

**WELEDA**

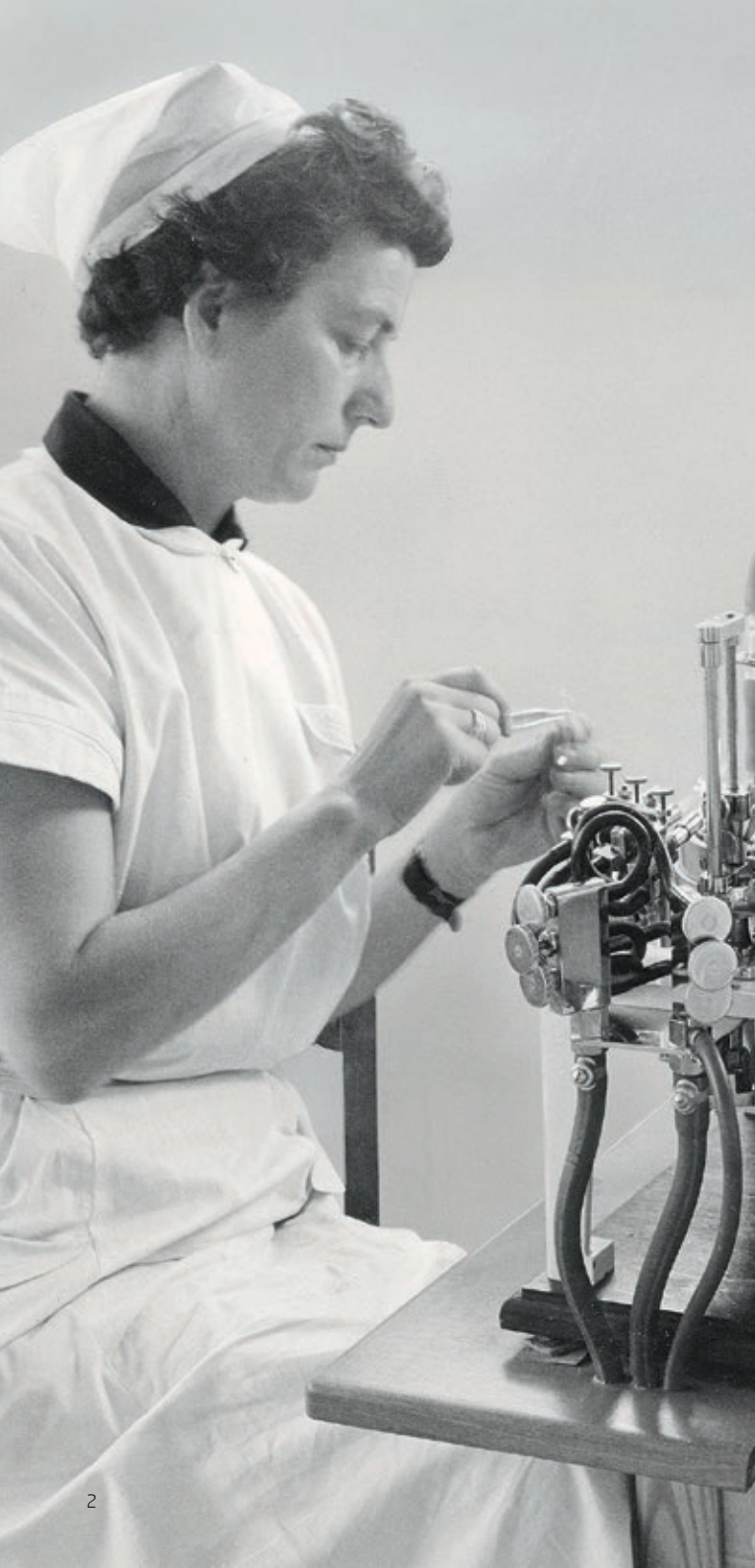


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**YEARS OF CONNECTING  
PEOPLE WITH NATURE**

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# WELEDA

Since  1921

## WOMEN OF HEALING

Our name, Weleda, expresses the deep connection between people and nature. It is an ancient name, derived from the Celtic tribes who named their wise, healing women "Weleda" or "Veleda". These historically authentic priestesses were highly respected and were asked for their counsel, their advice and honoured for their experience and wisdom.

Our logo shows the staff of Asclepius, the symbol of the art of healing, surrounded by two figures. They symbolise the idea of giving and taking, of helping and receiving help, of reciprocity.

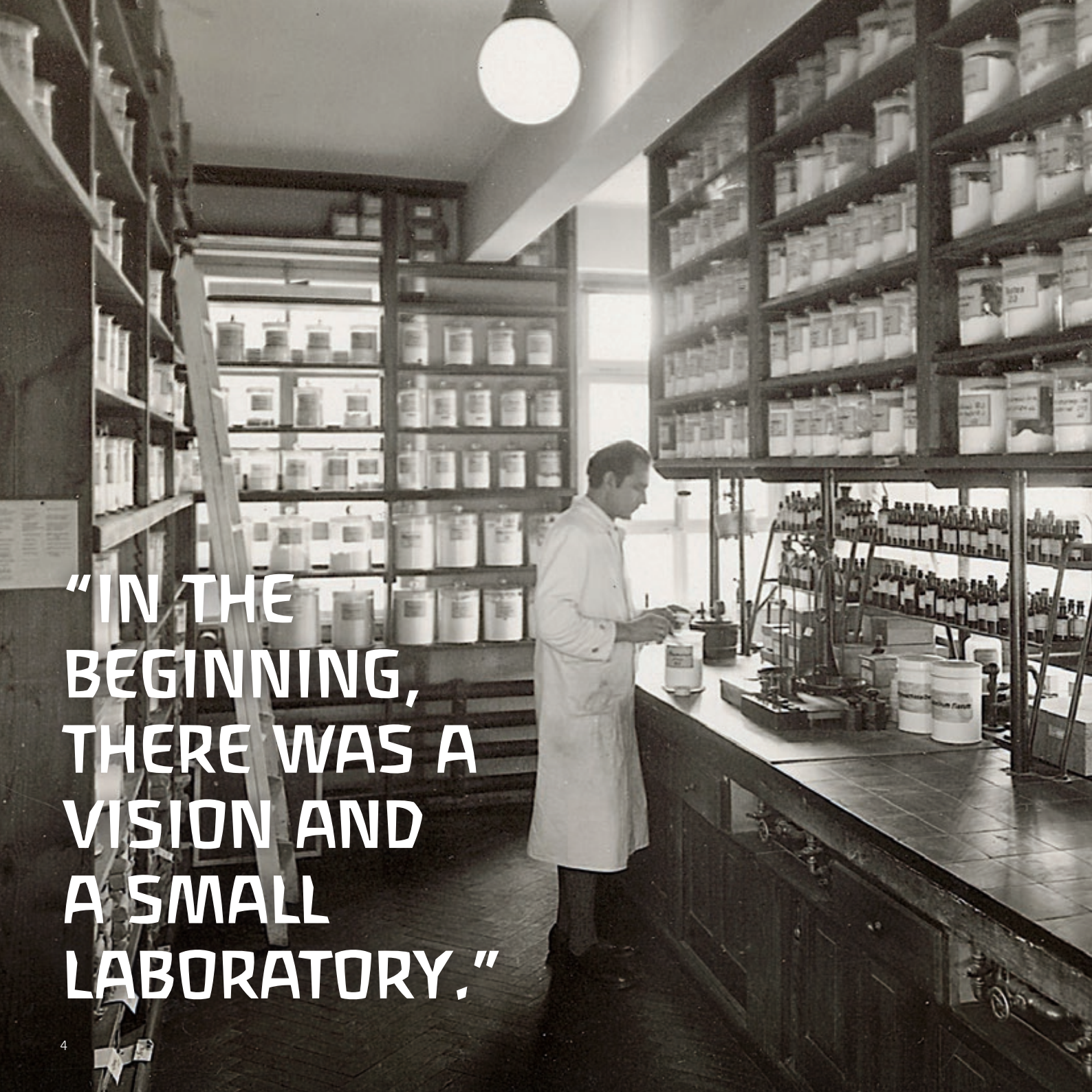
Today, our name and logo stand for our commitment to health, wellbeing and to our social responsibility.



**"THE NATURAL WORLD  
IS CHANGING, AND  
IT ASKS US: DO WE  
WANT TO TRANSFORM  
OUR THINKING?"**

Dr. Ita Wegman





**"IN THE  
BEGINNING,  
THERE WAS A  
VISION AND  
A SMALL  
LABORATORY."**

## OUR STORY

With great courage and commitment, the founders of Weleda dared to break new ground 100 years ago. They knew of the deep connection between people and nature. Since 1921, we have been developing certified natural cosmetics and Anthroposophic medicine based on this understanding and Weleda has been a pioneer of sustainability right from the start. As much as we take, we try to give back. From our biodynamic medicinal plant gardens, to our sustainable and respectful supply chains, and the responsible use of resources – we are striving to make the world a better place. Sustainability and our respect for people and nature are part of our roots and our future.

A hundred years ago we became the world's first natural cosmetics company, pioneering organic farming methods and cultivation, setting standards for ethical business practises. Today, we are the world's No.1 producer of certified natural skincare and healthcare products, inspiring an industry and supplying into fifty countries and across five continents. And we are according to Cosmetify\*, one of the three most searched sustainable beauty brands globally.

