



 CHAWTONS
AROMATHERAPY

*for the well-being
of the body and mind*

www.chawtons.co.uk

Dear Customer,

Thank you for your interest in Chawtons Aromatherapy. We are a family run business, and our aim is to provide effective, quality aromatherapy products containing high grade ingredients, for an honest price. Chawtons was established in 1987 and has been developing and manufacturing aromatherapy based products since 1990. Our products are based on aromatherapy principles using 100% high quality pure essential oils, we never use synthetic fragrance or parfum in our products. We believe that in order to have a fulfilling life it is important to maintain a healthy body and active mind. With this in mind we are constantly seeking to develop and improve our range of products.

This catalogue contains a selection of our best selling products - but remember to check our website www.chawtons.co.uk regularly for updates, promotions and new products. You can also register for our newsletter which we will email every 2/3 months plus you can download further copies of this catalogue if you wish.

Our whole ethos is to encourage ethical and honest fair trade and we like to do business with companies who have similar standards. We also seek, where possible, to work with companies who actively encourage employment of people with disabilities. Chawtons products are made in the UK and, where possible, we source UK ingredients.

We at Chawtons understand just how important you the customer are to our company and we love to hear from you with your comments and suggestions. Our new website makes this easy for you to do at any time of the day or night with a Customer Testimonial page. This is your space, a place where you can tell us what you think of our products and service, and what you would like to see in the future. You can also write to us, e-mail, or just give us a call, we are always happy to hear from you. All contact details are given in the CONTACT US section of this catalogue.

Looking forward to hearing from you,

Gary & Kay

What is aromatherapy?

The dictionary definition is “the treatment of anxiety or minor medical conditions by rubbing pleasant-smelling natural oils into the skin or breathing in their smell”.

The natural oils are pure essential oils – that is, oils which have been generally distilled (most frequently by steam or water), solvent extraction, expression, maceration or a process called enfleurage - from the leaves, stems, flowers, bark, roots, or other elements of a plant. Essential oils contain the true essence of the plant it was derived from. Essential oils are highly concentrated and a little goes a long way.

Essential oils are NOT the same as perfume (parfum) or fragrance oils. Where pure essential oils are derived from the true plants, perfume oils are artificially created fragrances or contain artificial substances and do not offer the therapeutic benefits that essential oils offer.

It is a fact that the term ‘essential oil’ can still be used to describe a liquid that has nothing to do with nature. Pure essential oils can be expensive to extract, most have between 50 and 500 naturally occurring chemicals occurring in them. It is these chemicals when used independently or together in a synergistic blend which provide the ‘therapy’ in aromatherapy.

Your safety

Chawtons have been manufacturing and selling products for many years and they are tried and trusted formulas. Our products contain dilutions of up to 3% pure essential oil. Essential oils are perfectly safe if used sensibly and as advised. However, if you suffer from extremely sensitive skin, have recently suffered a serious illness or are pregnant or planning a family, we recommend you seek your doctor’s advice before using pure essential oils on your body.

Your protection

We are registered under the Data Protection Act 1998. We do not sell or distribute our mailing list to any other company or individual. Any information given to us is treated in the strictest confidence. If, at any time, you wish to be deleted from our database call 0800 069 9657.

Postage

All orders will carry a nominal £2.99 postage fee. Orders over £75.00 delivered free (except Northern Ireland, Highlands, Isle of Man & Channel Islands).

Labelling

Chawtons is going through a rolling programme to develop and update the labelling and packaging on the majority of its product range in line with recent legislation. Therefore, product photographs are shown for illustration purposes only. The actual product you receive may differ from that shown.

Contact us

Chawtons UK Ltd,
Shirlands,
Manor Gardens,
Walderslade,
Kent ME5 9AB.
Tel: **0800 069 9657** (Free Phone Number)
Email: info@chawtons.co.uk

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Rose & Lavender Moisturiser

We use an intensive blend of pure essential oils including Rose Absolute and High Altitude Lavender in one of our most popular facial moisturisers. Rose & Lavender Moisturiser is gentle (even on the most sensitive of skins) and is quickly absorbed leaving no sticky residue. Nourishment, tonic and cell-regeneration are key here and may well be of benefit for tiny thread veins if used regularly over time.

50ml - £8.31 Ref. 0680



Frankincense & Neroli Facial Oil

Our night oil, with the same essential oils as the Revitalising Cream are blended into a Sweet Almond, Grapeseed & Wheatgerm oil base. Sweet Almond Oil is light, has excellent penetrating properties and contains vitamins, minerals, fatty acids and protein. Grapeseed is included due to its regenerative and restructuring qualities and noted to be especially effective for the repair of skin around the eyes. Wheatgerm contains Vitamin E and has antioxidant properties that will help protect skin cells. Formulated for intensive moisturising and is perfect for night time use allowing real penetration into the skin.

30ml - £8.31 Ref. 0890



Rose & Lavender Facial Oil

This wonderfully fragrant night oil encompassing the penetrative qualities of Sweet Almond Oil, Grapeseed and Wheatgerm carries on its deep moisturising action throughout the night. Harnessing the vitamins and minerals of the carrier oil as well as the restorative qualities of the essential oils makes this a must for overnight moisturising.

