up Artist

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# SHAVING & SKINCARE FOR MEN



Whilst all Weleda products are suitable for both women and men, this is a specialist range of soothing and gentle skincare created for men who shave regularly.

Shaving can irritate even the sturdiest of skins. Our effective, quick-to-use, all-natural grooming range leave skin refreshed, soothed and smooth.

We have devised a simple, three step regime for a clean, close shave:  
PROTECT  
REPLENISH  
SOOTHE



Weleda Men's Active Shower Gel – Winner of the Beauty Shortlist's 'Best Post-Sports/Workout Body Wash (Men)'; 2015.



Weleda Men's 24h Roll On Deodorant      Moisture Cream for Men



Althaea officinalis

## Men's Three-Step Facial Care



**STEP 1: Shaving Cream** HG  
Forms a lasting and creamy lather for a gentle, thorough wet shave. Goats milk and almond milk care for skin sensitised by the stresses of shaving.  
106014      75ml   V   £11.95



**STEP 2: After Shave Balm** HG  
Extracts of chamomile and myrrh gently soothe and calm the skin after wet or dry shaving. Cooling, moisturising aloe vera combined with jojoba oil protects the face from dryness, keeping the skin smooth and supple.  
106019      100ml   V   £17.95



**STEP 3: Moisture Cream for Men** HG  
This refreshingly light and fluid cream quickly penetrates the skin, rendering it smooth, supple and toned. Extract of marshmallow root softens the skin, while organic sesame oil and organic jojoba oil moisturise, protecting it from dryness.  
106022      30ml   V   £17.95

What men experienced using our Moisture Cream for Men:

Increased moisture	+26%*
Increased smoothness	+16%*

\*tested after 4 weeks

*“Weleda products are very useful to have as part of my kit, I find they are especially great for men.”*

Peter Swords King,  
Make-up Designer

### White Mallow

White Mallow is the lead plant in both our Baby Derma range and our men's skincare collection. It provides a protective barrier to promote healthy skin formation, both calming and soothing the skin. Traditionally used as a healing plant in ancient times, the gel-like substances in the roots and flowers protect the plant from drying out and the high concentration of mucilaginous substances in the roots calm and soothe offering an emollient, protective layer to just shaved, sensitive skin.

# Working towards more sustainable packaging solutions

## Weleda teams up with TerraCycle®

At Weleda we are working hard behind the scenes to make our recyclable packaging even more sustainable with less waste, and using more recycled materials for packaging. Weleda's recyclable glass bottles are made from 85% recycled glass (the highest % possible). Weleda's roll-on deodorant bottles are made using 70% PCR (post consumer waste). Weleda's recyclable cartons are printed using mineral-oil-free colour inks on 100% FSC certified card. All Weleda's outer packing boxes are made from 100% recycled board.

Four tonnes of material were saved in 2017 by optimising the weight of the screw caps for our recyclable aluminium tubes, and we've also recently reduced the amount of aluminium used in packaging and have introduced ABL (Aluminium Barrier Laminate) tubes for some new-launch products, a material which uses less aluminium. New packaging is currently in design using 100% recycled plastic.

As detailed in Weleda's annual Sustainability Report, we're working towards a sustainability goal for 2022 that 65% of the weight of all primary packaging produced must come from bioplastics or recycled plastic sources.

## Achieving more through TerraCycle®

We've teamed up with recycling experts TerraCycle® to ensure that all Weleda packaging can be recycled within the UK, even if some county council kerbside collection schemes don't accept certain mixed plastics.

Whilst Weleda's glass bottles, aluminium tubes and plastic bottles are widely recyclable via local council kerbside collection schemes, some regions may not offer kerbside collection for the mixed plastics used in Weleda's 'soft touch' plastic tubes, even if they are technically recyclable, because sorting machinery and recycling facilities vary from county to county.

Our soft touch tubes are made from a partially recycled mixed plastic, which is mainly 50% recycled HDPE (high density polyethylene).

Through our partnership with TerraCycle®, customers can now return their empties to their local Weleda Wellbeing Advisor or collection point. TerraCycle® also awards points for the waste collected, which can then be redeemed for a charitable donation to charities and non-profit organisations. Downstream, the recycled plastics are then made into new products such as garden furniture.

## ✓ ACCEPTED WASTE

### All Weleda soft touch plastic tubes

See the picture below for what you can recycle through this programme. Every time you empty a Weleda soft touch plastic tube, save the packaging and send it in to TerraCycle® to be recycled.



### All Weleda soft touch plastic tubes, including:

- Skin Food Original and Skin Food Light
- Beauty Balms
- Body Washes / Shower Gels / Body Scrubs
- Sunscreen and After Sun Lotions
- Lip Balms
- Conditioner
- Mini & Travel Size Soft Touch Plastic Tubes

## ✗ NOT ACCEPTED WASTE

- Any other brand of beauty care packaging
- All cardboard, glass, aluminium and rigid plastic packaging as these can be recycled via your local council facilities
- All Weleda packaging that is not a soft touch plastic tube



TerraCycle®, the TerraCycle Logo® are property of TerraCycle, Inc. used under license. ©2019

## Penguin Conservation Project

Weleda's collaboration with TerraCycle® will raise funds for the Global Penguin Society which is a conservation non-profit organisation run by marine biologist Dr Pablo Borboroglu, from Patagonia.

In 2009 Pablo Borboroglu founded the Global Penguin Society (GPS) - the world's first coalition for the protection of penguins. Using a multi-faceted approach that combines science, management and education, GPS protect penguins across the Southern Hemisphere and use them as a flagship for wider conservation of the marine environment.

Over half of the world's 18 species of penguin are listed as Vulnerable or Endangered by the International Union for the Conservation of Nature. Threatened by poor fisheries management, pollution and climate change in the oceans, penguins also face pressure on land from coastal development, irresponsible tourism and introduced predators.

Pablo is spearheading large-scale action to address these threats; balancing local guardianship with strengthening national and international protection.



# BODY OILS



## Birch Cellulite Oil HG

This extraordinary oil is bursting with ingredients designed to tone, smooth and firm the skin. Organic birch leaf extract is full of flavonoids to purify and detox the body. Rosemary improves the circulation and metabolism, while Butcher's Broom has an anti-inflammatory effect. Jojoba oil smoothes, apricot oil provides essential fatty acids and wheat germ oil nourishes the skin with vitamin E. Massage into problem areas using moderate pressure, and in circular movements work upwards, towards the heart. In just under two months, skin elasticity and firmness can significantly improve, as demonstrated by independent assessors using ultrasound tests.

106112    100ml    Ve    £25.95



## Pomegranate Regenerating Body Oil HG

Luxurious and indulgent, this firming body oil is packed with essential fatty acids, vitamins and proteins to smooth and protect the skin, letting its natural beauty shine through. Regenerating pomegranate seed oil combined with wheat germ oil, jojoba oil and sesame 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\*.

106115    100ml    Ve    £24.95



What women experienced using our Pomegranate Body Oil:

Skin renewal

+50% after 14 days

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



# Body Oils



## Lavender Relaxing Body Oil HG

Ideal for a relaxing massage at the end of a difficult day, this potent massage oil infuses the senses with a feeling of wellbeing. After a bath, apply to warm, slightly damp skin in a softly lit room. Use in place of a body lotion for intensive nourishment and incredible relaxation. Enjoy a good night's rest, and wake up with soft, smooth skin that's ready for another day.

106116    100ml    Ve    £16.95



## Stretch Mark Massage Oil HG

A soothing, softening combination of jojoba, sweet almond and wheat germ oils, this massage oil is full of vitamins A, D and E as well as essential fatty acids and warming, skin-relaxing arnica. Massaging into the skin daily will help keep the connective tissues elastic – our best defence against stretch marks. Regular use visibly helps to reduce the appearance of stretch marks on your pregnant belly, your thighs, bottom and breasts. Easily absorbed, and with a delicate, light fragrance, Stretch Mark Massage Oil is a pleasure to apply.

106119    100ml    Ve    £18.95



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

Reduction of stretch mark area

- 33% after six months

Skin surface smoothness

+ 92% improvement after six months



## Sea Buckthorn Replenishing Body Oil HG

Vibrant orange sea buckthorn berries and gentle, rich plant oils contain nutrients such as unsaturated fatty acids, along with vitamins C, A and E. This makes Sea Buckthorn Body Oil incredibly replenishing, intensively moisturising and nourishing for the skin. Helps revitalise your skin and is ideal for use after sun exposure.

106118    100ml    Ve    £18.95



## Arnica Massage Oil HG

This oil is ideal for massage before and after sports, to keep muscles warm and flexible. Sunflower seed and olive oils intensively soften the skin, while extract of organic arnica flower has a warming effect, relieving the tight, sore feeling of hard working muscles. In addition birch leaf extract supports the skin's natural functions, soothes and tones, the ideal partner for a new exercise regime.

106111    100ml    Ve    £16.95



## Citrus Refreshing Body Oil HG

Zesty lemon peel oil together with pure almond oil, rich in unsaturated fatty acids, leave the skin smooth and supple while citrus essential oils impart a fresh scent that enlivens 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 fragrance of lemons.

106114    100ml    Ve    £16.95



## Wild Rose Pampering Body Oil HG

Our beautiful rose oil is pressed from sun ripened rosehips from the Rosa Moschata which grows wild on the foothills of the Andes Mountains. Due to the oil's unique combination of vitamins and essential fatty acids, it is ideal for use as a nourishing skin treatment and for a pampering massage.

106120    100ml    V    £25.95

# FOR SENSITIVE SOULS

Nestled inside its healthy, protective shell, the almond grows rich in vitamin E, essential fatty acids and is full of minerals.

Weleda's Almond Sensitive Skin Body Care range is a restoring, replenishing and fragrance free skin care system created for sensitive, dry and easily irritated skin. Containing organic sweet almond oil, rich in unsaturated fatty acids and vitamin E, these expertly-formulated products soothe sensitive skin and reduce irritation while restoring the skin's natural balance, replenishing its protective barrier whilst delivering lasting moisture, thereby reducing feelings of skin tightness. The hypoallergenic formula lets even the most sensitive skin become clear, smooth and calm.

Almond Sensitive Skin Body Lotion

Almond Sensitive Skin Body Wash

Almond Sensitive Skin Hand cream



Prunus dulcis

## Almond Sensitive Skin Body Care



**Almond Sensitive Skin Body Wash**  
 Very gently cleanses the skin, its lipid replenishing effect helps to regulate the skin's moisture balance and leaves skin feeling silky soft.

102207    200ml    Ve    £7.95   



**Almond Sensitive Skin Body Lotion**   
 Soothes, nourishes and strengthens the skin's own protective function, defending against exposure to the elements.

102206    200ml    V    £16.95



**Almond Sensitive Skin Hand Cream**   
 This fast absorbing hand cream calms skin prone to irritation by restoring the skin's natural balance and providing long lasting moisture.

102208    50ml    Ve    £11.95   

**Your skin - the boundary**

Our skin is the boundary between ourselves and the outside world and as such reflects both internal factors – nutrition and emotions, and external factors - our environment, and the creams and lotions and potions we apply. Sometimes skin can be more reactive to these factors – then we often say our skin is sensitive. When skin is sensitive it's even more important that we take good care of it and keep it well-moisturised.

*People with sensitive or problem skin have been looking for mild and chemical-free products for quite some time, and if you're not already converted to the Almond range, we have customers who are decades ahead of you. Luckily, it's never too late to try a natural alternative. Weleda's almond products are especially devised for skin that's super-sensitive, dry or prone to soreness. It's a calming range, with the mild, subtle aroma of bitter almond. Delicious!*

Evelyn Liddell-Davies,  
 Head of Training at Weleda






# WAKE UP YOUR SENSES



**The scent** is unmistakable. The strong essential oils of citrus infuse the entire plant. The lemon tree is bursting with vitality, blossoming and producing fruit simultaneously almost all year round.

Weleda's Citrus Body Care range awakens the spirits, hydrates the skin and puts us in a good mood for the day ahead. Sun-ripened lemons give a master-class in hoarding moisture and lend their secret to this fresh and naturally hydrating range. Containing precious essential oils from organically grown fruit, the zesty scent instantly transports to you to fragrant citrus groves.





Citrus Hydrating Body Lotion



Citrus Refreshing Body Oil



Citrus limon

## Citrus Refreshing Body Care



**Citrus Creamy Body Wash**

A delightfully refreshing body wash, with organic sesame oil and biodynamic lemon peel oil, revives your senses and softens your skin in the shower or bath. Perfect for an early start or at the end of a hard day.

104011      200ml    Ve    £7.95



**Citrus Hydrating Body Lotion** HG

This refreshing body lotion cools, invigorates and hydrates. The caring formulation with organic aloe vera, coconut oil and sesame oil intensively moisturises for beautiful, supple, healthy skin. The fragrance of sun-ripened lemons awakens the senses and invigorates the spirit.