\*[www.beauty-magazine.co.uk](http://www.beauty-magazine.co.uk): Cosmetify: No 1 The Body Shop; No 2 Yves Rocher; No 3 Weleda



# FOR PEOPLE AND NATURE

We humans are connected to one another and are part of nature. That is why we have a responsibility to each other and to the environment. We call Weleda a place for human development.

## HUMAN AND NATURE ARE ONE

Our founder Rudolf Steiner knew that people and nature are deeply connected. We humans are part of nature. Through our connection with nature, we live and develop, we nurture and heal.

We need nature. And nature needs us – today more than ever.

## TOGETHER FOR OUR FUTURE

Since 1921, economic success hasn't been the only priority for Weleda. We respect nature and cultivate partnerships with our customers, suppliers and employees. And because we find deep meaning in our work, we love what we do. And it shows: we receive prestigious awards for our contributions to sustainability. People and nature are facing grave challenges in the 21st century. In response, we are striving to make our

business more future-proof and sustainable, through our biodynamic medicinal plant gardens, our sustainable and equitable supply chains and our increasingly efficient use of resources. We are working to restore and maintain the balance between people and nature. This approach is in our DNA and carries us into the future.

**We take responsibility.  
For people and nature.  
Since 1921.**

**“WE DARE TO  
CARE, INSPIRED  
BY ANTHROPOSOPHY  
WE DARE TO MAKE  
A DIFFERENCE.”**





## Skin Food: Cult classic for over 90 years

Models, actresses and make-up artists around the globe have sworn by Weleda Skin Food since 1926. Then, as now, its award-winning formula is rich in active plant ingredients including pansy, rosemary, chamomile and calendula.



# WELEDA SINCE 1921. OUR STORY.

Courageous women and men took new paths in medicine and skin care 100 years ago. They founded Weleda, based on their understanding of people and nature as part of a holistic whole.

## OUR ROOTS

Weleda was founded at a time of great change. People wanted a better future; revolutionary ideas were in the air. Whether in politics, the sciences or business, pioneers everywhere were looking for new and better ways. It was at this time of new beginnings that Weleda's history began in a hospital, a pharmaceutical laboratory and a medicinal plant garden. The philosopher and polymath Rudolf Steiner, together with the physician Ita Wegman and the chemist Oskar Schmiedel, developed the first pharmaceutical formulations according to an understanding that underpins Weleda's product philosophy to this day: that life processes in the human body and in nature live in close relationship with each other.



## HOLISTIC RIGHT FROM THE START

Rudolf Steiner used the term "anthroposophy", meaning "the wisdom of man" to describe his ideas for medicine, agriculture and education. Steiner and Wegman understood the human being as holistic, one made up of the body, mind, soul and spirit. Based on the natural sciences, these two "pioneers of healing" developed the first anthroposophic medicines and skin care products in Dornach, Switzerland. In 1920 Rudolf Steiner gave a series of lectures to doctors and medical students, known as the "first medical course", marking the birth of integrative Anthroposophic medicine. The history of Weleda began the following year with the commercial production of medicine and skin care products in Schwäbisch Gmünd, Germany. In the same year, Ita Wegman founded what is now the Arlesheim Clinic – the world's first anthroposophic medical clinic. Many more followed.

## WELEDA WORLDWIDE

In many countries, doctors, pharmacists and patients joined forces and founded their own Weledas. After Switzerland and Germany, in the 1920s subsidiaries opened in the Netherlands, the UK, Austria, France, Czechoslovakia and even America. Products from the early years, such as Skin Food and Arnica Massage Oil, are still among the classics worldwide today. Steiner and Wegman believed their medicines needed to be shared, and should be widely available for anyone and everyone as they were (and are) gifts from nature.



# OUR QUALITY

We develop certified natural cosmetics and produce Anthroposophic medicines – with knowledge, skill and experience since 1921.

The quality begins with the plants grown in our biodynamic gardens. Our gardeners work with nature's own rhythms and intimately know every type of plant in the garden, from planting the first seed from our seed bank, nurturing the biodiversity of our soils, through to harvesting the crop by hand. Before we select a plant for a new formulation, we research it carefully. We observe it with all the senses to understand where and how it grows. This is how it reveals its unique characteristics and correlation to humans. Our natural cosmetics are certified by NATRUE – no other seal worldwide is more demanding in terms of quality. We produce Anthroposophic medicines from plants, metals and minerals. Our raw materials, sourced according to high quality criteria, are just as important as the methods by which we process them. We choose each process with care, because we know that growing quality plants is only half the story – it's the processing that makes the difference in preserving the plant's natural effectiveness.

## OUR PROMISE OF QUALITY

We use the best raw materials, procuring them from people around the world with whom we nurture close and trusting partnerships. This ensures that we can trace every plant oil, dried flower and essential oil all the way back to their source. As a member of the Union for Ethical BioTrade (UEBT), we are committed to the ethical sourcing of raw materials worldwide.

## QUALITY FOR US MEANS

- 100% certified natural cosmetics
- Over 80% botanicals are certified organic
- Tested to be free from microplastics, genetically modified ingredients, and petroleum-derived ingredients
- Ethical sourcing with respect for people, plants and animals
- Increasing our use of renewable energies
- 100% natural fragrances, crafted by our in-house perfumers



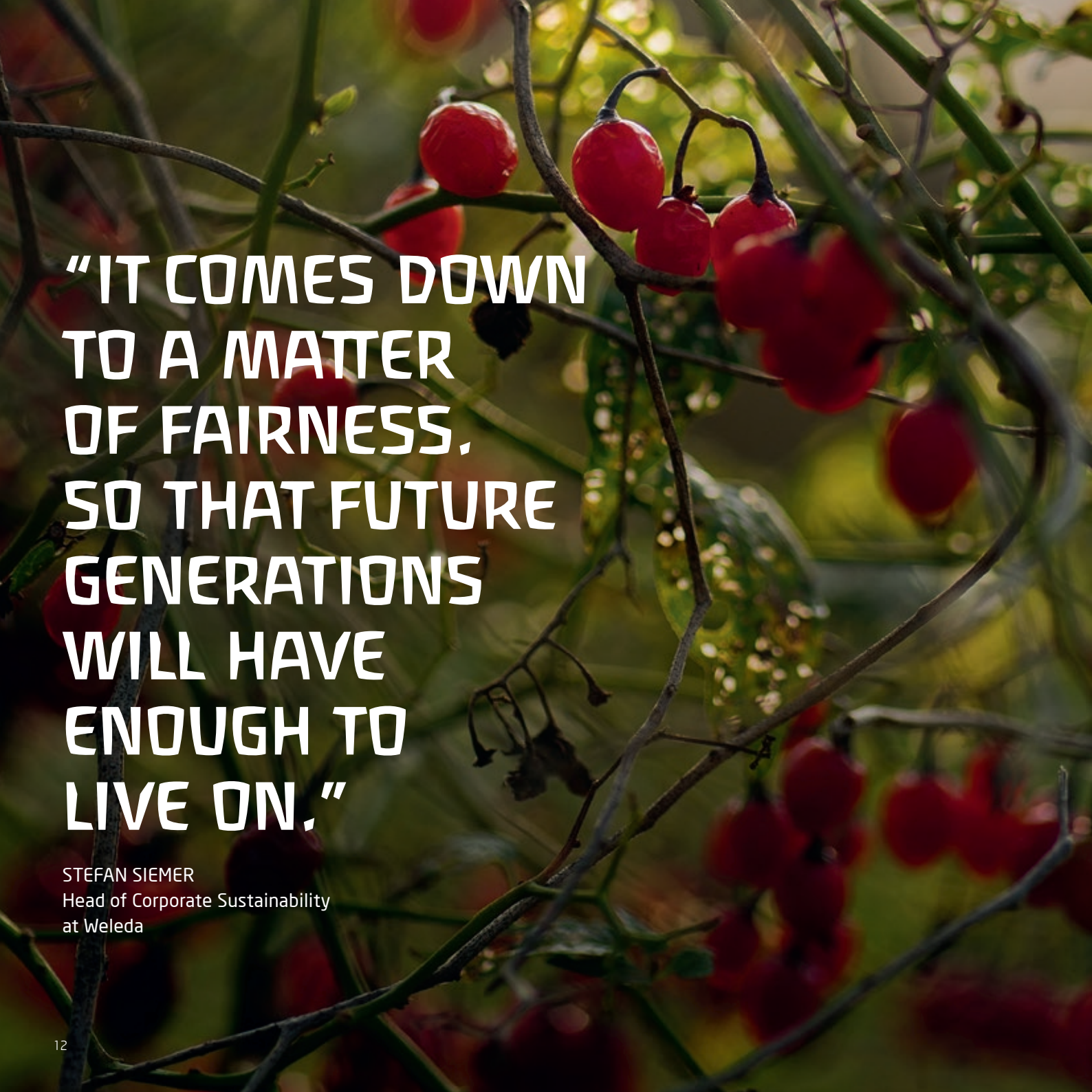
## Fragrant lavender

Weleda sources essential lavender oil from Moldova. We are working in close partnership with local villagers to convert to biodynamic cultivation by the end of 2021. This helps to ensure that the plants produce essential oil of the highest quality and purity.

