



WELEDA

Sustainable and Organic Health and Beauty

Contents

The world of Weleda,
at a glance

- 5. A Word From Jayn
- 6. Leading The Way
- 8. We Are Nature – Planet, Plants, People
- 10. Our Sustainability Standards
- 13. Being A B Corp Business

Skin Care

- 14. Caring For Your Skin
- 16. Weleda Skin Care Philosophy
- 17. Weleda Skin Care At A Glance
- 18. Your Skin Cycle
- 21. Skin Care: Skin Food Face Care
- 24. Skin Care: Almond. Sensitive
- 26. Skin Care: Iris. Balancing
- 28. Skin Care: Wild Rose & White Tea. Smoothing
- 30. Skin Care: Pomegranate & Maca Peptides. Firming
- 32. Skin Care: Blue Gentian & Edelweiss. Contouring
- 34. Skin Care: Holistic Cleansing
- 36. Skin Care: Aknedoron. Purifying
- 38. Skin Care: Soothing Skin Care For Men
- 40. Skin Care: The Weleda Accredited Holistic Esthetician Directory

Bath & Body Care

- 42. Bath & Body Care At A Glance
- 44. Skin Food. Natural Nourishment For Dry Skin
- 50. Body Care: Body Oils. Daily Self Care
- 52. Bath & Body Care: Sensitive. Nourishing
- 54. Bath & Body Care: Citrus. Refreshing
- 56. Bath & Body Care: Lavender. Relaxing
- 58. Bath & Body Care: Sea Buckthorn. Revitalising
- 60. Bath & Body Care: Wild Rose. Harmonising
- 62. Bath & Body Care: Pomegranate. Regenerating
- 64. Bath & Body Care: Birch. Purifying
- 66. Bath & Body Care: Aroma Therapy
- 68. Bath & Body Care: Certified Natural Body Washes
- 70. Bath & Body Care: Bathtime Bliss
- 72. Weleda Wellness Retreats
- 74. Natural Wellness Every Day
- 76. Home Therapy With Weleda
- 78. Bath & Body Care: Arnica For Active Living
- 80. Body Care: Stay Fresh Naturally – Deodorants
- 82. Rosemary Revitalising Hair Care
- 84. Body Care: Top To Toe Balms
- 86. Body Care: Oral Care

Mother & Baby Care

- 88. Mother & Baby Care At A Glance
- 90. Maternity Products For Mums
- 94. Baby Skin Care: Calendula
- 96. Baby Bathtime: Calendula
- 98. Baby Skin Care: White Mallow
- 100. Meet Our Expert Midwives
- 101. Baby Health Care
- 102. Bath & Body Care: Specially For Kids

Natural Health Care

- 104. Working With Nature For Natural Health Care
- 106. Natural Health Care At A Glance
- 108. Natural Health Care: Arnica For An Achy Body
- 110. Natural Medicines: Homeopathic Remedies
- 112. Natural Medicines: Stress and Sleep
- 113. Natural Medicines: Homeopathic Oral Sprays
- 114. Natural Medicines: Health Heroes
- 116. Natural Wellbeing: Juices And Elixirs
- 117. Vegan Friendly Products
- 118. Gifts From Nature
- 120. The Weleda Accredited Holistic Esthetician Facial Course
- 122. Come And Join Us
- 124. Price List

V = Vegetarian
Ve = Vegan

G = Contains Gluten
D = Not suitable for diabetics

“Weleda is a trusted and much-loved brand in our family. From my father to my youngest child, we rely on its quality in all areas of wellbeing, ethical values and most importantly relaxation. I am a long-standing devotee of Weleda both in my personal and professional life, and I defy anyone else to match their all-round goodness.”

Erin O'Connor, MBE
Model and fashion ambassador

A word from Jayn

At Weleda, we have followed a holistic approach for over one hundred years. It underpins all we do, from how we grow our plants through to running our business. This philosophy has deep roots – from our understanding of the human being, our link with the Earth and how we are connected to the cosmos.



Jayn Sterland, Managing Director, Weleda UK

We start with soil and how we grow our plants, following a regenerative organic practice known as ‘biodynamic agriculture’. Through this we don’t just nurture the plant but care for all biodiversity, from the soil through to the rich bio-culture of species, growing certified organic ingredients, full of vitality.

Alongside this unique philosophy, what makes Weleda different is our ownership. We are still owned by the not-for-profit foundations of our founders, ensuring our purpose is authentic and truly lived. We see Weleda not just as a place for work but for human development – where we work at eye level with our co-workers, suppliers, and customers, in partnership. From creating honest, fair, and transparent relationships with our customers, partners, and suppliers through to embracing personal responsibility and accountability for our work. It is these values which enable us to create a sustainable, long-term future for Weleda through ethical, value-creating practices, where profit is the result but not the goal.

When we’re formulating products – whether creating pampering skin care, protective baby care or holistic medicines – rather than just creating a superficial quick fix, Weleda products are formulated to support the body’s own healing process. We even created a whole book about it and are sharing some insights from ‘Natural Wellness Every Day: The Weleda Way’ throughout this catalogue, which we hope you’ll enjoy and want to come back to, again and again.

Our purpose is to help you connect with your own health through our products to help bring natural balance to your everyday life and to support you in finding your own level of wellness.

Weleda is a place where working ‘in harmony with nature and the human being’ is much more than a catchphrase – it’s our purpose which we have honoured since the founding of our company, over 100 years ago.



Leading the way

Natural pioneers for over a century – this is the Weleda way

Weleda is a purpose-led business and has been since 1921. For over one hundred years we have built the path that many others have followed – creating natural, organic, life-enhancing products to “support the unfolding of health and beauty in the individual, through working in harmony with nature and the human being”.

It all began with a hospital and a pharmaceutical laboratory – founded by the Dutch doctor Ita Wegman, the Austrian philosopher Rudolf Steiner and Oskar Schmiedel, a chemist and pharmacist from Munich. Now it has become the world’s leading manufacturer of certified natural and organic cosmetics, and holistic health products: Weleda.

Today, Weleda is sold in over 50 countries on five continents. Weleda produces hundreds of natural cosmetics and thousands of pharmaceuticals, many still made with medicinal plants grown in our own gardens. Responsible and ethical dealings with both nature and people have always formed part of our business, ever since Rudolf Steiner articulated his vision of a company completely at the service of human beings and the world as a whole. Whether it’s through fair trade, biodynamic cultivation or the supportive development of our employees – sustainability is part of our roots.



Winner
Sustainability Pioneer





We are nature

Planet, plants, people

Right from our beginnings we've always chosen to grow our own plant ingredients using biodynamic methods. Weleda has seven medicinal plant gardens worldwide, where we farm over 250sq kilometres of land biodynamically, and over 50 long term partnerships with growers who use regenerative agricultural methods like biodynamics and organics.

Weleda provides advice, expertise and the guarantee of a regular and fair income for all of our long-term projects, and in return Weleda is assured the finest quality ingredients at a fair price that ensures our products remain affordable for our customers. Traditional farming methods are preserved for local communities, sustainable practices are nurtured, and the landscape is protected from potentially destructive large scale development.



The partnership flourishes on a shared philosophy of sustainable development and environmental protection. Biodynamic growers always aim to promote and increase biodiversity, ensuring that we're giving more back to nature than we're taking out as raw materials. We consciously cultivate for wildlife's needs not just our own, so we grow lots of flowers just for the pollinators, feed the micro-organisms in our soils with biodynamic compost and provide plenty of different habitats and hiding places to encourage the rich tapestry of life into the garden.

This helps us grow the best quality ingredients for our products and ensures that we're always working with genuine care and deep respect for our growers and the Earth of which we just have temporary custodianship.

Weleda was recently honoured with an award for Outstanding Biodynamic Practice.





Our Sustainability Standards

Sustainable since day one

Increasingly often in the beauty industry it can be hard to identify which products are genuinely sustainable, natural or organic. The cosmetics market is flooded with ‘nature inspired’ products that, in truth, have very little natural goodness in them and do even less good for the planet. In an ocean of greenwash, how can we be sure that the products we buy are the real deal? At Weleda we adopt only the gold standards of ethical and sustainable practices, setting new benchmarks and driving the change within the beauty and health sectors. Our certifications are independently awarded, globally recognised and rigorously verified.



B-Corp

B Corp certification is awarded by the non-profit organisation B Lab. It is not products that are certified, but a company’s actions and overall approach. The focus is on social added value and ecological sustainability, and not maximising profits at any price. In other words, it is about the environment, biodiversity, species protection, human rights, climate protection, employees and customers. B Lab calls it ‘business as a force for good’.



NATRUE Certification

The NATRUE seal on all of Weleda’s natural and organic cosmetics guarantees the highest standards of naturalness. The global seal identifies products you can trust to contain truly natural and organic ingredients, free from synthetic ingredients, silicones and mineral oils, GMO ingredients, artificial additives of any kind. It’s also your reassurance that the product is cruelty free, because the NATRUE seal is not permitted on cosmetics that have been tested on animals.



Zero Plastic Inside

This certification, provided by the Plastic Soup Foundation, can only be awarded to brands and companies that do not use microplastic ingredients in their products. This includes liquid polymers which are still commonly found in many cosmetics, not just plastic microbeads.



Demeter Certified

Weleda UK is the proud owner and careful custodian of 13 acres of Demeter-certified organic land just a couple of miles up the road from our Head Office in Derbyshire. Here we ensure the eco-system is balanced, growing to biodynamic standards to ensure no pesticides or artificial fertilisers are ever used. The land is managed sensitively and we’ve developed different habitats such as a pond, woodland, meadows and hedgerows, which help to sustain a rich and diverse population of insects, birds and animals. Weleda’s 7 other medicinal plant gardens worldwide are Demeter-certified.



Living Wage

Weleda UK has recently been accredited as a Living Wage Employer by the Living Wage Foundation. The Living Wage Foundation is an organisation at the heart of the independent movement of businesses and people that campaign for the idea that a hard day’s work deserves a fair day’s pay, recognising responsible employers who choose to pay a real Living Wage based on the cost of living, not just the government minimum.



UEBT Member

Weleda has been a member of the Union for Ethical BioTrade since 2011. The UEBT is a non-profit that sets good practices for how companies and their suppliers source ingredients from biodiversity. Its members are active in the food, cosmetics and natural pharmaceutical sectors. As a UEBT member, Weleda is committed to a world in which all people and biodiversity thrive.



Sustainable Beauty Coalition

The Sustainable Beauty Coalition formed by The British Beauty Council champions a beauty industry whereby all practices are sustainable, ethical and profitable. Weleda UK Managing Director Jayn Sterland was the founding Chairperson of the SBC, and today Jayn holds the position of pillar president for ESG with the British Beauty Council. Jayn’s work as a lifelong environmentalist feeds directly into Weleda’s own green policies and practices.



B Corp Beauty Coalition

The new B Corp Beauty Coalition brings together over 90 leading cosmetics firms from all around the globe, to improve sustainability standards in the beauty industry. Its mission is to improve the social and environmental impacts of business practices in the beauty industry, through knowledge sharing and responsible innovation, with consistent and transparent communication. Through solid engagement, collaboration and coalition, they seek to improve social and environmental conditions along the supply chain, from raw materials to the finished product. Weleda was one of the early beauty brands to form the Coalition in 2022, subsequently joining the Supervisory Board in 2023.

“Animal testing is fundamentally against NATRUE’s underlying values and ethics; a principle that is embedded in the NATRUE standard.”

Dr Mark Smith,
Director General, NATRUE

‘Today the global B Corp community is working together to make the planet a better place’



Being a B Corp Business

Weleda achieved B Corp certification in 2021, our centennial year. But what does it actually mean to be a B Corp business?

Certification is awarded to companies that do business in a meaningful way. The focus is on social added value and ecological sustainability – the environment, species protection, human rights, climate protection, employees, and customers.

B Corp stands for ‘business as a force for good’, and not maximising profits at any price. This is the underlying vision of B Lab. Founded in 2006 this non-profit organisation certifies for-profit companies as B Corporations – B Corps for short. The ‘B’ stands for beneficial: the benefit to society and the environment these businesses are providing.

Today the global B Corp community is working together to make the planet a better place. How are we doing this? By putting business practices to the test. Companies must undergo a rigorous certification process according to strict criteria. B Corporations are committed to a long-term process of continuous improvement: every three years they must re-certify and meet increasingly ambitious standards. Weleda recently successfully completed its B Corp recertification, achieving a strong score of 120.66 points – a 13% increase from the initial certification score (106.8 points) in 2021.

In the personal care sector (cosmetics) among the 10 global B Corp businesses with over 1,000 employees, Weleda is in the top two. Similarly in the pharmaceutical sector, only one company surpassed Weleda’s score. This recertification places Weleda as one of the leading B Corp businesses worldwide within both these sectors.

In the UK, there are over 2,000 B Corps across 330 sectors. But there is only a handful of pharmaceutical businesses operating in this country that have achieved B Corp certification, and even fewer of those are actively manufacturing here such as Weleda in Derbyshire.



B Corp Certified
Brand of the Year

Caring for your skin

“Weleda understands that we are all individual and that all skin has different needs day by day. Our skin is also a mirror, a personal expression of ourselves – changeable, intuitive and responsive. When we are well and in harmony within and between our inner and outer worlds, our skin is healthy, radiant and glowing. When we are out of balance, unwell, stressed or struggling with hormonal or digestive issues, our skin reflects this too.”

Elizabeth King, Weleda Skin Care Expert



Meet Elizabeth King, Weleda's Skin Care Expert

With over 20 years experience as a holistic facialist and highly qualified in several complementary therapies, Elizabeth joined Weleda to help share and support the Weleda Skin Care Philosophy, as well as creating a Weleda accredited holistic esthetician course. She specialises in the anthroposophic approach to beauty – working in harmony with nature and the human being.



Your Skin

Not sure which products are right for you? Why not book a skin care consultation with a Weleda Wellbeing Advisor? Our team of Wellbeing Advisors are highly trained in our skin care range and rather than being prescribed a generic 'regime' will work with you to understand your skin's current phase or tendencies and support you with healthy, holistic products. You'll get to try, apply, and learn some new helpful tips and techniques to support vital, radiant skin.

A skin consultation takes you around 20 minutes and can be received online or in person.

Call our friendly team on 0115 9448698.

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 individual and our skin needs different products at different times of life. Rather than a skin 'type', we should consider our skin 'phase', which is influenced by our age, our health and environment.

Using our unique Lead Plant Philosophy we have created a range of holistic natural products that are responsive, protective and supportive – that work with your unique skin and its changing needs.

Iris for regenerating: using active ingredients from biodynamic orris root, Iris helps to regulate and balance, making it ideal for younger, fluctuating, hormonal skin.

Wild Rose & White Tea for visibly smoother skin: clinically proven to protect against the effects of environmental pollution, providing an immediate boost of hydration together with long-lasting moisturisation.

Pomegranate & Maca Peptides for regenerating: antioxidant-rich, protective ingredients including pomegranate seed oil and peptides from Peruvian maca root activate cell renewal, to support skin regeneration and visibly counter the signs of skin ageing.

Blue Gentian & Edelweiss for rejuvenating: powerful plant actives and unique Collagen+ Active Complex to boost collagen, balance skin pigmentation, reduce deep wrinkles, brighten skin tone, and bring greater definition to facial contours.

Almond for sensitive skin: rich in oleic acid and monounsaturated fatty acids, almond oil is wonderfully soothing and calming, making this fragrance-free range ideal for delicate, dry, reactive skin.

Purifying Facial Care: a combination of soothing natural anti-bacterial and anti-inflammatory plant extracts, the Aknedoron Purifying range is ideal for skin prone to congestion, blemishes and acne, during our teens or beyond.

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

 Weleda  @WeledaUK



Weleda Skin Care

At a Glance

P20 Skin Food

Naturally Nourishing Facial Care
Formulated specifically for daily care



P32 Blue Gentian & Edelweiss

Continuing Facial Care
Boosts collagen, reduces deep wrinkles, so facial contours appear sharper



P24 Almond

Sensitive Facial Care
Fragrance-free skin care to soothe, comfort and protect



P34 Cleansing

Cleanse and tone gently but thoroughly
Help your skin maintain or regain its balance



P26 Iris

Regenerating Facial Care
Regulates and preserves moisture balance



P36 Aknedoron

Purifying Facial Care
Purifies, calms and re-balances congested and acne prone skin



P28 Wild Rose & White Tea

Smoothing Facial Care
Powerfully active cell-protect formulations target first fine lines



P38 Facial Care for Men

Soothing Skin Saviours
Cleanse, nourish, replenish, protect and purify



P30 Pomegranate & Maca-Peptides

Firming Facial Care
Regenerating skincare to increase elasticity and radiance



P40 The Weleda Accredited Holistic Esthetician Directory



Your skin cycle

How to support the skin phase you're in

At Weleda, we believe that your daily skin care routine should provide the best possible support for your skin's current phase. It should all make sense to you, be easy to follow and feel both purposeful and pleasurable.

- Avoid constantly chopping and changing your preparations. Consider your skin's phase as a journey – if you keep swapping products over the course of a few days, not only will your skin become confused, but you are unlikely to see positive results (and will find yourself with a cupboard full of half-used bottles).
- Instead work with your skin's own natural 28-day renewal period – also called our inner-moon rhythm – and try to commit to a 28-day process with your chosen skin care.
- You should begin to notice a change to how your skin looks and feels soon after you start using Weleda skin care, but avoid becoming too absorbed with the daily changes of your skin as this can sometimes be more disruptive than helpful. Instead, care consciously for your skin while at the same time taking a step back, trusting that the natural preparations are supporting the skin to regain its capacity to self-regulate.
- Divide your 28-day process into four weeks, and journal skin changes every seven days. This allows space for both the skin's processes to come into effect, and also gives you time to reflect.
- You may begin to notice how the skin's self-regulatory capacity increases as each week progresses. Perhaps this offers you an invitation too – to reflect on how you are feeling in relation to your skin, as well as on your inner wellbeing and relationship to the outer environment.
- You could also use this time as an opportunity to implement some positive lifestyle changes, such as addressing your sleeping patterns, beginning some gentle daily exercise or beginning to eat in a more seasonal way.

'reflect on how you
are feeling in relation
to your skin'





Skin Food

Face Care

Naturally nourishing facial skin care

Inspired by our iconic Skin Food Original, the Weleda Skin Food Face range is formulated for daily care and blends cult beauty hero Skin Food's naturally active botanicals with antioxidant-rich centella asiatica, sacha inchi oil and olive squalane, to intensely nourish and protect dry skin.

Sustainable inside and out:

- ✓ NATRUE certified natural
- ✓ Vegan friendly formulations
- ✓ Sustainable packaging

Skin Food

Face Care

The new Face Care collection – which includes a cleansing balm, day cream and night cream – is clinically proven to deliver immediate and long-lasting moisture, and is suitable for women and men of all ages with skin that has a tendency to dryness, or as a nourishing boost for skin going through a dry phase.



Skin Food Cleansing Balm

Skin Food Day Cream

Skin Food Face Range

Skin Food Night Cream

“Skin Food Day Cream may have just become my favourite Weleda product in my kit. Its hydrating properties, versatility, and nourishing formula make it a standout product.”

Beauty Bible tester



Skin Food Nourishing Cleansing Balm

This oil-based balm, enriched with organic sunflower oil, calendula, and chamomile, gently cleanses while preserving moisture. Transforms into a milky emulsion to rinse away dirt, impurities, and makeup, leaving skin soft, glowing, and refreshed. Suitable for all skin types, it also doubles as a deeply nourishing face mask.

102232 75ml Ve £13.50



100% agree it removes dirt and grime effectively*
79% agree the skin's moisture feels replenished*
79% agree skin does not feel dry after application**

Dermatologically proven for skin compatibility and efficacy.
 *in-use study with 29 subjects after 1 week of twice daily usage
 **in-use study with 29 subjects after 15 minutes after a single application



Skin Food Nourishing Day Cream

Our nutrient-rich cream expertly blends botanical extracts of pansy, organic calendula, organic chamomile and organic olive leaf with squalane and organic sunflower oil. It deeply nourishes and moisturises skin and helps to restore the skin barrier, leaving it feeling silky-soft, revealing a luminous, naturally beautiful complexion.

102230 40ml Ve £15.95



+72% immediate moisturisation*
93% agree skin feels instantly nourished**
93% agree absorbs quickly***

Dermatologically proven for skin compatibility and efficacy.
 *measured in an in-use study after 15 minutes after a single product application
 **in-use study with 30 subjects after 15 minutes after a single product application
 ***in-use study with 30 subjects after 4 weeks of twice daily application



Skin Food Nourishing Night Cream

Our nutrient-rich cream expertly blends botanical extracts of pansy, organic calendula and organic chamomile with cica, squalane and organic sacha inchi oil. It deeply nourishes and moisturises skin, bringing out its luminous, natural beauty. It regenerates the skin and strengthens the skin barrier – you wake up to a radiant, silky-soft complexion.

