



SIMPLY HERBS®

18 Westbourne Park, BOURNE, Lincolnshire, PE10 9QS

Tel. 01778 395326

www.simplyherbs.co.uk

Full details of all our products can be found on our website simplyherbs.co.uk. This information sheet is meant only to accompany the price list/order form overleaf. However please see the following brief general notes.

We will **not** use lanolin, artificial colours or fragrances in any of our preparations. All of our preparations are handmade and are free of parabens and comply with the relevant Cosmetics Products Directive. They have also been signed off by a Qualified Medical Herbalist. Our preparations are definitely not tested on animals. They are entirely cruelty free. Except for the beeswax, none of our ingredients is derived from animals. To order please visit the website or post this form back to us with your cheque payment. We look forward to hearing from you. Although we have now stopped all our farmers' markets, we still do some local shows and details of these can be found on the website.

Brief Notes on our Best Selling Products

CALENDULA CREAM 60gm

A luxurious cream dedicated to softening and soothing the skin. The herb Marigold is traditionally used as a skin repair cream for cuts and grazes. Quickly absorbed, this skin care cream provides gentle protection for the most sensitive skin. Water based, it may be used as a light facial day cream or as an after sun soother.

FACT: A lady wrote "I'm prone to very dry skin and dermatitis and this cream works wonders!"

CHICKWEED SKIN CARE CREAM 30gm/60gm/300gm

This herb, which we blend with Clivers, is an ancient preparation for many skin complaints including the symptoms of Dermatitis, Eczema and Psoriasis. Apply sparingly to the affected area. It is soothing when used to relieve itching. Unlike synthetic steroids, Chickweed Cream does not thin the skin, so may be used little and often.

FACT: Wendy K sent this email "I've been using it for 4 months now (for Psoriasis) and my knees have never been better. In fact my husband is overjoyed as I can now get on my hands and knees and clean my own kitchen cupboards out instead of asking him to do it for me. I would recommend anyone to give it a go."

FACT: KT of Leicester wrote "I just couldn't believe it; I knew it'd work but within the hour the soreness and redness decreased and within 48 hours had virtually cleared up"

FACT: Samantha B by email "It is marvellous – I bought it for my 4 year old son who has terrible eczema on his hands and behind his knees and he constantly scratches!!!. It has been great, the red skin disappeared and the skin looks moist and nearly normal in just under a week!!! What is in that wonder cream!!!!"

Also available CHICKWEED SCALP OIL for use on itchy scalp conditions 75ml/150ml

Chickweed Cream is our best seller and we have dozens of letters like these on file.

COMFREY CREAM 30gm/60gm

Comfrey is an historical skin care herb that grows in profusion in the UK. Traditionally known as "Knitbone", it has been used for cell rejuvenation and as a natural healer, as it contains allantoin. Use when the need arises.

ELDER LEAF MASSAGE CREAM 30gm/60gm

Again, a very versatile herb which may help with the symptoms of strains, sprains and bruising through its anti-inflammatory properties. It has been known to be effective against the symptoms of Tennis Elbow, Frozen Shoulder, and sports injuries (pulled muscles etc.).

HERBAL LIP SALVE (LEMON BALM) 5gm/15gm

This is a very soothing cream for your lips and contains herb Melissa, known to be effective against the Herpes Simplex virus which causes cold sores.

LEMON BALM WORKING HANDS CREAM (MELISSA) 60gm

A heavy duty skin care preparation ideal for hard working hands. We use the whole herb Melissa (Lemon Balm) and its Essential Oils to soften and make a complete treatment for your hands. Apply very sparingly when it will re-moisturise very dry skin. Used by men as well as ladies – some of our customers are woodworkers, potters and bakers and they benefit from this concentrated treatment.

NIGHT TREATMENT CREAM 60gm

We use the herb Comfrey in this cream because it is traditionally used as a skin cell rejuvenator. Use this cream every night to support your skin. Water based for use on the face.

FACT: Kath wrote to us "... my skin has improved overall from using the Night Food Cream."

ROSEMARY MASSAGE CREAM 30gm/60gm/300gm

This therapeutic herb is formulated into a massage cream with sunflower oil and wheatgerm oil. Apply to the painful joints whenever it is needed. It is particularly effective against the symptoms of Arthritis and works by stimulating the circulation, giving possible increased mobility and less stiffness.