“HIGHEST QUALITY  
COMES FROM NATURE.  
CAREFUL PROCESSING  
KEEPS IT INTACT, RIGHT  
UP TO THE PRODUCT.”







"IT COMES DOWN  
TO A MATTER  
OF FAIRNESS,  
SO THAT FUTURE  
GENERATIONS  
WILL HAVE  
ENOUGH TO  
LIVE ON."

STEFAN SIEMER  
Head of Corporate Sustainability  
at Weleda

## SUSTAINABLE SINCE 1921

Unfolding health and beauty  
in harmony with nature and  
the human being.

### SUSTAINABILITY: A CORNERSTONE OF OUR WORK

For us, being a sustainable business means maintaining the health of people and nature for future generations. Only to take what can regenerate. We understand that we are a part of nature and must work in harmony with it. Only in this way can we face global challenges such as climate change and the loss of biodiversity. We are working to improve our climate balance and developing more sustainable packaging. By 2022 we aim to become independently certified a "B Corporation" – an internationally recognised certification demonstrating we meet high social and environmental standards by delivering financial, ethical value creation.

### UEBT: ECOLOGICAL AND FAIR

Since 1921 we have been committed to acting responsibly – socially, economically and ecologically. This includes adhering to the strict criteria laid out by the Union for Ethical BioTrade (UEBT). This non-profit organisation provides a globally recognised standard for the ethical sourcing of natural ingredients. It guarantees that biodiversity is conserved and used sustainably in the cultivation, harvesting and processing of raw materials. It also ensures that all our partners along the supply chain are treated equitably and paid fairly.

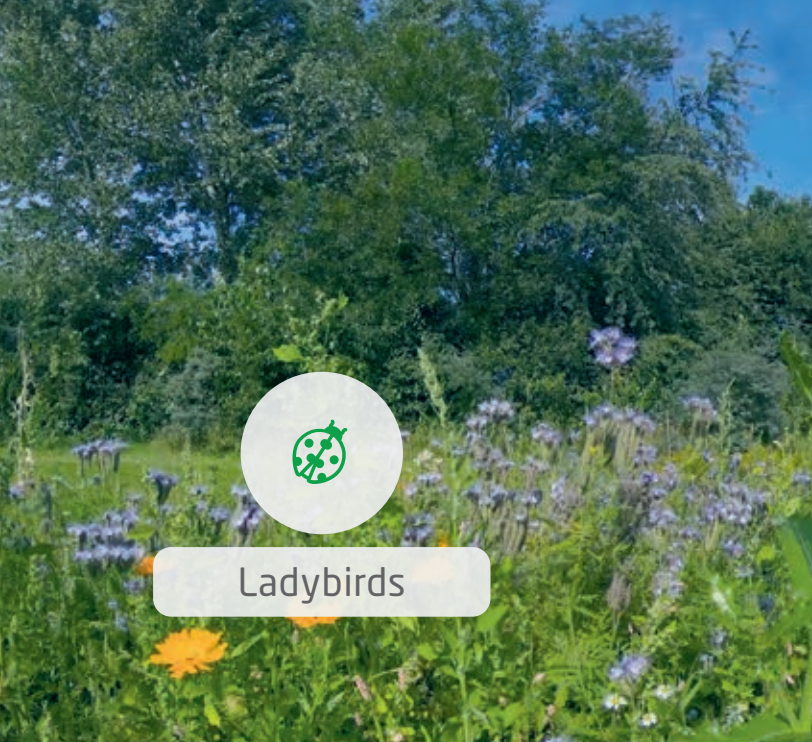


### HEALTHY SOILS: THE POWER OF THE EARTH

Through the biodynamic cultivation of nearly 248 square kilometres worldwide (the equivalent of 35,000 football pitches) we are taking active measures to improve soil health and to conserve biodiversity. Using natural methods, we aim to keep the soil healthy, making it resilient and as biodiverse as possible. After the oceans, it is not the forests, but the soils of the earth that serve as our planet's largest carbon stores. A living part of the earth's crust, soil filters rainwater to create new, clean drinking water. Without the power of the soil, there would be no food. We all live from healthy soil – humans, plants and animals. Our gardens around the world are homes to rich and diverse habitat. The Weleda Garden in Wetzgau, Germany is home to 50 bird species and several hundred species of wild bees, and where there are about 1,000 species growing there as wild and ornamental plants.

Want to visit our gardens?  
<https://opengarden.weleda.co.uk>





Ladybirds

# EXPERIENCE NATURE FROM THE PALM OF YOUR HAND

For our centenary year we are bringing our gardens to you through our digital 'Open Garden'.



## The Open Garden

Experience a 360 degree view of our gardens and use animated icons to explore stories from around the world.



**GET READY TO START  
EXPLORING**  
Scan the QR Code to visit  
The Weleda Open Garden now.



Global Sourcing



Wisdom of  
the Garden



Wild Bees



Seeds



Natural Farming



Worms

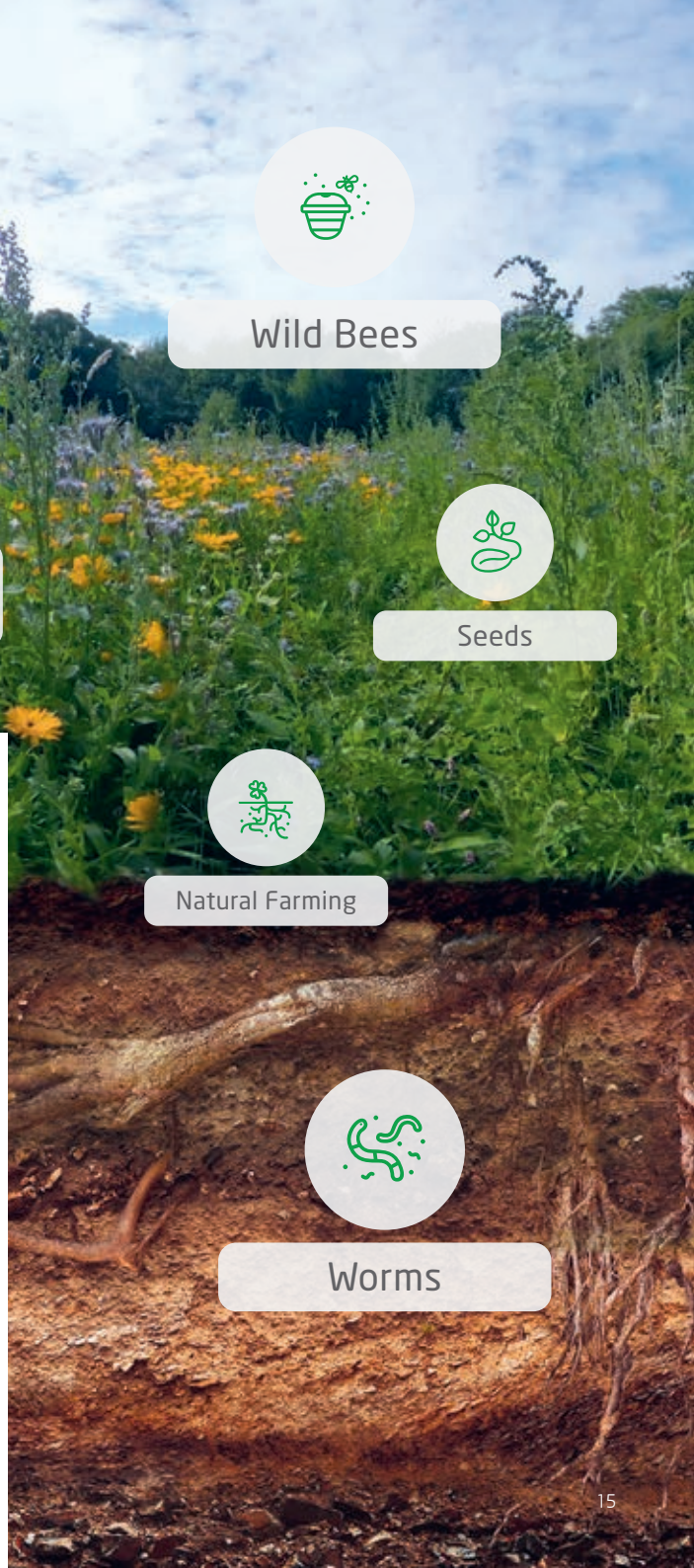
## OUR GARDENS - OUR HEART

Our gardens are our beating heart. And there's no better place to experience what we do and how we do it, where you can explore the deep-rooted connections between people and nature. At Weleda we have been working in harmony with the wisdom of the natural world for 100 years, continually developing our practices and products, and we know there is still so much more to learn. We hope our Weleda Open Garden will help you connect with nature in a new immersive way, from the palm of your hand, wherever you are.

## EXPERIENCE NATURE'S DIVERSITY

Explore a 360 degree view of Romanian Arnica fields, hear from experts on topics ranging from biodiversity, climate, soil and sourcing. Surround yourself with bird song from Brazil or journey through fields of lavender in Moldova. Take a quiz to discover your botanical match and plant some of our key ingredients in your own garden (or living room, bus seat or rooftop) using augmented reality, bringing the Weleda garden, people and products one step closer to you. A place where we share our stories and everyone can experience the true wonders of nature and Weleda.

