

# Our vision, mission & values

OUR BRAND | OUR MISSION & VALUES

## Our vision

Pioneering natural and organic health and beauty, one blue bottle at a time.

## Our mission

At Neal's Yard Remedies we love creating natural and organic health and beauty products that are efficacious, in a way that cares for people and our planet.

## Our values

### The essence of Neal's Yard Remedies

- Be honest, fair and kind
- Deliver the highest quality in everything we do
- Inspire customers, suppliers and our people
- Show leadership, teamwork and take responsibility
- Do good through sustainable and profitable growth
- Learn from our mistakes and celebrate success

# Our beginnings

## OUR BEGINNINGS

We opened our doors on 4 December 1981, in Neal's Yard, a quiet corner of Covent Garden in the heart of London, UK.

Our founder, Romy Fraser, a former teacher with a passion for natural, ethical, holistic health, beauty and wellbeing, planted the seeds for what was to become Neal's Yard Remedies.

Just like our shops today, the original store was fitted out with reclaimed materials. Discarded wood from local theatres became shelves, Romy was given a slab of marble which became the shop counter, while old sweet jars were carefully washed and used to store the many varieties of dried herbs.

From these small beginnings, we've grown into a world leader in organic health and beauty.



## OUR BRAND, OUR DIFFERENCE

We've been working with nature to make award-winning ethical health and beauty collections for over 40 years. We harness the power of the finest natural and organic, ethically sourced herbs, botanicals and essential oils to help you find the perfect balance between outer beauty and inner health.

“We believe that outer beauty is a reflection of inner health.”

Anabel & Barnabas Kindersley,  
Owners of Neal's Yard Remedies



## OUR LOGO

The tree in our logo symbolises the intrinsic link between inner health and outer beauty. The mirror image, with its hidden roots breathing life into its beautiful canopy, embodies our belief that inner health is reflected in our outer beauty, and that the two should be in perfect harmony.

# Family owned

Organic advocates, the Kindersley family, bought Neal's Yard Remedies in 2006. As a practising homeopath, Anabel's holistic approach has reinforced our brand belief that outer beauty and inner health should be in perfect balance.

“To us, the social and environmental cost of ingredients is more important than the price. By choosing to support ethical, sustainable, organic harvesting and fair trade programmes, we believe we can be a force for positive change.”

Anabel & Barnabas Kindersley,  
Owners of Neal's Yard Remedies

## From our family to yours

Being a family business is incredibly important to us. By being independent we don't answer to shareholders, meaning we can stay true to our beliefs, our uncompromising high standards and our passion for doing things differently, ethically and naturally.

# Our commitments

Since we opened our doors in 1981, we've been dedicated to trading sustainably and ethically and treating people fairly, whether they're suppliers, customers or our staff members. From our first Soil Association certified organic products in 1991, to successfully lobbying the UK government to ban plastic microbeads in 2011, we continue to pioneer ways of supporting people and our beautiful planet.

## Our eco home

Our eco factory situated in Peacemarsh, Dorset UK, has over 700m<sup>2</sup> of solar panels, generating more than 5% of our own electricity. We also take active steps to reduce our freshwater consumption at the factory, recycling around 20% of our wastewater for non-sanitary uses.

## We're CarbonNeutral<sup>®</sup>

We were the UK's first high street retailer to be certified CarbonNeutral<sup>®</sup> over 13 years ago. We have offset our carbon emissions every year since 2008 and we intend to remain CarbonNeutral<sup>®</sup> into the future.

## Ethical pioneers

We believe that through sustainable development and trading fairly, we can all help to protect this beautiful planet. We always source our ingredients ethically and sustainably both in the UK and abroad. In 2014 we became the first health and beauty brand to receive 100/100 for ethics by the Ethical Company Organisation.

# Our ingredients

We craft our products with love, selecting the finest natural and organic herbs, botanicals and essential oils from around the world and we also grow some of our own ingredients on-site at our Peacemarsh eco factory!

At Peacemarsh, we have over five acres of organic herb gardens, including over 600 damask rose bushes and rows of golden calendula. Handpicked by our gardeners, these powerful botanicals are some of the carefully sourced ingredients that are crafted into over 80 tinctures by our on-site team. These tinctures are used in a variety of our natural health products, making it a very short journey from bush to bottle.

When we do need to go further afield, we source our ingredients through ethical programmes such as **FairWild** or **Fairtrade** certified projects, supporting communities all over the world. And, we always aim to source certified organic ingredients wherever possible.

Discover our incredible ingredients stories - look out for the **Key Ingredient** sections throughout this manual.

# Our packaging

We're on a zero-waste mission. By 2025, we're aiming for all our packaging to be reusable, recyclable or compostable.



### PRODUCT REFILLS

Two of our most-loved products, **Geranium & Orange Hand Wash** and **Bee Lovely Bath & Shower Gel** can be refilled in-store. We also sell larger sizes (950ml) of our most popular products to refill at home.

### TERRACYCLE

TerraCycle is an innovative company that specialises in recycling hard-to-recycle waste. We use their **Zero Waste Box**® scheme in-store so that customers can bring in their clean, used product containers to be recycled whenever they're shopping with us.

### BLUE BOTTLES FOR A GREEN FUTURE

Our iconic blue glass bottles are so

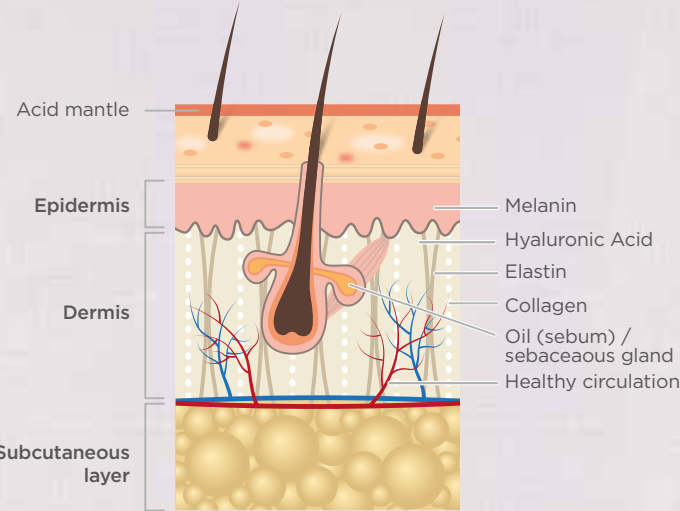
much more than pretty packaging. The blue pigment reduces the light reaching the product, helping to protect the delicate aromas and herbal properties of the product inside. They're also great for upcycling – candlestick holders, vases and household decorations are just some of the amazing creations we've seen from our customers.