106008      200ml    Ve    £16.95



**Citrus Hand and Nail Cream** HG

A rich hand and nail cream that leaves your skin velvety-soft and your nails beautifully strong. The nourishing formulation with calendula and wild pansy, protective waxes and sweet almond oil keeps the cuticle well-cared for, supporting the growth of healthy nails. The refreshing scent of citrus essential oil invigorates the senses.

106054      50ml    V    £11.95



**Citrus Refreshing Body Oil** HG

Pure almond oil, rich in unsaturated fatty acids, leaves the skin smooth and supple, while 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 fragrance of zesty lemons.

106114      100ml    Ve    £16.95



**Citrus Deodorant**

Essential oils of lemon and sweet orange create a light summery scent.

106012      100ml    Ve    £9.95



**Citrus Refreshing Bath Milk** HG

The fresh fruity fragrance revitalises and enlivens the senses – an ideal start to the day or a refreshing pick-me-up at any time. Suitable for the whole family, it's particularly good after physical exertion.

104005      200ml    Ve    £14.95



# RELAXING THE WHOLE BODY



Moldova's warm, dry climate and fertile black soil have supported the large scale cultivation of lavender for centuries. Weleda's partnership with Moldovan lavender growers began in 2005 and since then close collaboration and effective communication has resulted in the involvement of over 200 families and a growing area of almost 200 hectares.

Weleda's Lavender Body Care range offers the ultimate relaxation for body, mind and soul. The classic scent of calm and peace has a relaxing effect on the whole body. The components of lavender oil are known the world over for their incredible soothing and relaxing power, whilst the vivid blue-violet colour of the flowers fascinates the eye. Our formulations, with luxurious natural plant oils expertly blended with our organic Moldovan lavender, will calm the mind, soothe the body, and nourish the skin.



Lavender Relaxing Bath Milk



Lavandula angustifolia

## Lavender Relaxing Body Care



### Lavender Creamy Body Wash

This relaxing body wash cleanses the skin while gently calming the senses with the soothing and aromatherapeutic benefits of pure lavender essential oil. Nourishing organic sesame oil conditions the skin as you relax and take in the gorgeous scent.

104014 200ml Ve £7.95



### Lavender Relaxing Bath Milk

A long soak in our Lavender Bath Milk is the ideal therapy for mental exhaustion, over-stimulation and restlessness. Its harmonising action soothes body and mind, reduces tension and calms racing thoughts. A long fragrant soak in the evening, before bed, will help promote a peaceful night's sleep.

104007 200ml Ve £14.95



### Lavender Relaxing Body Oil <sup>HC</sup>

Ideal for a relaxing massage at the end of a difficult day, this potent massage oil infuses the senses with a feeling of wellbeing. After a bath, apply to warm, slightly damp skin in a softly lit room. Use in place of a body lotion for intensive nourishment and incredible relaxation. Enjoy a good night's rest, and wake up with soft, smooth skin that's ready for another day.

106116 100ml Ve £16.95



*“This is by far one of the nicest bath products I have ever used. It has a true lavender fragrance which is hard to come by in many bath products. I bought the Lavender Bath Milk to use with my child to help settle at night and it certainly does the trick! I want to get in the bath with him every time I use it!”*




K. Midgley

# FULL OF GOLDEN RICHNESS




**Sun-ripened** sea buckthorn stores energy and nutrients within its small, golden fruit. The plant is a pioneer, a hardy bush resilient to drought, permafrost, extreme coastal conditions and high altitude, demanding little from the earth.

Weleda's Sea Buckthorn Body Care range smells and feels like sunshine and summer. The organic oil pressed from the flesh and seeds is intensely nourishing, brimming with vitamins, rich in unsaturated fatty acids and other antioxidants that help protect the skin and are naturally compatible to be readily absorbed into the skin whilst bringing golden radiance and smoothness to your body.

Zesty top notes of grapefruit and mandarin, balanced by the soft mellow complexity of sandalwood, evoke bright, upbeat and carefree summer feelings, even on the rainiest of days.



Sea Buckthorn Creamy Body Wash



Sea Buckthorn Replenishing Body Lotion



Hippophae rhamnoides

## Sea Buckthorn Replenishing Body Care



### Sea Buckthorn Creamy Body Wash

Nourish the skin with a soft, creamy lather and sea buckthorn oil. Essential oils from sun-drenched oranges and grapefruit create a fresh, fruity aroma.

104012     200ml    Ve    £7.95



### Sea Buckthorn Elixir

Made with revitalising organic sea buckthorn berry juice, a natural source of vitamin C, together with other antioxidants and carotenoids that help fight free radicals and help maintain the body's natural defences.

203010     250ml    V/D    £10.95



### Sea Buckthorn Body Oil HG

Vibrant orange sea buckthorn berries and gentle, rich plant oils contain nutrients such as unsaturated fatty acids, along with vitamins C, A and E. This makes Sea Buckthorn Body Oil incredibly replenishing, intensively moisturising and nourishing for the skin. Helps revitalise your skin and is ideal for use after sun exposure.

106118     100ml    Ve    £18.95



### Sea Buckthorn Replenishing Body Lotion HG

This replenishing body lotion contains essential fatty acids for visibly smoother, lastingly soft skin. The formulation with vitamin-rich oil from organic sea buckthorn, mallow extract and shea butter protects skin from moisture loss and activates its regenerating functions, revealing soft, gorgeously healthy skin. A fresh, fruity fragrance invigorates the senses and lifts the mood.

106006     200ml    Ve    £18.95



### Sea Buckthorn Hand Cream HG

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 gives you a boost whenever you apply it.

106026     50ml    V    £11.95

*“The allure of products lies in the confidence they give you. I’m drawn to luxurious treats like bath oils, body scrubs and candles. I adore anything by...Weleda (especially the Sea Buckthorn Body Lotion). Taking care of yourself is essential to self-esteem; if you’re happy with how you look, you feel great.”*

Claudia Schiffer,  
(Elle Magazine)



# INDULGENCE AND LUXURY

Weleda's Wild Rose Body Care range benefits from the rose's balancing skills. The rosa moschata seed oil soothes and smooths the skin, whilst the indulgent fragrance of damask rose harmonises the senses. Grown in the Isparta region of Turkey, what began as a local initiative to train small-scale farmers in organic farming methods, now includes over 300 farmers in the production of these vibrant roses. With the finest natural ingredients, such as the oil from organically grown rosa moschata rosehips, this range contains protective vitamins A and E which help the skin resist the signs of ageing as well as important fatty acids to help maintain the skin's protective barrier.



Wild Rose Cream Bath



Wild Rose Pampering Body Lotion




Rosa damascena

## Wild Rose Pampering Body Care



**Wild Rose Creamy Body Wash**  
An indulgently fragranced formulation of nourishing organic rosehip seed oil, blended with Rosa Damascena essential oil to pamper your skin and senses.

104013      200ml    Ve    £7.95    



**Wild Rose Pampering Body Lotion <sup>HC</sup>**  
This nourishing body lotion helps to stimulate the skin's regenerative processes and maintain its natural elasticity. The special formulation with organic wild rose oil, jojoba oil and witch hazel noticeably smooths the skin. The luxurious fragrance of the Damask rose indulges the senses.

106005      200ml    Ve    £24.95    




**Wild Rose Deodorant**  
Light floral scents of wild rose and neroli provide a feeling of freshness and wellbeing.

106021    100ml    Ve    £13.95    



**Wild Rose Cream Bath**  
Our silky Wild Rose Cream Bath with precious organic musk rose oil nourishes and pampers the skin, while gentle jojoba and olive oil help to prevent the skin from drying out. The delicate fragrance of essential oil of Damask rose harmonises the senses. Dermatologically tested.

104034      100ml    Ve    £14.95    



**Wild Rose Pampering Body Oil <sup>HC</sup>**  
Our specially harvested rosehip oil is extracted from the rosa moschata, which grows wild on the foothills of the Andes Mountains. Due to the oil's unique combination of vitamins and essential fatty acids, it is ideal for use as a nourishing skin treatment and for a pampering massage.

106120      100ml    V    £25.95

*“Weleda’s wild rose body oil is one of my absolute favourite Weleda products, it’s a true sensory delight of pure indulgence. It’s fantastic for quenching the skin and giving it that beautiful glow that’s perfect for the camera - it’s great to use on swim wear shoots. The wonderfully feminine rose scent creates a little moment of luxury behind the scenes in an often hectic industry, and is loved by models, actors and makeup artists everywhere!”*

Maria Samuel,  
make-up artist

# REGENERATING & STIMULATING



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.

Weleda's organic pomegranate comes from the fertile valleys in the coastal region of Icel in southern Turkey. This thriving fair trade farming partnership ensures Weleda has a top quality supply of organic pomegranate, and guarantees the farmers a reliable income. Harvesting begins just after dawn, the crop is hand picked, carefully and laboriously, to ensure the best quality fruit. The juice is extracted for the food industry, and the seeds are then dried before they are cold pressed to extract the valuable oil for skincare. To produce just 1kg of the precious oil requires 500kg of pomegranates.

Weleda's pomegranate farming partners are a small scale cooperative of over 100 growers, so protecting the landscape from intensive farming and potentially damaging large scale farming methods.

Pomegranate Hand Cream

Pomegranate Regenerating Body Lotion

Pomegranate Regenerating Body Oil



Punica granatum

## Pomegranate Regenerating Body Care



### Pomegranate Creamy Body Wash

The indulgent and invigorating fragrance of this nutrient-rich body wash will stimulate the senses and bring balance to your body and mind. Full of indulgent sesame and organic pomegranate seed oil, it will reveal nurtured, soft skin that's touched with the incredible scent of neroli rose and sandalwood.

104022    200ml    Ve    £7.95



### Pomegranate Regenerating Body Lotion HG

This regenerating body lotion actively prevents the premature ageing of the skin, and its inspiring fragrance makes application a daily treat. The luxurious formulation with organic pomegranate seed oil, apricot kernel oil and shea butter stimulates cell renewal and protects skin from damaging external influences. Maturing skin is left firmer and feels velvety-smooth.

106007    200ml    Ve    £24.95



### Pomegranate Hand Cream HG

This skin-renewing natural wonder contains certified organic shea butter which is rich in fatty acids to protect skin from moisture loss, while natural plant extracts stimulate cell renewal to keep hands soft and refreshed. Perfect for keeping hard-working hands smooth and supple, for lifting the mood with its bright fragrance and for avoiding winter dryness.

104024    50ml    Ve    £12.95



### Pomegranate Body Oil HG

Luxurious and indulgent, this firming body oil is packed with essential fatty acids, vitamins and proteins to smooth and protect the skin, letting its natural beauty shine through. Replenishing pomegranate seed oil is combined with wheat germ oil, jojoba oil and sesame 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\*.

106115    100ml    Ve    £24.95



What women experienced using our Pomegranate Body Oil:

Skin renewal +50% after 14 days

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

*"I love the Weleda Pomegranate Body Oil, the smell and the result on my skin is amazing plus the ingredients are as natural as possible, which is very important to me."*

Storm Keating,  
Model

# PURIFYING BIRCH

**Birch** is renowned for its detoxification power. Full of flavonoids which encourage the body to flush out toxins, birch leaf extract helps to restore skin radiance from both inside and out. Weleda uses 500 tons of organic birch leaves a year, collected by our fair trade partners in the Czech Republic.

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



Birch Cellulite Oil



Betula pendula

## Birch Skin Care

No plastic microbeads



**Birch Body Scrub**

Containing the gentlest of exfoliators – tiny beeswax pearls, with round, soft edges, Birch Body Scrub loosens dead skin cells without disturbing the healthy layers below. Healthy skin exfoliates naturally, so there's no need to use a scrub every day when your skin is in great condition. Birch Body Scrub is ideal for use weekly, to give your skin a boost and a glow. Our exfoliator pearls are suspended in a rich, creamy cleanser made from moisturising sesame seed oil, with birch extract to purify and tone the skin, citrus to refresh, and rosemary to stimulate the circulation.

**Recommended use:** Once weekly

104021    150ml    V    £9.95



**Birch Juice**


A certified organic drink with birch leaf extract to gently cleanse the entire system – thereby restoring vitality and a healthy glow to skin. Organic lemon juice completes the tonic effect. Simply mix a tablespoonful with a glass of water, or add to pure apple juice. The Czech growers enjoy it for breakfast, stirred into yogurt! A dermatological study confirmed Birch Cellulite Oil used twice daily over 28 days in combination with Birch Juice, noticeably improved testers' skin, which appeared on average 35% firmer and skin elasticity improved by 20%. Visible improvement of skin-structure was recorded in 85% of cases, and testers' skin showed a healthy 20-25% increase in blood circulation/ microcirculation.

203000    250ml    Ve    £10.95



**The Spring Cleanse**

Eminé Rushton, Wellbeing Director of Psychologies magazine and known for her holistic approach to health and beauty, visited Weleda's birch project in the Czech Republic and formulated the perfect Birch skin cleansing plan. See our website for more information or call us and we'll send you a leaflet.

**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 – and support the body in its own process of internal cleansing. Weleda's Birch Cellulite Oil is a completely 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. 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.