SIMPLY HERBS® PRICE LIST/ORDER FORM 2017

CARE CREAMS	SIZE	PRICE	QTY	TOTAL
ARNICA GEL (Water based gel for bruising)	30/60gm	£6.49/£10.99		
CALENDULA CREAM (Marigold - very soothing – also used as a light day cream)	60gm	£7.50		
CHAMOMILE SKIN CARE (Dry patches and nappy rash)	30gm	£6.99		
CHICKWEED SKIN CARE CREAM (Chickweed + Cleavers for Eczema, Psoriasis etc.)	30/60/300gm	£6.49/£10.99/£37.80		
COMFREY CREAM (Healing of flesh wounds and a skin food)	30/60gm	£6.49/£10.99		
ELDER LEAF MASSAGE CREAM (Symptoms of Strains and Sprains)	30/60gm	£6.49/£10.99		
GARDENERS' HAND CREAM (Moisturiser/Barrier cream; subtle blend of herbs & oils)	60gm	£7.50		
LEMON BALM WORKING HANDS CREAM (Best protection for hard-working hands)	60gm	£7.50		
NIGHT TREATMENT CREAM (With Comfrey for cell rejuvenation)	60gm	£7.99		
ROSEMARY MASSAGE CREAM (Symptoms of Arthritis) <i>[original strength]</i>	30/60/300gm	£6.49/£10.99/£37.80		
TEA TREE GEL (Antiseptic gel for cuts and scratches, effective as an Aftershave Gel)	30/60gm	£6.49/£10.99		
MACERATED TREATMENT OILS				
CHICKWEED SCALP TREATMENT OIL (Symptoms of Psoriasis, Eczema, itchy scalp etc.)	75/150ml	£6.49/£10.99		
ELDER LEAF LINIMENT (Anti-inflammatory - Massage Oil for Strains & Sprains)	75/150ml	£6.49/£10.99		
ROSEMARY EMBROCATION (Massage Oil for Arthritis-type symptoms; bad circulation)	75/150ml	£6.49/£10.99		
SPECIALIST HERBAL TOILETRIES and COSMETICS				
GLYCERINE AND ROSEWATER (Edwardian traditional skin moisturiser)	50ml/100ml	£4.50/£7.50		
THERAPEUTIC BATHING OIL (Non-foaming with relaxing Chamomile & Lavender)	50ml/100ml	£4.50/£7.50		
HERBAL LIP SALVE (LEMON BALM) (Traditionally effective against cold sores)	5gm/15gm	£1.99/£3.99		
LAVENDER ESSENTIAL OIL (100% pure essential oil – no carrier oil)	5ml/10ml	£3.50/£6.50		
TEA TREE ESSENTIAL OIL (Nature's strong antiseptic)	5ml/10ml	£3.50/£6.50		
WITCH HAZEL (Bumps and bruises, Athlete's Foot)	30ml	£5.99		
FOOT CARE				
MINT & CHAMOMILE FOOT BALM (Cools your feet, very soothing)	60gm	£7.50		
HERBAL FOOT BALM (Anti-fungal balm)	60gm	£7.50		
LAVENDER FOOT CARE (Soothe your feet with natural Lavender)	60gm	£7.50		
ROSEMARY PEDICURE CREAM (For rough skin and aches and pains in the feet)	60gm	£7.50		
POST AND PACKING £3.75 UK only. Delete if total over £50.00		£3.75	1	£3.75
TOTAL CHEQUE ENCLOSED MADE PAYABLE TO "SIMPLY HERBS"				

Please circle which size preparation you require, then post with your remittance to:-

SIMPLY HERBS, 18 WESTBOURNE PARK, BOURNE, LINCOLNSHIRE, PE10 9QS

Tel. [office hours] 01778 395326(UK)

E-mail enquiries to handmade@simplyherbs.co.uk. Please visit us at www.simplyherbs.co.uk [to order online]

Mr/Mrs./Ms/Miss/other _____ Initial _____

Surname _____

Your address _____

Postcode _____ Tel. No. _____

E-mail address _____

DATA PROTECTION ACT We will not divulge your details to any other company, organisation or third party.

We do not prescribe these preparations either directly or indirectly as a cure or treatment for any sickness, illness, or condition, to be taken internally or used externally.

They may cause an allergic reaction.

We encourage you to seek advice from a Medical Practitioner