### RECYCLED PLASTIC

It's not always possible to use our beautiful blue glass for safety reasons. Where we do use plastic, we're on a mission to make it as sustainable as possible. All our blue plastic shower, hair and skincare bottles up to 300ml are made from 100% recycled plastic. We're aiming for all our plastic bottles to be made from recycled plastic by 2025.

# The skin & how skincare products work

The skin is made up of three layers, the epidermis (outer layer), the dermis and the subcutaneous layer.



## EPIDERMIS

- The outer, protective layer made up of skin cells
- Constantly regenerates
- Contains melanin to protect the skin from UV rays
- The acid mantle or skin barrier is a fine, slightly acidic film that sits atop the outer layer of skin cells to protect it against bacteria, viruses and other potential contaminants

## DERMIS

- Made up of connective tissue - collagen and elastin - which maintain the structure of the skin
- Contains blood vessels and nerves as well as hair follicles and oil glands
- Hyaluronic acid sits in the spaces between cells where it helps the skin to retain moisture and keep the skin looking plump

## SUBCUTANEOUS LAYER

- Made up of fat
- Insulates the body and regulates temperature

## Skincare products & what they do

### CLEANSERS:

Remove impurities & makeup  
*Gels, oils, milks or balms*

### EXFOLIATORS:

Support natural cell renewal and reveal brighter skin  
*Physical (eg scrubs or polishes) or chemical (eg AHA or glycolic acid toners)*

### TONERS:

Remove last traces of impurities and prepare skin to absorb moisturiser or serum  
*Liquids or mists*

### SERUMS:

Intensive targeted boost with active ingredients to support skin structure  
*Serums, concentrates or essences*

### EYE CARE:

Rehydrate and nourish the delicate eye area  
*Creams, serums or gels*

### MOISTURISERS:

Support a healthy skin barrier and preserve moisture levels  
*Light or rich creams*

### FACIAL OILS:

Support a healthy skin barrier and help to balance the skin's natural oils  
*Oil based liquid*

### TREATMENTS:

Intensively cleanse, brighten or tone the skin  
*Clay or gel masks*



# Wild Rose Skincare

Visibly enhances radiance  
ALL SKIN TYPES

Inspired by cult favourite **Wild Rose Beauty Balm**, our certified organic **Wild Rose Skincare** collection is a complete beauty ritual to visibly enhance radiance. Formulated with glow-giving organic wild rosehip seed oil and high performance natural and organic ingredients to brighten and nourish, this indulgent collection will reveal your natural glow.

“Heaven in a pot, this is the most incredible product I’ve ever found!”

Rebecca  
Neal’s Yard Remedies customer  
on our Wild Rose Beauty Balm

WILD ROSE  
BEAUTY BALM

WILD ROSE  
EYE BRIGHTENER

WILD ROSE  
AHA TONER

WILD ROSE  
BEAUTY SERUM

WILD ROSE  
GLOW DAY CREAM

WILD ROSE  
GLOW FACIAL OIL





# Frankincense Intense™ Collection

Age well, stress less  
ALL SKIN TYPES

Our certified organic and clinically proven Frankincense Intense™ collection targets the first and second signs of ageing.

## Frankincense Intense™ Age-Defying Collection

Visibly smooths & plumps  
Targets 1st signs of ageing

FRANKINCENSE  
INTENSE™  
AGE-DEFYING  
SERUM

FRANKINCENSE  
INTENSE™  
AGE-DEFYING  
EYE CREAM

FRANKINCENSE  
INTENSE™  
AGE-DEFYING  
CREAM

FRANKINCENSE  
INTENSE™  
AGE-DEFYING  
OVERNIGHT MASK

SKINCARE | FRANKINCENSE INTENSE™

## Frankincense Intense™ Lift Collection

Visibly lifts & recontours  
Targets 2nd signs of ageing

FRANKINCENSE  
INTENSE™  
LIFT SERUM

FRANKINCENSE  
INTENSE™  
LIFT EYE CREAM

FRANKINCENSE  
INTENSE™  
LIFT CREAM

## Frankincense Intense™ Collection

Age well, stress less

Targets 1st and 2nd signs  
of ageing

FRANKINCENSE INTENSE™  
CLEANSING MELT\*

FRANKINCENSE INTENSE™  
HYDRATING ESSENCE\*

FRANKINCENSE INTENSE™  
HAND TREATMENT SERUM\*

FRANKINCENSE INTENSE™  
BEAUTY BOOST\*

\*Product not shown

# Certified Organic Sensitive Skincare Collection

Pure relief for sensitive or stressed skin  
**SENSITIVE SKIN**

Soothe, calm and hydrate sensitive skin with our dermatologically tested **Certified Organic Sensitive Skincare** collection.

SKINCARE | CERTIFIED ORGANIC SENSITIVE

## Key ingredients

*Fermented oat extract,  
aloe vera, hyaluronic acid*



**SENSITIVE  
COMFORT + HYDRATE  
MICELLAR CLEANSER**

**SENSITIVE  
SOOTHING  
CLEANSING MILK**

**SENSITIVE  
RESTORE + SMOOTH  
SERUM**

**SENSITIVE  
REPLENISH + BALANCE  
MOISTURISER**

**SENSITIVE  
SOOTHING  
MOISTURISER**

DERMATOLOGICALLY TESTED | FRAGRANCE-FREE | ALCOHOL-FREE | CERTIFIED ORGANIC

# For Men

A complete men's skincare solution  
ALL SKIN TYPES

Maintain healthy-looking skin and energise  
your senses with our For Men collection.