102231 40ml Ve £15.95



+24% increased cell renewal*
Strengthens the skin barrier and thus increases resilience***
87% agree skin looks recovered**
83% agree skin is intensively nourished**

Dermatologically proven for skin compatibility and efficacy.
 *measured in an in-use study after 4 weeks of twice daily application
 **in-use study with 30 subjects after 4 weeks of twice daily application
 ***measured in an in-use study, assessed after 7 days

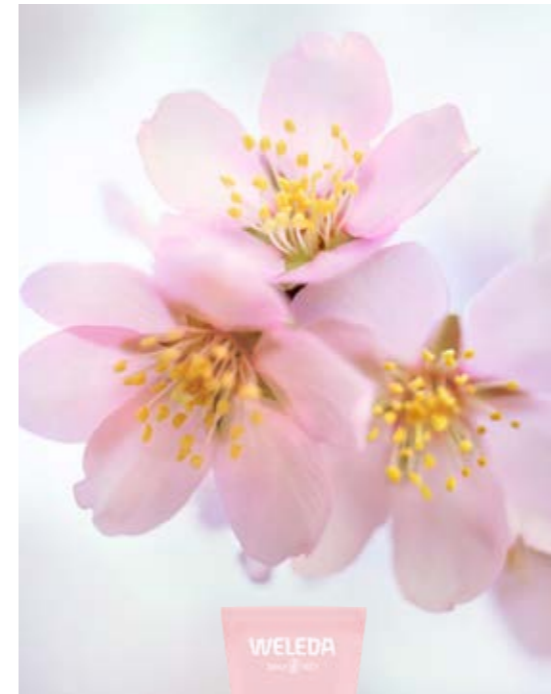
Almond

Sensitive

Our Almond Sensitive Facial Care is formulated with nature's best skin soothers, to bring calm and restore balance to delicate skin. With organic sweet almond oil, dry and irritated skin is supported in its return to supple comfort. Fragrance-free and hypoallergenic.

Restoring rhythm to sensitive skin

- With sensitive skin it is important to realise that something is out of balance. And, like a sensitive soul, the skin can only begin to restore itself when it feels safe and protected.
- Alternate warm and cool compresses. One warm skin compress held for several seconds followed with a cool facial rinse will help the skin to build natural resilience. Build this into your skin care routine 2-3 times weekly. Create just enough warmth and cool to create the necessary contrast between the two temperatures.
- If your skin is hyper-sensitive consider applying a few drops of Almond Sensitive Facial Oil to your face before getting into the shower or bath. The oil will act as a natural impermeable barrier to the water, which will help to keep it calm while you bathe.



Sensitive Gentle Milk Cleanser

This creamy, soothing cleanser is ideal for sensitive skin. With organic almond oil, it restores lipid and pH balance while protecting the skin's natural oils. Cooling on contact, it gently removes impurities without irritation or dryness. Best applied with damp cotton pads, it leaves skin feeling calm, soft, and comfortable.

102201 75ml Ve £13.50



Sensitive Soothing Moisturiser

This soothing moisturiser strengthens and protects sensitive skin. Organic sweet almond oil, rich in essential fatty acids, nourishes while restoring the skin's natural moisture balance. It calms redness and irritation, leaving skin soft and comfortable. Perfect for use as a day or night cream, providing long-lasting hydration and protection.

102203 30ml V £19.95



Sensitive Soothing Moisturiser Light

This light, hydrating moisturiser quickly absorbs into sensitive skin, providing balance and protection. Organic almond oil nourishes, while plum oil soothes and softens. Ideal for calming irritation, it leaves skin feeling refreshed and smooth. Perfect for those who prefer a lighter texture for everyday hydration and care.

102202 30ml V £19.95



Sensitive Recovery Face Oil

This intensive recovery oil restores and protects sensitive skin. Organic blackthorn flower extract calms irritation, and antioxidant-rich plum kernel oil nourishes and hydrates. Perfect for use during cold weather or travel, it creates a protective barrier against dryness and environmental stressors, leaving skin soothed, soft, and comfortable.

102205 50ml Ve £23.95



Iris

Hydrating

In our twenties – often a busy time of great change and development – the natural balance of our skin can be disrupted. Iris, with its reliable ability to bloom under pressure, regulating moisture and vital energy, makes it ideal for this stage of life. We combine balancing iris with soothing calendula, purifying witch hazel and gentle, nourishing oils of jojoba and sweet almond, to take care of skin that needs to re-establish its happy balance.

Bringing balance to skin in your twenties

- The years between the age of 21–28 can often be associated with many activities such as travelling, studying, socialising and starting a career. It can certainly be a busy life phase with lots of variety. This variety and its subsequent frequent environmental changes can be reflected in the skin.
- The first self-regulating process that begins to slow down is the skin's ability to bind and store water. For this reason, it is helpful in our mid-twenties to look for hydrating products that help balance oil levels while also boosting moisture. A combination of Hydrating Facial Mist followed by Iris Day and Night Cream will help skin do just that.



Iris Hydrating Day Cream

This luxurious day cream supports skin's natural balance. Jojoba oil combines with cocoa and shea butter to hydrate and improve elasticity, while extracts of iris and witch hazel regulate skin's processes. Skin is left feeling smooth, nourished, and protected, with a soft, healthy glow that lasts all day.

102100 30ml V £17.95



Iris Regenerating Night Cream

This nourishing night cream works overnight to replenish skin's moisture. Organic chamomile and calendula calm and soothe, while almond oil softens and deeply hydrates. Skin's natural regeneration is supported, leaving it refreshed and revitalised by morning. Wake up to a relaxed, beautifully soft complexion that looks and feels renewed.

102102 30ml V £18.95

Wild Rose & White Tea

Smoothing

Introducing Weleda's new powerfully active cell-protect Wild Rose & White Tea Smoothing Facial Care, clinically proven to protect against the effects of environmental pollution, providing an immediate moisture boost together with long-lasting moisturisation. For visibly smoother skin and a fresh glow, so you look and feel your beautiful best.

The cell-protect formulations target the first fine lines and signs of premature ageing through highly effective botanicals packed with powerful antioxidants to fight free radicals, and protect against environmental stresses such as pollution. Organic wild rose oil promotes the skin's natural elasticity, leaving skin supple and soft. The fast-absorbing and vegan-friendly creams are non-comedogenic and dermatologist approved, and proven to strengthen the skin barrier function.

Scientifically proven advanced botanicals

The new 100% organic Age Protect Complex actively protects against environmental ageing, combining skin barrier strengthening organic wild rose oil with Weleda's proprietary extract of organic white tea which is proven to have the same antioxidant capacity as vitamin C*.

*in vitro studies 2023 on keratinocytes; oxidative stress was triggered by the combination of city dust and UVA radiation = simulation of the pollution to which our skin is exposed



Wild Rose & White Tea Smoothing Day Cream

This luxurious formula combines the protective powers of wild rose and white tea to defend against environmental stressors. Clinically proven to reduce the effects of free radical damage and diminish fine lines, this fast-absorbing cream delivers both immediate hydration and long-lasting 24h moisturisation for a visibly smoother, fresh and luminous complexion.

102310 40ml Ve £22.95



94% showed increased hydration after 24 hours*
+97% skin moisture 30 mins after just one application**

*In-use study, skin moisture measured 24 hours after single application
**clinically measured in an in-use test



Wild Rose & White Tea Smoothing Night Cream

This rich, velvety formula combines wild rose and white tea to smooth and regenerate, reducing the appearance of fine lines. Experience deep nourishment and overnight renewal, for a re-energised complexion. Clinically shown to reduce the effects of free radical damage and reveal visibly smoother, brighter and more radiant skin come morning.

102311 40ml Ve £23.95



94% agreed more visibly radiant skin in the morning*
89% showed stronger skin barrier after 8h**

*clinical study, applied twice daily, 4 weeks

**measurement of TEWL, in-use test, after single application



Wild Rose & White Tea Smoothing Eye Cream

This advanced, fragrance-free formula softens fine lines and targets puffiness for a well-rested look. Clinically proven to reduce the appearance of dark circles, this fast-absorbing cream combines the power of caffeine, white tea and wild rose to soothe, hydrate and protect your delicate eye area for a smoother, rejuvenated appearance.

102312 12ml Ve £22.95



91% agreed skin around the eyes visibly smoother and feels fresher*
88% agreed: soothes the skin*

*in-use study, applied twice daily over 28 days

Pomegranate & Maca Peptides

Firming

Weleda has launched an innovative new range of clinically proven age-resilient skincare: rejuvenating Pomegranate & Maca Peptides Firming Face Care.

This regenerative skincare provides long-lasting moisture and is clinically proven to slow down the ageing effects on the skin, protecting from the negative oxidative effect of blue light exposure.

Weleda has transformed nature's own high-performing ingredients into powerful botanical formulations which measurably and visibly counter the signs of skin ageing. Enriched with organic plant oils, butters and waxes including luxurious Shea Butter, nourishing Pomegranate and Macadamia seed oil, and precious peptides from organic Peruvian Maca root. The range is formulated to activate cell renewal, support skin regeneration and counter perimenopausal skin changes, leaving skin feeling firmer and looking more radiant, and lines less pronounced.

Pomegranate & Maca Peptides Day Cream

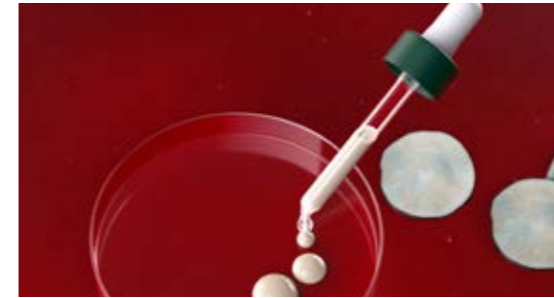
A fast-absorbing, certified-natural Day Cream for naturally radiant skin, made with organic Pomegranate seed oil and peptides from organic Peruvian Maca root, plus extract of organic olive leaf, to reduce fine lines and wrinkles and restore a healthy glow. The cream provides immediate and long-lasting moisture, and improves elasticity, resulting in firmer skin in just 14 days.

102280 40ml Ve £24.95



76% agree: skin feels more elastic* **82% agree: reveals skin's natural radiance****

*in-use study, twice daily application for 4 weeks



Scientifically proven advanced botanicals

At the heart of Weleda's innovative botanical formulations is the unique active ingredient combination of organic pomegranate seed oil and hydrolysed peptides from organic Peruvian maca root. Pomegranate is one of nature's most powerful antioxidants, and supports the skin's regeneration processes. Maca peptides - small protein compounds that can penetrate the skin to help smooth fine lines - help to reduce wrinkles, improve skin elasticity and intensify the skin's natural radiance. The result is a range delivering strong efficacy results.



Pomegranate & Maca Peptides Night Cream

A regenerating, certified-natural Night Cream made with organic Pomegranate seed oil and maca root peptides plus organic olive leaf extract, to reduce lines and wrinkles, activate cell renewal, intensively nourish, restore radiance and regenerate skin during its nightly repair phase. Resulting in firmer skin in a fortnight.

102282 40ml Ve £25.95



70% showed increased elasticity*

-16% reduction in depth of wrinkles**

*measured in an in-use test, twice daily application for 2 weeks

**measured in an in-use test after 4 weeks, twice daily application



Pomegranate Facial Oil

This antioxidant-rich facial oil encourages cell renewal for firmer, smoother, and more radiant skin. A few drops deliver daily hydration, while its regenerating properties restore vitality. Blend it with your Pomegranate Day or Night Cream for an extra boost of nourishment when skin feels dry or in need of replenishment.

102049 30ml Ve £28.95



Pomegranate & Maca Peptides Eye Cream

A fragrance-free, certified-natural Eye Cream with antioxidant effect, made with organic Pomegranate seed oil and Maca root peptides, together with Pomegranate peel extract and Caffeine, to reduce fine lines and wrinkles, reduce puffiness, diminish dark circles, soothe and visibly firm skin. Suitable for contact lens wearers.

102283 12ml Ve £24.95



75% showed reduced puffiness* **85% agree: soothes the skin****

*measured in an in-use test, twice daily application for 4 weeks

**measured in an in-use study, twice daily application for 4 weeks



Pomegranate & Maca Peptides Face Serum

This certified-natural serum energises skin while providing deep hydration. Pomegranate seed oil and maca peptides improve elasticity and smooth wrinkles, leaving skin visibly firmer in seven days. Olive leaf and aloe vera further hydrate, ensuring skin feels fresher, smoother, and nourished. Ideal for restoring radiance when skin needs extra care.

102284 30ml Ve £28.95



+110% cell energy* **+15% skin elasticity****

*measurement of ATP in an in-use test after 4 weeks, twice daily application

**measured in an in-use test after 7 days, twice daily application



Pomegranate & Maca Peptides Face Serum

Pomegranate & Maca Peptides Day Cream

Pomegranate & Maca Peptides Night Cream

Blue Gentian & Edelweiss

Contouring

Introducing Weleda's most scientifically advanced innovation in 100 years: rejuvenating Blue Gentian & Edelweiss Contouring Face Care. At the heart of Weleda's innovative botanical formulations is a unique patent-pending, natural Collagen+ Active Complex to boost collagen, reduce deep wrinkles, and bring greater definition to facial contours.

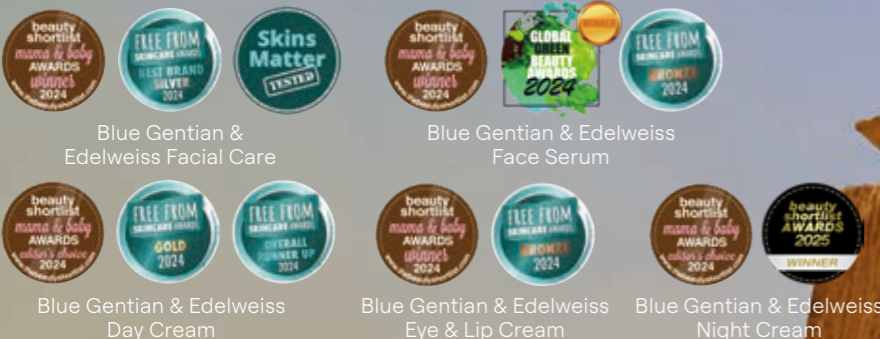
Nature's own high-performing ingredients are harnessed in powerful botanical formulations which measurably and visibly counter the signs of skin ageing. Enriched with organic plant oils, butters and waxes including luxurious Shea and Cocoa Butters, nourishing Sacha Inchi oil, and skin-smoothing olive oil. The carefully crafted formulas stimulate collagen synthesis, balance skin pigmentation, hydrate and nourish the skin, and brighten up skin tone. Reducing the impact of menopausal changes, they leave skin feeling firmer and cashmere-soft.

Blue Gentian & Edelweiss Day Cream

Fast-absorbing, certified-natural cream to hydrate, smooth wrinkles, and balance pigmentation. Formulated with Collagen+ Complex, Blue Gentian, and Edelweiss, it boosts collagen, improves elasticity, and firms contours. Skin feels plumper, brighter, and nourished with a glowing, natural finish. Clinically proven for firmer, more defined skin.

102305 40ml Ve £28.95

 **100% agree skin feels more elastic*** **77% agree skin looks firmer***
*measured in an in-use study, twice daily application for 4 weeks



Scientifically proven advanced botanicals


Combining powerful plant actives Blue Gentian and Edelweiss, boosted with extract of Centella Asiatica, the scientifically-proven Collagen+ Active Complex has been shown to protect against collagen loss by 50% and increase collagen by 60%*.

*in vitro collagen testing on fibroblasts (supported by measurement of elasticity in the skin)



Blue Gentian & Edelweiss Night Cream
This certified-natural night cream works overnight to reduce wrinkles, regenerate skin, and improve elasticity. Enriched with Collagen+ Complex, it boosts collagen, balances pigmentation, and softens skin while you sleep. Wake up to visibly plumper, firmer, and cashmere-soft skin with a brighter, naturally radiant tone.


102306 40ml Ve £29.95

 **75% showed reduction in depth of wrinkles***
+36% acceleration of cell renewal*
*measured in an in-use test, twice daily application for 4 weeks



Blue Gentian & Edelweiss Eye & Lip Cream
Fragrance-free and certified-natural, this cream smooths wrinkles, reduces puffiness, and diminishes dark circles. Enriched with Collagen+ Complex and soothing Olive leaf, it hydrates and revitalises delicate skin around the eyes and lips. Skin feels softer, refreshed, and intensively nourished, with visibly sharper, smoother contours. Suitable for contact lens wearers.


102308 10ml Ve £28.95

 **82% agreed it visibly firms skin around the eyes***
80% observed reduced puffiness**
*measured in an in-use test, twice daily application for 4 weeks
**self-assessment in an in-use study, twice daily application for 4 weeks



Blue Gentian & Edelweiss Face Serum
This certified-natural serum hydrates, firms, and reduces wrinkles for smoother, brighter skin. With Collagen+ Complex, it balances pigmentation and enhances elasticity for visibly plumper skin and defined contours. Ideal for an intense moisture boost, leaving skin refreshed, nourished, and revitalised with a naturally radiant finish.

102307 30ml Ve £32.95

 **88% showed reduction in depth of wrinkles***
+33% acceleration of skin renewal**
*measured in an in-use test, twice daily application for 2 weeks
**measured in an in-use test, twice daily application for 4 weeks

Holistic Cleansing

For Beautiful Skin

Whatever your skin type or current skin phase, we have products to cleanse and tone gently but effectively without drying out the skin. The skin's natural moisture balance is preserved, leaving skin glowing with health. Powerful plant actives elevate everyday cleansing to a holistic self-care ritual that makes us feel relaxed and comfortable in our own skin. Weleda creates the perfect 're-set' routine for your skin - wipe away the day's impurities and reveal your natural glow!

The range is packaged in recyclable green glass made from a significant amount of recycled material, with recyclable caps or pumps, and outer cartons made from at least 80% recycled fibres.



Make-up Removal Cleansing Oil

This plant-based cleansing oil effortlessly melts away makeup and impurities, including waterproof mascara. Organic apricot oil and witch hazel nourish and refresh the skin, leaving it soft and supple. Gentle and fragrance-free, it's the perfect first step in a cleansing ritual, suitable for both face and eyes.

102110 150ml Ve £13.95



100% cleansing efficacy for long-lasting make-up*
83% agreed skin felt nourished**
92% agreed skin felt soft to touch after use**

*dermatologically and clinically tested by experts, after 1 application

**in-use study after 2 weeks, twice daily application



Deep Cleansing Gel

This light-textured cleansing gel removes daily dirt, oil, and makeup without drying the skin. Organic aloe vera refreshes and hydrates, while witch hazel soothes and invigorates. Scented with uplifting essential oils of lime, lemon, and orange, it leaves skin clean, soft, and balanced. Perfect for combination and oily skin.

102111 150ml Ve £12.95



90% agreed skin clearer and naturally radiant*
96% of users felt invigorated when using the product*
97% would recommend it*

*in-use study after 1 week, twice daily application



Refining Toner

This gentle toner removes impurities and refreshes the skin while preserving its natural moisture. Witch hazel refines pores, and organic lemon juice revitalises, complemented by rose and sage leaf extracts. Delicately scented with citrus essential oils and sage, it leaves skin feeling fresh and balanced after cleansing.

102112 150ml Ve £12.95



97% agreed it immediately refreshed skin*
94% agreed it left skin feeling comfortable**
94% agreed it left skin shine-free**

*in-use study after one single application

**in-use study after 4 weeks, twice daily application

Aknedoron

Purifying

Acne is one of the most common skin conditions in the UK, leading to 3.5m visits to the doctor every year. Over 95% of adolescents the western world are affected at some point, but it's not confined to our teen years, adult acne is on the rise, with over 15% of all women now experiencing it*. The Weleda Aknedoron Purifying range takes a gentle yet effective approach for a visibly clearer complexion, without drying or irritating the skin.

*<https://cks.nice.org.uk/topics/acne-vulgaris/background-information/prevalence/>

Healthy ways to support and rebalance oily skin

- When looking for a cleanser for oily skin, choose one that is 100% natural. Ensure that your cleanser does not leave your skin feeling tight and 'squeaky clean' (this is never a good thing – skin should not squeak!), but instead feels calm, comfortable and clear.
- Facial compresses can help rebalance sebum production. Try a sprig of sage or thyme, with lavender or chamomile – add to 500ml of hot water and let infuse for 15 minutes. Then soak a clean cloth in the cooled liquid and apply to face for a balancing post-cleanse treatment.
- Do not squeeze your spots or blackheads. Instead give yourself a herbal facial steam 1-2 times weekly to support the skin's own ability to cleanse, clear and then heal.
- If you feel critical of your skin and find it hard to resist fiddling, try dimming the bathroom lights when cleansing and applying your skin care; alternatively, you could cover your mirror or close your eyes and focus on treating your skin gently and intuitively. This is also a great opportunity to awaken your other senses – sense of touch and listening to your skin.

You will find more holistic wellness advice like this in our award-winning book **Natural Wellness Every Day: The Weleda Way**, see p.74-75

"As a makeup artist, a favourite of mine is the Aknedoron Purifying range which I've really seen to improve skin tone and texture with just a week's worth of regular use."

