

DISPENSARY PRICE LIST (Make Your Own Range)

At Woodland Herbs we offer a wide range of recipes, ingredients and advice to let people make their own natural skincare, haircare or other natural cosmetics. This price list covers the majority of the base ingredients we stock, however please ask if there is anything else you would like.

There are 2 main options to make your own skincare. 1) by using **individual raw ingredients** you have total control of what goes into your products. It may be a bit more effort than buying a finished product or using a base product but it can be fun! 2) **base products**, whether lotions, creams, shampoos or other cosmetics can be used to add your choice of essential oils, vegetable oils, infused oil, herbal teas, tinctures or other ingredients. Typically these bases contain enough preservatives to give a good shelf life.

Once you know what you would like to do you will need a basic recipe that you can modify, adjust or develop to suit your needs. Some example recipes are:-

- ***Shampoo/conditioner for Dry Dark hair***; Base shampoo/conditioner plus Palamrosa essential oil, jojoba oil and rosemary essential oils.
- ***Shampoo/conditioner for Fair Oily Fine Hair***, Base shampoo/conditioner plus geranium, cedarwood and roman chamomile essential oils.
- ***Face mask for Oily Skin***; Green Clay 25g, Witch Hazel Water 10ml, Lavender oil 2 drops, Aloe vera gel 20ml. Apply for 10 minutes, avoiding the eye area.
- ***Gentle skin cleanser***; you could try Sweet almond oil on its own using damp cloth to wipe it off.
- ***Skin conditioning cream for oily skin from raw ingredients*** could be; water (or herbal infusion) 50ml, Oil (e.g. Sweet almond oil) 50ml, Beeswax (emulsifier) 15g, Bergamot and lavender essential oils 10 drops total. Needs to be kept in the fridge.
- ***Skin conditioning oil for dry inflamed skin***. Sweet almond oil 30ml, Rosehip oil 10ml, Jojoba oil 10ml, apply to cleansed skin.
- ***Stretch mark oil***. Wheatgerm oil 20ml, Sweet almond oil 30ml, massage into marks often.

This is just an example of possible recipes, the choices are endless, and should hopefully be fun to try. Please let us know your favourites and we will include them in our recipe book

Cautions &Contraindications

The contents of this leaflet are for information and education purposes only. It is not intended to replace a suitable reference book or the advice of a professional. Remember to test any product on a small area of skin prior to applying over a larger area. All essential oils should be diluted prior to use, never apply the concentrated oil directly to the skin.

	Ingredients	Prices*
Bubble Bath Base	Water (Aqua), Cocoamidopropylbetaine (coconut foaming agent) Hydroxyethylcellulose (vegetable wax) and ethyldibromoglutaronitrile & Plenoxethanol (preservative)	250ml £3.00 100ml £1.50
Bath Milk Base	Aqua, Helianthus annuus, Caprylic/Capric Triglyceride, Cetearth-20, Glyceryl Stearate SE, Phenoxyetanol, Caprylyl Glycol, Xanthum Gum, Chlorphenesin	250ml £4.60 100ml £2.30
Base Shampoo	Aqua, Sodium Laureth Sulphate, Sodium Laureth Sulphate, Glycol Distearate, Cocamide MEA, Laureth 10. Cocamide DEA, Sodium Chloride, Cocamidopropyl Betaine, Coconut Oil, Citric Acid, Phenoxyethanol, Methyl Parabens.	250ml £2.80 100ml £1.40
Base Conditioner	Water (Aqua), Cetrimonium chloride (palm oil based conditioning agent) Cetearyl alcohol (coconut based wax), Brassica napus 'Canola'	250ml £3.00 100ml £1.50
Shower Gel Base	Water (Aqua), Cocoamidopropylbetaine (coconut foaming agent) Hydroxyethylcellulose (vegetable wax) and Methylidibromoglutaronitrile & Plenoxethanol (preservative)	250ml £3.00 100ml £1.50
Liquid Soap Base	Water (Aqua), Cocamide DEA, Sodium Lauryl Glucose Carboxylate, Lauryl Glucoside, PEG-120 Methyl Glucose Dioleate, PEG-75, Limnanthes alba, Cocoamidopropyl	250ml £3.00 100ml £1.50
Vegan Base Cream	Vegan Base Cream [water, sweet almond oil BP, glyceryl stearate, stearyl alcohol, vegetable glycerin, hardened coconut oil, carnauba, magnesium chloride, dichlorobenzyl alcohol, methylchloroisothiazolinone and methylisothiazolinone, methyl paraben (butyl paraben, ethyl paraben, propyl), magnesium nitrate] Note: These are ideal carriers for essential oils, teas, tinctures and other oils. At woodland herbs our base creams can take 10mls of water based ingredients and 10mls of oil based ingredients in a 60g jar. Adequate emulsifiers and preservatives give the cream a usable shelf life.	500g £22.50 250g £14.50 60g £4.50 30g £2.50
Base Creams (Calendula, Comfrey, Arnica, Chamomile)	As Vegan Base cream with active ingredient added.	500 £27.50 250 £17.50 60g £5.50 30g £3.00
Moisturising Lotion Base	Water (Aqua), Cetyl alcohol, Glycerin, Glyceryl stearate, PEG-100 stearate, Cocos nucifera, Persea americana, Prunus dulcis, Benzyl alcohol, Phenoxyethanol, Potassium sorbate, Sodium Benzoate, Citric acid, Tocopherol	250ml £4.60 100ml £2.30
Surfactant (Dispersant / Emulsifier)	Polysorbate 20 (derived from Lauric Acid).	250ml £6.00 100ml £3.00