FOR MEN  
PURIFYING FACE WASH

FOR MEN  
REVITALISING FACE SCRUB

FOR MEN  
CLOSE SHAVE CREAM\*

FOR MEN  
COOLING AFTERSHAVE BALM

FOR MEN  
AGE-DEFYING MOISTURISER

FOR MEN  
INVIGORATING HAIR & BODY  
WASH

FOR MEN  
REJUVENATING MOISTURISER

\*Product not shown

# Rehydrating Rose Collection

Nurtures & balances  
BALANCED SKIN

Ideal for balanced skin that's prone to dehydration, our **Rehydrating Rose** collection with deeply nourishing damask and hundred-petalled roses, nurtures and balances for a fresh complexion.

DID YOU KNOW?

It takes 4000kg of handpicked roses to make 1 litre of rose otto, found in our **Rehydrating Rose** collection.



ROSE FACIAL WASH

REHYDRATING ROSE TONER

REHYDRATING ROSE DAILY MOISTURE

REHYDRATING ROSE FACIAL OIL\*

REHYDRATING ROSE FACE POLISH\*

ROSE FORMULA HYDRATING EYE CREAM\*

ROSE FORMULA ANTIOXIDANT FACIAL MASK\*

REHYDRATING ROSE SKINCARE KIT\*

## Key ingredient

*Organic damask rose*

We use the essence of Iranian and Bulgarian **organic damask roses** in our **Rehydrating Rose** collection. They are handpicked in the early morning, kept cool and distilled within hours to preserve their benefits and precious aroma.

\*Product not shown

## Key ingredient

### *Organic palmarosa*

The lush, **organic palmarosa** grass that is distilled and used in our **Purifying Palmarosa** collection is harvested by hand near the town of Tororo in Uganda. The distillation site was created with sustainability in mind and uses solar panels and recycled agricultural waste for fuel.

**DID YOU KNOW?**

We conducted research with Kingston University into palmarosa's antimicrobial properties, leading to the development of our **Purifying Palmarosa Facial Wash**.



PURIFYING PALMAROSA FACE WASH

PURIFYING PALMAROSA TONER

PURIFYING PALMAROSA DAILY MOISTURE

PURIFYING PALMAROSA FACIAL MASK\*

PURIFYING PALMAROSA FACE POLISH\*

PURIFYING PALMAROSA SKINCARE KIT\*

\*Product not shown

# Nourishing Orange Flower Collection

Moisturises & nourishes  
DRY SKIN

Our **Nourishing Orange Flower** collection restores and replenishes dry skin, leaving it feeling beautifully soft and supple. Orange flower is packed full of nourishing plant oils and antioxidants which help to soften and moisturise dry skin.

## Key ingredient

*Organic neroli (orange flower)*

Our **organic neroli** is distilled from the blossom of a single Seville orange grove growing at the foot of the Atlas Mountains in Morocco. Harvested by a team of 40 local women, this popular work provides a valuable source of income for the local community. It takes the blossom of 120 trees to make 1 litre of neroli essential oil!

DID YOU KNOW?

The name neroli originates from a Princess of Nerola in the 17th century, who used orange blossom to scent her gloves and bath water.



ORANGE FLOWER  
FACIAL WASH

NOURISHING  
ORANGE FLOWER  
TONER

NOURISHING  
ORANGE FLOWER  
DAILY MOISTURE

NOURISHING  
ORANGE FLOWER  
NIGHT CREAM \*

ORANGE FLOWER  
FACIAL OIL\*

NOURISHING  
ORANGE FLOWER  
SKINCARE KIT\*

\*Product not shown

# Rejuvenating Frankincense Collection

Revives & rejuvenates  
ALL SKIN TYPES

Our **Rejuvenating Frankincense** collection hydrates and revives tired-looking skin for a rejuvenated, fresh complexion.

DID YOU KNOW?

Our **Rejuvenating Frankincense** collection offers two different moisturisers. Our **Rejuvenating Frankincense Hydrating Cream** is a lighter, hydrating option for all skin types, while we recommend our oil-rich **Rejuvenating Frankincense Nourishing Cream** for more mature or dryer skin.

## Key ingredient

### *Organic frankincense essential oil*

The FairWild® certified frankincense that goes into our **Rejuvenating Frankincense** collection is gathered by the women of the Samburu Tribe in northern Kenya. As well as a much-needed income, the women receive a 10% social premium which helps to support their children's education. FairWild® also ensure the trees are protected during the collection process.



REJUVENATING FRANKINCENSE FACIAL WASH\*

REJUVENATING FRANKINCENSE TONER

REJUVENATING FRANKINCENSE HYDRATING CREAM

REJUVENATING FRANKINCENSE FACIAL OIL\*

REJUVENATING FRANKINCENSE FACE MASK\*

REJUVENATING FRANKINCENSE SKINCARE KIT\*

REJUVENATING FRANKINCENSE CLEANSER

REJUVENATING FRANKINCENSE FACIAL SERUM\*

REJUVENATING FRANKINCENSE NOURISHING CREAM\*

REJUVENATING FRANKINCENSE EYE & LIP SERUM\*

FRANKINCENSE HYDRATING FACIAL MIST\*

\*Product not shown

# Reviving White Tea

Soothes & protects  
ALL SKIN TYPES

With antioxidant-rich white tea to help counteract the effects of pollutants on the skin, our **Reviving White Tea** collection will leave skin feeling soothed and hydrated from dawn until dusk.

REVIVING WHITE TEA  
FACIAL MIST

REVIVING WHITE TEA  
EYE GEL

REVIVING WHITE TEA  
FACE MASK

## Key ingredient

### *Organic white tea*

Because of its minimal processing, white tea contains more nutrients than the black or green varieties. The antioxidant-rich white tea extract helps to counteract the effects of pollution by neutralising oxidising pollutants, helping to keep skin healthy and fresh.



# Heritage Skincare

ALL SKIN TYPES

Our original creams and cleansers made with organic herbal tinctures.

