

Healing Creams

Arnica Ointment 30gm. £7. 95

A tried and tested remedy for dispersing bruising. This ointment also contains essential oils to help relieve arthritic, rheumatic and joint pains Rub into the affected area after strenuous exercise, walking, gardening or as a daily routine for the relief of a more chronic condition. ;

Calendula Lotion 30gm £6. 75

Contains extracts of Calendula and Hypericum of which both are well known for their healing and anti-inflammatory properties. This lotion can be used for skin irritations, abrasions, cuts, sores, and, cracks.

Antiseptic Cream 30gm £6. 75

This cream is a wonderful addition to the first aid cabinet. It is antiseptic, antibacterial and anti-fungal., which all helpful in combating Athlete's Foot, Acne and Spots. Soothing after waxing.

Summer Buzz 50ml. £9. 50

Because of EU regulations I am not allowed to call this product an "Insect repellent" so it has been revamped as a summer refresher!!! But it really works!!

Cooling Skin Spray 50ml. £6 95

Soothes irritated & inflamed skin, it will calm down any itching or burning, use for insect bites, hives and after exposure to the sun.

Lip Balm 4ml. £5. 00

Keeps lips naturally soft, moist & protected.

Wintergreen Oil Rub

50ml. £6. 50

100ml. £12 50

This Oil Rub has analgesic, anti-inflammatory and anti-rheumatic properties, so is very soothing and warming for aching joints and muscles. It can also be used as a pre sports rub.

Natural Perfumes

These unique perfumes only contain Hydrolates and pure essential oils. No Alcohol.

Ula (Jewel of the Sea)

Tamah (Joy)

Reyna (Peaceful) £8. 50

Oil Burners

Fairy Burner £10.80

Isis Burner £9. 15

Buddha Burner £7. 50

Soapstone Burner £5. 95

Pure Essential Oil Blends 10ml.

Festive oils £6. 00

Refreshing oils £7. 00

Relaxing oils £7. 00

Balancing oils £7. 00

Protective oils £6. 00

Meditation oils £8. 00

Lavender (organic) £5. 00

Tea Tree (organic) £4. 00

Sweet Almond Oil 50ml. (massage) £3. 50

Gift Packs

Made to order and presented in a satin drawstring bag

First Aid Kit

Contains all the Healing Creams



Natural & Organic Creams Crafted With Care

Anam Cara.....are words taken from the Celtic language meaning Soul Friend. Keeping the Celtic theme the range of creams has Celtic sounding names.



All the creams and toiletries are hand made from Raw Materials which are environmentally friendly and from renewable sources and above all kind to your skin. The raw materials are not animal or petroleum based and are not tested on animals. A high percentage of the ingredients used are organic.

This range of products has been created for people who are mindful about what they put onto and into their bodies. This is TLC for the skin. Anam Cara helps to make you feel special every day!

I am available for House Parties or Private Functions So if you would like me to come along and explain more about the products and how they work then contact me...Sheila on 01254 384105 Or email shekuba@hotmail.com

Creams & Scrubs

Moisturisers

50gr. **£10. 50**

All of these luxurious skin creams are formulated to be gentle enough to use on your face or body. The creams are hand made in small batches to ensure freshness and quality. Each type of cream has its own unique blend of essential oils chosen specifically for their properties and beneficial effects.

Nedra -This moisturiser is for 'Normal Skin'. A gentle, light, non greasy cream . -

Orenda -A moisturiser for 'Oily Skin'. Even if your skin feel greasy you still need a moisturiser to maintain the balance of natural oils within the skin. -

Derdra -This is a 'Dry Skin' moisturiser, formulated to feed and nourish the skin making it feel soft and supple-

Shaina -Many people with 'Sensitive Skin' react to the perfume or chemicals in cosmetics. There are no chemicals in any of the Anam Cara range and they are only perfumed with essential oils. The oils for Shaina moisturiser have been carefully chosen so they will not cause any adverse reactions.

Margana - 'Mature Skin' is where we all end up eventually no matter how careful we are, but this cream has all the richest ingredients, including an anti wrinkle oil to keep that youthful glow for a few more years.

Cleanser- Suitable for all skin types. **£8. 50**

Toner- Gently refreshing **£7. 95**

Special offer - buy both for **£15. 00**

Exfoliating Facial Scrub

50gr. **£13. 50**

Exfoliate your skin and allow the skin to breathe, by using this deep cleansing, yet gentle facial scrub it will leave the skin feeling soft and silky.

Body Scrub with Sea Salt

110gr **£9. 50**

It is important to rid the body of the dead skin cells and so help with skin renewal and regeneration. This Body Scrub contains Dead Sea Salt which helps to draw out the toxins.

Body Butter with Vanilla & Blackcurrant

100gr. **£12. 50**

Pamper yourself with this luxuriously rich Body Butter Containing Shea, Coconut and Mango Butter.

Hand Cream

50gr. **£9. 95**

We shouldn't neglect our hands, after all they give us good service, so to repay them for all the hard work that they do just smother them in this rich, nourishing cream and feel the benefit.

Foot Cream

50gm. **£9. 95**

Revive and refresh your feet after a hard day, with essential oils to stimulate and nourish those tired, aching feet

Nail & Cuticle Treatment

15gr. **£6. 50**

Essential oils of Lemon to strengthen your nails & Peppermint to soften your cuticles.

Soaps & Shower Gels

Not only do they get you clean, they feel good too! With the added bonus of being kind to your skin. These Soaps and Gels do not contain SLS or unnecessary ingredients to make them more aesthetically appealing!

Liquid Soap 250 ml. **£8. 95**

Lavender, Geranium & Lemongrass

Shower Gel 250 ml. **£8. 95**

Rose & Geranium or
Orange & Peppermint

Shampoo 250ml. **£8. 95**

Grapefruit & Rosemary

Conditioner 120gm. **£8.75**

Juniper & Mandarin

Foam Bath 250ml. **£9. 95**

Coconut & Pineapple

Bath Bomb (each) **£1. 50**

Bath Melt (each) **95p**