Our range of unfragranced cosmetic base products use wholly naturally derived ingredients, except where non-natural preservatives/stabilisers are crucial for the integrity and effectiveness of the product over time, All of our bases are formulated so that essential oils can be added to them directly and easily mixed into finished products. Itemised ingredients listings are given above. The majority of these products are water and vegetable oil based and can be extended with distilled water to obtain the required consistency. The ingredients used are considered environmentally friendly, mild and not tested on animals.

CARRIER OILS	500ml	250ml	100ml	
Sweet Almond	£10.00	£6.00	£3.00	A nourishing oil with little or no scent
Grapeseed	£10.00	£6.00	£3.00	A very popular light, scentless carrier oil. It is less nourishing than Sweet Almond Oil
Sesame	£10.00	£6.00	£3.00	The most popular massage oil in Ayurvedic medicine

PRICE CODE	200ml	100ml	50ml	30ml	PRICE CODE	200ml	100ml	50ml	30ml
A	£6.60	£3.60	£2.30	£2.00	D	£8.30	£4.50	£2.70	£2.40
B	£6.90	£3.80	£2.40	£2.10	E	£9.80	£5.20	£3.10	£2.80
C	£7.20	£4.00	£2.50	£2.20	F	£22.00	£12.00	£7.00	£5.00

PRESSED OILS

INFUSED OILS

Apricot	C	may help reduce moisture loss from the skin	Arnica (<i>Arnica Montana</i>)	E	bruising , anti-inflammatory,
Starflower (<i>Borago off</i>)	F	High in GLA	Capsicum (<i>Capsicum min</i>)	D	HOT!
Coconut (Fractionated)	C	Light, odourless	Chickweed (<i>stellaria media</i>)	D	Anti itch
Evening Primrose Oil	E	a good skin care oil.	Comfrey (<i>Symphytum off</i>)	C	Healing
Hemp	C	High in omega 3 and 6 oils	Marigold (Calendula off)	C	Anti inflammatory,
Jojoba	E	Moisturising. Used in some scalp preparations.	Mullien (<i>Verbascum thapsus</i>)	C	For some ear conditions.
Neem	C	Anti-inflammatory, insect repelling	St Johns Wort (<i>Hypericum perf</i>)	E	Nervine
Rosehip (<i>Rosa canina</i>)	F	A rich nourishing oil used for damaged tissue	BLENDS OF OIL £3.50 for 50ml £5.50 for 100ml* *Rosehip & Borage are 50p extra per 10ml		
Wheatgerm	E	High in Vitamin E			