JASMINE  
ENRICHING CREAM\*  
Dry skin

ROSE & MALLOW  
MOISTURISER\*  
Balanced skin

ALMOND  
MOISTURISER\*  
Balanced skin

ROSE & ALMOND  
NIGHT CREAM  
Balanced skin

HONEY & ORANGE  
FACIAL SCRUB\*  
All skin types

VITAMIN E  
& AVOCADO  
NIGHT CREAM\*  
Dry skin

EYE MAKE UP REMOVER\*  
All skin types

YARROW & COMFREY  
MOISTURISER  
Blemish-prone, oily  
& combination skin

CALENDULA  
CLEANSER  
Dry & sensitive  
skin



\*Product not shown



# Bath & Body Collection

Made with pure organic botanicals and essential oils, our **Bath & Body** collection combines the power of aromatherapy with nourishing natural and organic ingredients to nurture and take care of body and mind.

FOAMING BATHS

SHOWER GELS

SHOWER OILS

BATH SALTS

BATH OILS

BODY MOISTURISERS

FOOT CARE

MASSAGE & BODY OILS

DEODORANTS

BODY POLISHES  
& SCRUBS

FRAGRANCE

HAND WASHES  
& SOAPS

HAND SANITISERS

HAND CREAM  
& LOTIONS

SHAMPOOS &  
CONDITIONERS

HAIR TREATMENTS

MOTHER & BABY



# Wild Rose Body

Visibly enhances radiance

Enhance your radiance naturally with our **Wild Rose Body** collection. Formulated with glow-giving organic wild rosehip seed oil and a balancing blend of organic geranium and patchouli essential oils, this beautifully fragranced and luxurious collection will intensely nourish and enhance your skin's radiance, for a natural glow.

DID YOU KNOW?

Rosehips are a deep, scarlet colour showing they're packed full of antioxidants. The seeds that we press to make our rosehip seed oil are a great source of essential fatty acids, which is why the oil is so good for glowing, healthy skin.

WILD ROSE  
BODY LOTION

WILD ROSE  
SHOWER OIL

WILD ROSE  
BODY POLISH

WILD ROSE  
DRY BODY OIL

WILD ROSE  
HAND CREAM\*

WILD ROSE  
SOAP\*

## Key ingredient

*Organic wild rosehip seed oil*



\*Product not shown

# Women's Balance Body

## Harmonises body & mind

Restore your balance no matter what life (and your body) throws at you. Inspired by our best-selling **Women's Balance Aromatherapy Blend**, our **Women's Balance Body** collection is expertly formulated to nourish your skin and harmonise body and mind, giving a sense of balance through the body's natural cycles and rhythms for all ages and life stages.

### WOMEN'S BALANCE

Our **Women's Balance Body** collection features our most popular aromatherapy scent - **Women's Balance**. A harmonising blend of relaxing patchouli, uplifting geranium, nurturing rose and rejuvenating frankincense work together to help to relax and calm the mind. The **Women's Balance** scent is also available as an **Aromatherapy Blend** and a **Remedies to Roll**.

WOMEN'S BALANCE  
BODY CREAM

WOMEN'S BALANCE  
BATH SALTS

WOMEN'S BALANCE  
FOAMING BATH

WOMEN'S BALANCE  
SHOWER OIL

WOMEN'S BALANCE  
MASSAGE OIL



# Bee Lovely

Naturally nourishing

Discover beautifully scented, soft skin with our **Bee Lovely** collection. With moisturising, fair trade and sustainably sourced organic honey and uplifting, sun-ripened oranges, our **Bee Lovely** products are gentle enough for the whole family aged 3 years and over. We donate 3% of sales from our **Bee Lovely** collection to bee-friendly charities, raising over £250,000 so far.



BEE LOVELY  
BATH & SHOWER GEL

BEE LOVELY  
HAND WASH

BEE LOVELY  
HAND CREAM

BEE LOVELY  
BEAUTIFUL LIPS

BEE LOVELY  
BODY LOTION

BEE LOVELY  
ALL OVER BALM

BEE LOVELY  
BODY BUTTER

BEE LOVELY  
NOURISHING COLLECTION

## Key ingredient

*Fair trade organic honey  
from Mexico*

We source the honey that goes into our **Bee Lovely** collection from Chiapas in southern Mexico, where the versatile flora gives the honey its beautifully delicate aroma. Indigenous farming communities sell their honey through an ethical cooperative, ensuring fair trading conditions.



# Beauty Sleep

Sleep beautifully, every time

Our **Beauty Sleep** body and skincare products are lovingly crafted with an exotic blend of Madagascan ylang ylang and relaxing Indian patchouli to help you drift off peacefully and wake up to beautiful skin.

BEAUTY SLEEP  
SHOWER OIL

BEAUTY SLEEP  
FOAMING BATH

BEAUTY SLEEP  
BODY BUTTER

BEAUTY SLEEP  
BODY LOTION

BEAUTY SLEEP  
OVERNIGHT TREATMENT  
(skincare)

BEAUTY SLEEP  
SUPPLEMENT  
(natural health)

## Key ingredient

### *Organic ylang ylang*

Our organic ylang ylang is grown on the Millot plantation in Sambirano, Madagascar. The flowers are handpicked between 6am and 11am, and distilled the same day in special copper stills, preserving the freshness and botanical properties of the ylang ylang.

### product focus

#### GOODNIGHT PILLOW MIST

Wake up refreshed with our award-winning Goodnight Pillow Mist, proven to improve sleep from the very first night\*. The tranquil blend of organic lavender, vetiver and mandarin essential oils promote a sense of calm for a peaceful night.

### product focus

#### BEAUTY SLEEP SUPPLEMENT

Expertly formulated to complement the **Beauty Sleep** bath & body collection, our **Beauty Sleep Supplement** contains a blend of soothing botanicals such as passion flower and lemon balm to support a good night's sleep, as well as key nutrients to support the skin's natural regeneration overnight like zinc and hyaluronic acid.



\*From a consumer trial with 100 participants

# Geranium & Orange

## Energises & uplifts

Our **Geranium & Orange** collection is one of our most popular bath & body collections. And for good reason, the vibrant scent is energising and refreshing, making it perfect for everyday body care.