106112    100ml    Ve    £25.95



**Body Brush**

Dry-brushing daily is a simple way to stimulate circulation and assist your body in flushing away toxins – a wonderful and very effective complement to daily massage. This beautiful wooden body brush is made from the Asian tree Schima superba, and has an organic cotton strap. Synthetic bristles make it vegan-friendly too. Start from the soles of your feet to promote optimal circulation and toxin-release – then brush up over the tops of the feet, over ankles, up the legs and dry-brush thighs, bottom and backs of legs with long upward strokes towards your heart. Circular clockwise strokes over your tummy and long brush strokes shoulders to fingertips (always towards the heart) complete a deeply invigorating daily pick-me-up.

408201    £4.95



Edelweiss is a rare beauty. This small, noble plant, with its snow-white leaves and star-shaped inflorescence, grows at an altitude of 1,500 to 3,000 metres above sea level, under intense sunlight and on rocky ground. The plant's elongated leaves are completely covered with woolly white hairs. These tiny fluffy hairs carry thousands of tiny air bubbles that reflect the light. They are designed to absorb the precise wavelength of harmful UV radiation. The remaining sunlight can pass through so that the plant can undergo photosynthesis. The Edelweiss must also draw very strong vital forces out of the soil, which is very nutrient-poor at such altitude, in order to survive these intense conditions of cold, snow and intense sunlight. What a truly fascinating plant!



Edelweiss Suncare Range



## Natural protection inspired by nature



### Effective mineral suncare

The new Edelweiss Sun Care range offers instant and the highest possible protection for the whole family whilst safeguarding skin health and the environment. Containing non-nano mineral UV filters and inspired by the edelweiss flower and the way in which it protects itself from extreme conditions in the Swiss mountains. All products are NATRUE certified natural.

#### Mineral based sunscreens

The Edelweiss range is made with non-nano mineral UV filters. These physical UV filters offer immediate protection, reflecting the sun's harmful rays, and providing an alternative to conventional chemical sunscreens which can take some minutes to become effective.

Not only skin-friendly, the Edelweiss range is also environmentally-friendly, something which is especially important when bathing in the sea or natural pools. The non-nano UV filters mean that the skin is left with a subtle white sheen, something that many parents find helpful when applying

the creams to their children's skin as it's easy to spot areas that are not yet covered.

With protection for baby, kids and adults, face or body, as well as after sun care, it's a complete range offering effective sun care for the whole family.

These countless small mirrors – the mineral non-nano UV filters that reflect sunlight – are larger than 1 nanometre, and therefore visibly reflect sunlight. Weleda has deliberately refrained from using chemical or nano-sized UV filters and has developed mineral NATRUE-certified sunscreens to offer an alternative. So when mineral-based sunscreen is applied, it leaves a whitish sheen. The higher the sunscreen formulation's sun protection factor (SPF), the more prominently it whitens the skin. For babies and toddlers – who should wear sunscreen with a high SPF – this effect is not necessarily a drawback: parents can immediately see whether their children still have enough sunscreen on their skin and spot the areas of the skin that have not yet been covered.

Weleda sunscreens are active immediately upon application, are waterproof and offer reliable and high UV protection – even for sensitive skin types and delicate baby skin.

## Sun Care



### Edelweiss Sunscreen Lotion - Factor 50 Sensitive

Especially formulated for highly sensitive and delicate baby skin, this high factor Baby & Kids Sunscreen Lotion offers instant protection with a reassuring white sheen of non-nano mineral UV filters to reflect harmful UV rays. Organic coconut and sunflower oils protect the moisture levels of even the most sensitive skin. Fragrance-free and ultra- waterproof. Also suitable for adult skin.

101994 50ml Ve £13.95



### Edelweiss Sunscreen Lotion - Factor 30 Sensitive

This Baby & Kids Factor 30 sunscreen lotion cares for children's skin whilst protecting instantly. Organic edelweiss, along with moisture preserving coconut and sunflower oils, nurture even highly sensitive, water-loving kids and pampering shea butter helps keep skin smooth and soft. Fragrance free and ultra- waterproof. Perfectly suitable for adult skin too.

101993 150ml Ve £22.95



*Weleda Edelweiss Sunscreens, contain antioxidant extract of organic edelweiss, moisture preserving plant-based oils and non-nano mineral UV filters for reliable and skin-friendly protection for the whole family.*

## Nano vs Non-Nano

### What exactly are mineral-based sunscreens?

Mineral-based sunscreens reflect the sun's rays, like countless small mirrors, to protect the skin from sunburn. They contain minerals such as titanium dioxide and zinc oxide, which can be used in different sizes to physically block the sun's UV rays. When the average size of these mineral particles is between 1 and 100 nanometres (1 nanometre = 1 billionth of a metre), they are referred to as nanoparticles.

### Do nanoparticles have harmful side effects?

Nanoparticles should not be inhaled. Although nanoparticle-based sunscreens are classified as safe by the European Commission, many consumers have reservations about their use. There are also no conclusive results yet as to the influence of nanoparticles on our own organism, the human being.

At Weleda in order to be able to offer a suitable alternative, we have deliberately decided to develop sunscreen products without nano-sized sunscreen ingredients.





Our fragrant natural deodorants offer reliable protection from body odour without the worrisome ‘chemical nasties’ many of us want to avoid. Formulated with organic ingredients and without zirconium or aluminium salts - to allow the skin to function healthily - they are naturally fragranced with pure essential oils which also help preserve the product, meaning artificial preservatives and parabens can be avoided. Our Roll-On Deodorants are quickly absorbed leaving no sticky feeling on the skin, and the new recyclable bottles are made from 70% recycled plastic sourced from British milk bottles. All our deodorants are NATRUE-certified natural and suitable for vegans.

Men 24h Roll-On Deodorant

Citrus 24h Roll-On Deodorant      Pomegranate 24h Roll-On Deodorant



Natural Deodorants

Made without aluminium salts, our natural deodorants work hard to keep you smelling great using only natural extracts of essential oils to freshen the skin and neutralise odours. The bottle of our new style roll-on deodorants is made from 70% recycled plastic, and is fully recyclable.

**Citrus Deodorant**  
Essential oils of lemon and sweet orange create a light summery scent.  
106012    100ml    Ve    £9.95

**Sage Deodorant**  
A fresh herbal fragrance from essential oils of sage, rosemary, pine, lavender and thyme.  
106015    100ml    Ve    £9.95

**Wild Rose Deodorant**  
A light floral fragrance with neroli and wild rose provides a feeling of freshness and wellbeing.  
106021    100ml    Ve    £13.95

**Sea Buckthorn 24h Roll-On Deodorant** HG  
A summer fresh scent of grapefruit and mandarin, balanced by the soft mellow complexity of sandalwood, for 24h protection from body odour without blocking the pores.  
102262    50ml    Ve    £7.95

**Citrus 24h Roll-On Deodorant** HG  
Conveys natural freshness, with the pleasant scent of lemon and litsea cubeba. This convenient roll-on deodorant, without aluminium salts and all natural essential oils, provides 24h reliable protection from body odours without blocking the pores.  
102264    50ml    Ve    £7.95

**Men 24h Roll-On Deodorant** HG  
A refined, straightforward scent with woody herbal notes of rosemary combined with invigorating freshness of litsea cubeba and vetiver essential oils. Providing 24h reliable protection from body odours without aluminium salts and without blocking the pores.  
102263    50ml    Ve    £7.95

**Pomegranate 24h Roll-On Deodorant** HG  
Brand new Pomegranate 24h Roll-On Deodorant is the perfect addition to the rest of our Pomegranate lead plant range. Without aluminium salts and containing all natural essential oils, provides 24h reliable protection from body odours without blocking the pores.  
102265    50ml    Ve    £7.95

*“I adore the Rose deodorant spray to keep me fresh smelling and not full of chemicals... I keep a travel size with me always. Works almost as a fragrance too in hot weather.”*

Ruby Hammer MBE



# BODY WASHES

Our all-natural body washes are carefully formulated with skin friendly, biodegradable, sustainable and fairly-traded ingredients. Mild and low foaming cleansers, naturally derived from coconut and sugar, freshen skin gently whilst organic plant oils help keep skin hydrated and moisturised, leaving it feeling soft, smooth and cared for. Precious essential oils give each product a unique and beautifully evocative fragrance.

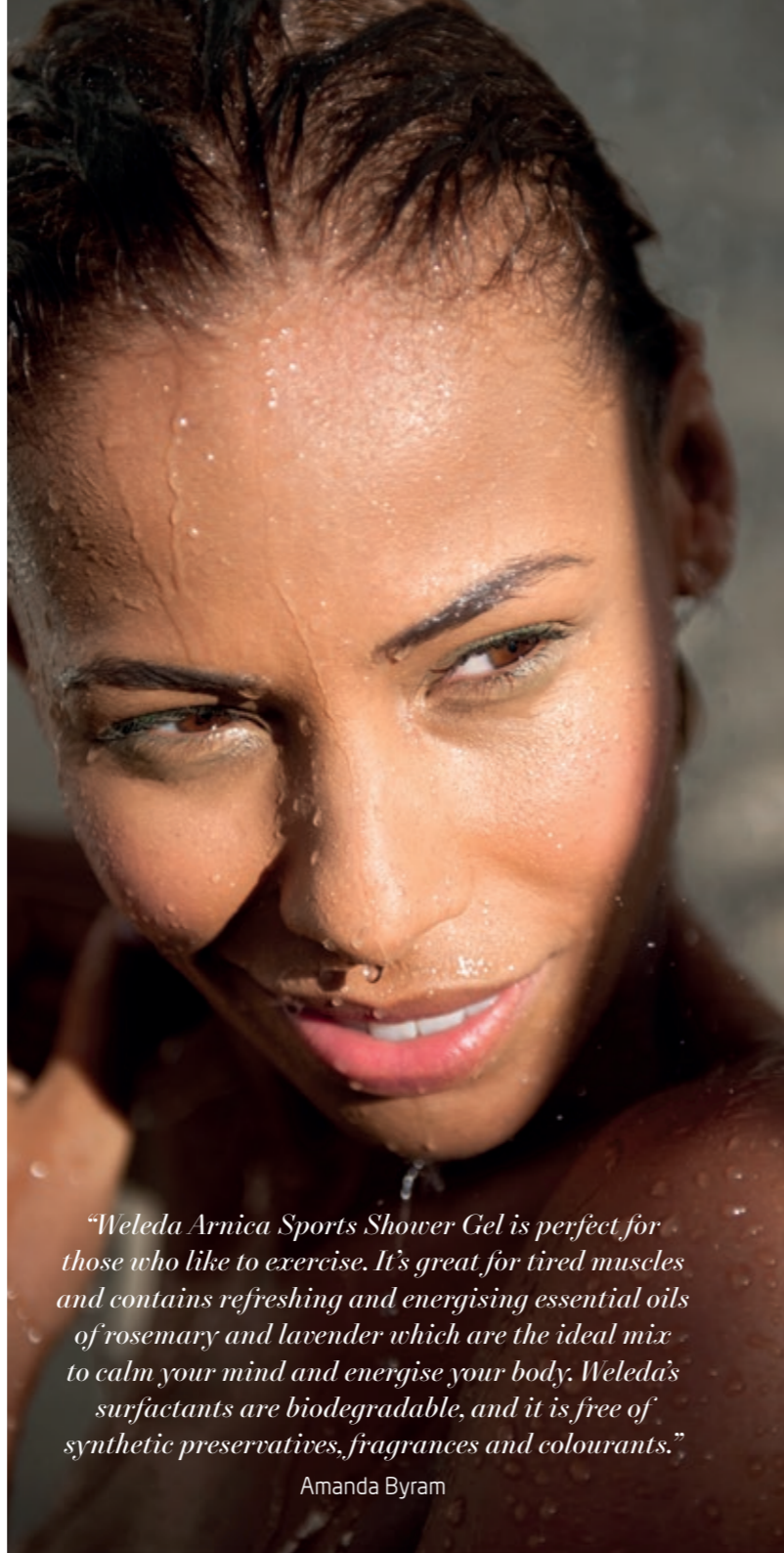
Almond Body Wash

Sea Buckthorn Body Wash

Arnica Sports Shower Gel

Men's Active Shower Gel

Calendula Shampoo & Body Wash



*“Weleda Arnica Sports Shower Gel is perfect for those who like to exercise. It’s great for tired muscles and contains refreshing and energising essential oils of rosemary and lavender which are the ideal mix to calm your mind and energise your body. Weleda’s surfactants are biodegradable, and it is free of synthetic preservatives, fragrances and colourants.”*

Amanda Byram



## Men's Active Shower Gel

Men's Active Shower Gel enlivens your body and mind while gently cleansing your skin. The energising fragrance of organic rosemary and zesty litsea cubeba will leave you feeling invigorated and refreshed. A great way to start your day!

104047 200ml Ve £7.95



## Calendula Shampoo & Body Wash

Your baby's delicate hair and skin gets the perfect balance of cleansing, moisture and the kindest care in our softly lathering shampoo and body wash. It's a gentle wash that retains the natural oils in the skin and hair, leaving your baby feeling silky smooth and protected from dryness.