<https://opengarden.weleda.co.uk>







Skin Food



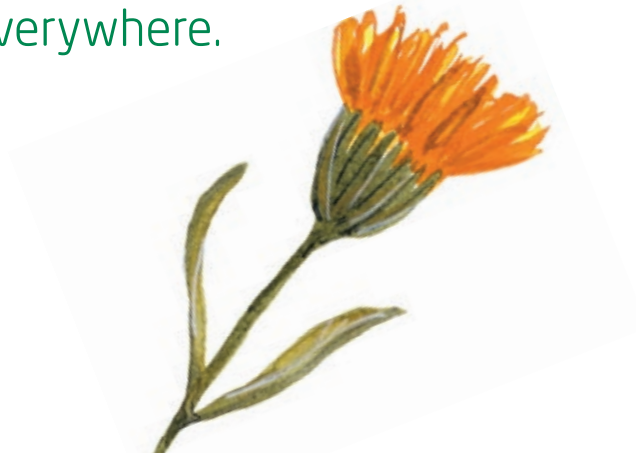
Skin Food



# 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** 

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	£13.50
106056	30ml	V	£8.25



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



### 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 HG

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	£13.50
106058	30ml	V	£8.25



#### 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
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## Skin Food



#### Skin Food Body Butter HG

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	£19.75
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## Weleda Skincare Expert

Elizabeth King is Weleda's Skincare Expert. A holistic facialist and highly qualified in several therapies, she has specialised in the anthroposophic approach to beauty for 20 years. Elizabeth has many years' experience in education and has joined Weleda to help share and support the Weleda Skincare Philosophy, as well as creating a facial skincare course for **Weleda Wellbeing Advisors**.

Weleda's skincare philosophy recognises that we are all individual; and that the skin, our protective boundary, is influenced by age, health and environment.

Receiving a 1-2-1 consultation with a Wellbeing Advisor is a journey of discovery, whereby together you will find the products best suited to your skin's current phase. You will also learn some simple application methods and helpful skincare tips for skin health and natural radiance.

Our team of Wellbeing Advisors are highly trained experts in our skincare range, passionate about natural health and organic beauty.

The consultation takes around 20 minutes and can be received virtually, online or in person.

[www.weleda.co.uk/findanadvisor](http://www.weleda.co.uk/findanadvisor)



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

## Skin Consultation

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

What are the concerns you would like to address today?

- ☐ Moisture/Oil Balance  
☐ Redness/Irritation  
☐ First signs of ageing  
☐ Deeper lines/Wrinkles  
☐ Blemishes/Congestion/Acne  
☐ Eye Area   ☐ Lips   ☐ Neck

Your Weleda Product Recommendation



# Weleda Skin Care Philosophy

We are all 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:

**Prickly Pear (Cactus):** proven to deeply hydrate skin and provide a dewy, fresh complexion, all day long. Skin is nourished, refreshed and moisturised for up to 24 hours.

**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 Purifying Facial Care**.



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



Weleda



Weleda Baby

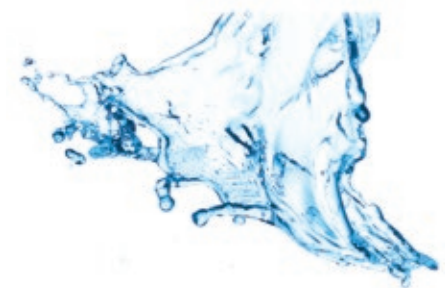
# Skincare that fits with you

Skincare Range	<b>Prickly Pear (Cactus):</b> Hydrating Facial Care	<b>Iris</b> Balancing 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 Sensitive</b> Facial Care	<b>Aknedoron</b> Purifying Facial Care
Skin Phase	Hydrates skin for up to 24hrs	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 25	<b>OR</b>	<b>One Step Cleanser &amp; Toner</b> see page 25	<b>OR</b>	<b>Gentle Cleansing Milk</b> see page 25	<b>&amp;</b>	<b>Refining Toner</b> see page 25
	<b>Aknedoron Cleansing Lotion</b> see page 27				<b>Aknedoron Purifying Gel Cleanser</b> see page 27		
Moisturise	<b>24hr Hydrating Facial Cream</b> <b>24hr Hydrating Facial Lotion</b> <b>Hydrating Facial Mist</b> see page 29	<b>Iris Balancing Facial Lotion</b> normal, oily & combination skin <b>Iris Balancing Day Cream</b> dry skin see page 33	<b>Wild Rose Smoothing Facial Lotion</b> normal & combination skin <b>Wild Rose Smoothing Day Cream</b> dry skin see page 35	<b>Pomegranate Firming Day Cream</b> all ageing skin see page 37	<b>Evening Primrose Age Revitalising Day Cream</b> mature skin see page 39	<b>Almond Sensitive Facial Lotion</b> all sensitive skin <b>Almond Sensitive Facial Cream</b> sensitive dry skin see page 31	<b>Almond Soothing Cleansing Lotion</b> Gently cleanses without drying <b>Aknedoron Cleansing Gel</b> <b>Aknedoron Cleansing Lotion</b> <b>Aknedoron Purifying Lotion</b> Gently cleansing without drying.
Night Care		<b>Iris Balancing Night Cream</b> all skin see page 33	<b>Wild Rose Smoothing Night Cream</b> all skin see page 35	<b>Pomegranate Firming Night Cream</b> all ageing skin see page 37	<b>Evening Primrose Age Revitalising Night Cream</b> mature skin see page 39		
Eye Care	<b>Hydrating Eye Cream</b> see page 29		<b>Wild Rose Smoothing Eye Cream</b> all skin types see page 35	<b>Pomegranate Firming Eye Cream</b> all ageing skin types see page 37	<b>Evening Primrose Age Revitalising Eye and Lip Cream</b> mature skin see page 39		
Intensive Care	<b>Almond Soothing Facial Oil</b> an intensive treatment see page 31		<b>Pomegranate Firming Serum</b> all ageing skin types see page 37 <b>Pomegranate Firming Facial Oil</b> all ageing skin types use: see page 37	<b>Evening Primrose Concentrate</b> mature skin see page 39		<b>Almond Soothing Facial Oil</b> sensitive skin use: as an intensive treatment see page 31	<b>SOS Spot Treatment</b> see page 27 <b>Aknedoron Purifying Lotion</b> see page 27 <b>Almond Soothing Facial Oil</b> sensitive skin use: as an intensive treatment see page 31

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    £12.50   



**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    £12.50   



**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    £16.75



**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    £16.75   

*“The One Step Cleanser & Toner is gentle and kind to skin, removing all traces of makeup and dirt without drying out the skin. Follow with one of the day creams or lotions for silky smooth skin.”*

Louise Perkins,  
Make-up Artist



# 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



### 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



### 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    £12.50



### 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    £18.75



### 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    £11.50



### 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    £12.50



### 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    £11.50



*“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”*

'Free From' Skincare Awards tester



# PRICKLY PEAR CACTUS HYDRATING



## For skin as fresh as the morning dew, all day long

At Weleda we believe that nothing is better at nurturing our natural beauty than the powerful goodness of nature. Over the past century Weleda has drawn on the wisdom of the natural world, with sustainably sourced raw materials that have survived millennia, which are then skilfully transformed with the latest technology into nature's own high-performance ingredients. Inspired by succulents like Prickly Pear and Aloe Vera, which withstand increasing temperatures and decreasing water supplies, the Weleda Prickly Pear Hydrating Facial Care range is proven to deeply hydrate skin and provide a dewy, fresh complexion, all day long. Skin is nourished, refreshed and moisturised for up to 24 hours, while a refreshing blend of essential oils such as palmarosa, green mandarin and peppermint provide an uplifting shower-fresh scent.



## Prickly Pear Cactus Hydrating Facial Care



### 24h Hydrating Facial Cream

The solution to thirsty skin, naturally. This long-lasting moisturiser absorbs quickly whilst caring for skin all day long with additional safflower seed oil, sunflower seed oil and skin-smoothing shea butter. Aloe vera juice and prickly pear extract provide a light, refreshing texture, leaving skin looking healthy, feeling softer and plumped with hydration. So skin stays as fresh as the morning dew.

102078 30ml Ve £14.95



### Hydrating Eye Gel

This soothing eye gel provides an immediate boost of hydration and intense moisturisation for up to 12 hours. The roller applicator creates a pleasantly cooling massage effect, to help reduce puffiness and revive tired-looking eyes. The light, refreshing texture of this fragrance-free formulation absorbs very quickly, so the product is suitable for contact lens wearers or under makeup.

102080 10ml Ve £14.95



### 24h Hydrating Facial Lotion

This light, refreshing and long-lasting moisturiser absorbs quickly, swiftly quenching thirsty skin. Ideal for normal to combination skin, prickly pear extract is combined with refreshing aloe vera and cooling witch hazel. Skin is instantly mattified, reducing shine, so your complexion looks healthy. Leaving skin feeling hydrated and smoother, whilst the shower-fresh fragrance delights.

102079 30ml Ve £14.95



### Hydrating Facial Mist

Nature's oasis, in a bottle. Spritz skin for an instant hydration boost with this refreshing, pore-refining and toning facial mist, to invigorate skin and senses for up to 12 hours. This oil free, non-sticky facial mist absorbs quickly, leaving skin soft, fresh and supple. Now that's a fresh idea.