## Key ingredient

### *Organic geranium*

Our organic geranium oil is sourced from a **Fair for Life** certified project in the Democratic Republic of Congo. Handpicked by the local people, the project provides employment and income security for more than 250 workers, including many mothers affected by the civil war. Fair trade premiums have helped provide access to healthcare and school fees for the local children.

GERANIUM & ORANGE  
HAND WASH\*

GERANIUM & ORANGE  
HAND LOTION\*

GERANIUM & ORANGE  
BODY LOTION

GERANIUM & ORANGE  
FOAMING BATH\*

GERANIUM & ORANGE  
BATH OIL\*

GERANIUM & ORANGE  
BODY SCRUB

GERANIUM & ORANGE  
SHOWER GEL

GERANIUM & ORANGE  
HAND CREAM\*

GERANIUM & ORANGE  
BODY BALM\*

GERANIUM & ORANGE  
MASSAGE OIL\*

UPLIFTING  
GERANIUM & ORANGE  
COLLECTION\*



\*Product not shown

# Seaweed & Arnica

Restores & revitalises

Lovingly crafted with a restorative blend of mineral-rich seaweed, comfrey and arnica, this popular, revitalising collection helps soothe tired muscles whilst encouraging a sense of wellbeing.

SEAWEED & ARNICA  
FOAMING BATH\*

SEAWEED & ARNICA BATH  
SALTS

SEAWEED & ARNICA  
SHOWER GEL\*



## Key ingredient

### *Organic Bladderwrack*

Our organic Bladderwrack is wild-harvested from the Western Isles of Scotland and Connemara, Ireland. The seaweed is hand cut and dried within hours of harvest to preserve its precious nutrients.

\*Product not shown

# Aromatic

Soothes & relaxes

Described by our customers as 'like a hug in a bottle', our **Aromatic** collection is incredibly popular. The relaxing blend of organic geranium, lavender and marjoram essential oils is naturally soothing and subtly floral.

AROMATIC  
SHOWER GEL\*

AROMATIC  
FOAMING BATH

AROMATIC  
MASSAGE OIL\*

SOOTHING AROMATIC  
COLLECTION\*

AROMATIC  
BODY BUTTER\*

AROMATIC  
BODY LOTION

AROMATIC  
BATH SALTS\*



DID YOU  
KNOW?

The French lavender essential oil in our **Aromatic** collection has been supplied by the same grower for over 25 years! This fragrant, organic essential oil is grown in the foothills of the Alps and was our first certified organic product.

\*Product not shown

# Defend & Protect

## Cleanses & protects

Made with our **Organic Defence Aromatherapy Blend** of purifying essential oils, transform your everyday routine with our **Defend & Protect** collection. This cleansing and conditioning collection is ideal for everyday use and suitable for the whole family.

### Key ingredient

*Organic lemongrass*

Our organic lemongrass is sourced from a traditional farming community in Tororo, Uganda. The installation of a distillation unit in the area has supported 200 local farmers to make their crops ready for export and has revitalised income and employment in the area.

product focus

### NATURAL DEFENCE HAND RUB

Our **Natural Defence Hand Rub** contains 70% alcohol and kills 99.9% of bacteria for hygienic hands on the go. Delicately scented with niaouli, lemongrass and witch hazel, the all-natural formulation leaves hands smelling fresh and clean with no sticky residue.

DEFEND & PROTECT  
HAND WASH

DEFEND & PROTECT  
HAND LOTION

DEFEND & PROTECT  
HAND CREAM\*

DEFEND & PROTECT  
BODY WASH\*

NATURAL DEFENCE  
HAND RUB

NATURAL DEFENCE  
HAND SPRAY REFILL



“Best hand sanitiser  
money can buy!”

Dr Hoades  
Neal's Yard Remedies customer  
on Natural Defence Hand Rub

\*Product not shown



# English Lavender

Beautifully calming fragrance

Our **English Lavender** collection combines the calming aroma of organic English lavender with soothing extracts of chamomile and oat to bring a sense of enhanced wellbeing.

## Key ingredient

*Organic English lavender*

Our organic English lavender is planted and grown especially for us on a family run farm in the rolling Hampshire countryside.



ENGLISH LAVENDER  
BATH & SHOWER GEL

ENGLISH LAVENDER  
BODY LOTION\*

\*Product not shown

# Garden Mint & Bergamot

Fresh & zesty

Fragranced with the clean, green scent of freshly picked organic garden mint and zesty Sicilian bergamot, our **Garden Mint & Bergamot** collection is a firm favourite among gardeners and cooks alike.



GARDEN MINT & BERGAMOT  
HAND WASH

GARDEN MINT & BERGAMOT  
HAND LOTION\*

GARDEN MINT & BERGAMOT  
HAND CREAM

\*Product not shown

# Mother & Baby

Gently nourishes delicate skin

Our **Mother & Baby** collection is made with beautifully nurturing natural and organic ingredients. Together they make the perfect start for new mums, mums-to-be and babies.

ORGANIC BABY BALM

ORGANIC BABY BODY LOTION

BABY BATH & SHAMPOO

ORGANIC BABY MASSAGE OIL

ORGANIC BABY PURE BABY OIL

BABY BARRIER CREAM

ORGANIC BABY POWDER

BABY ORGANIC COLLECTION\*

## Baby

Lovingly crafted for delicate skin, this naturally nourishing collection of baby care products is made with beautifully nurturing natural and organic ingredients.

## Mother

Expertly formulated for mums and mums-to-be, this beautiful collection of natural balms, oils and blends make the perfect self-care routine to nourish skin and soothe the mind.

product focus

**BABY BATH & SHAMPOO**

Key ingredient:  
*organic lavender*

product focus

**MOTHER'S BALM**

Key ingredient:  
*organic macadamia oil*

MOTHER'S BALM

MOTHER'S MASSAGE OIL

MOTHER'S BATH OIL

MOTHER & BABY NATURAL & ORGANIC COLLECTION\*

MOTHER'S ORGANIC COLLECTION\*

\*Product not shown

# Haircare

## For lustrous locks

Say hello to luxurious locks with our collection of natural haircare products infused with essential oils and herbal extracts to keep hair looking and feeling great.