105001 200ml Ve £7.95



## Wild Rose Creamy Body Wash

An indulgently fragranced formulation of nourishing organic rosehip seed oil, blended with Rosa Damascena essential oil to pamper your skin and senses.

104013 200ml Ve £7.95



## Sea Buckthorn Creamy Body Wash

Nourish the skin with a soft creamy lather and sea buckthorn oil. Essential oils from sun-drenched oranges and grapefruit create a fresh, fruity aroma.

104012 200ml Ve £7.95



## Pomegranate Creamy Body Wash

The indulgent and invigorating fragrance of this nutrient-rich body wash will stimulate the senses and bring balance to your body and mind. Full of nourishing sesame and organic pomegranate seed oils, reveal nurtured, soft skin delicately scented with neroli and sandalwood.

104022 200ml Ve £7.95



## Arnica Sports Shower Gel

This transparent gel refreshes and preserves the skin's natural moisture. It's one of the very few natural and organic sports shower gels available and with an invigorating rosemary and lavender scent, it makes your post-sports shower even more bracing! Nourishing, relaxing and energising - the perfect combination for the active Weleda fan.

104020 200ml Ve £7.95



## Almond Sensitive Skin Body Wash

This creamy body wash very gently cleanses the skin, its lipid replenishing effect helps to regulate the skin's moisture balance and leaves skin feeling silky soft.

102207 200ml Ve £7.95



## Lavender Creamy Body Wash

This relaxing body wash cleanses the skin while gently calming the senses with the soothing and aromatherapeutic benefits of pure lavender essential oil. Nourishing organic sesame oil conditions the skin as you relax and take in the gorgeous scent.

104014 200ml Ve £7.95



## Citrus Creamy Body Wash

A delightfully refreshing body wash, with organic sesame oil and organic lemon peel oil, revive your senses and soften your skin in the shower or bath. Perfect for an early start or at the end of a hard day.

104011 200ml Ve £7.95



*“Weleda Arnica Sports Shower Gel is perfect for those who like to exercise. It’s great for tired muscles and contains refreshing and energising essential oils of rosemary and lavender which are the ideal mix to calm your mind and energise your body. Weleda’s surfactants are biodegradable, and it is free of synthetic preservatives, fragrances and colourants.”*

Amanda Byram

# HOME THERAPY

**Weleda therapeutic Bath Milks** are a sensual treat to soothe both the body and mind. Perfect at the end of a hard day or the start of a new challenge, they are ideal for reducing tension, easing restlessness, or preparing for a peaceful night's sleep. Create a moment of calm in your home. Our gentle, sensual massage oils are the perfect companion to pamper skin after a relaxing bath. Soothe aches, soften skin and calm the mind with our expertly formulated body oils.



Rosemary Invigorating Bath Milk



Wild Rose Cream Bath



Citrus Refreshing Bath Milk



Lavender Relaxing Bath Milk




Arnica Muscle Soak



## Bath & Body




**Pine Reviving Bath Milk** HG  
Infused with the warming scent of aromatic pine forests, this bath milk will refresh and invigorate - ideal during cold or damp weather. Perfect after a particularly tiring or stressful day, its restorative action will revive body and soul, to help regain your inner balance.

104008      200ml    Ve    £14.95 




**Rosemary Invigorating Bath Milk**  
Grown on the sun-soaked hillsides of Valencia in Spain, it is no wonder that rosemary stimulates and invigorates the senses so effectively. Slip into a warm bath with this rosemary infused milk to drive away the familiar ache that comes with tiredness. Perfect for a foot bath after a long day, it will help to overcome excessive perspiration and improve the general circulation in the legs.

104009      200ml    Ve    £14.95 




**Citrus Refreshing Bath Milk** HG  
The fresh fruity fragrance revitalises and enlivens the senses - an ideal start to the day or a refreshing pick-me-up at any time. Suitable for the whole family, it's particularly good after physical exertion, and the zesty fragrance will transport you to fragrant lemon groves on a summer's day.

104005      200ml    Ve    £14.95 




**Lavender Relaxing Bath Milk**  
A long soak in our Lavender Bath Milk is the ideal therapy for mental exhaustion, over-stimulation and restlessness. Its harmonising action soothes body and mind, reduces tension and calms racing thoughts. A long fragrant soak in the evening, before bed, will help promote a peaceful night's sleep.

104007      200ml    Ve    £14.95 




**Wild Rose Cream Bath**  
Weleda's silky Wild Rose Cream Bath with precious organic musk rose oil nourishes and pampers the skin, while gentle jojoba and olive oil help to prevent the skin from drying out. The delicate fragrance of essential rose oil harmonises the senses. Dermatologically tested.

104034      100ml    Ve    £14.95 



**Arnica Muscle Soak**  
A warm bath with this aromatic soak helps soothe the body and mind while your muscles and tired limbs relax, lifting feelings of tiredness and fatigue. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender essential oils, Weleda Arnica Muscle Soak helps aid recovery during times of stress or over-exertion and weariness.

104017      200ml    Ve    £14.95 

# Vegan friendly

Some of our products do contain animal products and their derivatives like beeswax, lanolin, goat's milk and lactose as well as honey in the elixirs which is why we do not say we are a Vegan company. If you wish to avoid any animal product here is our wide range of products that are suitable for Vegans.

## Facial Care

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

## Baby & Mum

Calendula Baby Oil  
Calendula Bath  
Calendula Cream Bath  
Calendula Shampoo & Body Wash  
Children's Tooth Gel  
Nursing Oil  
Nursing Tea  
Perineum Massage Oil  
Stretch Mark Massage Oil

## Dental

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

## Body Care

Almond Sensitive Skin Hand Cream  
Arnica Massage Oil  
Arnica Cooling Gel  
Birch Cellulite Oil  
Citrus Refreshing Body Oil  
Citrus Hydrating Body Lotion  
Lavender Relaxing Body Oil  
Pomegranate Regenerating Body Oil  
Pomegranate Regenerating Body Lotion  
Pomegranate Regenerating Hand Cream  
Sea Buckthorn Replenishing Body Oil  
Sea Buckthorn Replenishing Body Lotion  
Skin Food Body Butter  
Wild Rose Pampering Body Lotion

## Deodorants

Citrus 24h Roll-On Deodorant  
Citrus Deodorant  
Men 24h Roll-On Deodorant  
Pomegranate 24h Roll-On Deodorant  
Sea Buckthorn 24h Roll-On Deodorant  
Sage Deodorant  
Wild Rose Deodorant

## Hair Care

Millet Nourishing Shampoo  
Oat Replenishing Shampoo  
Oat Replenishing Conditioner  
Revitalising Hair Tonic  
Wheat Balancing Shampoo

## Bath & Shower

Almond Sensitive Skin Body Wash  
Arnica Muscle Soak  
Arnica Sports Shower Gel  
Calendula Soap  
Citrus Creamy Body Wash  
Citrus Refreshing Bath Milk  
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 Creamy Body Wash  
Lavender Relaxing Bath Milk  
Men Active Shower Gel  
Pine Reviving Bath Milk  
Pomegranate Creamy Body Wash  
Rosemary Invigorating Bath Milk  
Sea Buckthorn Creamy Body Wash  
Wild Rose Creamy Body Wash  
Wild Rose Cream Bath

## Sun Care

Sensitive Sunscreen Lotion - Factor 50  
Sensitive Sunscreen Lotion - Factor 30

## Natural Medicines

Arnica Bumps & Bruises Spray  
Arnica Massage Balm  
Avena Sativa Comp Drops  
Calendula Cuts and Grazes Spray  
Cold Relief Oral Spray  
Copper Ointment  
Digestion Calming Drops  
Hayfever Relief Oral Spray  
Insect Bites Spray  
Muscular Pain Relief Oral Spray  
Rhinodoron Nasal Spray  
Skin Tone Lotion  
Stress Relief Oral Spray

## Wellbeing

Birch Juice

# Animal testing

We get asked all the time about animal testing and whether our natural and organic cosmetics are cruelty free.  
The answer is yes they most certainly are!

Weleda has never tested any of its individual cosmetics ingredients nor finished beauty products on animals. We don't carry any cruelty free symbols on our packs because we have the NATRUE seal on every single one of our cosmetics. NATRUE is against animal testing; their criteria stipulates:

"Products must comply first and foremost with the basic requirements of Cosmetics Regulation (EC) No 1223/2009, particularly with regard to their composition, safety, efficacy and labelling requirements. Furthermore, animal testing is fundamentally against NATRUE's underlying values and ethics. It is for this reason that the NATRUE criteria extends the animal testing ban on finished cosmetic products as regulated by Regulation (EC) No 1223/2009 to countries outside the EU."

Today thankfully it is against the law in Europe for any beauty cosmetics to be tested on animals so it goes without saying that, as a European beauty brand, our range is cruelty-free. But maybe it doesn't go without saying, as we hear some of you asking, what about mainland China where current regulation requires even imported European cosmetics to be tested on animals before they can be sold in China?

The term 'cosmetics' in China is considered to be skincare, makeup, perfume, hair care, sun care, nail care, deodorants and whitening products. Strangely enough toothpastes and bars of soap are exempt, and as such they are not required to be tested on animals. So Weleda toothpaste and soaps may be found in China. But rest assured they are still cruelty-free. Cosmetics bought in China via an overseas e-commerce website also avoid the animal testing requirement, so increasingly Chinese customers are buying from online stores in Hong Kong and further afield in order to get hold of European green beauty brands.

We do not sell our other products in mainland China because of the current cosmetics regulation, and there is no plan to do so until China changes its requirement regarding animal testing. Hopefully consumer pressure in China will bring about change before too long.



CRUELTY  
FREE

## No animal testing

Weleda has fundamentally opposed all animal testing for our cosmetics since 1921 and fortunately, since 2014, EU law has caught up with us now banning all animal testing. Today no cosmetic sold in the EU can claim to be 'cruelty-free' on the packaging.

We do test our products on real people, through extensive in-use monitored studies. We first test each ingredient for toxicology prior to use, and then test our formulations on human volunteers for skin tolerability. Animal testing is fundamentally against the underlying values and ethics of the NATRUE certification standard. The NATRUE criteria also extends the animal testing ban on finished cosmetic products to countries outside the EU. You will find the NATRUE seal on every one of our natural and organic cosmetics.



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.

# ARNICA, YOUR NATURAL TRAINING PARTNER

Whether you're careering down a ski slope, powering up a hill on your bike or stretching to the max with some hot yoga, arnica delivers deep muscle warmth and relief from aches both before and after your workout. Available now in an array of forms, all of them sharing the same natural and organic arnica magic, loved and valued by hot and sweaty sorts for decades!



Arnica Muscle Soak

Arnica Cooling Gel



Arnica Massage Oil

Arnica Sports Shower Gel



## Sports Therapy



### Arnica Massage Oil HG

This oil is ideal for massage before and after sports, to keep muscles warm and flexible. Sunflower seed and olive oils intensively soften the skin, while extract of organic arnica flower has a warming effect, relieving the tight, sore feeling of hard working muscles. The addition of birch leaf extract supports the skin's natural functions, soothes and tones, the ideal partner for a new exercise regime.

106111 100ml Ve £16.95



### Arnica Sports Shower Gel

This transparent gel refreshes and preserves the skin's natural moisture. It's one of the very few natural and organic sports shower gels available and with an invigorating rosemary and lavender scent, it makes your post-sports shower even more bracing! Nourishing, relaxing and energising – the perfect combination for the active Weleda fan.

104020 200ml Ve £7.95



### Arnica Cooling Gel

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

205028 25g Ve £7.95



### Skin Tone Lotion\*

A medicinal product that brings together a number of well known ingredients including arnica and copper sulphate to refresh and revitalise tired legs.

206035 100ml Ve £12.95



### Arnica Muscle Soak

A warm bath with this aromatic soak helps soothe the body and mind whilst your muscles and tired limbs relax, lifting the feelings of tiredness and fatigue. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender essential oils, it helps aid recovery during times of over-exertion and weariness.

104017 200ml Ve £14.95



*“Very easy to use after a long run, hard session or race. Really helped me to relax and recover, particularly if the massage oil is used after either the bath soak or the shower gel.”*

Tested by Ranelagh Harriers from Men's & Women's Running Magazine

November 2016

\* Always read the label

# Cleaner Beauty

Weleda has led the way in cleaner beauty since 1921. For us it has always been far more than a mandate to ensure products are free-from all 'nasties' such as artificial additives, GMO ingredients, mineral oils, silicones and petroleum derivatives. It's a total, holistic approach to beauty and wellbeing, understanding the connection between nature and human beings and taking the mind, body and spirit into consideration because beauty is more than skin deep.



Start your day with Cleaner Beauty alternatives from Weleda

1

## Birch Body Scrub

Start your day with Birch Body Scrub with its refreshing, natural fragrance. Free from microplastics, gently exfoliate and stimulate circulation with the tiny wax beads, leaving skin smooth and revitalised.