Makeup artist Sarah Spears



Aknedoron Cleansing Lotion

This gentle yet effective cleanser soothes and deep-cleans problem skin. With organic chamomile, calendula, lemon, and grapefruit juices, it clears impurities without stripping the skin's barrier. Olive oil soft soap ensures gentle cleansing, while orange, rosemary, and lavender essential oils create a fresh, delicate fragrance. Ideal for daily use.

102007 100ml V £13.50



Aknedoron Purifying Lotion

This intensive care lotion soothes and purifies problem skin. Organic calendula, chamomile, and echinacea calm irritation and promote healing, while witch hazel and sulphur target spots and reduce shine. Therapeutic essential oils, including thyme and sage, provide antiseptic benefits. Regular use leaves skin balanced, mattified, and visibly clearer.

102006 50ml Ve £13.50



Soothing Skin Care

For Men

Supercharge your skincare routine with our two new skin saviours: a soothing, non-drying face wash to deep cleanse and purify, and a luxurious but lightweight, oil-free serum to support your skin's vitality. The clinically proven multi-action serum provides 24h moisture, improves elasticity, stimulates cell renewal and fights skin-damaging free radicals, leaving skin smooth and revitalised.

Our gentle shaving and skin care products are 100% natural, free from potentially irritating synthetic fragrances, preservatives, parabens and petroleum derivatives, and are created for all skin types, including sensitive and anyone prone to allergies or dermatitis. Our skin care range is designed to protect from irritation that can be caused by regular shaving, and to help with common concerns such as spots, comedones (blackheads), shininess and enlarged pores.

5 in 1 Multi-Action Serum

This multi-action serum hydrates and renews skin with aloe vera, pomegranate, and blackthorn extract. Its oil-free formula offers 24-hour moisturisation, fights free radicals, and improves elasticity. Wrinkles are reduced, and cell renewal is boosted, leaving skin feeling smoother, softer, and refreshed. Perfect for enhancing skin's natural resilience and radiance.

102116 30ml Ve £15.95



-29% reduction in wrinkles* **+56% increase in skin moisture****

*measurement in an in-use test after 4 weeks, twice daily application

**measurement in an in-use test 30 minutes after first application



"My favourite Weleda products are Skin Food and the men's facial care and shaving products."

Makeup designer Paul Gooch



Shaving Cream

Creates a soothing, creamy lather that lasts, for a closer, smoother wet shave without irritation. Enriched with organic goat's milk and almond milk, which calm and support skin that is sensitised by the stresses of shaving.

106014 75ml V £9.95



After Shave Balm

Pure plant extracts of chamomile and myrrh soothe and calm the skin after wet or dry shaving, while cooling and hydrating aloe vera combines with balancing jojoba oil to protect the face from dryness, keeping the skin smooth and supple.

106019 100ml V £12.95



2 in 1 Face Wash

This purifying gel wash is suitable for face and beard, reducing excess oil and balancing skin. Liquorice root and willow bark extracts gently cleanse, while witch hazel tones and refreshes. Naturally fragranced with rosemary, vetiver, and citrusy litsea cubeba, it leaves skin feeling clean, smooth, and revitalised after every use.

102117 100ml Ve £9.95



100% showed reduced sebum* **95% agree: skin feels less oily****

81% agree: soothes skin**

*measured in an in-use test, twice daily application for 4 weeks

**measured in an in-use study, twice daily application for 4 weeks



Moisture Cream

This refreshingly light and fluid cream is rapidly absorbed by the skin, leaving it smooth, supple and toned. Extract of marshmallow root softens and calms, while organic sesame and jojoba oils moisturise, protecting the skin from drying out or becoming irritated.

106022 30ml V £15.95

Increase in skin hydration +25.8%*

+16.1% increase in skin smoothness**

*measured in an in-use test after 14 days

**measured in an in-use test after 28 days



Men's Facial Care Range

The Weleda Accredited

Holistic Esthetician Directory

If you would like to experience the Weleda Signature Facial, find one of our accredited estheticians in our directory by visiting www.weleda.co.uk/weleda-holistic-estheticians-directory

Or scan the QR code below.



Weleda Signature Facial

Described as a holistic wellbeing treatment, the Weleda Signature Facial is so much more than a facial alone. Using Weleda's certified natural and organic skin care, together with the Rhythmic Activation Method, the aim is to restore rhythm and vitality to the skin, while taking the client into a quiet space of inner calm and deep relaxation. These unique Weleda practices and products connect both esthetician and client with nature, which has been at the heart of Weleda's purpose since 1921.



Our signature treatment offers the following variations:

Purifying & Rebalancing

This deeply cleansing holistic facial treatment not only gives you the space to let go; the warm compresses, internal skin cleansing support with the Rhythmic Activation Massage and the rebalancing Aknedoron preparations, helps the skin to let go of impurities and congestion, while also recognising that moisture is essential for a healthy skin barrier. Both you and your skin, can begin to breathe again.

Nourishing & Hydrating

The Skin Food Ultimate Facial has a particular focus on the Nourishing Cleansing Balm ritual. You will also experience the quality of Weleda's life of touch with the unique Rhythmic Activation Massage bringing calm and rejuvenation to your inner world and your skin. The facial includes nourishing oils and a recovery mask with the iconic Skin Food Original topped off with the active botanicals, olive leaf extract and sacha inchi oil, found in the Skin Food Face Care range.

Skin Resilience & Signs of Ageing

Sometimes environmental stressors and lifestyle demands can take its toll on your skin. The skin may appear dull, lifeless and may even begin to show early signs of ageing. Immersing the skin in Weleda's wild rose facial collection, together with the life of touch and additional boost of the wild rose ampoule, improves skin elasticity, brings strength, and promotes radiance.

Firming & Radiance

When the natural ageing processes begin to take hold and cellular activity slows down, the skin can quickly lack vitality, elasticity and radiance. The expertise of the Esthetician's specific activation techniques together with the potent antioxidant rich pomegranate and energising maca peptides in the Firming Facial Care range, provide the necessary scientifically-proven cell regenerating boost and activating impulse to the skin. Skin is revitalised and radiant.

Contouring & Nourishing

A deeply rejuvenating facial using the Contouring Facial Care range, containing Weleda's innovative and scientifically proven Collagen+Active Complex scientifically proven to help reduce deep wrinkles, redefine facial contours and boost collagen content in the skin. Under the expert guidance and hands of the Esthetician, this facial offers a truly holistic approach to those wanting to promote healthy ageing skin. This facial is also highly recommended to support skin during menopause.

Soothing & Strengthening

Our skin is naturally sensitive, adapting and adjusting throughout the day in order to protect us from external influences. Sometimes, however the skin's barrier is not as strong and self-regulating as it needs to be, the result can lead to over-reactive, sensitive skin. The Esthetician's skilled rhythmical quality of touch together with the soothing quality of the sensitive facial range, calms redness, evens the skin's complexion and helps restore the skin's own natural barrier function.

Men's Hydrating Facial

In addition to being deeply relaxing, this rebalancing and moisturising facial, incorporates Weleda's Men's Facial Skin Care and our signature massage, Rhythmic Activation Method, making it a truly rejuvenating journey for men.

The facial includes a consultation, deep cleansing and expert guidance on how to take care of your skin effectively.

Duration 1hr 30.

And don't forget, if you'd like to become an Esthetician yourself, sign up to our Accredited Holistic Esthetician course.

More information on page 120.

Visit: www.weleda.co.uk/weleda-holistic-esthetician-facial-course

Or scan the QR code.



Bath & Body Care

At a Glance

P44 Skin Food: Feed Your Skin

Nourishing, comforting, protective
Intensive care for dry or rough skin



P50 Beautiful Body Oils

Nourishing, replenishing, pampering
Daily self-care in a bottle



P52 Sensitive

Gentle, calming, soothing
For easily-irritated, reactive skin



P54 Citrus

Zesty, uplifting, refreshing
The scent of sun-ripened lemons
to boost your get-up-and-go



P56 Lavender

Relaxing, calming, soothing
Soothes the body and settles the skin



P58 Sea Buckthorn

Revitalising, nourishing, softening
Bursting with summer freshness



P60 Wild Rose

Harmonising, romantic, luxurious
Soothes the skin and senses



P62 Pomegranate

Regenerating, skin-smoothing, sensuous
The mellow scent inspires the senses



P64 Birch

Purifying, cleansing, stimulating
Restore skin radiance and tone



P66 Aroma Showers & Bars

Beautifully fragrant and mood-boosting
As eco-friendly as they are skin-friendly



P68 Body Washes

Refreshing, moisturising,
skin-smoothing

As gentle on skin as they are on the planet



P70 Bathtime Bliss

Holistic, rebalancing, refreshing
Let your cares soak away, naturally



P72 Weleda Wellness Retreats

Introducing our new long-weekend retreats
To support your health and wellbeing holistically



P74 Natural Wellness Every Day

Activate your wellbeing from within
A complete guide to natural care of earth,
skin, self and health

P76 Home Therapy with Weleda

Relaxing, restorative, reviving
Simple self-care rituals you can create at home



P78 Arnica

Warming, invigorating, relieving
Delivers soothing relief to overworked muscles



P80 Deodorants

Refreshing, deodorising, non-aerosol
Made without aluminium salts



P82 Rosemary Hair Care

Revitalising and nourishing care
Formulated for thinning hair and dry scalp



P84 Top To Toe Balms

Hands, feet, lips and scalp
A range of top-to-toe skin saviours



P86 Oral Care

Effective, protective, supportive
To cleanse thoroughly but gently



Skin Food

Natural nourishment for dry skin

First introduced 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, revitalising rosemary and smoothing viola tricolor. Our original Skin Food is a much-loved multi-tasking and multi-award-winning product, providing intensive care to very dry and rough skin.

“I am noticing in the summer that my skin is drier, which I also think is down to hand sanitisers and stuff. I’ve been using a little bit of Weleda Skin Food on the backs of my hands at night and that’s been serving me really well.”

Actor Kate Winslet,
(Vogue magazine)

Skin Food

Our iconic, inimitable **Skin Food** was **launched in 1926** and is our best-selling skin care product – with **one sold every 7 seconds**.

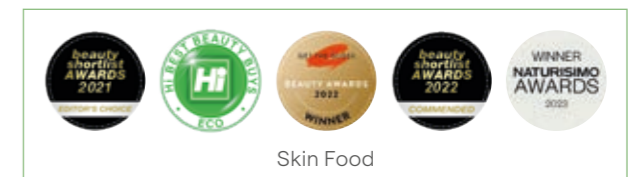
99%
OF MAKE-UP
ARTISTS
RECOMMEND
SKIN FOOD*



Skin Food – the original icon

This iconic, intensive moisturiser combines pansy, chamomile, and calendula to soothe and nourish dry skin. Rosemary stimulates circulation, while lanolin and beeswax lock in hydration. Adored for its versatility, it's ideal for softening rough patches and providing lasting care. A cult favourite since 1926, loved by all generations.

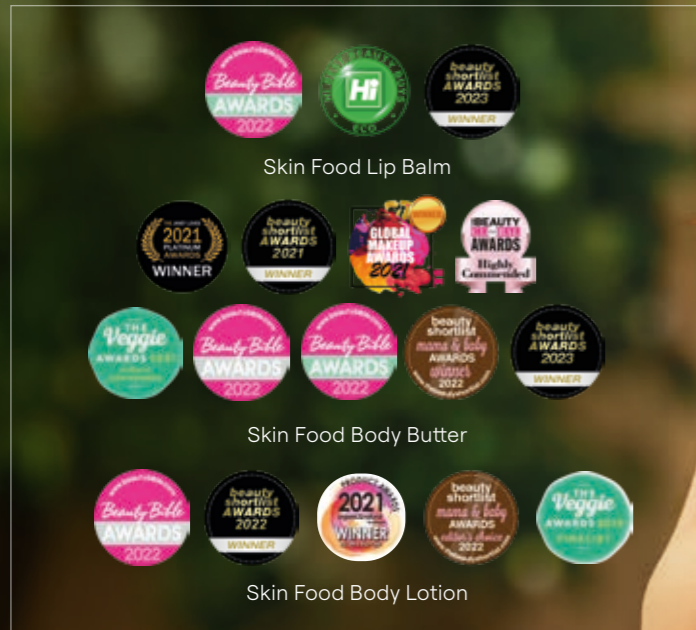
106071	75ml	V	£15.95
106070	30ml	V	£9.50



*2024 survey conducted with 700 UK based make-up artists

“Please please please NEVER stop making the rich intensive Skin Food it’s the best thing I have ever used in my life.”

Makeup designer Paul Gooch



Skin Food Light

Immediately absorbed comfort to dry skin. Our silky lotion combines lightweight, organic sunflower oil with extracts of calendula, wild pansy and chamomile. It provides the skin with instant moisture and protects it from drying out. The lighter formulation is quickly absorbed and leaves skin velvet soft. Suitable for face or body.

106073	75ml	V	£15.95
106072	30ml	V	£9.50



Skin Food Body Butter

Harness the powers of our original Skin Food formulation with a generous tub for the whole body! Plant extracts of soothing viola tricolor, calendula and chamomile harmonise the skin, while organic shea butter and cocoa butter leave dry skin intensively nourished. The non-greasy formula delivers long-lasting hydration, fragranced with aromatic lavender and sweet orange.

106061	150ml	Ve	£21.95
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Skin Food Lip Balm

Made with natural oils and plant extracts of calendula, wild pansy and chamomile, our Skin Food Lip Balm offers deep, nourishing support for dry and chapped lips.

106060	8ml	V	£7.75
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Skin Food Body Lotion

Intensive nourishment and moisturisation for dry to very dry skin. Indulge both your skin and senses with the scents of sweet orange and aromatic lavender balanced with the warm and vanillic notes of benzoin resin.

106126	200ml	Ve	£14.95
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Shake, Spray, Glow!

Formulated to naturally moisturise, intensively nourish and instantly hydrate, the vegan-friendly ingredients in this certified natural, microbiome-friendly formulation include Skin Food's time-honoured botanicals rosemary, wild pansy, calendula and chamomile, together with nourishing oils of organic sunflower and jojoba. It's packaged in a recyclable rPET pump-action spray bottle made from 98% recycled plastic.

Skin Food Ultra-Light Dry Oil

This ultra-light dry oil spray nourishes and refreshes skin with its quick-absorbing formula. Infused with rosemary, lavender, sweet orange, and benzoin essential oils, it leaves a satin finish without greasiness. Shake to mix and spritz for smooth, glowing skin with the signature Skin Food fragrance.

106140 100ml Ve £15.95



"The newest member of the Skin Food family is this Ultra-Light Dry Oil, which I spotted being road-tested a few months ago at the Eudon Choi autumn/winter show to give the models' shoulders and shins extra gleam. It's an oil-in-water formula that sinks in within seconds – it's worked wonders on a scar I have. Plus it's so sheer you can layer it up, which is great because that signature Skin Food scent – a citrus, rosemary, lavender blend – keeps me coming back for more."

Charlotte Jolly, Beauty Director, Hello Magazine

Enjoy naturally moisturised skin in an instant

- ✓ 91% agree absorbs instantly¹
- ✓ +78% immediate moisture²
- ✓ 73% agree provides intensive nourishment³
- ✓ 97% agree instantly softer skin⁴

¹ In-use study with 33 subjects after 2 weeks, once to twice daily application on body

² Measured 15 minutes after a single application

³ In-use study with 33 subjects after 2 weeks, on body and face

⁴ In use study with 33 subjects after the first application on body



Skin Food Ultra Light Dry Oil

Body Oils

Daily Self Care

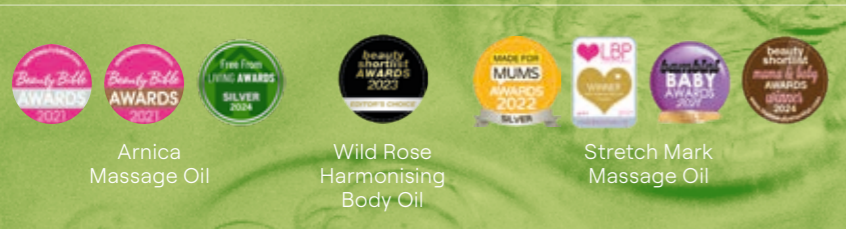
Zesty lemon peel, luxurious lavender, sun dried rosehip, vibrant sea buckthorn berries...Weleda's wondrous body oils burst with nature's miracles, harnessing the warming nature of the sun's rays that have ripened the fruit, seeds, hips and kernels in organic orchards and groves. Delicious, daily self-care in a bottle.



Arnica Massage Oil

This massage oil is perfect for warming up muscles before activity or soothing soreness afterwards. Sunflower and olive oils deeply nourish, while lavender and rosemary essential oils promote relaxation and revitalisation. Birch leaf extract supports detoxification, making it ideal for busy, active lives. Skin is left soft and refreshed.

106111 100ml Ve £19.95



Arnica Massage Oil

Wild Rose Harmonising Body Oil

Stretch Mark Massage Oil

Birch Cellulite Oil

This revitalising cellulite oil combines birch, rosemary, and butcher's broom extracts to tone and smooth skin. Grapefruit and cypress essential oils uplift and energise, while jojoba and wheat germ oils nourish and moisturise. Clinically proven to improve skin's firmness and elasticity in 28 days, it leaves skin radiant and renewed.

106112 100ml Ve £29.95



*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.

Lavender Relaxing Body Oil

This calming body oil blends lavender with nourishing sesame oil to soothe body and mind. Perfect for a relaxing massage or applied after a bath, it deeply hydrates while promoting calm. Skin feels intensely nourished, soft, and supple, with a lingering lavender fragrance for restful nights.

106116 100ml Ve £19.95



Stretch Mark Massage Oil

This regenerative oil helps reduce the appearance of stretch marks with jojoba, almond, and wheat germ oils. Rich in vitamins A, D, and E, it improves skin elasticity while soothing with arnica. Delicately fragranced and easily absorbed, it's perfect for use during pregnancy or as postnatal care.

106119 100ml Ve £20.95



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*
Skin surface smoothness**

* - 33% after six months

** + 92% improvement after six months

Sea Buckthorn Revitalising Body Oil

Vibrant vitamin-rich sea buckthorn berries combine with nutrient-rich plant oils for a body treatment that bursts with unsaturated fatty acids and vitamins C, A and E. This incredibly replenishing, intensively moisturising oil restores vitality and softness to skin, and is also ideal after sun exposure. The summery mandarin fragrance leaves you feeling uplifted and content.

106118 100ml Ve £21.95



Pomegranate Regenerating Body Oil

This enriching body oil combines pomegranate seed oil with jojoba, sesame, and wheat germ oils to nourish and regenerate skin. It improves elasticity, softness, and resilience while promoting natural renewal. Tests show it increases skin renewal by 50% in two weeks, leaving skin firmer, smoother, and beautifully revitalised.

106115 100ml Ve £28.95



Skin cell renewal +50%*

*measurement of stratum corneum regeneration in an in-use test, after 14 days

Citrus Refreshing Body Oil

This refreshing oil combines almond oil and lemon peel oil to hydrate and soften skin. Citrus essential oils uplift the senses, leaving skin smooth and supple. Perfect for long-lasting daily moisture or a revitalising massage, it brightens your day with the sunny scent of zesty lemons.

106114 100ml Ve £19.95



Wild Rose Harmonising Body Oil

This beautiful body oil combines wild rosehip and Rosa Damascena to nourish and pamper skin. Rich in vitamins and essential fatty acids, it smooths and softens, enhancing elasticity. Ideal for daily self-care or massage, its 100% natural rose fragrance indulges the senses, leaving skin and spirit revitalised.

106120 100ml V £29.95

Sensitive

Nourishing

Our expertly-formulated sensitive skin products, soothe sensitivity and reduce irritation while restoring natural balance, replenishing the protective barrier and delivering lasting moisture, thereby reducing feelings of skin discomfort. The hypoallergenic formula supports even the most sensitive skin to become clear, smooth and calm.

"As a hair and make up designer for television I come across actors and actresses who have skin sensitivities or reactive skin and care about what goes on their skin. I turn to the Weleda range for help, as it's natural and organic."

Makeup artist Helen Speyer



Sensitive Body Lotion



Sensitive Hand Cream



Sensitive Hand Cream (almond-free)

This fragrance-free hand cream with organic coconut oil and jojoba oil is formulated to soothe sensitive and reactive skin. It delivers intensive moisturisation, and reduces feelings of tightness. Leaving hands feeling silky-soft.

106067 50ml Ve £13.95



Sensitive Body Lotion

This calming lotion is formulated for sensitive skin, providing long-lasting hydration with organic coconut and jojoba oils. Fragrance-free and dermatologically developed, it soothes and protects reactive, easily irritated skin. Its fast-absorbing formula leaves a subtle coconut scent and ensures skin feels nourished, soft, and comforted all day.

106124 200ml Ve £12.95



Citrus

Refreshing

Weleda's Citrus Body Care range lifts the mood and spirit, hydrates the skin and promotes a sunnier outlook for the day ahead. Sun-ripened lemons are nature's moisture-storing experts and lend their secret to this freshest range that bursts with hydration.