102081 100ml Ve £16.95



## Succulent success

**Challenged by climate change**, today's horticulturalists are turning to plants that can withstand increasing temperatures and decreasing water supplies. These tenacious and drought-resistant plants can withstand intense and arid conditions. The intelligent prickly pear cactus can store water reserves in its broad paddle-like leaves long after other desert plants have shrivelled and withered. It's bursting with moisture from within, enabling it to thrive and bloom in the driest of climates, and can store water reserves in its leaf shaped stems long after other desert plants have shrivelled and withered. Thanks to the gel-like mucilage stored within, which is similar to our skin's hyaluronic acid, containing similar polysaccharides (sugars), it is remarkably resilient.



# ALMOND, SENSITIVE SKIN

Our Almond Sensitive Facial Care is formulated with gentle, organic sweet almond oil and other pure ingredients carefully selected to be soothing and kind. Together they bring calm. Natural skin barrier is restored and balance resumed. Skin's moisture levels are supported and dryness comforted. And since our formula is fragrance-free and hypoallergenic, even the most sensitive skin can become clear, smooth and comfortable.

Almond Soothing Cleansing Lotion

Almond Soothing Facial Lotion

Almond Soothing Facial Cream

Almond Soothing Facial Oil



Prunus dulcis

## Almond Sensitive Facial Care



**Almond Sensitive 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    £12.50



**Almond Sensitive 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    £18.75



**Almond Sensitive 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    £18.75



**Almond Soothing Facial Oil** HG

Easily absorbed, this intensive treatment restores the skin when it is in need of extra protection and nourishment. Organic blackthorn flower extract calms and reduces irritation while antioxidant-rich plum kernel oil balances and soothes.

Recommended to use as a protective barrier in cold weather and while travelling. Also provides soothing relief to skin after a long day spent in the city. Warm a few drops in your palms and gently smooth onto skin still damp from cleansing.

102205    50ml    Ve    £19.95

**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, MOISTURE BALANCING

**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 iris's beauty, radiance and longevity depend on its extraordinary ability to balance, by adding or with holding moisture as required. In combination with jojoba oil and soothing witch hazel, it regulates the skin healthily, so moisture content can balance and young skin regains its naturally beautiful appearance.



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

Holly Edwards,  
Makeup Designer

## Iris Moisture Balancing Facial Care



**Iris Balancing Facial Lotion** HC  
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 £18.75

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



**Iris Balancing Night Cream** HC  
This richly nourishing night cream helps gently 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 £18.75



**Iris Balancing Day Cream** HC  
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 £18.75



# 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



Wild Rose Smoothing Facial Lotion



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 £24.75

What women experienced using our Wild Rose Smoothing Day Cream:

Renewed elasticity +23%\*

Increased moisture +41%\*

\*tested after 28 days



**Wild Rose Smoothing Night Cream** 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 £24.75



**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 £24.75



**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 £24.75

*“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, FIRMING



**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



Pomegranate Firming Facial Oil



*Punica granatum*

## Pomegranate Firming Facial Care

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

Give your skin a beauty boost with Weleda's new facial oil. Using the power of antioxidants from organically grown pomegranate, this top quality oil encourages cell renewal, leaving the skin firmer, smoother and more radiant. Apply just a few drops of this precious liquid to freshly cleansed skin, as an intensive treatment. Or mix a droplet with the Pomegranate Day or Night Cream as an extra nourishing boost for a more radiant complexion.

102049 30ml Ve £40.95



### 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 £30.50



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.

### 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 £30.50



What women experienced using our Pomegranate Night Cream:

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

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

### Pomegranate Firming 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 £40.95



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.

### 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 £30.50



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



# 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 <sup>HG</sup>

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 £30.50

Proven Efficacy

73 % The skin appears visibly firmer\*

77 % The skin appears more even\*

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



### Evening Primrose Age Revitalising Eye and Lip Cream <sup>HG</sup>

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 ophthalmologically and dermatologically proven even for wearers of contact lenses.

105602 10ml V £30.50

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 Night Cream <sup>HG</sup>

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 £30.50



### Evening Primrose Age Revitalising Concentrate <sup>HG</sup>

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 £40.95



*“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






# 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 regime for a clean, close shave:  
STEP 1: PROTECT  
STEP 2: REPLENISH  
STEP 3: 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

## For Men: 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   £12.50



**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   £18.75



**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   £18.75

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

## Sustainability is high on our agenda

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
- 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

## The Global Penguin Society

At Weleda, we have identified common goals with The Global Penguin Society and we are committed to ensuring our products contain no chemical nasties that could pollute our oceans and have a detrimental effect on marine life.

Our revolutionary partnership with TerraCycle® ensures that no Weleda plastic packaging needs to go to landfill.

Points collected from this partnership will raise funds for our chosen non-profit organisation, the Global Penguin Society (GPS), founded by Marine Biologist Dr Pablo Borboroglu.

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 and irresponsible tourism.

Every 10kg of Weleda packaging recycled through TerraCycle® will raise nearly £10 for the Global Penguin Society, to support its international conservation activity.





# 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    £27.25



### 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    £26.25



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    £17.75



### Stretch Mark Massage Oil

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    £19.95



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

Reduction of stretch mark area

- 33% after six months

Skin surface smoothness

+ 92% improvement after six months



### 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    £19.95



### 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    £17.75



### 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    £17.75



### 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    £27.25



# 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	£8.25
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**Almond Sensitive Skin Body Lotion** HC  
Soothes, nourishes and strengthens the skin's own protective function, defending against exposure to the elements.

102206	200ml	V	£17.75
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**Almond Sensitive Skin Hand Cream** HC  
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	£12.50
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### 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,  
Weleda Pharmacist





# 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    £8.25



**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    £17.75



**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    £12.50



**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    £17.75



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

106012      100ml    Ve    £10.50



**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    £15.75





# 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



**NEW**  
**RELAX**  
**Relax Aroma Shower** is a relaxing and comforting blend that invites you to soothe your mind, bringing a feeling of pleasant tranquillity. Soothe your senses with this subtle, relaxing blend of aromatic lavender, bright bergamot and enveloping, warm, woody vetiver. An invitation to find your inner balance, comforting mind and spirit.

104056      200ml    Ve    £8.25   



**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    £15.75   



**Lavender Relaxing Body Oil**   
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    £17.75   

*“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    £8.25



### 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    £11.95



### 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    £19.95



### 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    £19.95



### 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    £12.50

*“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




NEW

**LOVE**  
**Love Aroma Shower** evokes a feeling of harmony as it cocoons the mind, body and spirit in a sense of well-being with its delightfully romantic fragrance. Explore a floral garden of romantic rose, precious jasmine and delicately sweet ylang ylang.  
104055      200ml    Ve    £8.25    



**Wild Rose Pampering Body Lotion**   
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    £26.25    



**Wild Rose Deodorant**  
Light floral scents of wild rose and neroli provide a feeling of freshness and wellbeing.  
106021    100ml    Ve    £14.75    



**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    £15.75    



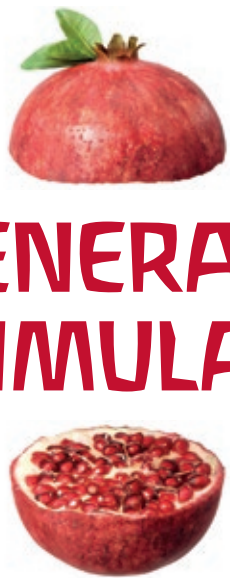
**Wild Rose Pampering Body Oil**   
Our specially harvested rosehip oil is extracted from the rosa moschata, which grows wild on the foothills of the Andes Mountains. Due to the oil's unique combination of vitamins and essential fatty acids, it is ideal for use as a nourishing skin treatment and for a pampering massage.  
106120      100ml    V    £27.25

*“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    £8.25   



**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    £26.25   



**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    £13.50   



**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    £26.25   

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



**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 £10.50




**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.

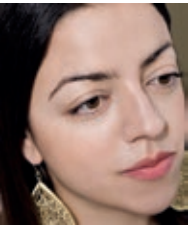
203000 250ml Ve £11.95



**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 £27.25 



**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.

*“Weleda has been developing natural products since 1921, and it still remains hard to beat on organic beauty that punches well above its price.”*

The Independent





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    £10.50

**Sage Deodorant**  
A fresh herbal fragrance from essential oils of sage, rosemary, pine, lavender and thyme.  
106015    100ml    Ve    £10.50

**Wild Rose Deodorant**  
A light floral fragrance with neroli and wild rose provides a feeling of freshness and wellbeing.  
106021    100ml    Ve    £14.75

**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    £8.25

**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    £8.25

**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    £8.25

**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    £8.25

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

Ruby Hammer MBE



# Ethics and efficacy - that's what we pride ourselves on at Weleda.

Our gentle ideology is to support, not interfere and it stems from anthroposophy, the holistic approach to healthcare which is grounded in natural balance. From our sustainable farming, to biodynamic cultivation and global innovation, we have been committed to working in harmony with nature and human beings since we sowed our first seeds in 1921.

100 years later, our purpose is still to be as sustainable, honest and natural as possible, and to help reconnect people with nature because everything we are has its complement in nature. Today, others have rooted themselves in a similar mission - following the pioneering pathway we've been forging for a century.