2

## Almond Soothing Cleansing Lotion

Cleanse sensitive skin gently but thoroughly with our fragrance-free Almond Soothing Cleansing Lotion. Made with organic almond oil, this creamy cleanser is free from foaming agents, synthetic fragrance, parabens or artificial additives of any kind.

## A Weleda option at every step



3

## Calendula Toothpaste

Brush teeth and freshen breath naturally with Calendula Toothpaste, one of five certified-natural Weleda formulations. It's free from added fluoride or surfactants such as SLS and contains no triclosan or other synthetic ingredients commonly found in toothpastes.

Without Aluminium salts

4

## Citrus Deodorant

Stay fresh all day with Citrus 24h Roll-on Deodorant made without aluminium or zirconium salts. The citrus fragrance from pure essential oils provides reliable protection against body odour without blocking pores.

5

## Almond Soothing Facial Cream

With increasing numbers suffering from sensitivity and eczema, there is a growing demand for facial care free from artificial preservatives and fragrances that can prompt skin reactions and irritations. Leave skin soft, supple and protected with this creamy moisturiser.

NO synthetic preservative

6

## Birch Cellulite Oil

Some body oils can contain mineral oil, silicones and other petrochemical derivatives that leave skin with an attractive sheen, but they don't penetrate the skin to the deeper layers. Whilst they protect, they can sit on the skin surface, clogging pores. Sustainable plant oils contain precious plant actives and nutrients, and penetrate deeper where they are needed to nourish and support healthy skin function.

Silicones? No way



7

## Skin Food

Moisturisers are often made with inexpensive mineral oils but at Weleda we use precious plant oils and natural waxes to protect and replenish. Our best-selling Skin Food was first introduced in 1926, containing organic almond and sunflower oils, unbleached beeswax, purest quality refined lanolin and soothing plant extracts. Not a mineral oil or petrochemical in sight.

Mineral Oil? No chance



8

## Skin Food Lip Balm

Head out for the day with your lips moisturised and protected using a certified lip balm, we recommend Skin Food Lip balm offering nourishing support for dry chapped lips.

No petroleum



Treat skin daily with pure plant oil

*'Every one in five children and one in 20 adults suffer from eczema in the UK'*

Source: National Eczema Society

*'We may be absorbing as much as 60% of the products we apply to our skin'*

Source: No More Dirty Looks: Spunt/O'Connor



# NATURAL ESSENTIALS

Our range of everyday essentials offers soothing balms for where they are needed most, oral care for healthy teeth and gums and natural deodorants to keep you smelling great. Sometimes the skin needs targeted care and attention – whether it’s for hardworking hands, dry lips, aching feet or skin prone to irritation, intensive and fast absorbing moisturisers will nourish, protect and replenish. Toothpastes, carefully formulated and developed with dentists, maintain the health of teeth and gums naturally, whilst deodorants freshen the skin and neutralise odours, free of all aluminium salts. Organic juices and elixirs provide a wide range of specific health and nutritional benefits as well as maintaining general wellbeing.



## Balms for Lips, Hands and Feet



**Citrus Hand and Nail Cream** HG  
A rich hand and nail cream that leaves your skin velvety-soft and your nails beautifully strong. The nourishing formulation with calendula and wild pansy, protective waxes and sweet almond oil keeps the cuticle well-cared for, supporting the growth of healthy nails. The refreshing scent of citrus essential oil invigorates the senses.  
106054      50ml   V   £11.95



**Sea Buckthorn Hand Cream** HG  
Rich in vitamins and unsaturated fatty acids, the precious sea buckthorn and sesame oils in this soothing balm give rough, dry, hard-working hands an intense moisture boost.  
106026      50ml   V   £11.95



**Pomegranate Regenerating Hand Cream** HG  
This skin-renewing natural wonder contains certified organic shea butter, rich in fatty acids, which protects skin from moisture loss, while natural plant extracts stimulate cell renewal to keep hands soft and refreshed.  
104024      50ml   Ve   £12.95 Vegan Info



**Foot Balm** HG  
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 to protect against blisters.  
106016      75ml   V   £11.95



**Almond Sensitive Skin Hand Cream** HG  
This fast-absorbing cream calms skin prone to irritation by restoring the skin's natural balance and providing long lasting moisture.  
102208      50ml   Ve   £11.95 Vegan Info



**Cotton Gloves**  
Treat yourself to a pair of our cotton gloves to protect and pamper your hands overnight. Slather on your favourite hand cream, pop on the gloves and in the morning your hands will be silky soft.  
405216      £4.95



**Lip Balm** HG  
The delicate skin of the lips makes them particularly vulnerable to harsh environmental factors such as sun, wind and cold. Our rich lip balm has been made with a selection of natural waxes and oils to gently soothe and protect the lips. Organic jojoba seed oil, rose wax, beeswax, candelilla and carnauba wax provide all round care. Vanilla and rose essential oils create a delightfully soft fragrance for a lip balm you'll carry everywhere.  
106017      4.8g   V   £4.95



**Skin Food Lip Balm** HG  
Made with natural oils and plant extracts, Skin Food Lip Balm offers nourishing support for dry and chapped lips.  
106060      8ml   V   £6.95

# Oral Care

Developed with dentists, our carefully formulated toothpastes contain the purest plant extracts in a mineral base to clean teeth gently but thoroughly, prevent the build-up of plaque, and keep the gums healthy and strong, naturally.



### Calendula Toothpaste

Peppermint-free especially for users of homeopathic medicines, naturally flavoured with fresh-tasting fennel. Regular use helps protect against the build up of plaque.

101001

75ml Ve

£4.95



### Plant Gel Toothpaste

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

101003

75ml Ve

£4.95



### Salt Toothpaste

Natural sodium bicarbonate helps neutralise harmful plaque acids, and stimulates salivation to promote self-cleansing and reduce the formation of tartar. A mixture of essential oils provides long lasting freshness.

101004

75ml V

£4.95



### Ratanhia Toothpaste

Traditionally used by the people of the Peruvian Andes as a gentle yet effective oral care ingredient, the ratanhia plant's natural astringent and strengthening properties are harnessed in this toothpaste. The mouth is kept in great condition and essential oils of peppermint and spearmint keep your breath fresh.

101002

75ml Ve

£4.95



### Children's Tooth Gel

Natural but thorough care for children's delicate first teeth. With extracts of organic calendula flowers to keep gums healthy.

101005

50ml Ve

£3.95



### Ratanhia Mouthwash

An invigorating blend of natural organic plant extracts that soothes and tones your gums whilst freshening your breath. This 50ml concentrate is handy for travel, and is diluted for daily use.

101009

50ml V

£8.75

# Juices and Elixirs



### Birch Juice

The ultimate supplement for cleansing the body. Organic silver birch helps cleanse the system, bringing you rediscovered vitality and leaving your skin looking clear, bright and healthy. Shake the bottle, then add a tablespoon to a glass of water, or two tablespoons to your water bottle to sip throughout the day. You can even stir into yoghurt. Certified organic, this 100% natural juice is suitable for diabetics and vegans.

203000

250ml Ve

£10.95



### Sea Buckthorn Elixir

Made with revitalising organic sea buckthorn berries, a natural source of vitamin C, together with other antioxidants such as vitamin E and provitamin A that help fight free radicals and help maintain the body's natural defences.

203010

250ml V/D

£10.95



### Prunus Elixir

Invigorating and fortifying, this delicious supplement helps you keep up with demanding times, at school or work, during growth phases, pregnancy and breast-feeding, or in later life. Prunus Elixir is made from ripened sloe berries, gathered from controlled wild collection. Whether you're going through a trying time, or just need something comforting and delectable to get you through a tough day, this fruity drink is ideal. Perfect diluted in hot or cold water or milk, taken undiluted, or added to porridge or yoghurt.

203004

200ml V/D

£10.95

## Organic elixirs & juices as the seasons change in Spring and Autumn





Our bodies are instinctively responding to changes in the light, and our thoughts often turn to health, as well as to spring-cleaning, or filling up the freezer. It's a time to listen to your body, when a detox or a vitality-boost are exactly what's needed to carry us through the next months. With ingredients that are organically or biodynamically grown, or from certified, controlled wild collection, Weleda's elixirs and juices are free from synthetic additives of any kind. The extracts which make up our juice and elixirs come from native trees and shrubs – Silver Birch, Blackthorn and Sea Buckthorn.

# HAIRCARE





A key part of our holistic hair care philosophy is our lead plant principle – a combination of anthroposophic and scientific knowledge. This concept is based on the link between the lead plant and the needs of the body. Hair and grains have many similarities, such as the way they grow, their surface and their structure. And just as grains can only grow in fertile earth, shiny hair can only grow on a healthy scalp.

Tailored to the individual requirements of the respective hair type, Weleda provides the scalp and hair with exactly what it needs. The ingredients in our formulations all contribute to the effectiveness of the product. The unique fragrances derived from pure essential oils make our hair care an experience for all the senses.




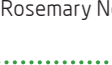
Our mild cleansing and caring products revitalise your scalp and give you naturally beautiful hair.







Oat Replenishing Shampoo



Oat Replenishing Conditioner



Rosemary Nourishing Hair Oil



Rosemary Revitalising Hair Tonic



## Our hair care range - tailored to your needs



**Oat Replenishing Shampoo**  
Dry and damaged hair needs a shampoo that restructures and imparts moisture to the parched shaft. Oat extract is naturally bursting with nutrients including vitamins, minerals and proteins. This makes it ideal for hair and scalp in need of nourishment and extra moisture. To enhance the holistic effectiveness of the oat extract, the shampoo contains sage leaf, a natural tonic for the scalp. Together these natural plant extracts provide the entire length of hair with restorative, soothing care.

103017 190ml Ve £11.95



**Millet Nourishing Shampoo**  
Normal hair needs maintenance and preservation - unlike other hair types it is already in the state it needs to be in. Millet's natural ability to protect and preserve itself is harnessed in this shampoo, which prevents hair from becoming dry, as well as maintaining nutrient levels. With macadamia nut oil to add a caring, lightly conditioning element, this sweet, vibrant shampoo is ideal for all the family.

103016 190ml Ve £11.95



**Wheat Balancing Shampoo**  
This shampoo is for hair and scalps that need extra help in achieving healthy balance. Dandruff, whether dry or oily, can be treated with this gently cleansing formulation. Wheat is rich in vitamin E which prevents cellular damage, as well as being full of antioxidants to protect the hair and scalp from free radicals. Wheat is supported by viola tricolor (wild pansy extract) which soothes dry, flaky scalp, rosemary to revitalise, and tea tree oil to gently ease skin problems.

103018 190ml Ve £11.95



**Revitalising Hair Tonic** HG  
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 stoncrop and horseradish extracts work together to discourage microbial development and reduce inflammation.

103024 100ml Ve £12.95  
Atomiser 705015 £2.25



**Oat Replenishing Conditioner**  
This nourishing formula harnesses the restorative and structuring properties of oat, intensively nourishing hair and scalp with vitamins, minerals and proteins. Complimenting oat is jojoba oil, an easily absorbed oil that sinks in fast, leaving a satiny feel. White mallow calms and smoothes, adding to the uniquely softening qualities of our extraordinary conditioner. With floral mimosa and aromatic cedar wood oil, this deliciously scented conditioner can be used in conjunction with all other products in the range.

103019 200ml Ve £12.50



*“Heavenly aroma, the Oat Replenishing Shampoo and Conditioner is brilliant for protecting dry hair. Fab work again from this natural pioneer.”*

Janey Lee Grace  
– Broadcaster, Author and Natural Beauty Advocate

# ANTENATAL & POSTNATAL

## Trust your intuition and mother nature

Developed in conjunction with experienced midwives, these products are made from plant-based oils which, in being similar to the skin's own natural oils, are 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 orange – warming, nourishing and nurturing. All of these are free from synthetic fragrances, colours and preservatives and we avoid using raw materials derived from mineral oils, such as petroleum or paraffin, which form a film over the skin rather than caring for it.

*“After using the Stretch Mark Oil religiously twice a day for 8 months I can confirm that I have no stretch marks. It’s a fabulous product. I’m amazed!”*

Zoe Starreveld



**Nipple Balm**

**Stretch Mark Massage Oil**

**Maternity Range**

**Perineum Massage Oil**

**Nursing Oil**

**Nursing Tea**

## For bump, birth and beyond

Our certified natural ingredients work in harmony with the skin, making them ideal for you and your baby, both before and after you become a mum.



**Stretch Mark Massage Oil** HG  
A soothing, softening combination of jojoba, sweet almond and wheat germ oils, this massage oil is full of vitamins A, D and E as well as essential fatty acids and warming, skin-relaxing arnica. Massaging into the skin daily will help keep the connective tissues elastic – our best defence against stretch marks. Regular use visibly helps to correct the appearance of stretch marks on your pregnant belly, your thighs, bottom and breasts, and also helps prevent new ones. Easily absorbed, and with a delicate, light fragrance, Stretch Mark Massage Oil is a pleasure to apply.