Refresh Shower Cream

A delightfully refreshing body wash with organic lemon peel oil to revive the senses. Enriched with skin-softening sesame seed oil, this silky, luxurious wash contains no harsh surfactants or foaming agents. A wonderful morning wake-up call, or for a spirit-reviving shower after a tiring day.

104076 200ml Ve **£7.50**

104084 400ml Ve **£12.50**



Citrus Refreshing Bath Milk



Citrus Body Lotion



Citrus Refreshing Body Lotion

This hydrating lotion provides long-lasting 24h moisturisation, with organic sunflower oil, cooling aloe vera, soothing coconut oil and luxurious shea butter. Its light, easily-absorbed formulation delivers instant refreshment and is ideal for when you're on the go and need instant results.

106121 200ml Ve **£12.95**



Citrus Hand and Nail Cream

This nourishing cream cares for both hands and nails, softening skin with calendula and wild pansy while sweet almond oil supports hydration. Protective waxes help strengthen nails and condition cuticles. Infused with citrus essential oils, it leaves hands velvety-soft, healthy-looking, and lightly fragranced with a refreshing, invigorating aroma.

106054 50ml V **£13.95**



Citrus Refreshing Body Oil

This refreshing oil combines almond oil and lemon peel oil to hydrate and soften skin. Citrus essential oils uplift the senses, leaving skin smooth and supple. Perfect for long-lasting daily moisture or a revitalising massage, it brightens your day with the sunny scent of zesty lemons.

106114 100ml Ve **£19.95**



Citrus Refreshing Bath Milk

Infused with lemon and sweet orange essential oils, this bath milk uplifts and revitalises. Ideal after exertion or to restore energy, its refreshing scent invigorates the senses while softening the skin. Pour into a bath for a powerful pick-me-up, or use in the shower for citrus-infused refreshment.

104005 200ml Ve **£17.50**



Citrus Fresh Deo Spray

This natural deodorant keeps you feeling fresh all day with its aluminium-free formula and uplifting citrus scent. Lemon and orange essential oils neutralise odour while energising the senses. Housed in a recyclable glass bottle with a non-aerosol pump, it's a refreshing choice for you and the planet.

106012 100ml Ve **£12.50**



Citrus & Bergamot Solid Deodorant

This refreshing deodorant combines lemon, bergamot, and mint oils for natural odour protection. Its solid formula is travel-friendly and easy to use. The zesty citrus scent uplifts the senses, leaving skin feeling fresh, comfortable, and lightly fragranced throughout the day, perfect for active lifestyles.

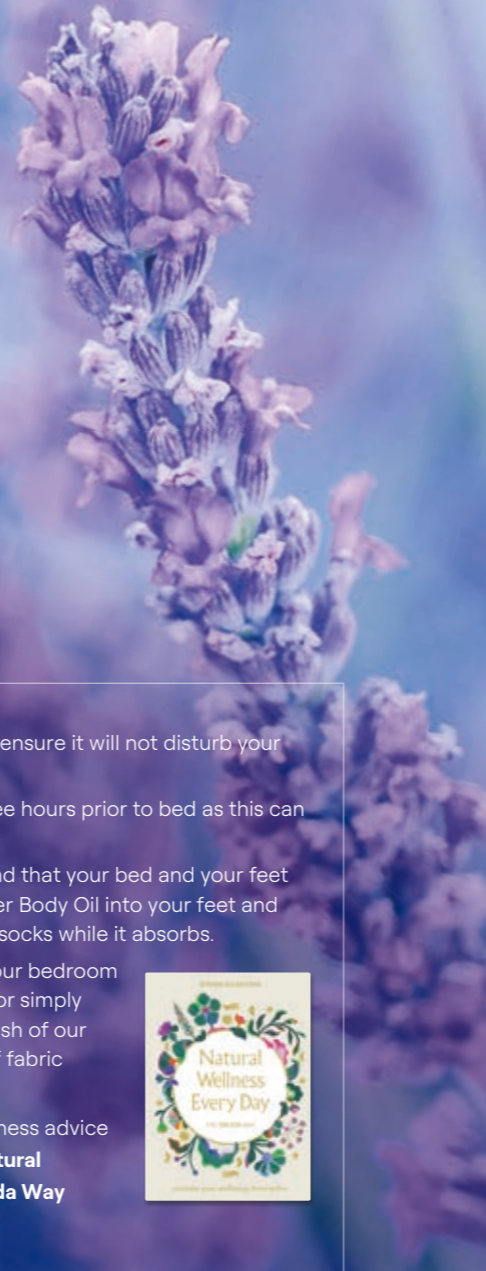
106081 50g Ve **£8.95**



Lavender

Relaxing

The natural plant-actives in lavender oil are known the world over for their incredible relaxing power, whilst the vivid blue-violet flowers soothe the mind's eye too. Our top quality organic Moldovan lavender is particularly fragrant and will calm the mind, soothe the body, and settle the skin.



What's good sleep hygiene?

Nope, it's not how clean your bedsheets are, but how conscious your bedtime routine is. Numerous studies have found that the best way to support a restorative night's sleep is to do the same thing every night, in the same order, and at the same time – this signals to the brain that we are preparing to slow down, stop and sleep, and has been shown to result in a much better night's sleep.

- 1 Start an hour before bedtime, with an unwinding routine that will lead you gently and deeply into sleep. Try a nightly bath or shower with our Lavender or Arnica bath milk.
- 2 Create an environment of absolute darkness in your bedroom.
- 3 Be disciplined and stick to screen-free time from early evening onward.

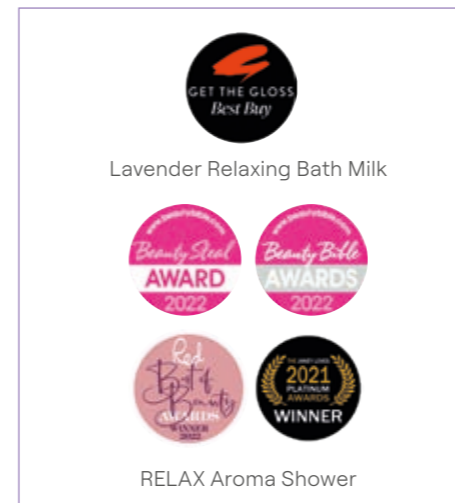
- 4 Avoid caffeine after 3pm to ensure it will not disturb your sleep cycle.
- 5 Avoid vigorous exercise three hours prior to bed as this can have a stimulating effect.
- 6 Ensure your room is cool, and that your bed and your feet are warm. Massage Lavender Body Oil into your feet and then pop on a clean pair of socks while it absorbs.
- 7 Invite relaxing scents into your bedroom with a pillow spray, diffuser or simply by washing sheets with a dash of our Lavender Bath Milk in lieu of fabric softener. It really works!

You can find more holistic wellness advice in our award-winning book **Natural Wellness Every Day: The Weleda Way** 404075 £20.00



"What I've been really loving is having a bath every night with lavender epsom salts followed by Weleda lavender oil all over my body. I forgot how good Weleda products are until recently. They are cheap, organic and easy to order online. The lavender relaxing bath milk is good too."

Author Meg Matthews
(Country & Town House magazine)



Relax Shower Cream

This relaxing and comforting blend invites you to soothe your mind, bringing a feeling of calm tranquility to the busiest day. Made with a subtle, relaxing blend of aromatic lavender, bright bergamot and enveloping, warm, woody vetiver, take this as an invitation to find your inner balance while you shower.

104078 200ml Ve £7.50
104086 400ml Ve £12.50



Lavender Relaxing Bath Milk

This award-winning bath milk combines the calming properties of lavender to relax body and mind. Ideal for unwinding before bed, it eases muscular tension and racing thoughts. Use a capful in your bath or diffuser to create a serene environment that prepares you for deep, restorative sleep.

104007 200ml Ve £17.50



Lavender Relaxing Body Oil

This calming body oil blends lavender with nourishing sesame oil to soothe body and mind. Perfect for a relaxing massage or applied after a bath, it deeply hydrates while promoting calm. Skin feels intensely nourished, soft, and supple, with a lingering lavender fragrance for restful night.

106116 100ml Ve £19.95



Sea Buckthorn

Revitalising

We have been using Sea Buckthorn since the 1950s in our organic Elixir because of its prized vitamin C content. An amazing plant, ripe with botanical goodness, it's also the ideal partner for our revitalising body care range which was created to smell and feel like sunshine. Zesty top notes of grapefruit and mandarin, balanced by the soft mellow complexity of sandalwood, evoke bright and joyful summer days, whatever the weather.

Discover our
Sea Buckthorn Elixir,
made with revitalising
organic sea buckthorn
berry juice, on p.116



Sea Buckthorn
Body Lotion

"I'm a big fan of using Weleda products on the cast, as not only are they are deeply nourishing, but we love that Weleda makes such a conscious effort to create ethically sourced and natural products. Weleda is a staple in my kit and is the first skin care I think of when creating care packages for actors."

Makeup designer Claire Williams



Vitality Sea Buckthorn Shower Cream

Our multi-award-winning body wash nourishes skin with a soft, luscious lather enriched with vitamin-rich sea buckthorn oil. Fragranced with 100% natural essential oils from sun-drenched oranges and grapefruit, the fresh, fruity aroma lifts the spirit, boosts the mind and refreshes the body.

104075 200ml Ve £7.50

104083 400ml Ve £12.50



Sea Buckthorn Revitalising Body Lotion

This revitalising lotion is bursting with organic sea buckthorn oil, mallow extract, and cocoa butter to hydrate, smooth, and protect skin. Essential fatty acids improve texture, leaving skin visibly softer and healthier. Its fresh, fruity fragrance uplifts the senses, making it a perfect daily treat for silky, glowing skin.

106122 200ml Ve £14.95



Sea Buckthorn Revitalising Body Oil

Vibrant vitamin-rich sea buckthorn berries combine with nutrient-rich plant oils for a body treatment that bursts with unsaturated fatty acids and vitamins C, A and E. This incredibly replenishing, intensively moisturising oil restores vitality and softness to skin, and is also ideal after sun exposure. The summery mandarin fragrance leaves you feeling uplifted and content.

106118 100ml Ve £21.95



Sea Buckthorn Replenishing Hand Cream

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 boosts both skin and senses, whenever it is applied.

106026 50ml V £13.95

Wild Rose

Harmonising

Our products combine the nourishing oil from organically grown Rosa moschata rosehips with organic damask rose essential oil – two varieties of rose that come together at the perfect balanced heart of our Wild Rose range: to pamper both skin and the senses. The oil is high in antioxidants, essential fatty acids and skin-supporting vitamins A and E, so the skin's natural protective barrier is left radiant and restored.



Wild Rose Harmonising Body Oil



LOVE Aroma Shower

"It is so important to be using beautiful products on our actors to keep their skin looking good and protected from the climate plus all the prosthetic scars and wounds, and fake blood and dirt required on films. The Wild Rose Body Oil turns the whole process into a total 5 star pampering session, doing an amazing job keeping the actors relaxed and soothed after a heavy day shooting."

Makeup designer Carmel Jackson



Love Shower Cream

This luxurious shower gel infuses your daily routine with aromatherapeutic benefits. Comforting rose, precious jasmine, and sweet ylang ylang create a harmonious fragrance that soothes body and mind. Skin is left clean, soft, and refreshed, while the uplifting scent evokes feelings of wellbeing and indulgence with every shower.

104094 200ml Ve £7.50



Wild Rose Harmonising Body Lotion

Enriched with organic wild rose oil, jojoba oil, and pampering shea butter, this luxurious lotion nourishes and smooths the skin. It helps stimulate regenerative processes, improving elasticity and comfort. The Damask rose fragrance envelops the senses, leaving skin feeling soft, hydrated, and beautifully scented throughout the day.

106125 200ml Ve £16.95



Wild Rose Floral Fresh Deo Spray

This floral deodorant combines wild rose and neroli essential oils to neutralise odour and cocoon the senses. Free from aluminium salts, it works naturally with your body for all-day freshness. Presented in a recyclable glass bottle with a non-aerosol pump, it's a beautiful and planet-friendly daily essential.

106021 100ml Ve £16.50



Wild Rose Harmonising Body Oil

This beautiful body oil combines wild rosehip and Rosa Damascena to nourish and pamper skin. Rich in vitamins and essential fatty acids, it smooths and softens, enhancing elasticity. Ideal for daily self-care or massage, its 100% natural rose fragrance indulges the senses, leaving skin and spirit revitalised.

106120 100ml V £29.95

Pomegranate

Regenerating

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. This inner richness lends itself beautifully to the fruit's revitalising power: the precious oil from its seeds extremely high in antioxidants and regenerative polyphenols – harnessed in body care so contours are firmed and smoothed and skin renewal accelerated in a wholly natural way.

Pomegranate Regenerating Body Butter

This indulgent body butter firms and regenerates skin with pomegranate extract and collagen-boosting centella asiatica. Shea butter deeply hydrates, leaving skin feeling soft and silky. The fruity freshness of orange, the warmth of davana, and the sweetness of vanilla combine to create a mellow, comforting fragrance for everyday care.

106129 150ml Ve £21.95



Pomegranate Regenerating Body Butter



Pomegranate Regenerating Body Lotion

"We are keen to use natural, cruelty free and sustainable products on set, and Weleda are all these things. We particularly like Weleda Skin Food and the Pomegranate Hand Cream."

Makeup designer Jenny Hammond



Inspire Shower Cream

The full-bodied, sensuous and luxurious fragrance of this nutrient-rich body wash was created to inspire the senses and bring balance to body and mind. Bursting with organic pomegranate seed and sesame seed oils, it envelops skin in a softest lather, scented with comforting neroli rose and grounding sandalwood.

104077 200ml Ve £7.50

104085 400ml Ve £12.50



Pomegranate Regenerating Body Lotion

This regenerating body lotion actively prevents the premature ageing of the skin with a luxurious formulation enriched with organic pomegranate seed oil, apricot kernel oil and shea butter. Cell renewal is stimulated and skin is protected from the daily elements. Maturing skin feels velvety-smooth, firmer and more resilient.

106123 200ml Ve £16.95



Pomegranate Regenerating Hand Cream

This rich hand cream deeply moisturises and protects hands from dryness caused by weather, work, or water. Shea butter, pomegranate seed oil, and sesame oil nourish and soften skin, leaving hands smooth and supple. Its luxurious formula absorbs quickly, while the uplifting fragrance adds a moment of pleasure to practicality.

104024 50ml Ve £14.95



Pomegranate Regenerating Body Oil

This enriching body oil combines pomegranate seed oil with jojoba, sesame, and wheat germ oils to nourish and regenerate skin. It improves elasticity, softness, and resilience while promoting natural renewal. Tests show it increases skin renewal by 50% in two weeks, leaving skin firmer, smoother, and beautifully revitalised.

106115 100ml Ve £28.95



Skin cell renewal +50%*

* measurement of stratum corneum regeneration in an in-use test, after 14 days

Birch

Purifying

Silver Birch is renowned for its purifying power. Full of flavonoids which encourage the body to flush out toxins, birch leaf extract helps to restore skin's radiance, inside and out. Our Birch products can be used as part of a gentle yet highly effective Spring Cleanse programme (see box) or used individually, to support your body's own natural detoxification and renewal processes.

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 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.

"I swear by Weleda oils to keep my skin glowing no matter how hard I'm working - I particularly love their Birch Cellulite Oil"

Model Anja Rubik, Marie Claire magazine



2 Step Spring Cleanse with Birch

1. Invigorating massage

Massage in Birch Cellulite Oil, using moderate pressure and in circular movements work upwards, towards the heart. Use twice daily.

2. Support from the inside

Organic Silver Birch taken internally is a popular natural health supplement to incorporate into a spring or autumn cleanse or to complement a diet regime, to support the body's detoxification processes. Add a tablespoon of Birch Juice to a glass of water every morning, or mix with organic fruit juice, for a refreshing drink. Enjoy three times daily, for three to six weeks, to cleanse the system each Spring. Also suitable for diabetics and vegans.

You can find more holistic wellness advice in our award-winning book **Natural Wellness Every Day: The Weleda Way** 404075 £20.00



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. Discover more about our brilliant Birch Juice and our other natural elixir, on p.116.

203012 200ml Ve £13.95



Birch Cellulite Oil

This revitalising cellulite oil combines birch, rosemary, and butcher's broom extracts to tone and smooth skin. Grapefruit and cypress essential oils uplift and energise, while jojoba and wheat germ oils nourish and moisturise. Clinically proven to improve skin's firmness and elasticity in 28 days, it leaves skin radiant and renewed.

106112 100ml Ve £28.95



22% firmer*

21% visibly smoother*

Cellulite significantly reduced*

*dermatological in-use study, using oil twice daily over 28 days.

Aroma Therapy

Natural Power in your Shower

Drawing on 100 years of expertise in essential oils and natural fragrances, Weleda has created a range of shower products that care for your skin and awaken your senses.

Weleda Shower Bars

Our creamy, 100% natural origin solid bars are as convenient as they are caring. With a biodegradable plant-based cleansing formula (according to OECD), the Weleda Shower Bars are beautifully fragranced with natural essential oils that come alive in the shower – producing an aromatic steam that awakens the senses and a soft, creamy lather, enriched with organic shea butter, that rinses away quickly to leave skin thoroughly cleansed and naturally scented.



Geranium & Litsea Cubeba Shower Bar

This elegant floral blend, enriched with organic shea butter, is an uplifting treat for mind and body. Whether you enjoy your shower in the morning or evening, our refreshing blend of natural essential oils proffer an opportunity to step out of the day with a simple restorative ritual that will awaken the senses.

104074 75g Ve £5.95



Ginger & Petitgrain Shower Bar

Start your day with this invigorating shower bar, blending spicy ginger and refreshing petitgrain essential oils. The creamy lather, enriched with organic shea butter, rinses easily, leaving skin delightfully clean and refreshed. Its energising aroma awakens the senses, creating a revitalising start to your daily routine.

104071 75g Ve £5.95



Lavender & Vetiver Shower Bar

Relax with this calming shower bar, infused with lavender and vetiver essential oils. Its creamy lather gently cleanses and nourishes, leaving skin soft and refreshed. Perfect for easing into the day or washing away stress in the evening, its comforting scent soothes body and mind.

104073 75g Ve £5.95



Men's Active Fresh 3 in 1 Shower Gel

With its invigorating fragrance, this 3-in-1 shower gel is the ideal wake-up companion to overcome feelings of sluggishness or weariness. Essential oil of eucalyptus refreshes skin and senses while the earthy, woody base note of vetiver is grounding, so your day starts with calm clarity and purpose.

104081 200ml Ve £7.50



Men's Energy Fresh 3 in 1 Shower Gel

This aromatic shower gel provides a welcome energy boost in the shower to wake up skin and senses. Naturally fragranced with aromatic cedarwood complemented by the refreshing scent of zesty lemon, it's the perfect way to start the day.

104082 200ml Ve 7.50



Shower Bars

Ginger & Petitgrain
Shower Bar

Men's Energy Fresh
3 in 1 Shower Gel

Certified Natural

Body Washes

Carefully formulated with skin friendly, biodegradable, sustainable and fairly-traded ingredients, our multi-award-winning mild and low-foaming cleansers (naturally derived from coconut and sugar) refresh the entire body, while our organic plant oils leave skin smooth, supple and moisturised. Our highest quality natural essential oils imbue each wash with its own unique, evocative scent – to boost mind, body and spirit.

Introducing our new format body washes, with larger 400ml recyclable plastic bottles and even larger 750ml pump dispensers for all the family, for even greater sustainability and cost efficiency.



LOVE Shower Cream

ENERGY Shower Gel

Calendula Shampoo & Body Wash

RELAX Shower Cream

Shower Creams

Arnica Energising Sports Shower Gel



LOVE Shower Cream

This luxurious shower gel infuses your daily routine with aromatherapeutic benefits. Comforting rose, precious jasmine, and sweet ylang ylang create a harmonious fragrance that soothes body and mind. Skin is left clean, soft, and refreshed, while the uplifting scent evokes feelings of wellbeing and indulgence with every shower.

104094 200ml Ve **£7.50**



Relax Shower Cream

This relaxing and comforting blend invites you to soothe your mind, bringing a feeling of calm tranquillity to the busiest day. Made with a subtle, relaxing blend of aromatic lavender, bright bergamot and enveloping, warm, woody vetiver, take this as an invitation to find your inner balance while you shower.

104078 200ml Ve **£7.50**

104086 400ml Ve **£12.50**



Energy Shower Gel

A joyful, energising scent that helps you feel uplifted and revitalised. Lively, spicy ginger is blended with refreshing citronella and warm woody cedar for a mood-boosting experience – an ideal way to start the day.

104079 200ml Ve **£7.50**

104088 400ml Ve **£7.50**

104091 750ml Ve **£17.50**



Vitality Sea Buckthorn Shower Cream

Our multi-award-winning Wash nourishes skin with a soft, luscious lather enriched with vitamin-rich sea buckthorn oil. Fragranced with 100% natural essential oils from sun-drenched oranges and grapefruit, the fresh, fruity aroma lifts the spirit, boosts the mind and refreshes the body.