You might know us for your baby's first nappy balm, grandma's beloved hand cream or 'that' iconic green tube of Skin Food. From gardeners to midwives, nursers to herbalist, individuals to families, everyday heroes to high profile celebrities, we are a community, for anyone looking to live their lives with a cleaner conscience.

Because we care, we nurture, we innovate, we support good health.

**For 100 years we have led a movement and we continue to lead it today.  
Bringing you closer to nature, because You Are Nature.**

## Aroma Shower Body Washes



### Infuse your day with nature's mood

Set the tone for the day and support your mood with these four unique Aroma Showers blends, each one mastered by our aroma-experts to harness the power and goodness of nature to help support natural wellbeing and vitality. Every blend is a delight to apply and easy to rinse off, with aromatic fragrances that come alive in the steam of a shower, whether it's long and luxurious or a quick refresher.



#### ENERGY

**Energy Aroma Shower** is a joyful, energising, scent that helps you feel uplifted, alert and alive. Perfect for early mornings, long days, and after workouts. The lively, zingy scent of ginger, blended with refreshing citronella and warm woody cedar, gives you a perfect start to the day. It's a spicy combination that inspires your senses, leaving you energised.

104053 200ml Ve £8.25



#### LOVE

**Love Aroma Shower** evokes a feeling of harmony as it cocoons the mind, body and spirit in a sense of well-being with its delightfully romantic fragrance. Explore a floral garden of romantic rose, precious jasmine and delicately sweet ylang ylang.

104055 200ml Ve £8.25



#### RELAX

**Relax Aroma Shower** is a relaxing and comforting blend that invites you to soothe your mind, bringing a feeling of pleasant tranquillity. Soothe your senses with this subtle, relaxing blend of aromatic lavender, bright bergamot and enveloping, warm, woody vetiver. An invitation to find your inner balance, comforting mind and spirit.

104056 200ml Ve £8.25



#### HARMONY

**Harmony Aroma Shower** allows you to experience the harmony of the forest in the shelter of a woodland glade. The fresh woody scent of silver and Siberian fir trees mingles with a hint of aromatic lavandin combining the harmony of the forest with a relaxing moment.

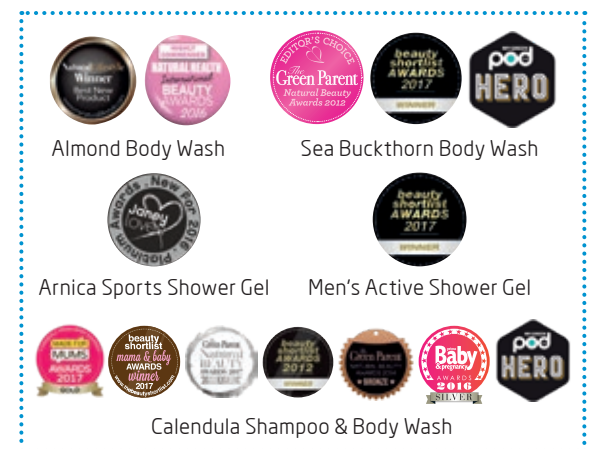
104054 200ml Ve £8.25





# 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.



## 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	£8.25
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## 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	£8.25
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### 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	£8.25
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### 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	£8.25
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### 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	£8.25
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### 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	£8.25
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### 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	£8.25
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*“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    £15.75    



**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    £15.75    



**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    £15.75    




**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    £15.75    




**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    £15.75    



**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    £15.75    



# 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  
24h Hydrating Facial Cream  
24h Hydrating Facial Lotion  
Hydrating Eye Gel  
Hydrating Facial Mist  
Pomegranate Firming Day Cream  
Pomegranate Firming Eye Cream  
Pomegranate Firming Face Serum  
Pomegranate Firming Facial Oil  
Pomegranate Firming Night Cream  
Refining Toner

## Baby & Mum

Calendula Baby Oil  
Calendula Bath  
Calendula Cream Bath  
Calendula Shampoo & Body Wash  
Chamomile Teething Granules  
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  
Energy Aroma Shower  
Harmony Aroma Shower  
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 Relaxing Bath Milk  
Love Aroma Shower  
Men Active Shower Gel  
Pine Reviving Bath Milk  
Pomegranate Creamy Body Wash  
Relax Aroma Shower  
Rosemary Invigorating Bath Milk  
Sea Buckthorn Creamy Body Wash  
Wild Rose Cream Bath

## Natural Medicines

Arnica Bumps & Bruises Spray  
Arnica Massage Balm  
Avena Sativa Comp Drops  
Calendula Cuts and Grazes Spray  
Cold Relief Oral Spray  
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.

## 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.



CRUELTY  
FREE



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 £17.75



### 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 £8.25



### Arnica Cooling Gel

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

205028 25g Ve £8.25



### 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 £13.50



### 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 £15.75



*“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





# 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.

Pomegranate Hand Cream

Foot Balm

Skin Food Lip Balm

Almond Sensitive Skin Hand Cream



## 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   £12.50



**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   £12.50



**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   £13.50



**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   £12.50



**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   £12.50



**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   £5.25



**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



# 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

£5.25



### 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

£5.25



### 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

£5.25



### 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

£5.25



### 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

£9.25

# 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

£11.95



### 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

£11.95



### 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

£11.95

## 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.



# 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.

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    £19.95



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

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

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



**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    £12.50



**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    £12.50



**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    £8.25

*“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



# Introducing our brand new expert Midwife Team

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

## All4Maternity

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

## All4Birth

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

## Recommended by midwives

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

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

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



## Personal Profiles:

### Sheena Byrom OBE

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

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

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

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

### Dr. Anna Coonan-Byrom

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

## Trust Mother Nature

Our 100% certified natural pregnancy and baby care ranges are developed by experienced midwives and pharmacists, gently helping you prepare for the birth of your baby and beyond.

Our award-winning pregnancy care products are made from plant-based oils, which are easily absorbed by the skin and our midwife recommended Calendula baby care range supports your baby with the kindest, natural, sustainably sourced ingredients suitable for your baby's delicate skin.







# BABY SKIN CARE

## The healing power of Calendula

Traditionally one of the most popular herbs used in skincare and medicinal products, Calendula officinalis not only soothes sensitive skin, but is renowned for its gentle wound-healing properties. Calendula has an antiseptic, antimicrobial and anti-inflammatory action, yet is mild enough to care for even the most delicate skin of babies and toddlers due to the plant's natural protective properties.

## 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.

## Did you know?

Weleda uses over 7 tonnes of fresh calendula flowers in the baby care range every year!



## Baby Skin Care



### 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	£7.75
104510	30ml	V	£3.25



### 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	£11.50
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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	£14.75
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### 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	£11.50
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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	£9.75
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### 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.

See page 87.

105804	V	£5.95
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Contains: 30ml Calendula Nappy Change Cream, 50ml Calendula Shampoo & Body Wash.



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   £10.50



**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   £5.75



**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   £14.75



**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   £9.75

*“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   £8.25



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







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.



80 awards and counting!

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    £13.50



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    £9.50



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    £11.50



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 your little one covered.



**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    £6.25



**Rhinodoron Nasal Spray with Aloe Vera**  
Moisturises, cleans and cares for dry nasal passages. Suitable for babies from the age of 3 months.

206036    20ml    Ve    £10.50



## Baby Skin Care



**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. What better way to introduce someone to our amazing baby range than this new 'taster' pack?

105804    V    £5.95  
Contains: 30ml Calendula Nappy Change Cream, 50ml Calendula Shampoo & Body Wash.





# 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.



*“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  
Cultural 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 £7.25	
PRODUCT	CODE	PRODUCT	CODE	PRODUCT	CODE	PRODUCT	CODE
Aconite 30	302003 V	Calc fluor 30	302015 V	Hepar sulph 30	302027	Phosphorus 30	302039 V
Apis mel 30	302005	Cantharis 30	302017	Hypericum 30	302028 V	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	Sulphur 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. This 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 £11.50



## 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 £11.50



## 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 £11.50



## 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 £11.50



## 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 £11.50



## 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 £11.50







## 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 £10.50



### 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 £10.50



## Hayfever



### Larch Resin comp. Ointment

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

205013 25g V £8.25

## Stress



### 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 £10.50



### Prunus Spinosa 6x

For the symptomatic relief of fatigue following stress or illness.

206037 25ml V £10.50



## 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 £9.50



### Fragaria Vitis tablets

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

207017 80 tabs V/G £10.50

## First Aid



### 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 £7.25



### Insect Bites Spray

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

206010 20ml Ve £7.25



### Hypercal Wound Salve

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

205012 25g V £8.25



### Calendula Cuts & Grazes Skin Salve

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

205005 25g V £8.25



### Combudoron Ointment

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

205008 25g V £8.25





# 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    £11.50



## Arnica Bumps & Bruises Skin Salve

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

205002    25g    V    £8.25



## Arnica Bumps & Bruises Spray

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

303007    20ml    Ve    £7.25



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    £20.75  
204001    100ml    Ve    £13.50  
204002    50ml    Ve    £9.50



## 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    £15.75



## 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    £13.50



## Arnica Cooling Gel

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

205028    25g    Ve    £8.25



## Copper Ointment

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

205010    25g    V    £8.25



## Arnica 6X Tablets

A homeopathic medicine for accident upset.