106119    100ml    Ve    £18.95



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

**Reduction of stretch mark area**    - 33% after six months

**Skin surface smoothness**    + 92% improvement after six months



**Nursing Oil**  
Developed by midwives and pharmacists, this gentle, natural formula was created for nourishing and soothing massage of the breasts prior to nursing. Pure, natural essential oils of fennel, caraway and marjoram are traditionally used to support healthy lactation and stimulate milk flow. Regular massage with this warming oil helps to promote a positive breastfeeding experience.

606162    50ml    Ve    £11.95



**Perineum Massage Oil**  
Weleda Perineum Massage Oil is a specially developed oil to assist in preparing for childbirth. Massaging the perineum with a composition of sweet almond oil and wheat germ oil helps relax the cellular matrix and increases elasticity which may help prevent tearing during childbirth. Dermatologically tested and with no synthetic colourings, preservatives and fragrances, or mineral oil based raw materials.

606161    50ml    Ve    £11.95



**Nipple Balm** HG  
Developed with midwives and pharmacists, this fragrance 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. Nipple Balm contains organic calendula extract and does not need to be removed before breastfeeding.

205027    25g    V    £7.95



**Nursing Tea**  
An organic herbal tea mixture, naturally caffeine free with fennel and refreshing lemon verbena. This soothing tea was developed especially for the breastfeeding period. The mild recipe exclusively contains organic ingredients – after all, your baby is drinking it through the breast milk.

Three cups a day will help keep your fluids balanced, so supporting the natural milk production.

606163    20 Tea Bags/ 40g    Ve    £5.95





# BABY SKIN CARE

## Protecting and caring from the very beginning

Products that are free from synthetic preservatives, fragrances and colourants are the natural choice and Weleda Calendula Baby Care is 100% certified natural.

Weleda Calendula Baby Care provides comfort and supports the development of healthy skin. All our products have been developed with the assistance of physicians and midwives and are dermatologically tested.



## Organic Baby Essentials

Our 100% certified natural products contain precious extracts of hand-picked organic calendula to soothe and protect delicate skin, and are free from synthetic preservatives, fragrances, colourants or artificial additives of any kind. Weleda Baby Skincare products care naturally for your little one, right from the very beginning.

105804 V £5.95

Contains: 30ml Calendula Nappy Change Cream, 50ml Calendula Shampoo & Body Wash.



## Calendula Nappy Change Cream

A deeply nourishing, protective barrier cream which cares for the delicate skin of the nappy area. Extracts of biodynamic calendula and organic chamomile soothe irritation and comfort the skin.

105009	75ml	V	£7.25
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104510	30ml	V	£3.00
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### Calendula Lotion

This light, nourishing body lotion provides long-lasting protection from environmental drying influences. Particularly good for use after bathing, or to gently cleanse sensitive skin. Its milky consistency absorbs quickly, leaving your little one glowing and happy with soft, moisturised skin.

105005	200ml	V	£10.95
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## Calendula Moisturising Body Cream

A soothing and nourishing cream to protect dry or sensitive skin, allowing it to breathe freely.

105008	75ml	V	£9.50
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## Baby Skin Care



### Calendula Oil (unfragranced)

Give your baby long-lasting protection with this nourishing body oil. Suitable for daily care, it is an excellent product for baby massage and for cleansing the nappy area and can also be used to treat dry scalp or cradle cap.

105100	200ml	Ve	£10.95
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### Calendula Cream Bath

Your baby's delicate skin gets the gentlest bathing treatment with our soothing cream bath. It's a calming addition to bath time that nurtures your baby's sensitive skin and ensures that essential moisture is protected.

105004	200ml	Ve	£13.95
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*“It’s tempting to turn to a baby shampoo to try and wash off the scaly skin that forms on the scalp. But shampoo and water can dry the skin and exacerbate the problem. The best solution is to soften the cradle cap with oil, ideally overnight, and then when it is softened gently coax the dry skin away from the scalp with a soft brush or fine-toothed comb. Follow up with a small amount of the oil for regular baby head massage.”*

Sharon Trotter,  
Midwife and neonatal skincare advisor

Baby Skin Care



**Calendula Face Cream** HG  
This light cream provides soothing protection for your baby's delicate skin. It supports the natural functions of the skin to moisturise and protect against dryness.  
105002      50ml   V   £9.95



**Calendula Soap**  
The gentlest of cleansing with soothing calendula in this top quality organic soap. It's a lightly fragrant, moisture-balancing bar that's perfect for your baby's sensitive skin.  
105010      100g   Ve   £5.50



**Calendula Bath**  
This oil free formulation ensures bath time with your newborn is not a slippery experience. A soothing bedtime bath for extra-delicate skin, this soothing bath product is also ideal for calming fractious babies. Calendula and thyme extracts combined with blackthorn juice give this unique bath its amazing calming properties and natural tawny colour.  
105003      200ml   Ve   £13.95



**Calendula Weather Protection Cream** HG  
Intensive protection against drying winds or cold, wet weather, this soothing, moisturising protective cream is perfect for babies as well as the rest of the family. Can also be used to protect the lips.  
105007      30ml   V   £9.50

*“I have been recommended Calendula Weather Protection Cream for a wound on my nose from an operation that I had 3 weeks earlier to remove a basal cell carcinoma. I have been using the cream night and morning and the results were almost instant, even the following day it looked and felt a lot better, it has now healed and the redness nearly gone.”*

Lisa Walters

Kids' Body Washes



**Calendula Shampoo and Body Wash**  
Your baby's delicate hair and skin gets the perfect balance of cleansing, moisture and the kindest care in our softly lathering shampoo and body wash. It's a gentle wash that retains the natural oils in the skin and hair, leaving your baby feeling silky smooth and protected from dryness.  
105001      200ml   Ve   £7.95



Kids 2in1 Shampoo & Body Washes

Mild and gentle cleansing for delicate skin and hair – especially developed with kids, for kids. No synthetics, just sweet, creamy bathtime fun with a soft, sweet fragrance.

**Mighty Mint**  
A mellow minty freshness of aromatic spearmint with notes of lavender, encouraging focus in the morning with a busy day ahead, or calm at the end of an action-packed day.

104564      150ml   Ve   £5.95

**Lively Lime**  
The zesty citrus scent of essential oils of lime and lemon creates an upbeat, energetic mood that's refreshingly cheeky and bursting with positivity.

104560      150ml   Ve   £5.95

**Happy Orange**  
Tangy essential oil of orange is blended with just a touch of vanilla to create a feel-good, sweet fruitiness that's full of light and happiness.

104561      150ml   Ve   £5.95





# WHITE MALLOW DERMA



## Naturally soothing for hyper-sensitive baby skin

As far back as ancient times, white mallow was highly regarded as a medicinal plant. Unlike many other plants, it feels warm and soft to the touch. It radiates softness and sensitivity, which is why it is well suited to skin that is sensitive or affected by baby eczema, an allergic skin condition characterised by dry, red and itchy skin.

The anti-irritant properties of white mallow help calm and protect 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, sourced sustainably from the Philippines, is a source of vitamin E which is essential for healthy skin growth and repair, keeping skin smooth and protecting against cracking. Recent research has shown its effectiveness in treating atopic dermatitis in paediatric patients.





White Mallow Body Lotion



White Mallow Nappy Change Cream



White Mallow Face Cream



White Mallow Range

## Baby Skin Care

Made with ingredients traditionally used for treating childhood eczema, including wild pansy extract, white mallow and coconut oil.



### White Mallow Body Lotion

The precious extracts of organic white mallow and wild pansy soothe skin prone to irritation. The organic coconut oil and organic sesame oil provide intensive care moisturising, cooling and soothing. Also suitable for sensitive adult skin.

105803    200ml   V   £12.95



### White Mallow Nappy Change Cream

With its carefully selected formulation of beneficial ingredients, this protective cream promotes the development of healthy skin in the nappy area. Precious organic white mallow extract soothes hypersensitive skin. Organic coconut oil and organic sesame oil support the skin's natural functions. Zinc oxide protects against dampness and helps prevent soreness in the nappy area.

105801    50ml   V   £8.95



### White Mallow Face Cream HG

With carefully selected natural ingredients, this soothing face cream provides moisture and relieves itching. The precious extracts of organic white mallow and wild pansy soothe skin prone to irritation. Organic coconut oil and organic sesame oil provide intensive care. Also suitable for sensitive adult skin.

105802    50ml   V   £10.95



### Accredited by the National Eczema Association

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

*“Toddler skin demands extra care and awareness. At this stage the skin is so fragile that it’s important to use the purest of skincare products. For dry baby facial skin I always turn to the Weleda Baby Derma White Mallow Face Cream. It’s particularly gentle, soothing and hydrating.”*

Sally Kvalheim,  
make-up artist



# BABY HEALTH

**Weleda Baby Health Care** products are natural remedies created to ease the common problems which occur with many babies and small children. From granules for teething and colic, a nasal spray to clear blocked noses and a tummy oil to help ease digestive discomfort, you can rest assured Weleda has you covered.

Chamomilla 3X Granules



## Baby Health



**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.  
207002    15g    Ve    £5.95



**Baby Tummy Oil**  
Baby Tummy Oil is a pure, natural formula for tummy massage, which can ease digestive discomfort in babies. Dermatologically tested.  
606164    50ml    Ve    £11.95



**Rhinodoron Nasal Spray**  
Soothes and clears a blocked and stuffy nose. Suitable for babies from the age of 3 months.  
206036    20ml    Ve    £9.95



### Gentle tummy massage

Touch is the first sense a baby develops. Both you and your baby can benefit from a nurturing massage, explains Suzanne Yates, holistic pregnancy massage specialist and author of 'Well Mother'. Gently massage the oil clockwise around baby's navel in ever-larger circles. End the circular motion by moving down over the left thigh. In this way you aid bowel movement where painful wind can become trapped. Whilst massaging, apply gentle pressure to the tummy with your hand and enjoy a quiet moment with your child.

# Natural Medicines Grown by Hand

To ensure the best quality ingredients we grow our own plants in herb gardens in Derbyshire. There we grow to biodynamic® standards, which is a form of farming we call “super-organic” - it isn’t just about how the plants are grown it’s also about where and when we grow them.

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.



Claire Hattersley  
Head Gardener



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

Claire Hattersley  
Garden Development Manager

*“Over 81% of all plant ingredients are  
from biodynamic, organic or certified  
wild sources. One of the highest levels  
in the world.”*

Annual & Sustainability Report 2017



# Natural Medicines Made by Hand

## 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.



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

### 30C Homeopathic Medicines

Pack Size 125 tabs

Price £6.95

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	Pulsatilla 30	302040 V
Argent nit 30	302006 V	Carbo veg 30	302018 V	Ignatia 30	302029 V	Rhus tox 30	302041 V
Arnica 30	302007 V	Chamomilla 30	302013 V	Kali phos 30	302032 V	Ruta grav 30	302042 V
Arsen alb 30	302008 V	Cocculus 30	302057 V	Lycopodium 30	302034 V	Silicea 30	302044 V
Belladonna 30	302011 V	Euphrasia 30	302022 V	Mixed Pollen 30	302035 V	Sulfur 30	302045 V
Bryonia 30	302012 V	Gelsemium 30	302024 V	Nat mur 30	302037 V	Thuja 30	302047 V
Calc carb 30	302014	Graphites 30	302025 V	Nux vom 30	302038 V		

# Oral Relief 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, preparing to go away, maybe speaking in public or taking an exam. Weleda's Stress Relief Spray provides temporary relief of anxiety and irritability with its unique formulation of traditionally used natural remedies. Its mild homeopathic formulation is ideal for when you need to relax. Handy to use when you're out and about, pop one in your pocket for stress relief at the push of a button.

Not for those with a history of depression. Do not take if you are allergic to Asteracea Compositae. Over 18 years only.

303003 20ml Ve £10.95



## Digestion Relief



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

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

Contains lactose. Over 18 years only.

303004 20ml V £10.95



## Cold Relief



We all know when an impending cold begins to take hold. Weleda's Cold Relief Spray provides temporary relief from cold-like symptoms and its mild formulation of traditionally used natural remedies is ideal so you can nip cold symptoms in the bud.

Best taken at the onset of symptoms, Cold Relief is easy to use. Keep one in your pocket for cold relief at the push of a button. Over 12 years only.

303006 20ml Ve £10.95



## Hayfever Relief



Weleda's Hayfever Relief Spray provides temporary relief from the symptoms of hayfever or allergic rhinitis such as irritation, streaming eyes, running nose and general irritation, with its unique formulation of traditionally used natural remedies. Its mild homeopathic formulation is non drowsy and has no known side effects. Easy to use, keep one to hand for relief at the push of a button. Over 12 years only.

303005 20ml Ve £10.95



## Muscular Pain Relief



Nagging muscular pain can easily get you down. Weleda's Muscular Pain Relief oral spray can be used alongside conventional pain relief and provides temporary relief of muscular pain with its unique formulation of traditionally used natural remedies arnica, ruta and rhus tox. Its mild homeopathic formulation is ideal for when you want a gentle natural form of pain relief. Handy to use, keep one in your sports kit for muscular pain relief at the push of a button. Over 12 years only.