104075 200ml Ve **£7.50**

104083 400ml Ve **£12.50**



Inspire Shower Cream

The full-bodied, sensuous and luxurious fragrance of this nutrient-rich body wash was created to inspire the senses and bring balance to body and mind. Bursting with organic pomegranate seed and sesame seed oils, it envelops skin in a softest lather, scented with comforting neroli rose and grounding sandalwood.

104077 200ml Ve **£7.50**

104085 400ml Ve **£12.50**



Refresh Shower Cream

A delightfully refreshing body wash with organic lemon peel oil to revive the senses. Enriched with skin-softening sesame seed oil, this silky, luxurious wash contains no harsh surfactants or foaming agents. A wonderful morning wake-up call, or for a spirit-reviving shower after a tiring day.

104076 200ml Ve **£7.50**

104084 400ml Ve **£12.50**



Happiness Shower Gel

Start your day in a happy haze with this deliciously fragrant shower gel, with its signature scent of mood-boosting grapefruit, fruity mandarin and zesty lime to delight your senses. The aroma is scientifically proven to be emotionally uplifting. The revitalising lather gently cleanses, leaving skin feeling nurtured and refreshed.

104092 750ml Ve **£17.50**



Sport Arnica Energising Shower Gel

This energising shower gel refreshes and revitalises with arnica, rosemary, and lavender. Designed to support post-workout recovery, it soothes tired muscles while preserving skin's natural moisture balance. Its invigorating scent restores energy, making it an ideal addition to your active lifestyle.

104080 200ml Ve **£7.50**

104093 750ml Ve **£17.50**



Calendula Shampoo & Body Wash

This award-winning shampoo and body wash gently cleanses delicate skin and hair. Enriched with soothing calendula, it preserves natural oils, leaving skin and scalp soft and moisturised. Ideal for babies, children, and those with sensitive skin, its mild lather provides kind, effective care for the whole family.

105001 200ml Ve **£8.25**

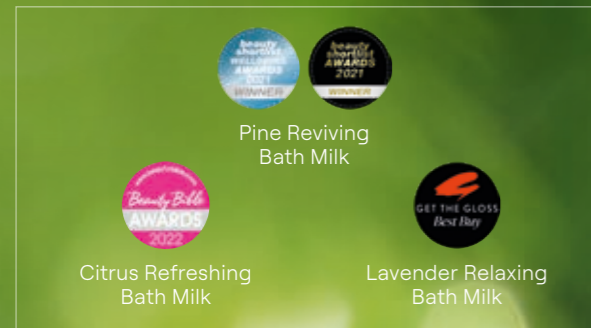


Bathtime

Bliss

Our holistic Bath Milks and Soaks are highly therapeutic, bringing the serenity of a spa to the comfort of your own bathroom. These powerfully effective time-honoured formulations soothe and rebalance both the body and mind, each one created with a specific experience in mind – whether as a sleep-supporting soak at the end of a hard day or to treat aching muscles after exercise. Extend your home spa experience by partnering your bath therapy with a Weleda Body Oil.

Our amazing Weleda Bath Milks are also wonderfully versatile – they can be added to a big bowl of hot water for a steamy foot bath (try Citrus, Rosemary, Arnica or Lavender) and to home diffusers for mood-boosting scent (try Lavender to relax, Citrus to refresh and Rosemary to aid concentration). Swirl a dash of bath milk in a basin of warm water to rinse a muslin or flannel for a perfect pick-me-up or to soothe a furrowed brow at busy times. If you've no time for a long soak, lie a flannel in the shower tray and add a capful of bath milk and the hot cascading water will activate the fragrance to revive the senses.



"Trouble sleeping? Have a long soak with Weleda Lavender Relaxing Bath Milk. It is packed full of lavender to help you drift off and unwind after even the most stressful day. Trust me, I felt sleepy after the first sniff!"

Actor Patsy Kensit (Best magazine)



Lavender Relaxing Bath Milk

This award-winning bath milk combines the calming properties of lavender to relax body and mind. Ideal for unwinding before bed, it eases muscular tension and racing thoughts. Use a capful in your bath or diffuser to create a serene environment that prepares you for deep, restorative sleep.

104007 200ml Ve £17.50



Rosemary Invigorating Bath Milk

Our revitalising rosemary, grown on sun-soaked Mediterranean fields, really blows the cobwebs away. Ideal in a warm bath, to loosen and soothe achy, tired limbs, or in a foot bath after a long hot day, wherein it also improves the general circulation in the legs and feet, it will leave you feeling balanced and vitalised.

104009 200ml Ve £17.50



Citrus Refreshing Bath Milk

Infused with lemon and sweet orange essential oils, this bath milk uplifts and revitalises. Ideal after exertion or to restore energy, its refreshing scent invigorates the senses while softening the skin. Pour into a bath for a powerful pick-me-up, or use in the shower for citrus-infused refreshment.

104005 200ml Ve £17.50



Pine Reviving Bath Milk

Infused with the invigorating scent of pine, this bath milk restores balance and promotes deep, clarified breathing. Perfect for cold weather or stressful days, it uplifts the senses and revives both body and mind. Leaves skin feeling soft and refreshed, helping you regain inner calm and balance.

104008 200ml Ve £17.50



Arnica Muscle Soak

This soothing muscle soak combines arnica and birch leaf extracts with rosemary and lavender essential oils. It relaxes tired muscles, lifts fatigue, and aids recovery after over-exertion. Perfect for unwinding at the end of a busy day, it leaves you feeling refreshed, restored, and ready for the next challenge.

104017 200ml Ve £17.50



Weleda Wellness Retreats

Have you ever wished that you could take a few days away – to live and breathe nature, nourish your body and mind, and find warm company and a sense of real community within a small group of like-minded people?

Then why not join natural wellness pioneers Weleda for a long weekend of immersive, seasonal experiences that celebrate nature, at the beautiful Lapwing Barns in the Peak District.

“If you’re looking for a weekend of pure bliss in the beautiful Peak District then this is the one for you. It’s not really heavy on one specific thing (yoga, skin care etc.) but is a good balance of everything, with plenty of ‘me time’ peppered throughout to reflect and restore calm. So, if you’re looking to further understand your skin, your body and nature cycles throughout the year at a slow pace, then you’ll love the Weleda retreat.”

Jess Bantleman,
Women’s Health magazine

From delicious organic food to blissful 90-minute treatments that will rebalance your body, mind and soul, this is an opportunity to completely re-set and replenish; to reconnect with nature, your breath and your body, and learn much more about how to support your own health and self, every day.

- Learn to understand your skin’s language and how best to support it with an interactive Awakening Skin workshop led by senior esthetician and skin care expert Elizabeth King, and then enjoy our brand new Weleda Signature Skin Treatment. This is 90 minutes of pure, transporting holistic bliss that will leave you feeling calm, balanced and rejuvenated.
- Learn more about your own unique body and personality type, and feel empowered to activate your own wellness from within with Weleda’s complementary health expert, Evelyn Liddell.
- Get outside and deepen your connection to Nature with immersive guided experiences that will inspire and revitalise you, led by former Weleda head gardener, Claire Hattersley.
- Enjoy revitalising morning yoga sessions with experienced wellness practitioner Sharron Fitzpatrick, and the opportunity for dedicated one-to-one wellbeing coaching.
- Enjoy delicious, seasonal meals – from hearty vegetarian suppers to vibrant, vitalising salads and soups – made with locally sourced ingredients, brimming with wholesome goodness.
- Experience complete rest and peaceful seclusion at Lapwing Barns – a beautiful farmhouse and barn conversion with generous bedrooms, wonderfully relaxed and comfortable communal spaces and picture-perfect views of the rolling countryside and sprawling national park.

To find out more visit
weleda.co.uk/weleda-wellness-retreat



Natural Wellness

Every Day

Natural Wellness Every Day is a complete guide to natural care of earth, skin, self and health, guiding you towards a routine that will activate your wellness from within and care for the planet at the same time.

For the past 100 years, we have been at the forefront of developing and creating natural health and wellness products, accumulating a wealth of knowledge along the way. Natural Wellness Every Day is a beautiful and informative award-winning book that taps into and shares this wellness wisdom.



Natural Wellness Every Day



Visit: www.weleda.co.uk/natural-wellness-every-day-book-404075

Or scan the QR code.



404075 £20.00

“Natural Wellness Every Day is a friendly companion of self-care. Caring for yourself is a prerequisite to caring for others. And while we take care of ourselves, we also need to care for our Mother Nature! Congratulations to Weleda on its centenary of accomplishments in maintaining the integrity of self-care, social care and environmental care”

Satish Kumar,
Editor Emeritus, Resurgence & Ecologist



Home Therapy

With Weleda

Rosemary bath for circulation

Warmth is an important support for our circulation and is vital for our wellbeing. Bathing with rosemary supports blood circulation and could make all the difference to someone who has poor circulation, Raynaud's disease or diabetes.

Rosemary is a common ingredient in ointments and oils which encourage the movement of warmth – stimulating and enlivening circulation.

A wonderful way to absorb rosemary's circulation-boosting benefits is to add Weleda Rosemary Bath Milk to a foot bath. The warm water with aromatic rosemary immediately stimulates blood flow and encourages warmth back into the area – a boon for those whose toes are always cold!



A restorative rose, lavender and oat bath ritual

- 1 Prepare your bath by adding a handful of oats to the centre of a muslin cloth, and then tying it securely into a 'ball'. Then add a few drops of Weleda Lavender Bath Milk to your running bathwater.
- 2 Before stepping into your bath, add an extra layer of cocooning warmth to your skin by applying Weleda Wild Rose Body Oil with gentle upwards sweeping movements to your arms, legs, including your chest, tummy and lower back.
- 3 Now, sink into the bath, allowing the benefits of rose, lavender and oats to combine.
- 4 Following your therapeutic bath, gently pat yourself dry and move into a quiet area where you can rest for 30 minutes. Wrap yourself well in a warm gown and blanket. This essential 'wrapping' time allows the oil and aromatherapeutic aspects of your bath to gently permeate all levels of your being.

You can find more holistic wellness advice in our award-winning book **Natural Wellness Every Day: The Weleda Way**, see p.74-75.



Arnica

For Active Living

Whether whizzing down a ski slope, powering up a hill or flexing your limbs in yoga, our organic arnica delivers deep muscle warmth and soothing relief, helping the body to prepare for and recover from physical activity. Arnica is prized for its ability to ease muscle tension, refreshing weary limbs after a challenging workout.

An Alpine plant, arnica does not thrive in our Weleda gardens, and so our arnica is either grown biodynamically in the Scottish Black Isle, without the use of chemical pesticides or sprays, or sustainably harvested from mountain meadows in Romania, where the conditions and light encourage prolific flowering.

Containing around 150 pharmaceutically active compounds in its yellow flowers, including flavonoids, carotenoids, sesquiterpene lactones and precious essential oils, arnica is a natural training partner, whatever sport you enjoy.



Arnica Massage Oil

Arnica Energising Sports Shower Gel

"I use Arnica Massage Oil each morning to take care of my skin and ease any achy muscles. Twice a week I have a warm bath with Arnica Muscle Soak, letting all the goodness soak in. And that smell is a dream!"

Endurance athlete and Weleda Arnica Ambassador Laura Try



"I love this muscle soak, it not only smells amazing but really helps me to relax and soothes my aches and pains. A little goes a long way so good value for money."

Customer of weleda.co.uk



Arnica Muscle Soak

This soothing muscle soak combines arnica and birch leaf extracts with rosemary and lavender essential oils. It relaxes tired muscles, lifts fatigue, and aids recovery after over-exertion. Perfect for unwinding at the end of a busy day, it leaves you feeling refreshed, restored, and ready for the next challenge.

104017 200ml Ve £17.50



Arnica Massage Oil

This massage oil is perfect for warming up muscles before activity or soothing soreness afterwards. Sunflower and olive oils deeply nourish, while lavender and rosemary essential oils promote relaxation and revitalisation. Birch leaf extract supports detoxification, making it ideal for busy, active lives. Skin is left soft and refreshed.

106111 100ml Ve £19.95



Sport Arnica Energising Shower Gel

This energising shower gel refreshes and revitalises with arnica, rosemary, and lavender. Designed to support post-workout recovery, it soothes tired muscles while preserving skin's natural moisture balance. Its invigorating scent restores energy, making it an ideal addition to your active lifestyle.

104080 200ml Ve £7.50
104093 750ml Ve £17.50



Skin Tone Lotion*

A highly effective medicinal product that brings together a number of tried and tested ingredients including arnica and copper sulphate, to refresh and revitalise heavy, tired legs.

206035 100ml Ve £20.95



Arnica Cooling Gel

This light, non-sticky gel with organic arnica extract cools and refreshes tired limbs. Ideal for use before or after physical activity, it stimulates blood flow and reduces discomfort. Compact and convenient, it's perfect for the gym or on-the-go recovery, leaving skin revitalised and muscles feeling rejuvenated.

205028 25g Ve £9.50



*Always read the label

Stay Fresh

Naturally

Introducing our new proven-effective solid deodorants for 2024, offering 24h effective protection against body odours. Suitable for vegans, these convenient stick deodorants are made with ingredients of 100% natural origin and without alcohol. The new formulations are as kind to skin as they are to the planet. Their sustainable packaging is a simple eco-friendly paper-based tube.

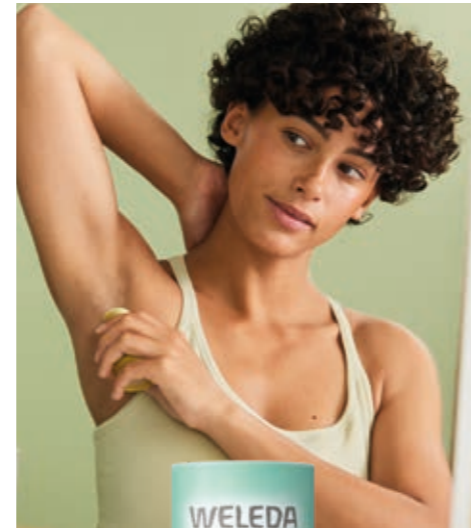
Their formulations feature organically grown raw materials including luxurious skin-softening shea butter, and nourishing sunflower seed wax rich in vitamin E, to soothe and smooth skin on application. Made without aluminium or zirconium salts, they help maintain the skin's natural detox function, but protect against the bacteria that cause body odour.

A solid stick, the waxy, buttery texture melts on contact with the warmth of the skin, to glide on effortlessly, leaving no sticky residue or traces on your clothes. Suitable for use after shaving or hair removal.

Choose the fragrance that suits your skin's natural scent: aromatic Eucalyptus-Peppermint, refreshing Citrus-Bergamot, or the super gentle Deo Stick for Sensitive skin.

Solid Stick Deodorants

- ✓ 24h effectiveness
- ✓ 100% natural origin formula
- ✓ Without alcohol
- ✓ Free from aluminium salts
- ✓ Proven protection against body odour
- ✓ Fast absorbing
- ✓ No sticky residue
- ✓ Skin tolerance clinically and dermatologically proven
- ✓ Vegan friendly
- ✓ Sustainable packaging



Eucalyptus & Peppermint Solid Deodorant

This natural deodorant blends eucalyptus, peppermint, and sage oils to neutralise odour and invigorate the senses. Its antibacterial properties ensure freshness throughout the day. Ideal for kick-starting your morning or refreshing after exercise, it leaves skin cool, comfortable, and lightly fragranced with a crisp, energising scent.

106080 50g Ve £8.95



93% confirmed product doesn't leave residues on the skin*

89% agreed skin doesn't feel sticky after application*

*in-use study after application for 5 days



Solid Deodorants

Eucalyptus & Peppermint Solid Deodorant



Sensitive Solid Deodorant

This sensitive deodorant is formulated with sunflower wax and shea butter to nourish and protect delicate skin. Essential oils of mimosa and orange blossom provide a soft, comforting fragrance. Gentle and non-irritating, it's perfect for use after shaving or waxing, leaving underarms feeling smooth, cared for, and fresh.

106082 50g Ve £8.95



85% confirmed skin feels cared for after application*

86% agreed product absorbs quickly*

*in-use study after application for 5 days



Citrus & Bergamot Solid Deodorant

This refreshing deodorant combines lemon, bergamot, and mint oils for natural odour protection. Its solid formula is travel-friendly and easy to use. The zesty citrus scent uplifts the senses, leaving skin feeling fresh, comfortable, and lightly fragranced throughout the day, perfect for active lifestyles.

106081 50g Ve £8.95



93% agreed product is suitable for application after shaving*

90% of subjects were reliably protected against body odour**

*in-use study after application for 5 days

**objective assessment after 24h by experts



Citrus Fresh Deo Spray

This natural deodorant keeps you feeling fresh all day with its aluminium-free formula and uplifting citrus scent. Lemon and orange essential oils neutralise odour while energising the senses. Housed in a recyclable glass bottle with a non-aerosol pump, it's a refreshing choice for you and the planet.

106012 100ml Ve £12.50



Wild Rose Floral Fresh Deo Spray

This floral deodorant combines wild rose and neroli essential oils to neutralise odour and cocoon the senses. Free from aluminium salts, it works naturally with your body for all-day freshness. Presented in a recyclable glass bottle with a non-aerosol pump, it's a beautiful and planet-friendly daily essential.

106021 100ml Ve £16.50



Sage Herbal Fresh Deo Spray

This fragrance-free hand cream with organic coconut oil and jojoba oil is formulated to soothe sensitive and reactive skin. It delivers intensive moisturisation, and reduces feelings of tightness. Leaving hands feeling silky-soft.

106015 100ml Ve £12.50

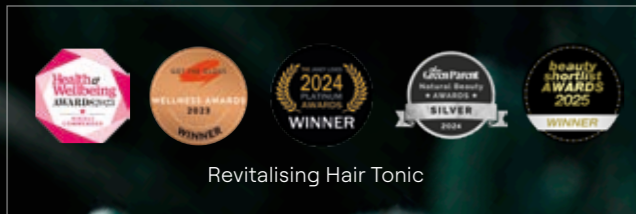
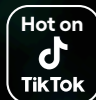


Rosemary

Revitalising Hair Care

Inspired by Weleda's original Revitalising Hair Tonic, the viral TikTok sensation* which sells a bottle a minute globally**, Weleda has launched a fabulous new Rosemary Revitalising Shampoo and matching Rosemary Revitalising Conditioner to provide a complete holistic hair and scalp routine using nature's wonder ingredient for hair.

Weleda is the world's largest buyer of organic rosemary oil. In addition to rosemary harvested sustainably from wild collection in Spain, Weleda has developed a new cultivation project in France using regenerative farming, expanding from 2 hectares of land to 100 hectares over the next six years. Enriched by Weleda's compost, the land will be more climate-resistant, to future proof Weleda's organic rosemary supply.



*Recent interest in the Hair Tonic has resulted in over 191.7 million views on TikTok (source: TikTok).
**A bottle of Hair Tonic sells every 60 seconds (source: Weleda Sell-In, units sold, worldwide, 2022).



Rosemary Revitalising Shampoo

Formulated to revitalise scalp and thin hair, this certified natural shampoo is made without silicones or sulfates and gently cleanses and adds volume to the hair. Made with precious organic rosemary oil and hyaluronic acid to nourish the scalp, together with gentle plant-based cleansers to provide a delicate sudsy lather.

103202 250ml Ve £11.95



Rosemary Revitalising Conditioner

This creamy conditioner is made with organic jojoba and coconut oils to nourish without weighing down the hair, while plant-based hydrolyzed proteins act as conditioners to increase softness, smoothness and shine, and arginine maintains hair volume. Massage well into the drier hair ends, rather than the scalp. Silicone and sulfate free.

103203 150ml Ve £11.95



Revitalising Hair Tonic

This iconic leave-in scalp saviour is light enough to use as a daily quick spritz to invigorate the scalp, creating lustrous locks by restoring your hair's natural strength and shine. It's proven to reduce hair loss, encourage hair growth, help with thinning or brittle hair, and scalp problems such as dandruff and dryness.

103024 100ml Ve £15.95
Spritz Pump 705000 £2.25



65% agreed hair became stronger*
Hair loss was reduced by 25%**

*in-use study over 6 months, self-assessment
**in-use test over 3 months, expert assessment

Top To Toe

Balms

The beautiful quality of these balms is a joy to experience. The range provides top to toe replenishment for lips, hands or feet. Made with powerful plant extracts and nourishing plant oils to keep skin soft, supple and protected. The varying scents of the natural essential oils will keep you fresh and fragrant whatever the season.



Lip Balm

This buttery balm soothes and protects lips with natural waxes and oils, including jojoba oil, beeswax, and rose wax. Its vanilla and rose fragrance adds a delightful touch. Perfect for defending against harsh weather, it keeps lips hydrated, soft, and smooth throughout the day, delivering long-lasting, natural care.