## Natural haircare collections

### REVITALISING ORANGE FLOWER\*

For fine, dull or lacklustre hair  
With orange flower, moringa and camellia

### NURTURING ROSE

For dry, damaged or coloured hair

With organic rosehip and sea buckthorn oils

### INVIGORATING SEAWEED\*

For all hair types  
With organic seaweed and rosemary

### NOURISHING LAVENDER\*

For wavy, curly or fizzy hair  
With organic lavender and jojoba

DID YOU KNOW?

All our shampoos have a natural low lathering foam to avoid stripping away the hair's natural oils, which can leave it feeling brittle and dry as well as irritating the scalp.

## Hair treatments

### ROSEMARY & CEDARWOOD HAIR TREATMENT

\*Product not shown

Bigger bottles mean more of your favourite product, better value and less packaging.

**LET'S  
TREAD  
LIGHTER  
TOGETHER**

#ReduceReuseRecycle



\*Product packaging may vary from those shown.

# Aromatherapy

Aromatherapy is a key part of our wellbeing collection and is a very popular form of holistic treatment. We were the UK's first high street retailer to sell certified organic essential oils and we continue to offer one of the largest collections of essential oils and blends on the high street today.

## What is aromatherapy?

Aromatherapy is a holistic treatment that uses aromatic extracts from plants (known as essential oils) to encourage feelings of wellbeing in the mind and body. Essential oils may be used in diffusers or sprays to scent your space or alternatively, may be used in roll-ons or bath and body products.

DID YOU KNOW?

We launched our first organic essential oil in 1991, French lavender, and we still work with that same supplier today! All our essential oils are distilled in their country of origin.

## What is an essential oil?

An essential oil is the natural fragrant essence extracted from flowers, leaves, bark, roots, fruit peel or berries of a plant. When extracted or distilled, these concentrated scents have qualities that can encourage wellbeing. Each essential oil has its own unique properties and can be combined with other essential oils to make a blend.

We launched our first organic essential oil in 1991, French lavender, and we still work with that same supplier today! All our essential oils are distilled in their country of origin.



# Our essential oils

Enhance your wellbeing with our 100% pure essential oils which can help to uplift, revive or relax you. Our individual essential oils are typically used in aromatherapy, for example in a diffuser or burner, or they can be used with our **Create Your Own** range to make bespoke products.

We believe that wild harvested and organically grown botanicals are better for you and better for the environment. Where possible we choose **Soil Association** certified essential oils to ensure that cultivation and manufacture is kept to the highest ethical and environmental standards.

DID YOU KNOW?

Our essential oils are distilled in their country of origin, supporting rural communities and farmers all over the world through fair trade and FairWild certified projects.

## product focus

Some citrus essential oils can corrode the plastic components inside the diffuser, damaging the inside and leaving behind a permanent citrus scent. We advise that the tank of the diffuser is rinsed out and dried every time a citrus essential oil or blend is used.

**IMPORTANT:** Please refer to our separate 'Introduction to essential oils' leaflet for more detail on safety, how to use and dilute essential oils. Available at [nealsyardremedies.com/aromatherapy](http://nealsyardremedies.com/aromatherapy)

# Support your wellbeing with aromatherapy

Extracted from natural, wild harvested and organically grown flowers, leaves, bark, and berries, our 100% pure essential oils can help to uplift, revive and relax you.



**BASIL**  
(ORGANIC)  
Energising with a stimulating, sweet and peppery aroma. Blends well with bergamot, chamomile and lavender.

**BAY LAUREL**  
(ORGANIC)  
Energising with a warming, sweet and spicy aroma. Blends well with cypress, juniper and frankincense.



**BERGAMOT**  
(ORGANIC)  
Relaxing with an uplifting and fruity aroma. Blends well with neroli, frankincense and black pepper.

**BLACK PEPPER**  
(ORGANIC)  
Energising with a warming and spicy aroma. Blends well with rose, fennel and lavender.

**CARDAMOM**  
(ORGANIC)  
Comforting and sweet aroma. Aids digestion and soothes the mind.

**CEDARWOOD**  
(ORGANIC)  
Balancing with a woody aroma. Blends well with lemon, neroli and rosemary.

**CHAMOMILE ROMAN**  
Relaxing with a calming and fruity aroma. Blends well with mandarin, neroli and rose.



**CINNAMON**  
(ORGANIC)  
Energising with a warming and spicy aroma. Blends well with orange, frankincense and black pepper.

**CITRONELLA**  
(ORGANIC)  
Cleansing with an uplifting and citrusy aroma. Blends well with orange, lime and peppermint.

**CLARY SAGE**  
(ORGANIC)  
Relaxing with a warming and calming aroma. Blends well with rose, lavender and vetiver.

**CLOVE**  
(ORGANIC)  
Energising with a stimulating, strong and spicy aroma. Blends well with orange, eucalyptus and frankincense.

**CYPRESS**  
(ORGANIC)  
Balancing with a calming and woody aroma. Blends well with lemon, juniper and geranium.



**EUCALYPTUS**  
(ORGANIC)  
Cleansing with a stimulating and expansive aroma. Blends well with fennel, pine and ravintsara.



**EUCALYPTUS RADIATA**  
(ORGANIC)  
Cleansing with a cooling and refreshing aroma. Blends well with mandarin, melissa and frankincense.



**FENNEL**  
(ORGANIC)  
Cleansing with a sweet and herby aroma. Blends well with geranium, lavender and rose.



**FRANKINCENSE**  
(ORGANIC)  
This therapeutic oil has a deeply relaxing aroma and is the world's first certified organic *Boswellia sacra* (frankincense) from Oman.



**GERANIUM**  
(ORGANIC)  
Balancing with an uplifting and floral aroma. Blends well with lemon, rose and bergamot.



**PALMAROSA**  
(ORGANIC)  
Cleansing with a soothing, green and floral aroma. Blends well with bergamot, cedarwood and geranium.