303001 20ml Ve £10.95



## Dry Skin & Eczema Relief



A new way of treating dry and eczema-prone skin, Weleda's Eczema Relief Spray is an oral medicine that works from the inside out, providing temporary relief and to tackle dry skin and eczema in an easy-to-use metered spray. Can be used in combination with topical emollients. Its mild homeopathic formulation provides gentle help at the beginning of symptoms. Over 12 years only.

303002 20ml V £10.95





## Coughs and Colds



### Herb & Honey Cough Elixir

Traditionally used to bring relief to dry irritating coughs. Suitable for 12 years and over.

203006 100ml V/D £9.95



### Rhinodoron Nasal Spray

Rhinodoron is a natural nasal spray that comes as a neat little medical device to help clear a blocked, stuffy nose when you have a cold or are suffering from an allergy such as hayfever. Suitable for babies from the age of 3 months.

206036 20ml Ve £9.95



## Hayfever



### Larch Resin comp. Ointment

For the relief of tired or strained eyes. Suitable for adults and children.

205013 25g V £7.95



### Avena Sativa Comp Drops

Stressful day? Try Avena (oats) for a relaxing night. Traditionally used to aid peaceful relaxation. Suitable for 12 years and over.

206005 25ml Ve/G £9.95



### Prunus Spinosa 6x

For the symptomatic relief of fatigue following stress or illness.

206037 25ml V £9.95

## Stress



## Digestive



### Digestion Calming Drops

A traditional herbal remedy for digestive symptoms including nausea and upset stomach. Suitable for 12 years and over.

206015 25ml Ve £8.95



### Fragaria Vitis tablets

An Anthroposophic medicine for the symptomatic relief of bilious symptoms and nervous indigestion.

207017 80 tabs V/G £9.95



### Calendula Cuts & Grazes Spray

A traditional herbal medicinal product used for the relief of minor wounds, cuts and grazes. Suitable for 6 years and over.

303008 20ml Ve £6.95



### Insect Bites Spray

Traditionally used to reduce irritation and swelling after insect bites. Suitable for adults and children.

206010 20ml Ve £6.95



### Hypercal Wound Salve

Traditionally used for the treatment of painful cuts and minor wounds. Suitable for 12 years and over.

205012 25g V £7.95



### Calendula Cuts & Grazes Skin Salve

Traditionally used to treat cuts and grazes. Suitable for 6 years and over.

205005 25g V £7.95



### Combudoron Ointment

For relief of minor burns and scalds where the skin is unbroken. Suitable for adults and children.

205008 25g V £7.95



# Arnica and Muscular Pain



### Muscular Pain Relief Oral Spray

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

303001 20ml Ve £10.95



### Arnica Bumps & Bruises Skin Salve

A traditional herbal medicinal product for the symptomatic relief of sprains and bruises.

205002 25g V £7.95



### 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 £6.95



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

# Arnica and Muscular Pain



### Arnica Massage Balm

Traditionally used for the symptomatic relief of rheumatic pain, muscular pain and stiffness, backache, fibrositis, bruising, cramps, sprains and minor sports injuries.

204009 200ml Ve £19.95  
204001 100ml Ve £12.95  
204002 50ml Ve £8.95



### Arnica Muscle Soak

A warm bath with this aromatic soak helps soothe the body and mind whilst your muscles and tired limbs relax, lifting the feelings of tiredness and fatigue. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender essential oils, it helps aid recovery during times of over-exertion and weariness.

104017 200ml Ve £14.95



### Skin Tone Lotion

An anthroposophic medicinal product that brings together a number of well known ingredients including arnica and copper sulphate to refresh and revitalise tired legs.

206035 100ml Ve £12.95



### Arnica Cooling Gel

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

205028 25g Ve £7.95



### Copper Ointment

For the relief of muscular pain and cramps. Suitable for adults and children.

205010 25g V £7.95



### Arnica 6X Tablets

A homeopathic medicine for accident upset.

207001 125 tabs V £8.95



### Rhus Tox. Ointment

For the relief of rheumatism.

205014 25g V £7.95



### Ruta Ointment

For the symptomatic relief of sprains.

205015 25g V £7.95

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

# Arnica - from field to shelf

Every member of staff at Weleda knows when it's 'Arnica Day'.

Arnica is an alpine plant and for this reason it does not thrive in our lowland Derbyshire soil at 'The Field'.

Instead, Weleda obtains Scottish-grown and biodynamically cultivated arnica from the 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 gardeners scrub-down and gown-up to meet the stringent rules we work to in our pharmaceutical laboratories.*



Our Weleda gardeners meet and greet Duncan early doors and take delivery of his precious cargo. Every member of staff at Weleda knows when it's 'Arnica Day' and are 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.

Arnica soon passes from the outside world of the garden to a cleaner world of tincture production and manufacturing, outdoor clothing is exchanged for whites and GMP (Good Manufacturing Practice) rules.

Our gardeners keenly check each plant, before shredding ensues and the moisture content is measured. Organic grain alcohol and purified water quantities are calculated and then gradually mixed with the shredded arnica. The gardeners then ensure that the fresh macerate is allowed to infuse for two weeks with occasional stirring.

The vessel is emptied, contents pressed and 50% arnica tincture is created and is now ready to use.

The large guisti is primed, ready to receive potassium olivate, birch leaf extract, lavender and rosemary essential oils and fresh arnica tincture, all vital ingredients in our award-winning Arnica Muscle Soak.

The same active ingredients with their synergistic effect, are combined together to create medicinal Arnica Massage Balm and warming Arnica Massage Oil, firm favourites of rugby teams, mountaineers, ballet dancers and enthusiastic gardeners.

Arnica is a welcome sight post marathon running or any physical activity that renders the muscle a little weary. Ideally, for the full arnica effect, opt for an oral preparation together with external application so arnica can work from the inside out and the outside in.



# Come and meet Weleda throughout the year

There will be loads of chances to get up close and personal to Weleda in 2021!

You'll be able to experience Skin Food first hand as our Nice Cream Van tours the country – look out for it at a multitude of music, food and family festivals and outdoor gatherings, then come and say hello for free samples and special offers. You might even get to indulge in a hand or face massage from one of our lovely advisors.



And when we're not coming to you, have you thought about coming to us?

Once a year in July we open up our Derbyshire gardens to the public and give our friends and families guided tours and a sneak peek behind the scenes. There is always a fantastic 'festival' feel and lots to see and do, at the time of the year when our gardens are looking truly resplendent.

We also hold plant study days, soil workshops and educational sessions with our experts that are designed to give attendees an introduction to biodynamic gardening. For further information, dates available and how to book tickets, **visit our website at [www.weleda.co.uk](http://www.weleda.co.uk).**



# Want to become part of our family?

## Become a Weleda Wellbeing Advisor

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



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

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*"It has been a gift to be welcomed into the Weleda family so whole heartedly. I feel I found this beautiful community when I needed it most, after my mum died. It is full of kindred spirits, kind hearts and wise souls. It is wonderful to know that everything I have to offer as a wellbeing advisor flows from who I am as a person and all I have experienced. I am a Mother first and foremost and I do not feel any strain around that in my role as a Wellbeing Advisor and training massage therapist. It is such a wonderfully affirming, confidence boosting experience."*

Nic Moorey,  
Weleda Wellbeing Advisor

## How To Get Started

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

# Host your own Wellbeing Event



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

## What can I expect?

Value for Money Products – At Weleda we are passionate about putting people before profits so your money goes a long way. We will share with you how our products are grown to ensure the highest quality ingredients and products.

## What do I have to do?

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

## Our promise

And we will never try and recruit you or your friends we will leave it up to you if you are interested in training as a Wellbeing Advisor yourself.



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



## Great reasons to host a Weleda Wellbeing Event

### Free Skincare Consultation

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

### Exclusive Hostess Gifts

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

### Free Weleda Products

As a hostess you receive 15% of total Wellbeing Event sales in free products. A great excuse to try something new or stock up on your favourites.

### New Shopping Experience

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

### Free Shipping

Direct to your door on all orders over £45.

### Happiness Guarantee

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

# Weleda Christmas Gifts



INSPIRED BY THE TREE SISTERS CHARITY  
**BUY A NATURAL GIFT AND  
 YOU'VE HELPED PLANT A TREE**

For each gift set we have built in the cost to plant  
 a tree with the Tree Sisters charity.

*“We fund the planting of trees to restore  
 ecosystems and livelihoods whilst increasing  
 protection against the extremes of  
 climate change in multiple regions  
 of the tropical forest belt.*

*We do this in ways that recreate and restore  
 natural forest ecosystems using indigenous  
 species, fostering local knowledge and skills,  
 and promoting women’s participation.*

*We strive to do it intelligently,  
 appropriately, respectfully  
 and successfully.”*

<https://treesisters.org/>



## Christmas Gifts



### Skin Food - Starter Kit

Made with natural oils and plant extracts, this Skin Food pack offers nourishing support for dry skin and chapped lips.

409407 V £13.00

Contains: 30ml Skin Food Original, 8ml Skin Food Lip Balm.



### Skin Food - Trio

The ultimate Skin Food collection made with a unique blend of pure plant oils, protective waxes and organic plant extracts of healing calendula, soothing chamomile and smoothing viola tricolor. The perfect gift for the all-round Skin Food Lover!

409406 V £32.00

Contains: 30ml Skin Food Light, 30ml Skin Food Original, 150ml Skin Food Body Butter.



### Men's Grooming

Start the day with this energising shower gel and add moisture to your skin with this light fast absorbing cream especially created for men.

409410 V £23.00

Contains: 200ml Men's Active Shower Gel, 30ml Moisture Cream for Men.



### Feet Treat

Relaxation and a true treat to achieve super soft feet, with this natural duo of refreshing Foot Balm and natural pumice.

409408 V £15.00

Contains: 75ml Foot Balm, Pumice Stone.

## Vegan Friendly Christmas Gifts



### Sleep Well Duo

Calm the senses and soothe the mind with this ultimate gift for relaxation. The classic scent of Lavender has a relaxing effect on the whole body and is the ideal therapy for mental exhaustion, over-stimulation and restlessness.

409404 Ve £30.00

Contains: 200ml Lavender Relaxing Bath Milk, 100ml Lavender Relaxing Body Oil.



### Arnica Muscle Soak

Soaks away aches and pains. After exertion, exercise, outdoor work and strenuous activity, let warm water lift away the strain with the natural soothing power of arnica.

409412 200ml Ve £14.95



### Rosemary Invigorating Bath Milk

Distilled energy and life in stimulating essential oil of rosemary. Soak it in while you cleanse in this fragrant bath milk.

409413 200ml Ve £14.95



### Lavender Relaxing Bath Milk

Lavender essential oil, the ultimate essence for rest and calm reflection. A classic aid to peaceful sleep, in a soft milky bath.

409419 200ml Ve £14.95



### Hand Treat

This skin-renewing natural hand cream is perfect for keeping hard-working hands smooth and supple, for lifting the mood with its bright fragrance and for avoiding dryness.

409409 Ve £15.00

Contains: 50ml Pomegranate Regenerating Hand Cream, Organic Cotton Gloves.



### Body Wash Gift Set

These all natural body washes are carefully formulated with skin friendly, biodegradable, sustainable and fairly-traded ingredients. Precious essential oils give each product a unique and beautiful evocative fragrance for a great start to the day.

409405 Ve £10.95

Contains: 50ml Citrus, Sea Buckthorn and Pomegranate Body Wash.



## Vegan Friendly Christmas Gifts



### Men's Duo Set

Start the day with this energising and uplifting duo set complete with shower gel and deodorant created especially for men.

409411 Ve £15.00

Contains: 200ml Men's Active Shower Gel, 50ml Men's 24hr Roll on Deodorant.



### Arnica Gift Set

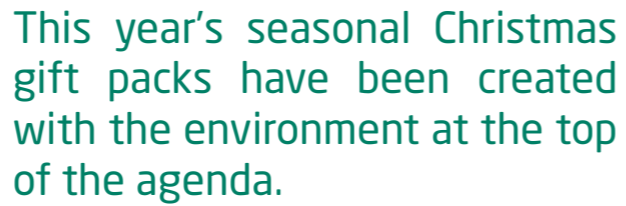
Start and end the day the natural way with this duo gift set of our most popular Arnica products, perfect for the sports enthusiast.

Contains: 50ml Arnica Muscle Soak, 50ml Arnica Shower Gel

409420 Ve £7.50

Contains: 50ml Arnica Muscle Soak, 50ml Arnica Shower Gel.





The board is made with a large element of post-consumer recycled material, the remainder being FSC compliant, printed with solvent free vegetable inks and is of course fully and easily recyclable... we even arranged for a printer local to our UK head office to complete the work so even the delivery impact was minimal.