207001    125 tabs    V    £9.50



## Rhus Tox. Ointment

For the relief of rheumatism.

205014    25g    V    £8.25



## Ruta Ointment

For the symptomatic relief of sprains.

205015    25g    V    £8.25

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.







## You Are Invited!

Join a reforestation revolution and **Plant a Weleda Forest** with TreeSisters

### Our pledge to plant 1 million trees

In 2021, as we celebrate our 100th Anniversary what better way to celebrate this remarkable milestone than to plant a Weleda forest in collaboration with the **UK charity TreeSisters, with the aim of planting one million trees** to combat climate change.

**The Weleda vision is to plant a magnificent forest of trees.** Not a single location but a forest of a million trees planted around the world where trees are needed most urgently - to reclaim endangered rainforest, prevent flooding or soil erosion, protect natural habitats, support local communities in some of the poorest countries in the world, and empower women in the workplace. The charity **funds tropical reforestation projects globally** with a focus on initiatives either run by women or supporting women around the world.

[www.treesisters.org](http://www.treesisters.org)

**How to get involved** – visit our fundraiser page

<https://treesisters.org/fundraisers/plant-a-weleda-forest>

Buy a Tree when you place an order either via your local wellbeing advisor, or via [weleda.co.uk](http://weleda.co.uk)

## TreeSisters

Women Seeding Change. **A registered charity with global impact!**

**TreeSisters** is a movement of people around the world who are taking collective responsibility for planetary restoration at the grass roots level.

**TreeSisters'** mission is to accelerate reforestation in the tropics by making it as normal to **give back to Nature** as it currently is to take. They do this by working with world class planting projects that use **ethical planting** methods to plant native tree species. To date they have funded the planting of over **6.5 million trees** and they aim to plant millions more.

All of their planting projects involve and employ local communities to ensure the long-term success of the trees planted and support the rebuilding of the **human connection to Nature**. TreeSisters channels and nurtures feminine Nature-based leadership around the world, **to restore balance and promote planetary and personal wellbeing**.

TreeSisters plants in the tropics **for a number of reasons:**

**Tropical trees sequester carbon 3x as fast as temperate trees.** They do this as tropical trees grow fast! This means they draw down and store **95% of all global tree-based CO2**. Carbon is also sequestered through the roots, which transfer CO2 into the soil.

**Biodiverse tropical forests** also create a huge amount of **organic material** that **improves soil health** - through their leaves, seeds, and branches.

They support and **provide habitats for a vast amount of animal species**. Tropical forests are home to an estimated 50% of all plant and animal species.



# 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.

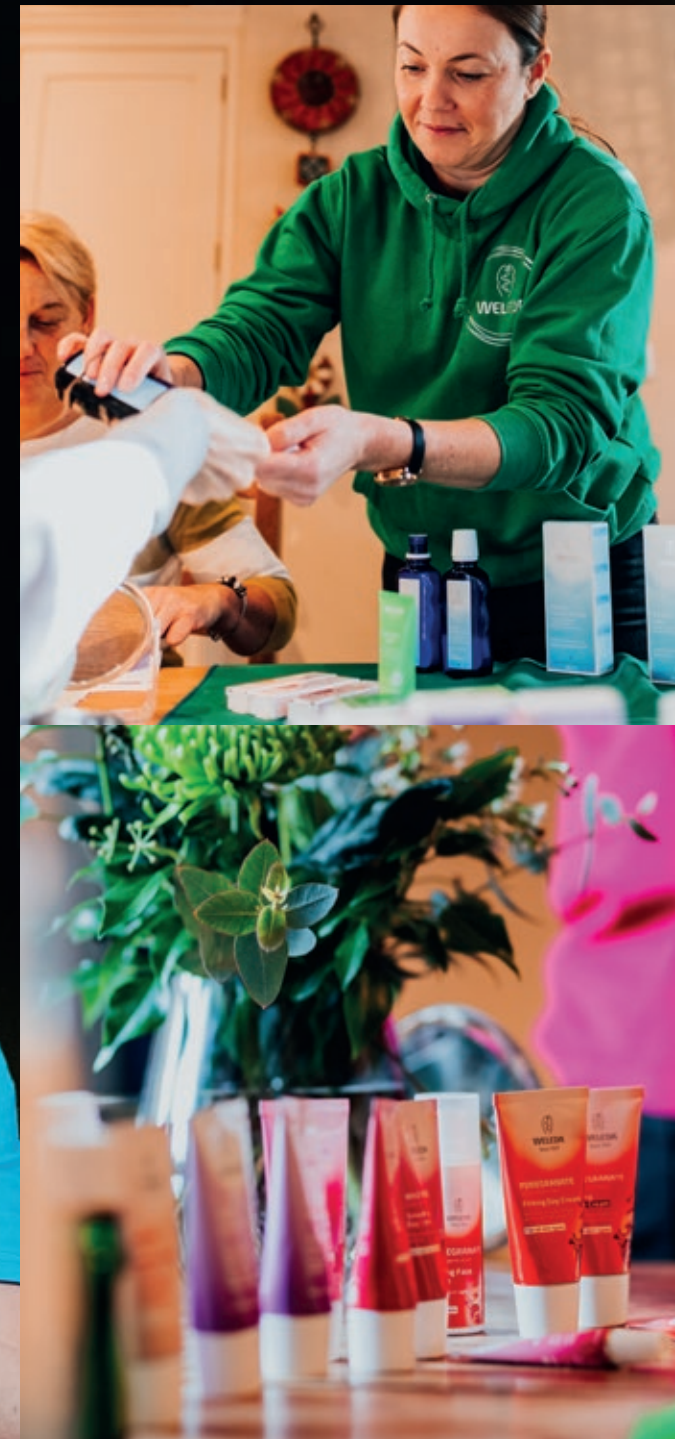


\*A set number of Wellbeing Advisor positions are available per postcode area thereby allowing you the opportunity and time to establish your business.

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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 simply 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 Event Gifts

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

### Free Weleda Products

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

### New Shopping Experience

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

### Free Shipping

Direct to your door on all orders over £45.

### Happiness Guarantee

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



Price List

Code	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Prickly Pear Cactus Facial Care					
102078	24h Hydrating Facial Cream	P29	30ml	Ve	£14.95
102079	24h Hydrating Facial Lotion	P29	30ml	Ve	£14.95
102080	Hydrating Eye Gel	P29	10ml	Ve	£14.95
102081	Hydrating Facial Mist	P29	100ml	Ve	£16.95
Almond Facial Care					
102201	Almond Sensitive Cleansing Lotion	P31	75ml	Ve	£12.50
102203	Almond Sensitive Facial Cream	P31	30ml	V	£18.75
102205	Almond Soothing Facial Oil	P31	50ml	Ve	£19.95
102202	Almond Sensitive Facial Lotion	P31	30ml	V	£18.75
Iris Facial Care					
102100	Iris Balancing Day Cream	P33	30ml	V	£18.75
102101	Iris Balancing Facial Lotion	P33	30ml	V	£18.75
102102	Iris Balancing Night Cream	P33	30ml	V	£18.75
Wild Rose Facial Care					
102221	Wild Rose Smoothing Facial Lotion	P35	30ml	V	£24.75
102220	Wild Rose Smoothing Day Cream	P35	30ml	V	£24.75
102222	Wild Rose Smoothing Night Cream	P35	30ml	V	£24.75
102223	Wild Rose Smoothing Eye Cream	P35	10ml	V	£24.75
Pomegranate Facial Care					
102050	Pomegranate Firming Day Cream	P37	30ml	Ve	£30.50
102051	Pomegranate Firming Night Cream	P37	30ml	Ve	£30.50
102054	Pomegranate Firming Face Serum	P37	30ml	Ve	£40.95
102053	Pomegranate Firming Eye Cream	P37	10ml	Ve	£30.50
102049	Pomegranate Firming Facial Oil	P37	30ml	Ve	£40.95
Evening Primrose Facial Care					
105600	Evening Primrose Revitalising Day Cream	P39	30ml	Ve	£30.50
105601	Evening Primrose Revitalising Night Cream	P39	30ml	V	£30.50
105602	Evening Primrose Lip and Eye Cream	P39	10ml	V	£30.50
105599	Evening Primrose Concentrate	P39	30ml	Ve	£40.95
Facial Cleansing					
102105	Refining Toner	P25	100ml	Ve	£12.50
102104	Gentle Cleansing Milk	P25	100ml	Ve	£12.50
102010	One Step Cleanser & Toner	P25	100ml	V	£16.75
102076	Gentle Cleansing Foam	P25	150ml	Ve	£16.75
102006	Aknedoron Purifying Lotion	P27	50ml	Ve	£11.50
102007	Aknedoron Cleansing Lotion	P27	100ml	V	£12.50
102059	SOS Spot Treatment	P27	10ml	Ve	£12.50
102058	Refining Lotion	P27	30ml	Ve	£18.75
102057	Purifying Gel Cleanser	P27	100ml	Ve	£12.50
Body Oils					
106115	Pomegranate Body Oil	P44, P57	100ml	Ve	£26.25
106118	Sea Buckthorn Body Oil	P45, P53	100ml	Ve	£19.95
106120	Wild Rose Body Oil	P45, P55	100ml	V	£27.25
106112	Birch Cellulite Oil	P44, P59	100ml	Ve	£27.25
106114	Citrus Body Oil	P45, P49	100ml	Ve	£17.75
106116	Lavender Body Oil	P45, P51	100ml	Ve	£17.75
106111	Arnica Massage Oil	P45, P71	100ml	Ve	£17.75
Body Lotions					
106008	Citrus Body Lotion	P49	200ml	Ve	£17.75
106007	Pomegranate Body Lotion	P57	200ml	Ve	£26.25
106006	Sea Buckthorn Body Lotion	P53	200ml	Ve	£19.95
106005	Wild Rose Body Lotion	P55	200ml	Ve	£26.25
102206	Almond Body Lotion	P47	200ml	V	£17.75