106017 4.8g V £5.75



Skin Food Lip Balm

Sensitive Hand Cream

Pomegranate Regenerating Hand Cream

This rich hand cream deeply moisturises and protects hands from dryness caused by weather, work, or water. Shea butter, pomegranate seed oil, and sesame oil nourish and soften skin, leaving hands smooth and supple. Its luxurious formula absorbs quickly, while the uplifting fragrance adds a moment of pleasure to practicality.

104024 50ml Ve £14.95



Citrus Hand and Nail Cream

This nourishing cream cares for both hands and nails, softening skin with calendula and wild pansy while sweet almond oil supports hydration. Protective waxes help strengthen nails and condition cuticles. Infused with citrus essential oils, it leaves hands velvety-soft, healthy-looking, and lightly fragranced with a refreshing, invigorating aroma.

106054 50ml V £13.95



Sensitive Hand Cream

This fragrance-free hand cream with organic coconut oil and jojoba oil is formulated to soothe sensitive and reactive skin. It delivers intensive moisturisation, and reduces feelings of tightness. Leaving hands feeling silky-soft.

106067 50ml Ve £13.95



Sea Buckthorn Replenishing Hand Cream

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 boosts both skin and senses, whenever it is applied.

106026 50ml V £13.95



Foot Balm

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 refresh and revive in a non-greasy formulation that also strengthens skin's resilience, helping to protect against blisters.

106016 75ml V £15.50



Skin Food Lip Balm

Made with natural oils and plant extracts of calendula, wild pansy and chamomile, our Skin Food Lip Balm offers deep, nourishing support for dry and chapped lips.

106060 8ml V £7.75



A Natural Smile

Developed With Dentists

Our holistically formulated and multi-award-winning certified natural toothpastes contain the purest plant extracts in a natural mineral base or plant-based gel to clean teeth gently but thoroughly, prevent the build-up of plaque, keep gums healthy and breath sweetly fresh.

In fact the list of things not included in our range is equally if not more significant: no detergents, bleaches, foam boosters or optical brighteners, nor synthetic fragrances, colourants, flavourings, sweetening agents, emulsifiers, disinfectants or triclosan, so the balance of natural flora in the mouth is not disturbed. The range is also made without fluoride, which is particularly popular in areas where water supplies contain added fluoride. A healthy mouth with strong teeth is not only beautiful and comfortable, but an important factor in the health of the whole being.

"The mouth is the gateway to the rest of our bodies and supporting our oral health goes a long way to supporting the health of our whole being. I really like Weleda's Salt Toothpaste; I found that my mouth and teeth felt clean and smooth after using it and this sensation lasted most of the day."

Dentist Samantha Jugdev
BSc (Hons), BDS (Brist), MFHom (Dent)



Salt Toothpaste

This unique toothpaste combines sea salt, sodium bicarbonate, and peppermint to neutralise harmful plaque acids and protect teeth. It cleans thoroughly, freshens breath with its tingly taste, and supports gum health with soothing myrrh and ratanhia extracts. Perfect for maintaining oral hygiene naturally, leaving teeth clean and gums healthy.

101004 75ml V £5.95



Calendula Toothpaste

Created without peppermint, especially for users of homeopathic medicines, this creamy paste is naturally flavoured with essential oils of fresh-tasting fennel. Anti-inflammatory calendula keeps the oral cavity healthy, while calcium carbonate gently polishes and protects the teeth. Regular use helps to protect against the build up of plaque.

101001 75ml Ve £5.95



Plant Gel Toothpaste

This gel formulation with soothing chamomile is especially gentle on tooth enamel and delicate gums. The combination of refreshing peppermint and spearmint oils works to keep breath fresh.

101006 75ml Ve £5.95



Children's Tooth Gel

This fluoride-free tooth gel is perfect for children's delicate teeth and gums. Calendula soothes, silica cleans thoroughly, and natural fennel and spearmint flavours provide a mild, pleasant taste. Safe if swallowed, it protects against cavities and makes brushing a fun, enjoyable part of the daily routine for young smiles.

101005 50ml Ve £4.50



Ratanhia Toothpaste

Traditionally used for oral care, ratanhia strengthens gums with natural tannins. Myrrh adds antibacterial protection, and calcium-based cleansers polish teeth gently. Peppermint and spearmint freshen breath, making this fluoride-free toothpaste an ideal natural choice for maintaining healthy teeth and gums, with a refreshing, clean feel.

101002 75ml Ve £5.95



Ratanhia Mouthwash Concentrate

This concentrated mouthwash tones gums and prevents irritation with ratanhia root and myrrh extracts. Peppermint, eucalyptus, and sage oils provide long-lasting freshness. Highly economical, it dilutes to make over 5 litres, saving space and offering effective, natural oral care in a compact, travel-friendly bottle.

101009 50ml V £10.50

Mother & Baby Care

At a Glance

P90 **Maternity Products for Mums**

Gentle, nurturing, protective

For bump, birth and beyond



P94 **Baby Skin Care: Calendula**

Gentle, soothing, nourishing

To protect and care from the very beginning



P96 **Baby Bathtime: Calendula**

Gently cleansing and refreshing

Suitable for the most delicate skin



P98 **Baby Skin Care: White Mallow**

Baby Derma Skin care

For hypersensitive and dry skin



P100 **Meet Our Expert Midwives**

Mother and daughter midwives Anna and Sheena can help you get the best out of Weleda Baby products.

P101 **Baby Health Care**

Soothing natural remedies

For your little ones



P102 **Specially for kids**

Gentle, skin-friendly and fun

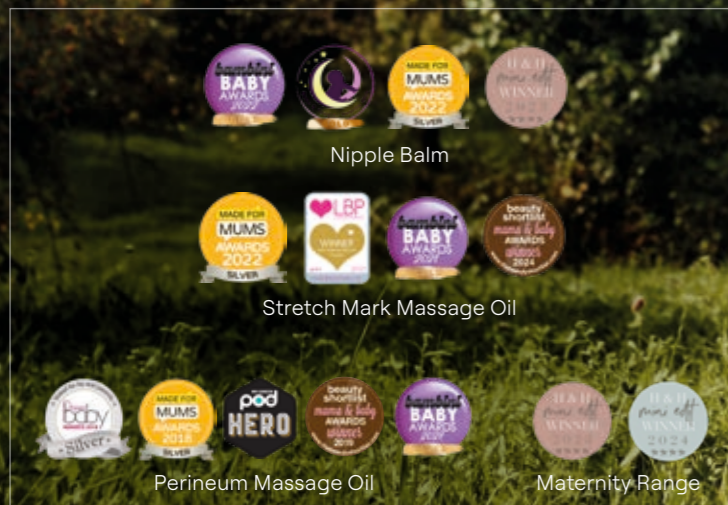
Everyday essentials for children



Maternity Products

For Mums

Developed in collaboration with experienced midwives and pharmacists, our range for new mums and parents-to-be is made from plant-based oils that share a special affinity with our own skin and are more 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 neroli for a warming, nourishing and nurturing holistic experience. All of our natural and organic cosmetics are free from synthetic fragrances, colours and preservatives and are made without raw materials derived from mineral oils, such as petroleum or paraffin, which form an inert, occlusive film over the skin rather than working to support and care for it.



Nipple Balm

Stretch Mark Massage Oil

Perineum Massage Oil

Maternity Range



"I am 34 weeks pregnant and have been using your Stretch Mark Oil, it smells amazing, is so relaxing and I don't have a single stretch mark! I have recently bought the Perineum Massage Oil and looking forward to trying that. I have had a difficult pregnancy but your products are making it more enjoyable."

Claire Fleming



Stretch Mark Massage Oil

This regenerative oil helps reduce the appearance of stretch marks with jojoba, almond, and wheat germ oils. Rich in vitamins A, D, and E, it improves skin elasticity while soothing with arnica. Delicately fragranced and easily absorbed, it's perfect for use during pregnancy or as postnatal care.

106119 100ml Ve £20.95



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*

Skin surface smoothness**

* - 33% after six months

** + 92% improvement after six months



Lighter Legs Gel

A refreshing gel with an uplifting citrus scent, to revitalise weary legs if you've been sitting or standing for prolonged periods. Suitable for use during pregnancy when legs and feet often feel hot and tired, this fast-absorbing, cooling gel provides a boost of freshness to lift feelings of heaviness.

105071 200ml Ve £13.50



Perineum Massage Oil

This dermatologically tested oil is specially formulated to prepare for childbirth. Organic almond and wheat germ oils soften and increase perineal elasticity, helping reduce the risk of tears during delivery. Fragrance-free and safe for sensitive areas, it's a trusted choice for natural support during pregnancy.

606161 50ml Ve £13.50



Nipple Balm

Developed for breastfeeding mums, this balm soothes sore nipples with organic calendula. Free from mineral oils, it's safe for frequent use and doesn't need removal before feeding. Athletes can also benefit from its protective, soothing properties, making it versatile care for sensitive skin.

205027 25g V £8.95

205030 50g V £12.95



Pregnancy, Birth & Beyond

Stretch Mark Body Butter

Our new Stretch Mark Body Butter is formulated with luxurious shea and cocoa butter together with sunflower and jojoba oils, to leave skin feeling nourished, supple and soft.

The subtle fragrance is a mix of natural essential oils suitable for pregnancy, including an uplifting top note of floral rose, a heart note of relaxing neroli (orange blossom) and a warming base note of myrrh, leaving a delicate scent on the skin whilst mind and body feel comforted and calm.

The formulation contains plant extracts of Centella asiatica and Crocus chrysanthus, both prized for their ability to support skin elasticity and firmness. The final touch of magic is Weleda's extract of organic arnica flowers.

Stretch Mark Body Butter

This body butter helps prevent and reduce stretch marks with its fast-absorbing formula. It melts into the skin, delivering deep hydration while leaving it soft, smooth, and nourished. Ideal for busy mums, it offers a time-saving alternative to oils, ensuring effective care for smoother, more elastic skin.

106127 150ml Ve £21.95



What subjects showed using Stretch Mark Body Butter:

Skin elasticity: 87% positive effect*

Firmness: 93% positive effect*

*4 week study, twice daily application

Stretch marks less coloured: 89%**

Visible improvement of stretch marks: 81.6%**

Decrease of stretch mark size: 76%**

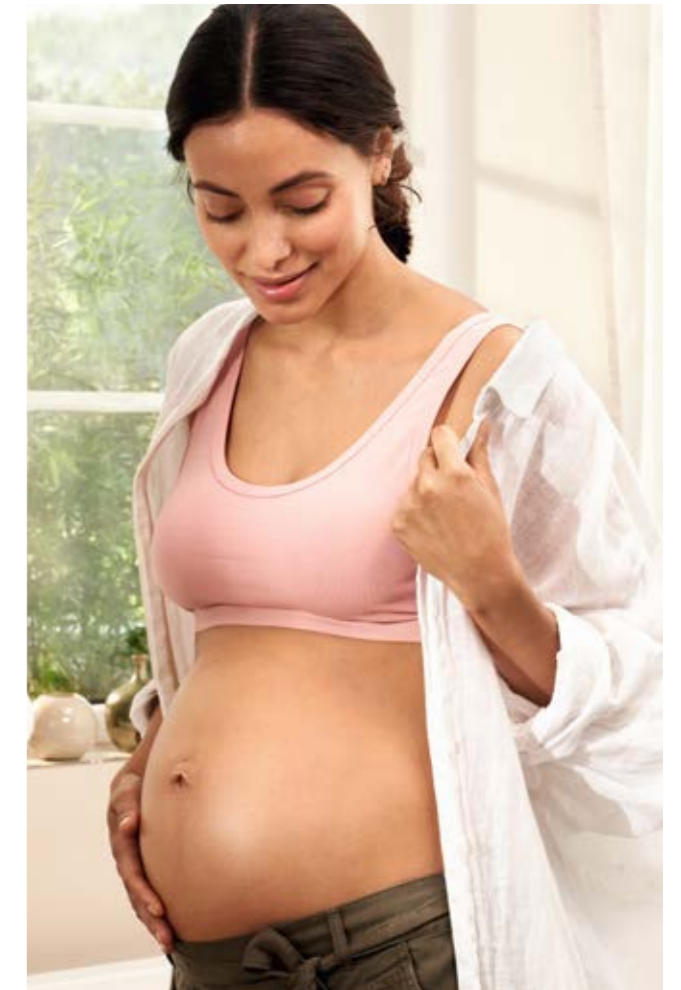
**12 week clinically-assessed trial, twice daily application



"The creamy consistency helps soothe any feeling of skin tightness or dryness, comforting and preparing the skin as it stretches to accommodate a growing bump. Massaging in the wonderfully rich body butter helps keep the skin's connective tissues elastic – our best defence against stretch marks. A great way for mums to pamper themselves and bond with their developing baby."

Elizabeth King, Weleda Skin Care Expert

Massaging with Stretch Mark Body Butter is proven to both prevent the appearance of stretch marks and visibly improve stretch marks, as well as improve skin elasticity and tone. The creamy consistency helps soothe any feeling of skin tightness or dryness, and comforts skin as it stretches to accommodate a growing bump. Massaging in the wonderfully rich body butter helps keep the skin's connective tissues elastic – our best defence against stretch marks – and is a great way for mums to pamper themselves and bond with their developing baby.



Stretch Mark Body Butter

Calendula

Baby Care

In order to protect and care for our skin from the very beginning, our baby range has been developed with the assistance of experienced midwives and pharmacists and is dermatologically tested for skin compatibility. Our soothing calendula-rich products provide comfort, protection and support to delicate skin, promoting healthy development, just as nature intended.

Our skilfully balanced formulations are made with the kindest, natural, sustainably sourced ingredients including precious extracts of hand-picked organic calendula and pure plant oils to soothe and nourish sensitive skin, without the need for synthetic preservatives, fragrances, colourants or artificial additives of any kind.



Calendula Body Lotion

This lightweight yet nourishing body lotion provides lasting protection, hydration and moisture. Particularly good for use after bathing, its milky consistency absorbs quickly, leaving baby's skin happy, soft and supple. Can also be used as a gentle cleansing lotion when applied with cotton pads.

105005 200ml V £11.95



Calendula Baby Oil

This fragrance-free formulation contains just two organic ingredients and provides long-lasting protection for your baby's skin, keeping it supple, comfortable and moisturised. Suitable for daily care, it is also an excellent product for baby massage and for cleansing the nappy area. It can also be used to treat a dry scalp or cradle cap.

105100 200ml Ve £11.95



Calendula Face Cream

This gentle face cream protects delicate baby skin with calendula and almond oil. Lightweight and quickly absorbed, it calms and hydrates, leaving skin soft and moisturised. Perfect for daily application, it safeguards against dryness in any weather, providing natural care that keeps little faces happy and healthy.

105002 50ml V £10.95



Calendula Intensive Body Cream

This intensive cream nourishes and protects baby's delicate skin with calendula and sesame oil. It hydrates deeply, offering rich care for dry areas while preventing moisture loss. Gentle enough for all-over use, including the nappy area, it supports sensitive skin's natural resilience, keeping it soft, smooth, and moisturised.

105008 75ml V £9.95



Calendula Skin Protection Balm

This protective balm shields baby's skin with calendula and almond oil. Perfect for exposed areas like the face and hands, it strengthens the natural barrier against the elements. Suitable for the whole family, it also provides soothing care for lips and minor irritations, delivering versatile, natural protection.

105007 30ml V £9.95

Calendula Nappy Change Cream

A deeply nourishing, protective barrier cream which cares for the delicate skin of the nappy area. Skin-protecting lanolin and zinc oxide provide a protective barrier against excessive moisture, while almond oil, precious biodynamic calendula and chamomile extracts soothe and soften the skin. A favourite with families and midwives for over 30 years.

105009 75ml V £7.95

104510 30ml V £3.50



Baby Bathtime

"What's in my changing bag?
Probably Weleda Baby Calendula
Body Cream which I also use on
myself. Weleda's products are
amazing, we always use them in
the bath too."

Television personality Binky Felstead
(Baby London magazine)



Calendula Shampoo
& Body Wash



Calendula Cream Bath



Calendula Soap

With precious extracts of organic calendula and chamomile, gentlest cleansers from organic coconut, responsibly-sourced sustainable palm oil and organic olive oil, and the lightest fragrance from our 100% natural essential oils, this cleanses with kindness and can be used all over the body. Suitable for delicate skin of all ages.

105010 100g Ve £6.25



Calendula Shampoo and Body Wash

This award-winning shampoo and body wash gently cleanses delicate skin and hair. Enriched with soothing calendula, it preserves natural oils, leaving skin and scalp soft and moisturised. Ideal for babies, children, and those with sensitive skin, its mild lather provides kind, effective care for the whole family.

105001 200ml Ve £8.25



Calendula Cream Bath

Our extra-mild cream bath was created for the most delicate skin. Calendula's sunny warmth and gentle soothing powers combine with silky sweet almond oil and organic sesame oil to prevent skin from drying out. Reassuring on the skin and kindly cleansing, it brings calm to baby's bath and bed-time.

105004 200ml Ve £14.75



Must-Have Multi-Tasker



Calendula All Purpose Balm

This all-purpose balm soothes and protects with calendula, cocoa butter, and nourishing plant oils. Ideal for minor rashes, dryness, and redness, it's compact enough for travel or daily use. It calms irritated skin from sniffles or allergens and offers versatile care for lips, noses, and chafed areas.

105012 25g Ve £7.95



Calendula All Purpose Balm

"My baby daughter has very dry hair and skin and even when we apply moisturiser throughout the day, patchy dryness remains an issue. The balm can be applied anywhere on her body without the need for re-application unless we are going outside (it is great at preventing chapped cheeks!). A little goes a long way, in fact it is only finished because I used it as lip balm too."

Midwife Alicia Burnett,
All4Maternity



Calendula Baby Skin Care Gift

The perfect baby shower or new baby gift, containing practical baby essentials made with organic calendula. A gentle 2-in-1 shampoo and body wash for bathtime, a soothing nappy cream to protect against soreness, and a multi-tasking balm to target patches of dryness or dribble rash, all beautifully boxed. This award-winning gift set includes:

Calendula Shampoo & Body Wash 200ml
Calendula Nappy Change Cream 30ml
Calendula All Purpose Balm 25g

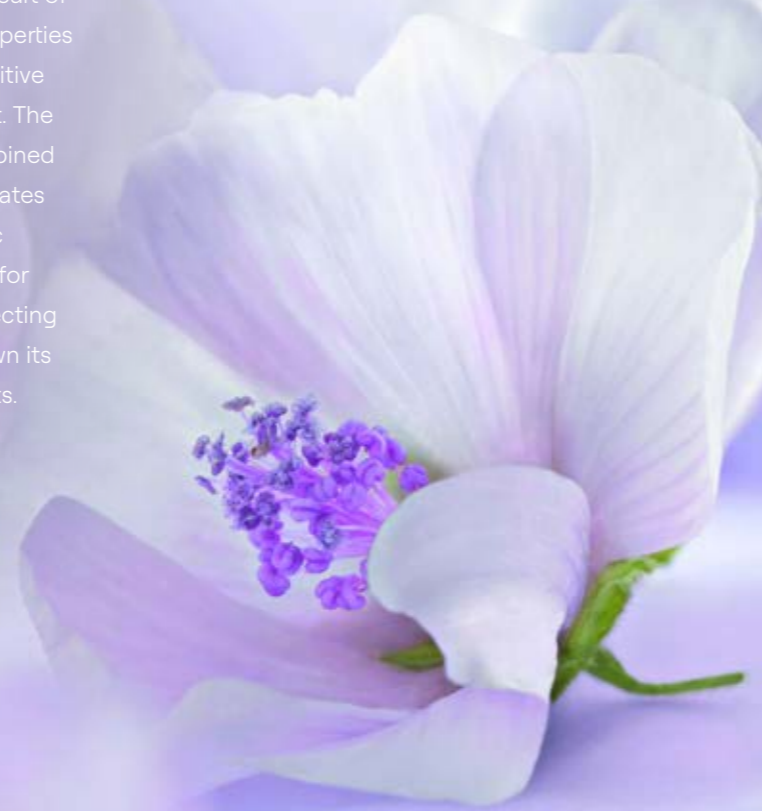
409896 V £16.00



White Mallow

Baby care

Naturally soothing for hyper-sensitive baby skin white mallow has long been highly regarded as a medicinal plant, and is at the heart of our multi-award-winning Baby Derma range. The soothing properties of white mallow help calm and protect reactive and 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 provides high levels of vitamin E which is essential for healthy skin growth and repair, keeping skin smooth and protecting against chapping and cracking. Recent research has also shown its effectiveness in treating atopic dermatitis in paediatric patients.



Derma White Mallow Face Cream

This soothing face cream combines white mallow and wild pansy to calm and hydrate hypersensitive or atopic skin. Organic coconut and almond oils nourish, while golden beeswax creates a water-resistant barrier. Fragrance-free and gentle, it leaves skin soft, smooth, and comforted, providing natural relief for dry or itchy skin.

105802 50ml V £11.95

"My husband uses the White Mallow Body Lotion on his varicose eczema (on legs) and it's the only thing that works. No prescription products have helped over the years."