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## This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Price List

Code DESCRIPTION PAGE SIZE CAT RRSP

Almond Facial Care					
102201	Almond Soothing Cleansing Lotion	P21	75ml	Ve	£11.95
102203	Almond Soothing Facial Cream	P21	30ml	V	£17.95
102205	Almond Soothing Facial Oil	P21	50ml	Ve	£18.95
102202	Almond Soothing Facial Lotion	P21	30ml	V	£17.95

Iris Facial Care					
102100	Iris Hydrating Day Cream	P23	30ml	V	£17.95
102101	Iris Hydrating Facial Lotion	P23	30ml	V	£17.95
102102	Iris Hydrating Night Cream	P23	30ml	V	£17.95

Wild Rose Facial Care					
102221	Wild Rose Smoothing Facial Lotion	P25	30ml	V	£23.50
102220	Wild Rose Smoothing Day Cream	P25	30ml	V	£23.50
102222	Wild Rose Smoothing Night Cream	P25	30ml	V	£23.50
102223	Wild Rose Smoothing Eye Cream	P25	10ml	V	£23.50

Pomegranate Facial Care					
102050	Pomegranate Firming Day Cream	P27	30ml	Ve	£28.95
102051	Pomegranate Firming Night Cream	P27	30ml	Ve	£28.95
102054	Pomegranate Firming Face Serum	P27	30ml	Ve	£38.95
102053	Pomegranate Firming Eye Cream	P27	10ml	Ve	£28.95
102049	Pomegranate Firming Facial Oil	P27	30ml	Ve	£38.95

Evening Primrose Facial Care					
105600	Evening Primrose Revitalising Day Cream	P29	30ml	Ve	£28.95
105601	Evening Primrose Revitalising Night Cream	P29	30ml	V	£28.95
105602	Evening Primrose Lip and Eye Cream	P29	10ml	V	£28.95
105599	Evening Primrose Concentrate	P29	30ml	Ve	£38.95

Facial Cleansing					
102105	Refining Toner	P17	100ml	Ve	£11.95
102104	Gentle Cleansing Milk	P17	100ml	Ve	£11.95
102010	One Step Cleanser & Toner	P17	100ml	V	£15.95
102076	Gentle Cleansing Foam	P17	150ml	Ve	£15.95
102006	Aknedoron Purifying Lotion	P19	50ml	Ve	£10.95
102007	Aknedoron Cleansing Lotion	P19	100ml	V	£11.95
102059	SOS Spot Treatment	P19	10ml	Ve	£10.95
102058	Refining Lotion	P19	30ml	Ve	£17.95
102057	Purifying Gel Cleanser	P19	100ml	Ve	£11.95

Sun Care					
101994	Sensitive Sunscreen Lotion - Factor 50	P52	50ml	Ve	£13.95
101993	Sensitive Sunscreen Lotion - Factor 30	P52	150ml	Ve	£22.95

Body Oils					
106115	Pomegranate Body Oil	P34, P47	100ml	Ve	£24.95
106118	Sea Buckthorn Body Oil	P35, P43	100ml	Ve	£18.95
106120	Wild Rose Body Oil	P35, P45	100ml	V	£25.95
106112	Birch Cellulite Oil	P34, P49	100ml	Ve	£25.95
106114	Citrus Body Oil	P35, P39	100ml	Ve	£16.95
106116	Lavender Body Oil	P35, P41	100ml	Ve	£16.95
106111	Arnica Massage Oil	P35, P63	100ml	Ve	£16.95

Body Lotions					
106008	Citrus Body Lotion	P39	200ml	Ve	£16.95
106007	Pomegranate Body Lotion	P47	200ml	Ve	£24.95
106006	Sea Buckthorn Body Lotion	P43	200ml	Ve	£18.95
106005	Wild Rose Body Lotion	P45	200ml	Ve	£24.95
102206	Almond Body Lotion	P37	200ml	V	£16.95

Code DESCRIPTION PAGE SIZE CAT RRSP

Body Scrubs and Washes					
104021	Birch Body Scrub	P49	150ml	V	£9.95
104011	Citrus Creamy Body Wash	P39, P57	200ml	Ve	£7.95
104014	Lavender Creamy Body Wash	P41, P57	200ml	Ve	£7.95
104022	Pomegranate Creamy Body Wash	P47, P57	200ml	Ve	£7.95
104012	Sea Buckthorn Creamy Body Wash	P43, P57	200ml	Ve	£7.95
104013	Wild Rose Creamy Body Wash	P45, P57	200ml	Ve	£7.95
104020	Arnica Sports Shower Gel	P57, P63	200ml	Ve	£7.95
104047	Men's Active Shower Gel	P57	200ml	Ve	£7.95
102207	Almond Body Wash	P37, P57	200ml	Ve	£7.95
105010	Calendula Soap	P76	100g	Ve	£5.50
104564	Mighty Mint kids 2in1 Shampoo & Body Wash	P77	150ml	Ve	£5.95
104560	Lively Lime kids 2in1 Shampoo & Body Wash	P77	150ml	Ve	£5.95
104561	Happy Orange kids 2in1 Shampoo & Body Wash	P77	150ml	Ve	£5.95

Bath Milks					
104005	Citrus Refreshing Bath Milk	P39, P59	200ml	Ve	£14.95
104008	Pine Reviving Bath Milk	P59	200ml	Ve	£14.95
104009	Rosemary Bath Milk	P59	200ml	Ve	£14.95
104007	Lavender Relaxing Bath Milk	P41, P59	200ml	Ve	£14.95
104034	Wild Rose Cream Bath	P45, P59	100ml	Ve	£14.95
104017	Arnica Muscle Soak	P59, P63	200ml	Ve	£14.95

Juices and Elixirs					
203000	Birch Juice	P49, P69	250ml	Ve	£10.95
203004	Prunus Elixir	P69	200ml	V/D	£10.95
203010	Sea Buckthorn Elixir	P43, P69	250ml	V/D	£10.95

Deodorants					
106012	Citrus Deodorant	P39, P55	100ml	Ve	£9.95
106015	Sage Deodorant	P55	100ml	Ve	£9.95
106021	Wild Rose Deodorant	P45, P55	100ml	Ve	£13.95
102263	Men 24h Roll On Deodorant	P55	50ml	Ve	£7.95
102264	Citrus 24h Roll On Deodorant	P55	50ml	Ve	£7.95
102265	Pomegranate 24h Roll On Deodorant	P55	50ml	Ve	£7.95
102262	Sea Buckthorn 24h Roll On Deodorant	P55	50ml	Ve	£7.95

Intensive Care for Hands, Feet, Lips and Body					
106016	Foot Balm	P67	75ml	V	£11.95
104024	Pomegranate Hand Cream	P47, P67	50ml	Ve	£12.95
106026	Sea Buckthorn Hand Cream	P43, P67	50ml	V	£11.95
106054	Citrus Hand Cream	P39, P67	50ml	V	£11.95
102208	Almond Hand Cream	P37, P67	50ml	Ve	£11.95
106017	Everon Lip Balm	P67	4.8g	V	£4.95
106060	Skin Food Lip Balm	P12, P67	8ml	V	£6.95
106057	Skin Food	P11	75ml	V	£12.95
106056	Skin Food	P11	30ml	V	£7.95
106059	Skin Food Light	P13	75ml	V	£12.95
106058	Skin Food Light	P13	30ml	V	£7.95
106061	Skin Food Body Butter	P12	150ml	Ve	£18.95
205028	Arnica Cooling Gel	P63, P91	25g	Ve	£7.95

Hair Care					
103017	Oat Replenishing Shampoo	P71	190ml	Ve	£11.95
103018	Wheat Balancing Shampoo	P71	190ml	Ve	£11.95
103016	Millet Nourishing Shampoo	P71	190ml	Ve	£11.95
103019	Oat Replenishing Conditioner	P71	200ml	Ve	£12.50
103024	Revitalising Hair Tonic	P71	100ml	Ve	£12.95

Code DESCRIPTION PAGE SIZE CAT RRSP

Dental Care					
101001	Calendula Toothpaste	P68	75ml	Ve	£4.95
101002	Ratanhia Toothpaste	P68	75ml	Ve	£4.95
101003	Plant Gel Toothpaste	P68	75ml	Ve	£4.95
101005	Children's Tooth Gel	P68	50ml	Ve	£3.95
101004	Salt Toothpaste	P68	75ml	V	£4.95
101009	Ratanhia Mouthwash	P68	50ml	V	£8.75

Baby - Calendula					
105003	Bath	P76	200ml	Ve	£13.95
105002	Face Cream	P76	50ml	V	£9.95
105004	Cream Bath	P75	200ml	Ve	£13.95
105005	Lotion	P75	200ml	V	£10.95
105008	Moisturising Body Cream	P75	75ml	V	£9.50
105009	Nappy Change Cream	P75	75ml	V	£7.25
104510	Nappy Change Cream	P75	30ml	V	£3.00
105100	Oil (Unfragranced)	P75	200ml	Ve	£10.95
105001	Shampoo & Body Wash	P57, P77	200ml	Ve	£7.95
105007	Weather Protection Cream	P76	30ml	V	£9.50
207002	Chamomile Teething Granules	P81	15g	Ve	£5.95
606164	Baby Tummy Oil	P81	50ml	Ve	£11.95

Baby - Derma					
105803	White Mallow Body Lotion	P79	200ml	V	£12.95
105802	White Mallow Face Cream	P79	50ml	V	£10.95
105801	White Mallow Nappy Change Cream	P79	50ml	V	£8.95

Pregnancy and Birth					
106119	Stretch Mark Massage Oil	P35, P73	100ml	Ve	£18.95
606161	Perineum Oil	P73	50ml	Ve	£11.95
606162	Nursing Oil	P73	50ml	Ve	£11.95
606163	Nursing Tea	P73	40g	Ve	£5.95
205027	Nipple Balm	P73	25g	V	£7.95


Men's Range					
106019	After Shave Balm	P31	100ml	V	£17.95
106014	Shaving Cream	P31	75ml	V	£11.95
106022	Moisture Cream for Men	P31	30ml	V	£17.95
104047	Men's Active Shower Gel	P57	200ml	Ve	£7.95

Gifts					
409407	Skin Food - Starter Kit	P101		V	£13.00
409406	Skin Food - Trio	P101		V	£32.00
409409	Hand Treat	P102		Ve	£15.00
409408	Feet Treat	P101		V	£15.00
409404	Sleep Well Duo	P102		Ve	£30.00
409419	Lavender Relaxing Bath Milk	P102	200ml	Ve	£14.95
409412	Arnica Muscle Soak	P102	200ml	Ve	£14.95
409413	Rosemary Invigorating Bath Milk	P103	200ml	Ve	£14.95
409410	Men's Grooming	P101		V	£23.00
409411	Men's Duo Set	P103		Ve	£15.00
409405	Body Wash Gift Set	P103		Ve	£10.95
409420	Arnica Gift Set	P103		Ve	£7.50
105804	Organic Baby Essentials	P74		V	£5.95

Accessories					
405216	Cotton Gloves	P67			£4.95
408201	Body Brush	P49			£4.95
705000	Spritz Pump				£2.25
705015	Revitalising Hair Tonic Atomiser	P71			£2.25

Code DESCRIPTION PAGE SIZE CAT RRSP

Natural Medicines					
207001	Arnica 6X Tablets	P91	125 tabs	V	£8.95
303001	Muscular Pain Relief Oral Spray	P87, P90	20ml	Ve	£10.95
204009	Arnica Massage Balm	P91	200ml	Ve	£19.95
204001	Arnica Massage Balm	P91	100ml	Ve	£12.95
204002	Arnica Massage Balm	P91	50ml	Ve	£8.95
205002	Bumps and Bruises Salve	P90	25g	V	£7.95
303007	Arnica Bumps and Bruises Spray	P90	20ml	Ve	£6.95
205005	Calendula Cuts and Grazes Skin Salve	P89	25g	V	£7.95
303008	Calendula Cuts and Grazes Spray	P89	20ml	Ve	£6.95
205012	Hypercal Wound Salve	P89	25g	V	£7.95
206010	Insect Bites Spray	P89	20ml	Ve	£6.95
206005	Avena Sativa Comp Drops	P88	25ml	Ve/G	£9.95
203006	Herb & Honey Cough Elixir	P88	100ml	V/D	£9.95
303006	Cold Relief Spray	P86	20ml	Ve	£10.95
303002	Dry Skin & Eczema Relief Spray	P87	20ml	V	£10.95
303003	Stress Relief Oral Spray	P86	20ml	Ve	£10.95
303004	Digestive Relief Oral Spray	P86	20ml	V	£10.95
303005	Hayfever Relief Oral Spray	P87	20ml	Ve	£10.95
206015	Digestion Calming Drops	P89	25ml	Ve	£8.95
206036	Rhinodoron Nasal Spray	P81, P88	20ml	Ve	£9.95
205008	Combudoron Ointment	P89	25g	V	£7.95
205010	Copper Ointment	P91	25g	V	£7.95
206035	Skin Tone Lotion	P63, P91	100ml	Ve	£12.95
205013	Larch Resin comp. Ointment	P88	25g	V	£7.95
205014	Rhus Tox. Ointment	P91	25g	V	£7.95
205015	Ruta Ointment	P91	25g	V	£7.95
207017	Fragaria Vitis Tablets	P89	80 tabs	V/G	£9.95
206037	Prunus Spinosa	P88	25ml	V	£9.95

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


## 2020 Catalogue

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