Code	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Body Scrubs and Washes					
104021	Birch Body Scrub	P59	150ml	V	£10.50
104011	Citrus Creamy Body Wash	P49, P65	200ml	Ve	£8.25
104022	Pomegranate Creamy Body Wash	P57, P65	200ml	Ve	£8.25
104012	Sea Buckthorn Creamy Body Wash	P53, P65	200ml	Ve	£8.25
104020	Arnica Sports Shower Gel	P65, P71	200ml	Ve	£8.25
104047	Men's Active Shower Gel	P65	200ml	Ve	£8.25
102207	Almond Body Wash	P47, P65	200ml	Ve	£8.25
104053	Energy Aroma Shower Gel	P63	200ml	Ve	£8.25
104055	Love Aroma Shower Gel	P55, P63	200ml	Ve	£8.25
104056	Relax Aroma Shower Gel	P51, P63	200ml	Ve	£8.25
104054	Harmony Aroma Shower Gel	P63	200ml	Ve	£8.25
105010	Calendula Soap	P82	100g	Ve	£5.75
104564	Mighty Mint kids 2in1 Shampoo & Body Wash	P83	150ml	Ve	£5.95
104560	Lively Lime kids 2in1 Shampoo & Body Wash	P83	150ml	Ve	£5.95
104561	Happy Orange kids 2in1 Shampoo & Body Wash	P83	150ml	Ve	£5.95
Bath Milks					
104005	Citrus Refreshing Bath Milk	P49, P67	200ml	Ve	£15.75
104008	Pine Reviving Bath Milk	P67	200ml	Ve	£15.75
104009	Rosemary Bath Milk	P67	200ml	Ve	£15.75
104007	Lavender Relaxing Bath Milk	P51, P67	200ml	Ve	£15.75
104034	Wild Rose Cream Bath	P55, P67	100ml	Ve	£15.75
104017	Arnica Muscle Soak	P67	200ml	Ve	£15.75
Juices and Elixirs					
203000	Birch Juice	P59, P75	250ml	Ve	£11.95
203004	Prunus Elixir	P75	200ml	V/D	£11.95
203010	Sea Buckthorn Elixir	P53, P75	250ml	V/D	£11.95
Deodorants					
106012	Citrus Deodorant	P49, P61	100ml	Ve	£10.50
106015	Sage Deodorant	P61	100ml	Ve	£10.50
106021	Wild Rose Deodorant	P55, P61	100ml	Ve	£14.75
102263	Men 24h Roll On Deodorant	P61	50ml	Ve	£8.25
102264	Citrus 24h Roll On Deodorant	P61	50ml	Ve	£8.25
102265	Pomegranate 24h Roll On Deodorant	P61	50ml	Ve	£8.25
102262	Sea Buckthorn 24h Roll On Deodorant	P61	50ml	Ve	£8.25
Intensive Care for Hands, Feet, Lips and Body					
106016	Foot Balm	P73	75ml	V	£12.50
104024	Pomegranate Hand Cream	P73	50ml	Ve	£13.50
106026	Sea Buckthorn Hand Cream	P53, P73	50ml	V	£12.50
106054	Citrus Hand Cream	P49, P73	50ml	V	£12.50
102208	Almond Hand Cream	P47, P73	50ml	Ve	£12.50
106017	Everon Lip Balm	P73	4.8g	V	£5.25
106060	Skin Food Lip Balm	P19	8ml	V	£6.95
106057	Skin Food	P17	75ml	V	£13.50
106056	Skin Food	P17	30ml	V	£8.25
106059	Skin Food Light	P18	75ml	V	£13.50
106058	Skin Food Light	P18	30ml	V	£8.25
106061	Skin Food Body Butter	P19	150ml	Ve	£19.75
205028	Arnica Cooling Gel	P71, P97	25g	Ve	£8.25

Code	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Dental Care					
101001	Calendula Toothpaste	P74	75ml	Ve	£2.25
101002	Ratanhia Toothpaste	P74	75ml	Ve	£5.25
101003	Plant Gel Toothpaste	P74	75ml	Ve	£5.25
101005	Children's Tooth Gel	P74	50ml	Ve	£3.95
101004	Salt Toothpaste	P74	75ml	V	£5.25
101009	Ratanhia Mouthwash	P74	50ml	V	£9.25
Baby - Calendula					
105003	Bath	P82	200ml	Ve	£14.75
105002	Face Cream	P82	50ml	V	£10.50
105004	Cream Bath	P81	200ml	Ve	£14.75
105005	Lotion	P81	200ml	V	£11.50
105008	Moisturising Body Cream	P81	75ml	V	£9.75
105009	Nappy Change Cream	P81	75ml	V	£7.25
104510	Nappy Change Cream	P81	30ml	V	£3.25
105100	Oil (Unfragranced)	P81	200ml	Ve	£11.50
105001	Shampoo & Body Wash	P65, P83	200ml	Ve	£8.25
105007	Weather Protection Cream	P82	30ml	V	£9.75
207002	Chamomile Teething Granules	P86	15g	Ve	£6.25
Baby - Derma					
105803	White Mallow Body Lotion	P85	200ml	V	£13.50
105802	White Mallow Face Cream	P85	50ml	V	£11.50
105801	White Mallow Nappy Change Cream	P85	50ml	V	£9.50
Pregnancy and Birth					
106119	Stretch Mark Massage Oil	P45, P77	100ml	Ve	£19.95
606161	Perineum Oil	P77	50ml	Ve	£12.50
606162	Nursing Oil	P77	50ml	Ve	£12.50
205027	Nipple Balm	P77	25g	V	£8.25
Men's Range					
106019	After Shave Balm	P41	100ml	V	£18.75
106014	Shaving Cream	P41	75ml	V	£12.50
106022	Moisture Cream for Men	P41	30ml	V	£18.75
104047	Men's Active Shower Gel	P65	200ml	Ve	£8.25
Gifts					
105804	Organic Baby Essentials	P81, P87		V	£5.95
Accessories					
405216	Cotton Gloves	P73			£4.95
705000	Spritz Pump				£2.25
705015	Revitalising Hair Tonic Atomiser				£2.25

Code	DESCRIPTION	PAGE	SIZE	CAT	RRSP
Natural Medicines					
207001	Arnica 6X Tablets	P97	125 tabs	V	£9.50
303001	Muscular Pain Relief Oral Spray	P93, P96	20ml	Ve	£11.50
204009	Arnica Massage Balm	P97	200ml	Ve	£20.75
204001	Arnica Massage Balm	P97	100ml	Ve	£13.50
204002	Arnica Massage Balm	P97	50ml	Ve	£9.50
205002	Bumps and Bruises Salve	P96	25g	V	£8.25
303007	Arnica Bumps and Bruises Spray	P96	20ml	Ve	£7.25
205005	Calendula Cuts and Grazes Skin Salve	P95	25g	V	£8.25
303008	Calendula Cuts and Grazes Spray	P95	20ml	Ve	£7.25
205012	Hypercal Wound Salve	P95	25g	V	£8.25
206010	Insect Bites Spray	P95	20ml	Ve	£7.25
206005	Avena Sativa Comp Drops	P94	25ml	Ve/G	£10.50
203006	Herb & Honey Cough Elixir	P94	100ml	V/D	£10.50
303006	Cold Relief Spray	P92	20ml	Ve	£11.50
303002	Dry Skin & Eczema Relief Spray	P93	20ml	V	£11.50
303003	Stress Relief Oral Spray	P92	20ml	Ve	£11.50
303004	Digestive Relief Oral Spray	P92	20ml	V	£11.50
303005	Hayfever Relief Oral Spray	P93	20ml	Ve	£11.50
206015	Digestion Calming Drops	P95	25ml	Ve	£9.50
206036	Rhinodoron Nasal Spray	P86, P94	20ml	Ve	£10.50
205008	Combudoron Ointment	P95	25g	V	£8.25
205010	Copper Ointment	P97	25g	V	£8.25
206035	Skin Tone Lotion	P71, P97	100ml	Ve	£13.50
205013	Larch Resin comp. Ointment	P94	25g	V	£8.25
205014	Rhus Tox. Ointment	P97	25g	V	£8.25
205015	Ruta Ointment	P97	25g	V	£8.25
206037	Prunus Spinosa 6x	P94	25ml	V	£10.50
207017	Fragaria Vitis Tablets	P95	80 tabs	V/G	£10.50

HG

= Host  
See page 105 for more information about our Weleda wellbeing events

V

= Vegetarian  
Ve = Vegan and Vegetarian

G

= Contains Gluten  
D = Not suitable for diabetics



# WELEDA

Since  1921

## 2021 Catalogue

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