**PATCHOULI**  
(ORGANIC)  
Relaxing with a grounding and woody aroma. Blends well with bergamot, geranium and rose.



**PEPPERMINT**  
(ORGANIC)  
Energising with a cooling and refreshing aroma. Blends well with lime, lavender and lemon.



**IMMORTELE\***  
(ORGANIC)  
Balancing with a heady, honey-like aroma. Blends well with chamomile, geranium and lavender.



**JASMINE ABSOLUTE\***  
(ORGANIC)  
Uplifting with a sweet and sensual aroma. Blends well with black pepper, bergamot and frankincense.



**GINGER**  
(ORGANIC)  
Energising with a warming and stimulating aroma. Blends well with myrrh, orange and juniper.



**GRAPEFRUIT**  
(ORGANIC)  
Energising with a refreshing and zesty aroma. Blends well with black pepper, bergamot and jasmine.



**JUNIPER**  
(ORGANIC)  
Cleansing with a refreshing and stimulating aroma. Blends well with cedarwood, lemon and black pepper.



**LAVANDIN**  
(ORGANIC)  
Relaxing with a fresh and floral aroma. Blends well with chamomile, bergamot and vetiver.



**LAVENDER**  
(ORGANIC)  
Relaxing with a cleansing and refreshing aroma. Blends well with most other essential oils.



**PETITGRAIN**  
(ORGANIC)  
Energising with an uplifting, fresh and floral aroma. Blends well with neroli, clary sage and rosemary.



**PINE**  
(ORGANIC)  
Cleansing with a refreshing and foresty aroma. Blends well with cedarwood, juniper and lemon.



**RAVINTSARA**  
(ORGANIC)  
Cleansing with a uplifting and expansive aroma. Blends well with lemon, ginger and thyme.



**MELISSA\***  
(ORGANIC)  
Balancing with a sweet and uplifting aroma. Blends well with citrus oils, chamomile and rose.



**NEROLI\***  
(ORGANIC)  
Relaxing with a floral and uplifting aroma. Blends well with mandarin, cardamom and vetiver.



**LAVENDER ENGLISH**  
(ORGANIC)  
Relaxing with a cleansing and refreshing aroma. Blends well with most other essential oils.



**LEMON**  
(ORGANIC)  
Cleansing with a fruity and uplifting aroma. Blends well with peppermint, rosemary and juniper.



**LEMONGRASS**  
(ORGANIC)  
Cleansing with an energising and zesty aroma. Blends well with ginger, thyme and peppermint.



**LIME**  
(ORGANIC)  
Energising with an uplifting and fruity aroma. Blends well with orange, jasmine and peppermint.



**LITSEA**  
(ORGANIC)  
Cleansing with a purifying and citrusy aroma. Blends well with frankincense, rosemary and juniper.



**ROSEMARY**  
(ORGANIC)  
Energising with a strengthening and stimulating aroma. Blends well with lemon, marjoram and juniper.



**SAGE SPANISH**  
(ORGANIC)  
Cleansing with a stimulating and herby aroma. Blends well with juniper, ginger and lemon.



**TEA TREE**  
(ORGANIC)  
Cleansing with a stimulating and medicinal aroma. Blends well with eucalyptus, lavender and lemon.



**ROSE ABSOLUTE\***  
(ORGANIC)  
Balancing with a nurturing, floral aroma. Blends well with mandarin, lavender and cardamom.



**ROSE OTTO\***  
(ORGANIC)  
Balancing with a sweet and sensual aroma. Blends well with geranium, bergamot and black pepper.



**MANDARIN**  
(ORGANIC)  
Relaxing with a warming and soothing aroma. Blends well with rose, lavender and chamomile.



**SWEET MARJORAM**  
(ORGANIC)  
Relaxing with a warming and herby aroma. Blends well with geranium, lavender and clary sage.



**MYRRH**  
(ORGANIC)  
Relaxing with a rejuvenating and earthy aroma. Blends well with rose, frankincense and marjoram.



**NIAOULI**  
(ORGANIC)  
Cleansing with a fresh and clarifying aroma. Blends well with lemon, pine and thyme.



**ORANGE**  
(ORGANIC)  
Energising with a sweet and uplifting aroma. Blends well with lemon, vetiver and frankincense.



**THYME LINALOL**  
(ORGANIC)  
Cleansing with a protective and herby aroma. Blends well with black pepper, lemon and ravintsara.



**YLANG YLANG**  
(ORGANIC)  
Relaxing with a sensual and floral aroma. Blends well with grapefruit, bergamot and patchouli.



**SANDALWOOD\***  
(ORGANIC)  
Rich, woody and calming aroma that helps to promote a profound sense of wellbeing.

\*THESE SOUGHT AFTER ESSENTIAL OILS AND ABSOLUTES COME IN A 10ML BOTTLE, PLEASE NOTE THAT THE VOLUMES WILL NOT FILL THE BOTTLE

# Our essential oil blends

Expertly blended by our talented team of aromatherapists, our blends are designed to match your mood and enhance your wellbeing. Whether you want to unwind or feel refreshed, we have the blend for you.

## CALMING\*

Gently soothes and eases with chamomile

## DE-STRESS\*

Relaxes with ylang ylang and petitgrain

## FOCUS\*

Energises with rosemary and orange

## MEDITATION\*

Promotes a sense of calm and focus with frankincense

## NIGHT TIME\*

Soothes and comforts with vetiver, rose and lavender

## OPTIMISM

Stimulates and refreshes with black pepper

## ORGANIC DEFENCE

Cleanses with lemongrass and niaouli

## VITALITY

Revitalises with ginger and cedarwood

## WOMEN'S BALANCE\*

Harmonises body and mind with rose otto



\*Product not shown

# Our Remedies to Roll

Discover natural remedies at your fingertips with our pulse point roll-on essential oil blends – organic essential oils blended and diluted in organic sunflower oil so they can be directly rolled onto the skin. Designed to match your mood and needs, simply roll on to wrists or behind the ears whenever you need a moment of wellbeing.