SYRUPS & GLYCERINE

Marshmallow	C	Soothing	Garlic Juice	C	Pressed garlic
Thyme & Liquorice	D	Antibacterial and soothing	Glycerin	C	Multi purpose. See glossary.
Wild Cherry	C	“Anti cough”			

DRY INGREDIENTS

Price per 50grams A = £1.20 B=£1.60 C= £2.00 D=£2.40 E= £3.00 F=£4.00

Beeswax	D	Emulsifier and protecting.	Henna (Black)	B	Indigo, <i>Indigofera tinctoria</i>
Emulsifying Wax	B	Emulsifier	Henna (Neutral)	B	<i>Cassia obovata</i>
Bentonite Clay	B	A “softer” less absorbent clay than green clay or fullers earth.	Henna (Red)	B	<i>Lawsonia inermis</i> or true henna
Fullers Earth	B	Fuller's Earth is an absorbent clay often used in face packs and masks.	Shea Nut Butter*	£3.00	Moisturising per 100g
Green Clay (external / internal grade)	B (E) C (I)	Most drawing of clays. Suitable for oily skin. Not for dry or mature skin.	Coconut Fat*	£3.00	per 100g
Arabic Gum	E		Cocoa Butter*	£3.00	per 100g
Sodium bicarbonate	D	For bath bombs	Ground Walnut Shells	£3.00	For face scrubs
Citric Acid	A	For bath bombs	* Add 50p if put in jar.		

WATERS	300ml	200ml	100ml	Notes
Witch Hazel	£7.00	£5.10	£2.80	Astringent for oily skin.
Lavender Water	£7.00	£5.10	£2.80	A skin toner (often used for oily or problem skin)
Rose Water	£7.50	£5.50	£3.00	Anti inflammatory. Also as a skin toner (normal skin)
Orange Water	£7.50	£5.50	£3.00	As a skin toner (often used for dry or mature skin)
Chamomile	£8.00	£6.50	£3.50	
Rose Water & Glycerine			£3.70	

Price list of equipment

Bottles	Size	Price
Amber Glass Round	10ml	£0.30
	30ml	£0.45
	50ml	£0.50
	100ml	£0.80
Amber Glass Medical	100ml	£0.80
	200ml	£1.00
	300ml	£1.20
Blue Glass Round	50ml	£1.10
	100ml	£1.20
Plastic Round Amber	100ml	£0.50
	250ml	£0.75
Plastic Square White	500ml	£0.60
	1 litre	£0.80
Clear Glass Rollerball	10ml	£0.65

Jars	Size	Price
Clear Glass Jar	15g	£0.40
Amber Glass Jar	30g	£0.45
	60g	£0.50
Blue Glass Jar	60g	£1.00
Amber Plastic Jar	250g	£1.20
Special Bottle Tops		
Glass Pipette	30ml	£0.50
	50ml	£0.50
100ml either Normal or Graduated	100ml	£0.50
Atomiser Spray	100ml	£0.75
Lotion Pump	100ml	£0.65
Atomiser Spray	250ml	£0.50
Lotion Pump	250ml	£0.65

Other ingredients

essential oils, dried herbs or tinctures (see separate price lists). Note Tinctures are typically price bands A to E (Page 3).

Links and References

- www.woodlandherbs.co.uk our website contains recipes, ideas and an online store.
- henna – www.hennaforhair.com for instructions
- Reference Books; although out of print a copy of “Herbal Remedies” by Christopher Headley and Non Shaw is highly recommended.
- In store leaflets are available on fixed and infused oils, making creams and more.

Glossary / ingredients

A glossary of the main ingredients is given on our website. Some useful items are:

Emollient: Any substance that prevents water loss from the skin. Most natural oils perform this function.

Emulsifier: A substance that holds oil in water or water in oil. Necessary in the manufacture of cream and lotions.

Fixed Oil: A fixed oil is chemically the same as a fat, but is generally liquid ie. Almond oil, grapeseed oil.

Glycerin (vegetable): A humectant and emollient, it absorbs moisture from the air, keeping moisture in your skin.

Lecithin: Natural antioxidant and emollient.. A stabiliser and emulsifier from soya beans, corn, peanuts and egg-yolk.