Anon



Derma White Mallow Nappy Change Cream

This gentle nappy cream soothes hypersensitive skin with white mallow and wild pansy extracts. Organic coconut and sesame oils nourish and hydrate, while zinc oxide shields against dampness. Fragrance-free and dermatologist-tested, it calms irritation and keeps baby's delicate skin comfortable and protected during each nappy change.

105801 50ml V £9.95



Derma White Mallow Body Lotion

This ultra-gentle lotion soothes sensitive skin with white mallow and wild pansy extracts. Coconut and sesame oils nourish and hydrate, creating a protective barrier. Fragrance-free and suitable for atopic skin, it relieves itchiness and provides long-lasting moisture, leaving skin soft, calm, and comforted. Suitable for the whole family.

105803 200ml V £13.95

Meet our Expert Midwives

Mother and daughter midwives Anna and Sheena are here to help you 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 is 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 Care 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.

Together with her midwife daughter Anna, Sheena 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 and The Student Midwife journals, and the All4Maternity learning, sharing and caring platform including All4Birth the open access resource for parents.

Baby Health

Weleda Baby Health Care products are natural remedies created to ease the common problems which occur with many babies and small children. With our granules for teething and a nasal spray to clear blocked noses, you can rest a little easier with Weleda.



Chamomile Teething Granules

These soothing granules offer natural relief from teething pain with chamomile. Lactose-free and gluten-free, they dissolve easily and taste mild, making them safe and pleasant for babies. A tiny scoop allows for easy dosing, providing comfort for little ones from three months onward.

207002 15g Ve £6.95



Rhinodoron Nasal Spray

This nasal spray moisturises and cleans with aloe vera and isotonic saline, making it gentle and well-tolerated for babies, children, and adults. Perfect for dry nasal passages or colds, it's suitable from birth and helps maintain comfort and hygiene for all ages.

206036 20ml Ve £12.25



Rhinodoron Nasal Spray



Chamomile Teething Granules

Always seek medical advice if symptoms persist or are causing problems. Always read the label.

Specially

For Kids

Even in the busiest homes, some things should be savoured – like the running of a bath at the end of hectic day, to signal to our minds and bodies that it's time to switch off and have some relaxed fun. Our 2-in-1 Shampoo & Body Washes were developed by kids, for kids – and everything from the animal-tastic tubes to the upbeat all-natural scents are designed to bring big smiles into the bathroom. Mild and gentle cleansing for both skin and hair, in two fun fragrances.



Children's Tooth Gel

"Natural products avoid harsh ingredients. I dislike the ingredient triclosan which is a known irritant - a range of studies suggest potential harmful effects for human health and polluting the planet. I also like to avoid sodium lauryl sulphate (SLS), a foaming agent, as it may cause ulcers. Fluoride-free oral care products are useful in areas where water contains fluoride, and are particularly useful when children are learning not to swallow toothpaste."

Dentist Fred Dartford, BDS (Lon), LFHom



Children's Tooth Gel

This fluoride-free tooth gel is perfect for children's delicate teeth and gums. Calendula soothes, silica cleans thoroughly, and natural fennel and spearmint flavours provide a mild, pleasant taste. Safe if swallowed, it protects against cavities and makes brushing a fun, enjoyable part of the daily routine for young smiles.

101005 50ml Ve £4.50



Kids 2in1 Shampoo and Body Wash Lively Lime

The zesty all-natural scent of lime and lemon essential oils creates an upbeat mood that's fun, happy and playful – for bath times that burst with positivity.

104560 150ml Ve £6.50



Kids 2in1 Shampoo and Body Wash Happy Orange

Tangy essential oil of orange is blended with just a dash of vanilla to create a feel-good fragrance that bursts with sweet fruitiness – for a citrusy soak that brings on the smiles.

104561 150ml Ve £6.50



Working with nature for natural health care

From our very own biodynamic gardens in Derbyshire come our top quality plant tinctures for our range of natural medicines.

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.

"Being the custodians for Weleda's 13 acres of land, working outdoors and nurturing plants that will become remedies to support others in life, and co-creating with nature, is always meaningful."

Jennifer Ruge,
Medicinal Garden Manager

- 6 medicinal plant gardens around the world
- Around 80% of all Weleda raw materials are from biodynamic, organic or certified wild sources
- 13 acres of Demeter-certified gardens in Derbyshire
- We produce around 60 plant tinctures at our Derbyshire head quarters
- We potentise over 100 different remedies in Derbyshire for our UK range

Natural Health Care

At a Glance

P108 Natural Health Care: Arnica A range of herbal and homeopathic medicines

Ease muscular pain and minor sports injuries



P113 Natural Medicines: Oral Sprays A range of homeopathic remedies

In a convenient pocket-sized spray



P111 Natural Medicines: Homeopathy A range of remedies for all the family

30C potency in easy-to-take tablets



P114 Natural Medicines: Family Health A range of natural health heroes

For the family medicine cabinet



P112 Natural Medicines: Stress and Sleep Less stress and better sleep, naturally



P116 Natural Wellbeing: Juices and Elixirs A range of liquid health supplements

Support your wellbeing all year round



Arnica

For an Achy Body



Arnica Massage Balm

Your natural recovery partner. Turn an 'ouch' into an 'ahhh' with this soothing golden oil: a traditional herbal medicinal product for the symptomatic relief of rheumatic pain, muscular pain and stiffness, backache, fibrositis, bruising, cramps, sprains and minor sports injuries.

204009	200ml	Ve	£23.95
204001	100ml	Ve	£17.50
204002	50ml	Ve	£10.95



Arnica Bumps & Bruises Skin Salve

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

205002	25g	V	£9.50
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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	£8.50
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Always seek medical advice if your symptoms persist or are causing problems. Always read the label.



Muscular Pain Relief Oral Spray

A homeopathic medicinal product for the symptomatic relief of muscular strains and associated aches and pains.

303001	20ml	Ve	£13.25
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Skin Tone Lotion

A highly effective medicinal product that brings together a number of tried and tested ingredients including arnica and copper sulphate, to refresh and revitalise heavy, tired legs.

206035	100ml	Ve	£20.95
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Arnica 6X Tablets

A homeopathic medicine, in tablet form, for accident upset. A handy addition to the family first aid kit. Made from organic arnica tincture.

207001	125 tabs	V	£10.95
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Accelerate your recovery, naturally



Arnica Massage Oil

This massage oil is perfect for warming up muscles before activity or soothing soreness afterwards. Sunflower and olive oils deeply nourish, while lavender and rosemary essential oils promote relaxation and revitalisation. Birch leaf extract supports detoxification, making it ideal for busy, active lives. Skin is left soft and refreshed.

106111	100ml	Ve	£19.95
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Arnica Cooling Gel

This light, non-sticky gel with organic arnica extract cools and refreshes tired limbs. Ideal for use before or after physical activity, it stimulates blood flow and reduces discomfort. Compact and convenient, it's perfect for the gym or on-the-go recovery, leaving skin revitalised and muscles feeling rejuvenated.

205028	25g	Ve	£9.50
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Arnica Muscle Soak

This soothing muscle soak combines arnica and birch leaf extracts with rosemary and lavender essential oils. It relaxes tired muscles, lifts fatigue, and aids recovery after over-exertion. Perfect for unwinding at the end of a busy day, it leaves you feeling refreshed, restored, and ready for the next challenge.

104017	200ml	Ve	£17.50
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Copper Ointment

This traditional remedy eases muscular pain and cramps. Massage into affected areas once or twice daily for natural relief. Its compact tube is perfect for bedside or gym bag use, providing convenient care to soothe discomfort and promote relaxation when needed.

205010	25g	Ve	£9.50
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Rhus Tox. Ointment

This natural ointment relieves rheumatism symptoms with Rhus toxicodendron tincture. Lanolin, beeswax, and sunflower oil create a soothing base, softening skin and easing discomfort in joints and muscles. Apply to affected areas daily for effective, natural relief from rheumatic aches and stiffness.

205014	25g	V	£9.50
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Ruta Ointment

This ointment provides natural relief from sprains with Ruta graveolens tincture. Lanolin, beeswax, and olive oils form a soothing base that supports recovery and eases discomfort. Massage into affected areas to reduce pain from injuries like sprained ankles or tennis elbow, promoting gentle, effective healing.

205015	25g	V	£9.50
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Always seek medical advice if your symptoms persist or are causing problems. Always read the label.

Homeopathic Remedies

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 100 years of knowledge and expertise making homeopathic and anthroposophic medicines
- ✓ 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



Mixed Pollen 30C

A great 'first port of call' for seasonal symptoms, many homeopaths recommend starting this as a 4-6 week course before symptoms even appear. This remedy contains 18 pollens - from trees, grasses and flowers - painstakingly collected from Weleda's organic herb gardens.

302035 125 tabs V £8.95



The Home Prescriber

A practical guide to modern homeopathy by experienced homeopath Marcus Fernandez, created to help everybody use homeopathic remedies in the home, confidently. It easily and plainly explains the remedies for common ailments such as anxiety, sore throats, insomnia and teething. A useful reference for all the family.

404080 £9.95

30C Homeopathic Medicines Pack Size 125 tabs Price £8.50

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	Rhus tox 30	302041 V
Argent nit 30	302006 V	Carbo veg 30	302018 V	Ignatia 30	302029 V	Ruta grav 30	302042 V
Arnica 30	302007 V	Chamomilla 30	302013 V	Kali phos 30	302032 V	Silicea 30	302044 V
Arsen alb 30	302008 V	Cocculus 30	302057 V	Lycopodium 30	302034 V	Sulphur 30	302045 V
Belladonna 30	302011 V	Euphrasia 30	302022 V	Nat mur 30	302037 V	Thuja 30	302047 V
Bryonia 30	302012 V	Gelsemium 30	302024 V	Nux vom 30	302038 V		
Calc carb 30	302014	Graphites 30	302025 V	Pulsatilla 30	302040 V		

Always seek medical advice if your symptoms persist or are causing problems. Always read the label.

Stress and Sleep

Less stress and better sleep, naturally

Weleda makes a range of over-the-counter homeopathic medicines from all natural ingredients, to support you and your family at stressful times.

Low Mood & Stress Relief Tablets

These homeopathic tablets are formulated for the temporary relief of symptoms associated with stress such as fatigue, mild anxiety, slightly low mood and restlessness.

Whilst considered gluten free, the tablets contain wheat starch and are not suitable for those with wheat allergy.

207030 80 tabs £10.95



Stress Relief

This handy oral spray relieves mild stress, tension, and irritability with chamomile and pulsatilla tinctures. Its handy design makes it ideal for daily use during commuting, exams, or public speaking. Suitable for adults over 18, it's a natural way to restore calm and focus in busy lifestyles.

303003 20ml Ve £13.25



Relaxing Oral Drops

Stressful day? Sometimes a healthy level of stress can suddenly become unhealthy, eating into your good night's sleep. This homeopathic medicinal product provides temporary relief for mild symptoms associated with stress, and to aid sleep. The drops are made with Weleda's own tinctures of valerian, passionflower, wild oats, hops, grown biodynamically at our own Weleda gardens. Now in a new larger dropper bottle for easier dosage.

206039 50ml Ve/G £12.95



V = Vegetarian
Ve = Vegan

G = Contains Gluten
D = Not suitable for diabetics

Always seek medical advice if your symptoms persist or are causing problems. Always read the label.

Homeopathic

Oral Sprays



Digestion Relief

This spray provides relief from indigestion and bloating with Carbo veg and colocynthis remedies. Convenient and easy to use, it's perfect for travel or busy days. Offering natural, effective comfort, it's ideal for addressing digestive discomfort caused by over-indulgence or rushed eating. Contains lactose; for adults over 18.

303004 20ml V £13.25



Cold Relief

This oral spray relieves cold and flu symptoms, including coughs, with its homeopathic formulation. Best taken at the onset of symptoms, it's easy to use and compact for on-the-go relief. Keep it handy to nip colds in the bud and support faster recovery. Suitable for ages 12 and up.

303006 20ml Ve £13.25



Always seek medical advice if your symptoms persist or are causing problems. Always read the label.



Hayfever Relief

This spray provides natural relief from hayfever and allergic rhinitis symptoms, including itchy eyes, sneezing, and throat discomfort. Made with homeopathic remedies Allium Cepa, Euphrasia, and Gelsemium, it's gentle, non-drowsy, and easy to use throughout the day. Ideal for ages 12 and up, offering effective seasonal support.

303005 20ml Ve £13.25



Muscular Pain Relief

This spray offers relief from muscular aches and strains with its homeopathic formulation of arnica, ruta, and rhus tox. It's gentle, effective, and portable, making it a great companion for active lifestyles. Easy to stow in a sports bag, it supports recovery and eases discomfort naturally. Suitable for ages 12 and up.

303001 20ml Ve £13.25



Dry Skin & Eczema Relief

This oral spray relieves dry skin and eczema symptoms with its gentle homeopathic action. It soothes flare-ups and itchiness, complementing topical treatments for holistic care. Easy to use, it's ideal for calming discomfort and maintaining skin balance. Suitable for ages 12 and up, providing natural, effective relief.

303002 20ml V £13.25



Health Heroes

Natural Remedies

Seasonal Remedies

Rhinodoron Nasal Spray

This nasal spray moisturises and cleans with aloe vera and isotonic saline, making it gentle and well-tolerated for babies, children, and adults. Perfect for dry nasal passages or colds, it's suitable from birth and helps maintain comfort and hygiene for all ages.

206036 20ml Ve £12.25



Stress and Strain



Prunus Spinosa 6X Oral Drops

For the symptomatic relief of fatigue following stress or illness. Made from an extract from the fresh leaf tips of the organic blackthorn trees in our Derbyshire gardens.

206037 25ml V £11.50



Larch Resin comp. Ointment

This natural ointment soothes tired, strained eyes with larch resin, pineapple extract, and lavender oil. Gently apply to lids and temples for a refreshing boost that relieves eye fatigue. Its subtle scent and nourishing formula make it perfect for screen-weary days or moments of exhaustion.

205013 25g V £15.95

Digestive Health



Digestion Calming Drops

A traditional herbal remedy to support digestive health, our Digestion Calming Drops provide symptomatic relief of nausea, stomach ache and upset stomach. A few drops in water can settle an upset tum gently but effectively. Suitable for 12 years and over.

206015 25ml Ve £11.50



First Aid



Calendula Cuts & Grazes Spray

A traditional herbal medicinal product used for the relief of minor wounds, cuts and grazes. It can also be sprayed onto a clean dressing and applied to the cut or graze. It's made from soothing organic calendula extract from our own Derbyshire gardens. Suitable for 6 years and over.

303008 20ml Ve £8.50



Insect Bites Spray

A handy natural spray for the symptomatic relief of insect bites, whether you're out and about or at home in the garden. Made with organic extracts of arnica and urtica urens. Spray affected area immediately, and repeat if necessary, until itching and swelling have eased. Suitable for adults and children.

206010 20ml Ve £8.50



Fragaria Vitis tablets

An Anthroposophic medicine for the symptomatic relief of bilious symptoms and nervous indigestion. It gets its name from its two botanical ingredients: *Fragaria vesca* (wild strawberry) and *Vitis vinifera* (grape vine).

207017 80 tabs V/G £11.50



Combudoron Ointment

For the symptomatic relief of minor burns and scalds, this handy home remedy is made with tinctures of organic arnica and urtica urens. Apply direct to the affected area, or on a dry dressing as a soothing compress. Suitable for adults and children.

205008 25g V £9.50



Calendula Cuts & Grazes Skin Salve

This skin salve provides natural care for minor wounds and grazes with calendula, lanolin, and sunflower oil. It soothes and protects, forming a barrier to promote healing. Gentle and effective, it's perfect for first aid and suitable for children aged six and above, offering holistic care for delicate skin.

205005 25g V £9.50



HyperCal Wound Salve

A traditional herbal medicinal product, HyperCal Wound Salve provides relief of painful cuts and minor wounds naturally. It gets its name from its two plant tinctures: our home-grown organic calendula and hypericum. Suitable for 12 years and over.

205012 25g V £9.50

V = Vegetarian
Ve = Vegan

G = Contains Gluten
D = Not suitable for diabetics

Always seek medical advice if your symptoms persist or are causing problems. Always read the label.

Juices & Elixirs

Sea Buckthorn Elixir

Made with revitalising sea buckthorn and naturally sweetened with honey and sugar, this certified organic elixir is ideal to help support vitality and the body's natural defences. The golden sea buckthorn berries are a good natural source of vitamin C to help maintain a healthy immune system. An ideal boost to help us keep up with the demands of a hectic life, or during convalescence.

203011 200ml V/D £13.95



Prunus Elixir

Harnessing the goodness of wild-grown sloes, gently sweetened with organic raw sugar and a twist of organic lemon juice, this deliciously fruity health supplement is suitable for use during periods of increased pressure at school, home or work, during growth phases, pregnancy and breastfeeding, or in later life. Perfect in hot or cold water, or stirred into porridge or yoghurt.

203004 200ml Ve/D £13.95



Birch Juice

We harvest the spring birch leaves from controlled wild collection and carefully process them to preserve natural flavonoids, saponins and tannins. Birch Juice is ideal as part of a spring or autumn cleanse or to complement a diet regime, to assist digestion and support the body's detoxification processes. Add a tablespoon to a glass of water, or two tablespoons to your water bottle to sip throughout the day. This certified organic juice is suitable for diabetics and vegans.

203012 200ml Ve £13.95



Recipe: A birch drink for spring cleansing

Mix two tablespoons of birch juice, half a glass of organic white grape juice, half a lime and a handful of mint leaves. Top your glass up with sparkling or still spring water for a refreshing drink to activate the kidneys and encourage the elimination process in the body.

Vegan friendly

At Weleda we have been making many of our products the same way for over 100 years and some of our products do contain animal derivatives, such as beeswax, lanolin, goat's milk, as well as honey and lactose in some of our wellbeing products, and we are not a Vegan company. But we do make over 100 products that ARE vegan and if you wish to avoid all animal derivatives, here is our wide range of products that are suitable for you.

Facial Care

Aknedoron Purifying Lotion
Blue Gentian & Edelweiss Day Cream
Blue Gentian & Edelweiss Eye & Lip Cream
Blue Gentian & Edelweiss Face Serum
Blue Gentian & Edelweiss Night Cream
Deep Cleansing Gel
Make-up Removal Cleansing Oil
Pomegranate & Maca Peptides Day Cream
Pomegranate & Maca Peptides Eye Cream
Pomegranate & Maca Peptides Face Serum
Pomegranate & Maca Peptides Night Cream
Pomegranate Firming Facial Oil
Refining Toner
Sensitive Gentle Milk Cleanser
Sensitive Recovery Face Oil
Skin Food Cleansing Balm
Skin Food Day Cream
Skin Food Night Cream
2 in 1 Face Wash for Men
5 in 1 Multi-Action Serum for Men
Wild Rose and White Tea Day Cream
Wild Rose and White Tea Night Cream
Wild Rose and White Tea Eye Cream

Baby & Mum

Calendula All Purpose Balm
Calendula Baby Oil
Calendula Cream Bath
Calendula Shampoo & Body Wash
Chamomile Teething Granules
Children's Tooth Gel
Lighter Legs Gel
Perineum Massage Oil
Stretch Mark Body Butter
Stretch Mark Massage Oil

Dental

Children's Tooth Gel
Calendula Toothpaste
Plant Gel Toothpaste
Ratanhia Toothpaste

Body Care

Arnica Cooling Gel
Arnica Massage Oil
Birch Cellulite Oil
Citrus Refreshing Body Lotion
Citrus Refreshing Body Oil
Lavender Relaxing Body Oil
Pomegranate Regenerating Body Butter
Pomegranate Regenerating Body Oil
Pomegranate Regenerating Body Lotion
Pomegranate Regenerating Hand Cream
Revitalising Hair Tonic
Sea Buckthorn Revitalising Body Oil
Sea Buckthorn Revitalising Body Lotion
Sensitive Body Lotion
Sensitive Hand Cream
Skin Food Body Butter
Skin Food Body Lotion
Skin Food Ultra-Light Dry Oil
Wild Rose Harmonising Body Lotion

Deodorants

Citrus & Bergamot Solid Deodorant
Citrus Fresh Deo Spray
Eucalyptus & Peppermint Solid Deodorant
Sage Herbal Fresh Deo Spray
Sensitive Solid Deodorant
Wild Rose Floral Fresh Deo Spray

Bath & Shower

Active Fresh 3 in 1 Shower Gel for Men
Arnica Energising Sports Shower Gel
Arnica Muscle Soak
Calendula Soap
Citrus Refreshing Bath Milk
Energy Aroma Shower
Energy Fresh 3 in 1 Shower Gel for Men
Geranium & Litsea Cubeba Shower Bar
Ginger & Petitgrain Shower Bar
Harmony Aroma Shower
Inspire Pomegranate Creamy Body Wash
Kids 2 in 1 Shampoo & Body Wash Happy Orange
Kids 2 in 1 Shampoo & Body Wash Lively Lime
Lavender & Vetiver Shower Bar
Lavender Relaxing Bath Milk
Love Aroma Shower
Pine Reviving Bath Milk
Refresh Citrus Creamy Body Wash
Relax Aroma Shower
Rosemary Invigorating Bath Milk
Sea Buckthorn Creamy Body Wash

Natural Medicines

Arnica Bumps & Bruises Spray
Arnica Massage Balm
Calendula Cuts & Grazes Spray
Cold Relief Oral Spray
Copper Ointment
Digestion Calming Drops
Hayfever Relief Oral Spray
Insect Bites Spray
Muscular Pain Relief Oral Spray
Prunus Spinosa 6X Oral Drops
Relaxing Oral Drops
Rhinodoron Nasal Spray
Skin Tone Lotion
Stress Relief Oral Spray

Wellbeing

Birch Juice
Prunus Elixir

Gifts From Nature

Grown with care, gifted with love

A wonderful collection of year-round gifts with three options to delight every Skin Food lover plus a baby gift set for new parents. Featuring our most popular products in premium and sustainable gift packaging.