## RELAXATION\*

With lavender for a sense of calm

## STUDY\*

Encourages concentration with clove and orange

## MEDITATION

For a moment of mindfulness with sandalwood

## NIGHT TIME\*

Prepare for sleep with chamomile and neroli

## ENERGY\*

With rosemary and geranium to revitalise the spirits

## TRAVEL\*

Keep revitalised yet calm with bergamot and clary sage

## WOMEN'S BALANCE

Harmonise body and mind with rose otto

## REMEDIES TO ROLL COLLECTION\*

Four most-loved blends for a moment of mindfulness on the go



\*Product not shown



# Professional Range

*"As a therapist Comfrey & Mallow Foot Balm is my go-to product to complete a reflexology treatment. Nourishing and soothing, it's the perfect massage medium and clients always comment on how soft it makes their feet feel. For homecare, I advise them to apply every night before bed to keep the skin supple."*

Amanda Harris, Therapist

ORGANIC SOOTHING  
MASSAGE OIL

COMFREY & MALLOW  
FOOT BALM

ORGANIC MASSAGE  
OIL UNSCENTED

ORGANIC GERANIUM &  
ORANGE MASSAGE OIL

ORGANIC AROMATIC  
MASSAGE OIL

ORGANIC GINGER &  
JUNIPER WARMING OIL



# Create Your Own

Our fragrance-free base collection, **Create Your Own**, is designed for those who want to make their own skincare and bath & body products by adding their favourite essential oils, flower remedies or herbal tinctures. Alternatively, the whole collection used alone is an excellent choice for those with sensitive or allergy prone skin.

CREATE YOUR OWN  
OINTMENT

CREATE YOUR OWN  
BATH OIL

CREATE YOUR OWN  
HAIR & BODY WASH\*

CREATE YOUR OWN  
FACE & BODY LOTION\*

CREATE YOUR OWN  
MASSAGE OIL\*

recipe

## QUIET TIME BATH OIL

### Ingredients:

100ml Create Your Own Bath Oil  
24 drops Frankincense Essential Oil  
10 drops Mandarin Essential Oil  
8 drops Neroli Essential Oil  
4 drops Patchouli Essential Oil  
4 drops Cypress Essential Oil

### Directions:

Add all the essential oils to the bath oil and add to a full bath. Swirl to disperse. Relax in the bath with your eyes closed and inhale the soothing fragrance of pure essential oils.

**Warning:** consult with a professional practitioner before using essential oils during pregnancy and always refer to the **Essential Oil Safety Leaflet**. When adding essential oils to base product: add 1% for face, those with sensitive skin and for children, and up to 2% for body. When adding flower remedies; a few drops, and when adding tinctures; up to 5%.

\*Product not shown

# Home fragrance

Our home fragrance collection is the perfect way to create a sensory haven at home. Available in three different natural scents and made with certified organic essential oils to enhance your wellbeing naturally throughout the day.

**DID YOU KNOW?**

Our candles are made from certified organic vegetable wax and are hand poured in Cornwall. Because the candles are handmade there are subtle variations in the appearance of the wax, making each candle beautifully unique.

**BALANCING**

With organic grounding bergamot and relaxing patchouli essential oils.

**CALMING**

With organic soothing rose and comforting geranium essential oils.

**UPLIFTING**

With organic energising grapefruit and revitalising petitgrain essential oils.

**BALANCING ROOM SPRAY\***

**BALANCING CANDLE\***

**BALANCING REED DIFFUSER**

**BALANCING REED DIFFUSER REFIL\***

**CALMING ROOM SPRAY**

**CALMING CANDLE\***

**CALMING REED DIFFUSER\***

**CALMING REED DIFFUSER REFILL\***

**UPLIFTING ROOM SPRAY\***

**UPLIFTING CANDLE**

**UPLIFTING REED DIFFUSER\***

**UPLIFTING REED DIFFUSER REFILL\***

**REPLACEMENT REEDS\***



\*Product not shown

# Natural Health

Ready to support you from the inside or soothe you from the outside, our collection of supplements and herbal remedies harness the incredible power of natural and organic ingredients to keep you looking good and feeling good, naturally.

HERBAL TEAS

HERBAL CREAMS,  
SALVES & OIL

HERBAL SYRUPS,  
SPRAYS & PASTILLES

VITAMINS & SUPPLEMENTS



# Our herbal teas

Formulated by our herbal experts, each of our teas is designed to support different needs and moods. All our teas are organic and FairWild certified, meaning they meet stringent environmental and fair trade standards.

- NIGHT TIME TEA\*
- QUIET TIME TEA
- BRIGHT START TEA
- FIRED UP TEA
- AFTER DINNER TEA\*

## KIND TO THE PLANET

Our 100% organic herb blends are filled into biodegradable tea bags made from natural abaca and are oxygen bleached, which is chlorine-free and kind to the environment. They are stitched with organic cotton and are staple free and compostable.



\*Product not shown

# Our herbal remedies

From salves and creams to syrups and sprays, our herbal remedies are perfect to use for the whole family. Made with carefully sourced organic and natural ingredients, they help to support health on the inside and out.

## SALVES

With organic essential oils and herbal extracts in organic beeswax, these rich and aromatic salves offer potent plant power in a jar.

## CREAMS

Blended with fresh organic plant extracts in nourishing vegetable and nut oils, these soothing creams are household must-haves.

## SYRUPS, SPRAYS & PASTILLES

Soothing traditional recipes with natural and organic ingredients to help support seasonal wellness.

## ORGANIC BEAUTY OIL

A balanced blend of omegas 3, 6 and 9, this rich oil supplement supports beautiful-looking skin, hair and nails.



## recipe

### ELDERBERRY HOT TODDY

#### Ingredients:

1 tbsp olive leaf  
2 tsps Elderberry Syrup  
15-20 drops echinacea tincture  
1 cinnamon quill  
1/2 lemon juice and zest  
1 knob fresh ginger or turmeric  
350ml water

#### Directions:

Pop the water in a saucepan, chop or grate the fresh ginger and turmeric and add them to the water. Next squeeze the lemon, putting the juice to one side but adding the zest to the saucepan. Add the olive leaf and cinnamon quill, then gently heat for 10 minutes (preferably with the lid on). Take off the heat and add the **Elderberry Syrup**, echinacea tincture and lemon juice. Strain and enjoy tucked up under a blanket.