- ✓ Up to 25% saving off individual RRP's
- ✓ Fully recyclable packaging
- ✓ Perfect for any gifting occasion

Skin Food Naturally Nourishing Gift

The complete collection of our award-winning Skin Food facial skincare products in one beautiful gift, blending cult beauty hero Skin Food's naturally active botanicals with antioxidant-rich centella asiatica, sacha inchi oil and olive squalane. The bonus ritual card will inspire your new beauty routine to intensively nourish dry skin and restore a radiant glow.

Skin Food Nourishing Day Cream 40ml
Skin Food Nourishing Night Cream 40ml
Skin Food Nourishing Cleansing Balm 75ml

409899 Ve **£34.00**



Beautifully boxed botanicals



Calendula Baby Gift Set

The perfect baby shower or new baby gift, containing practical baby essentials made with organic calendula. A gentle 2-in-1 shampoo and body wash for bathtime, a soothing nappy cream to protect against soreness, and a multi-tasking balm to target patches of dryness or dribble rash, all beautifully boxed. This award-winning gift set includes:

Calendula Shampoo & Body Wash 200ml
Calendula Nappy Change Cream 30ml
Calendula All Purpose Balm 25g

409896 V **£16.00**



Skin Food Cleanse & Replenish Gift

This gorgeous gift features our award-winning oil-to-milk Skin Food Nourishing Cleansing Balm, complete with organic wash cloth and bonus cleansing ritual card. Used morning or evening, it leaves skin feeling soft, replenished and glowing with health. It can also be used as a nourishing face mask. The set contains:

Skin Food Nourishing Cleansing Balm 75ml
Organic Cotton Wash Cloth

409898 Ve **£13.50**



Skin Food Top to Toe Body Care Gift

This unique gift combines our original Skin Food best-sellers in one collection. Our original Skin Food, the universal saviour for dry or rough skin on face or body, with nourishing oils and waxes to lock in softness and powerful plant extracts to leave you glowing. Plus Skin Food Light for an instant boost of hydration, and Skin Food Lip Balm to protect and repair. This trio will love your skin back to its best. The set includes:

Skin Food Lip Balm 8ml
Skin Food Light 30ml
Skin Food Original 30ml

409897 V **£21.00**

Would you like to train as a Weleda Esthetician?

Weleda Accredited Holistic Esthetician

Life of touch:

Restoring rhythm with rhythm

Wellbeing treatments - particularly massage and the recognition of the life of touch - are very much part of Weleda's DNA. Dr Ita Wegman, Weleda's co-founder, studied massage before she became a medical doctor. She developed a very individual rhythmical massage technique, echoing nature's rhythms and patterns.

Inspired by this approach, we have developed an accredited qualification with Crossfields Institute, so those wanting to learn Weleda's unique ethos and specialist facial techniques can expand their existing skin and body care qualifications or develop a completely new skill as a Holistic Esthetician.

The course, which is open to those new to the industry as well as holistic therapists, facialists and make-up artists, has been developed by Weleda's skin care expert Elizabeth King drawing on her 24 years of experience as a holistic facialist specialising in anthroposophic skin care as well as over 100 years of Weleda wisdom.

Elizabeth is joined by a highly experienced Esthetician Training Team. The result is a fully accredited, Ofqual regulated, **CFI Level 4 Certificate for Holistic Estheticians**.

"The Rhythmic Activation Massage is at the heart of the facial treatment. Unique to Weleda, this method helps activate your skin's cellular processes and regenerative forces. It is these forces that when vital and flowing, help the skin restore its balance, strengthen and radiate health and beauty."


Elizabeth King



What will you get out of the course?

- A truly holistic approach to working with the skin
- Training from highly skilled experts in the field of holistic skin care
- A CFI Level 4 award qualification as a Holistic Esthetician and qualification as a fully accredited Weleda Esthetician
- A Trade Account with Weleda which will give you 30% discount on RRP
- Experience in delivering Weleda's Signature Facial & Wellbeing Treatment
- Training in the highly effective Rhythmic Activation Method unique to Weleda
- Understanding of the three-fold approach to working with and treating skin phases
- Experience in working with a conscious, mindful touch

The training includes all the necessary skin care foundation including skin analysis and skin conditions, anatomy and physiology in relation to skin and face, and Weleda's treatment consultation and facial sequence. The course also provides a deeper understanding of Weleda's natural and organic cosmetics and working with the products adds an invaluable additional layer of training for the Esthetician.

Crossfields Institute 

Dates for 2025:

Autumn 2025

Unit 2: Onsite Training
29th September - 1st October

Unit 4: Onsite Training
27th October - 29th October

Please ensure you can attend the above course dates at Weleda Head Office before booking your place. This is a requirement of your course completion.

How is the course organised?

The course is made up of four modules or units - two of these units will require in-person attendance at Weleda Head Office:

Unit 1 - Online workshop and foundation module completed from home, prior to attending Unit 2.

Unit 2 - Three days of on-site training at Weleda UK's Accredited Learner Centre, Ilkeston, Derbyshire.

Unit 3 - Home study period: case-study work, two online sessions, and completing treatments.

Unit 4 - Three further days of on-site training with Weleda and practical assessment at Weleda UK's Accredited Learner Centre, Ilkeston, Derbyshire.

Course completion - Portfolio of evidence completed and submitted two weeks following Unit 4 for final assessment.

What is the cost of the course and what is included?

Cost:

1 x £1,500 payment or 3 x £500 interest-free payments via PayPal.

Included:

- Weleda products treatment pack (with a retail value of £750)
- Treatment accessories (with a retail value of £80)
- All on-site training and home learning support
- Accreditation fee and internationally industry-recognised qualification: Holistic Esthetician
- Lunch and refreshments during the six days of on-site training





Come and join us

Become an expert and build your business with the fastest growing, natural skin and healthcare brand in the UK.

- Purchase our products at significantly discounted prices
- FREE postage on orders over £50
- Access to exclusive products and promotions
- Receive samples and materials to help you build your business
- Expand your knowledge with our extensive online Healthcare Practitioner Learner platform, face to face events and workshops
- Personal Liability Insurance is essential to qualify

Registered Healthcare Professional

Are you a self-employed, qualified holistic therapist and would like to stock and recommend our products to your clients?

Ring our friendly Customer Care team on **0115 944 8200** or email us at **sales@weleda.co.uk** to find out more.

Become part of a nurturing, supportive and ethical company today.



Wellbeing Advisor

Your passion for natural and organic products can be the starting point to creating a self-employed, sustainable business in partnership with us. Become part of our nationwide community of Weleda Wellbeing Advisors, who share their knowledge and passion for holistic health and wellbeing to introduce people towards a more natural lifestyle.

If you're looking to work flexibly and be part of a supportive and ethical company, then Weleda could be the place for you.

- Build your business with us
- Receive excellent discounts and promotions*
- FREE online training
- FREE personalised webshop
- Invitation to workshops, events and open days
- No experience necessary

*Starter kit purchase on opening the account



Want to know more?

Email us at **opportunities@weleda.co.uk** or give us a call on **0115 944 8698**. We're happy to chat to you.

Let's make the world a better place together.

Price List

CODE DESCRIPTION PAGE SIZE CAT Rrsp

CODE	DESCRIPTION	PAGE	SIZE	CAT	RRSP
102230	Skin Food Nourishing Day Cream	P23	40ml	Ve	£15.95
102231	Skin Food Nourishing Night Cream	P23	40ml	Ve	£15.95
102232	Skin Food Nourishing Cleansing Balm	P23	75ml	Ve	£13.50

Almond Facial Care

102201	Almond Sensitive Cleansing Lotion	P25	75ml	Ve	£13.50
102203	Almond Sensitive Facial Cream	P25	30ml	V	£19.95
102205	Almond Sensitive Facial Oil	P25	50ml	Ve	£23.95
102202	Almond Sensitive Facial Lotion	P25	30ml	V	£19.95

Iris Facial Care

102100	Iris Hydrating Day Cream	P27	30ml	V	£17.95
102102	Iris Regenerating Night Cream	P27	30ml	V	£18.95

Wild Rose & White Tea Smoothing Facial Care

102310	Wild Rose & White Tea Smoothing Day Cream	P29	40ml	Ve	£22.95
102311	Wild Rose & White Tea Smoothing Night Cream	P29	40ml	Ve	£23.95
102312	Wild Rose & White Tea Smoothing Eye Cream	P29	12ml	Ve	£22.95

Pomegranate & Maca-Peptide Firming Facial Care

102280	Pomegranate Firming Day Cream	P31	40ml	Ve	£24.95
102282	Pomegranate Firming Night Cream	P31	40ml	Ve	£25.95
102284	Pomegranate Firming Face Serum	P31	30ml	Ve	£28.95
102283	Pomegranate Firming Eye Cream	P31	12ml	Ve	£24.95
102049	Pomegranate Firming Facial Oil	P31	30ml	Ve	£28.95

Blue Gentian and Edelweiss Contouring Facial Care

102305	Blue Gentian Day Cream	P32	40ml	Ve	£28.95
102306	Blue Gentian Night Cream	P33	40ml	Ve	£29.95
102307	Blue Gentian Face Serum	P33	30ml	Ve	£32.95
102308	Blue Gentian Eye and Lip Cream	P33	10ml	Ve	£28.95

Facial Cleansing

102110	Make-up Removal Cleansing Oil	P35	150ml	Ve	£13.95
102111	Deep Cleansing Gel	P35	150ml	Ve	£12.95
102112	Refining Toner	P35	150ml	Ve	£12.95

Purifying Facial Care

102007	Aknedoron Cleansing Lotion	P37	100ml	V	£13.50
102006	Aknedoron Purifying Lotion	P37	50ml	Ve	£13.50

Men's Facial Care

102116	5 in 1 Multi-Action Serum	P38	30ml	Ve	£15.95
106014	Shaving Cream	P39	75ml	V	£9.95
106019	After Shave Balm	P39	100ml	V	£12.95
102117	Mens 2 in 1 Face Wash	P39	100ml	Ve	£9.95
106022	Moisture Cream	P39	30ml	V	£15.95

Body Oils

106115	Pomegranate Regenerating Body Oil	P50, P63	100ml	Ve	£28.95
106118	Sea Buckthorn Revitalising Body Oil	P51, P59	100ml	Ve	£21.95
106120	Wild Rose Harmonising Body Oil	P51, P61	100ml	V	£29.95
106112	Birch Cellulite Oil	P51, P65	100ml	Ve	£29.95
106114	Citrus Refreshing Body Oil	P51, P55	100ml	Ve	£19.95
106116	Lavender Relaxing Body Oil	P51, P57	100ml	Ve	£19.95
106111	Arnica Massage Oil	P51, P79, P109	100ml	Ve	£19.95
106140	Skin Food Ultra-Light Dry Oil	P48	100ml	Ve	£15.95

Body Lotions

106121	Citrus Refreshing Body Lotion	P55	200ml	Ve	£12.95
106123	Pomegranate Regenerating Body Lotion	P63	200ml	Ve	£16.95
106122	Sea Buckthorn Revitalising Body Lotion	P59	200ml	Ve	£14.95
106125	Wild Rose Harmonising Body Lotion	P61	200ml	Ve	£16.95
106124	Sensitive Body Lotion	P53	200ml	Ve	£12.95

CODE DESCRIPTION PAGE SIZE CAT Rrsp

CODE	DESCRIPTION	PAGE	SIZE	CAT	RRSP
104076	Refresh Shower Cream	P54, P69	200ml	Ve	£7.50
104084	Refresh Shower Cream	P54, P69	400ml	Ve	£12.50
104077	Inspire Shower Cream	P63, P69	200ml	Ve	£7.50
104085	Inspire Shower Cream	P63, P69	400ml	Ve	£12.50
104075	Vitality Sea Buckthorn Shower Cream	P59, P69	200ml	Ve	£7.50
104083	Vitality Sea Buckthorn Shower Cream	P59, P69	400ml	Ve	£12.50
104080	Sport Arnica Energising Shower Gel	P69, P79	200ml	Ve	£7.50
104093	Sport Arnica Energising Shower Gel	P69, P79	750ml	Ve	£17.50
104081	Men's Active Fresh 3 in 1 Shower Gel	P67	200ml	Ve	£7.50
104082	Men's Energy Fresh 3 in 1 Shower Gel	P67	200ml	Ve	£7.50
104071	Ginger & Petitgrain Shower Bar	P67	75g	Ve	£5.95
104073	Lavender & Vetiver Shower Bar	P67	75g	Ve	£5.95
104074	Geranium & Litsea Cubeba Shower Bar	P66	75g	Ve	£5.95
104079	Energy Shower Gel	P68	200ml	Ve	£7.50
104088	Energy Shower Gel	P68	400ml	Ve	£12.50
104091	Energy Shower Gel	P68	750ml	Ve	£17.50
104094	Love Shower Cream	P61, P68	200ml	Ve	£7.50
104078	Relax Shower Cream	P57, P68	200ml	Ve	£7.50
104086	Relax Shower Cream	P57, P68	400ml	Ve	£12.50
104092	Happiness Shower Gel	P69	750ml	Ve	£17.50
105010	Calendula Soap	P96	100g	Ve	£6.25
104560	Lively Lime kids 2in1 Shampoo & Body Wash	P103	150ml	Ve	£6.50
104561	Happy Orange kids 2in1 Shampoo & Body Wash	P103	150ml	Ve	£6.50

Bath Milks

104005	Citrus Refreshing Bath Milk	P55, P71	200ml	Ve	£17.50
104008	Pine Reviving Bath Milk	P71	200ml	Ve	£17.50
104009	Rosemary Invigorating Bath Milk	P71	200ml	Ve	£17.50
104007	Lavender Relaxing Bath Milk	P57, P71	200ml	Ve	£17.50
104017	Arnica Muscle Soak	P71, P79, P109	200ml	Ve	£17.50

Juices and Elixirs

203012	Birch Juice	P65, P116	200ml	Ve	£13.95
203004	Prunus Elixir	P116	200ml	Ve/D	£13.95
203011	Sea Buckthorn Elixir	P116	200ml	V/D	£13.95

Deodorants

106012	Citrus Fresh Deo Spray	P55, P81	100ml	Ve	£12.50
106015	Sage Herbal Fresh Deo Spray	P81	100ml	Ve	£12.50
106021	Wild Rose Floral Fresh Deo Spray	P61, P81	100ml	Ve	£16.50
106080	Eucalyptus - Peppermint Deodorant Stick	P80	50g	Ve	£8.95
106081	Citrus - Bergamot Deodorant Stick	P81	50g	Ve	£8.95
106082	Sensitive Deodorant Stick	P81	50g	Ve	£8.95

Intensive Care for Hands, Feet, Lips and Body

106016	Foot Balm	P85	75ml	V	£15.50
104024	Pomegranate Regenerating Hand Cream	P63, P85	50ml	Ve	£14.95
106026	Sea Buckthorn Replenishing Hand Cream	P59, P85	50ml	V	£13.95
106054	Citrus Hand and Nail Cream	P55, P85	50ml	V	£13.95
106067	Sensitive Hand Cream	P53, P85	50ml	Ve	£13.95
106017	Everon Lip Balm	P84	4.8g	V	£5.75
106129	Pomegranate Regenerating Body Butter	P62	150ml	Ve	£21.95
106060	Skin Food Lip Balm	P47, P85	8ml	V	£7.75
106071	Skin Food	P45	75ml	V	£15.95
106070	Skin Food	P45	30ml	V	£9.50
106073	Skin Food Light	P47	75ml	V	£15.95
106072	Skin Food Light	P47	30ml	V	£9.50
106061	Skin Food Body Butter	P47	150ml	Ve	£21.95
106126	Skin Food Body Lotion	P47	200ml	Ve	£14.95
103024	Revitalising Hair Tonic	P83	100ml	Ve	£15.95
103202	Rosemary Shampoo	P83	250ml	Ve	£11.95
103203	Rosemary Conditioner	P83	150ml	Ve	£11.95

CODE DESCRIPTION PAGE SIZE CAT Rrsp

CODE	DESCRIPTION	PAGE	SIZE	CAT	RRSP
101001	Calendula Toothpaste	P87	75ml	Ve	£5.95
101002	Ratanhia Toothpaste	P87	75ml	Ve	£5.95
101006	Plant Gel Toothpaste	P87	75ml	Ve	£5.95
101005	Children's Tooth Gel	P87, P103	50ml	Ve	£4.50
101004	Salt Toothpaste	P86	75ml	V	£5.95
101009	Ratanhia Mouthwash	P87	50ml	V	£10.50

Baby - Calendula

105002	Calendula Face Cream	P95	50ml	V	£10.95
105004	Calendula Cream Bath	P100	200ml	Ve	£14.75
105010	Calendula Soap	P96	100g	Ve	£6.25
105005	Calendula Body Lotion	P95	200ml	V	£11.95
105008	Calendula Intensive Body Cream	P95	75ml	V	£9.95
105009	Calendula Nappy Change Cream	P95	75ml	V	£7.95
104510	Calendula Nappy Change Cream	P95	30ml	V	£3.50
105100	Calendula Baby Oil	P95	200ml	Ve	£11.95
105001	Calendula Shampoo & Body Wash	P69, P96	200ml	Ve	£8.25
105007	Calendula Skin Protection Balm	P95	30ml	V	£9.95
105012	Calendula All Purpose Balm	P97	25g	Ve	£7.95
207002	Chamomile Teething Granules	P101	15g	Ve	£6.95

Baby - Derma

105803	White Mallow Body Lotion	P99	200ml	V	£13.95
105802	White Mallow Face Cream	P99	50ml	V	£11.95
105801	White Mallow Nappy Change Cream	P99	50ml	V	£9.95

Pregnancy and Birth

106119	Stretch Mark Massage Oil	P51, P91	100ml	Ve	£20.95
606161	Perineum Massage Oil	P91	50ml	Ve	£13.50
205027	Nipple Balm	P91	25g	V	£8.95
205030	Nipple Balm	P91	50g	V	£12.95
106127	Stretch Mark Body Butter	P92	150ml	Ve	£21.95
105071	Lighter Legs Gel	P91	200ml	Ve	£13.50

Accessories

705000	Spritz Pump				£2.25
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Books

404075	Natural Wellness Every Day	P74			£20.00
404080	The Home Prescriber	P111			£9.95

Gifts

409896	Calendula Baby Skin Care Gift	P97, P119		V	£16.00
409897	Skin Food Top to Toe Body Care Gift	P119		V	£21.00
409898	Skin Food Cleanse & Replenish Gift	P119		Ve	£13.50
409899	Skin Food Naturally Nourishing Gift	P118		Ve	£34.00

CODE DESCRIPTION PAGE SIZE CAT Rrsp

CODE	DESCRIPTION	PAGE	SIZE	CAT	RRSP
207001	Arnica 6X Tablets	P108	125 tabs	V	£10.95
303001	Muscular Pain Relief Oral Spray	P108, P113	20ml	Ve	£13.25
302035	Mixed Pollen 30C	P111	125 tabs	V	£8.95
205028	Arnica Cooling Gel	P79, P109	25g	Ve	£9.50
204009	Arnica Massage Balm	P108	200ml	Ve	£23.95
204001	Arnica Massage Balm	P108	100ml	Ve	£17.50
204002	Arnica Massage Balm	P108	50ml	Ve	£10.95
205002	Bumps and Bruises Skin Salve	P108	25g	V	£9.50
303007	Arnica Bumps and Bruises Spray	P108	20ml	Ve	£8.50
205005	Calendula Cuts & Grazes Skin Salve	P115	25g	V	£9.50
303008	Calendula Cuts & Grazes Spray	P115	20ml	Ve	£8.50
205012	HyperCal Wound Salve	P115	25g	V	£9.50
206010	Insect Bites Spray	P115	20ml	Ve	£8.50
206039	Relaxing Oral Drops	P112	50ml	Ve/G	

2025 Catalogue

To order or find out more, visit www.weleda.co.uk

To speak to us, please call 0115 944 8200

To find your local wellbeing advisor, please call us

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