50ml - £7.33 Ref. 0885



Rose & Sandalwood Intensive Night Cream

Rose Absolute and Sandalwood together with Carrot Seed, Myrrh and Palmarosa into a wonderful Calendula cream base. Calendula is particularly useful in stimulating skin rejuvenation. This is rich and nourishing; balancing sebum production, helping to restore the skin's elasticity and helping to reduce the redness caused by thread veins and blemishes. An all-round facial therapy while you rest at night.

50ml - £11.99 Ref. 0892



Frankincense & Neroli Revitalising Cream

One of our best selling facial moisturisers, blended from the highest quality essential oils, and particularly helpful for more mature skin. Frankincense has a tonic effect that helps to restore some tone to slack looking facial skin and slows the appearance of wrinkles. Neroli is an aid to stimulating the growth of healthy new cells and Lavender helps to balance the over secretion of sebum. These powerful essential oils are excellent for skin care and in addition to toning and wrinkle control may be beneficial for wounds and scars when used regularly.

50ml - £9.78 Ref. 0685



Calming Eye Gel

This has proven to be an incredibly popular product, even by our standards! Refresh and rehydrate the skin around your eyes. This delightfully cooling gel not only smells absolutely fabulous, its therapeutic action is superb. Aloe, Rose and Frankincense help make this a real treat for tired and puffy eyes, this is the product to use.

30ml - £7.33 Ref. 0965



Lavender & Avocado Vitamin Cream

Avocado is one of the most penetrative of carrier oils and is rich in Vitamin A and D as well as lecithin, potassium and chlorophyll. It is moisturising and gives extra skin nourishment. Lavender helps to promote healing, balances the over-secretion of sebum and soothes. This a wonderful moisturiser for all skin types. It may well be beneficial for those prone to patches of dry or itchy skin.

50ml - £7.33 Ref. 0705



Sandalwood & Frankincense MEN'S Balm

This is a great moisturiser - of particular benefit when used straight after shaving especially if prone to soreness or shaving rash. The essential oils of Sandalwood and Frankincense are particularly beneficial for mature or dry skin.

50ml - £7.82 Ref. 0710



Lavender & Rosewood Cleansing Lotion

A mild, gentle lotion with essential oils of Lavender and Rosewood and Sweet Almond Oil included to aid the cleansing process and balance and repair the skin. Lavender aids the balancing of over-secretion of sebum. Rosewood is gentle and non-irritant and has been found useful in treating blemishes and problem skin. Apply to the skin and wipe off using cotton wool or a very soft tissue.

100ml - £6.35 Ref. 0900



ROSE Absolute Treat

Rose is hugely expensive when purchased as an essential oil. Rose Absolute Treat is a 3% dilution in Jojoba making the ideal health product for the body. Rose is especially valuable for dry, sensitive or mature skin and because it has a tonic effect on the skin, it is useful for diminishing the redness caused by enlarged capillaries in the cheeks. Jojoba has a similar chemical make-up to the sebum oil that our skin produces naturally and very easily absorbed. Jojoba is rich in Vitamin E and provides excellent skin protection from the sun and cold. Use as a body perfume, a cosmetic or as an addition to your own blends.

30ml - £10.75 Ref. 0865



NEROLI Absolute Treat

Neroli is particularly valuable in skin care especially for the stimulation of the growth of healthy new cells and as a result has certain rejuvenating effects. Combined with the highly penetrative Jojoba, Neroli Treat provides excellent moisturising as well as protection from the sun and cold. Although this can be used on all skin types, it is particularly effective on dry or sensitive skin. Also perfect for adding to other mixtures or just as a body perfume.

30ml - £10.75 Ref. 0870



Rosewater Toning Tonic

This is perfect for use as a toner after cleansing. It de-greases and refreshes and will invigorate the skin like nothing else!

250ml - £8.31 Ref. 1010



Hand care

Luxury Hand Cream

An all-over treatment for the hands and nails. The prime ingredient in this wonderfully fragrant hand cream is used by the Tahitians to protect themselves from the wind and the sun. Monoi d'Tahiti is made by infusing Gardenia Flowers into Coconut oil. Monoi tremendously increases hydration and provides progressive and long-lasting moisturising on the upper layers of the skin. Lime aids the cleansing of the hands and is particularly good for brittle nails. Rosewood is a gentle oil that assists cell regeneration.

This luxuriant rich hand cream works well on both nails & hands.

50ml - £7.33 Ref. 0700



Luxury Hand Lotion

We were looking to develop a moisturising, but not greasy hand lotion that would be handy to keep next to the sink. Our Luxury Hand Cream is so popular we decided to make it into a lotion.

With Monoi d'Tahiti, Lime and Rosewood pure essential oils this is perfect for the hands and nails.

With its increased hydration, we've discovered that our Luxury Hand Lotion also works extremely well as a Body Lotion.

250ml - £10.75 Ref. 0702



Calendula Cream

We have testimonials from customers telling us how well this works. Marigold flowers infused into a deeply moisturising base. Calendula is particularly good for skin that is badly cracked or whose hands are damaged by rough work, cold or exposure to water. Palmarosa, a valuable skin care oil, has been added to help with hydration and is often used in aromatherapy for blemishes and minor skin infections. This makes a wonderfully rich hand cream and is popular with customers whose skin is particularly dry, sore or sensitive. Great for nappy rash on little ones.

50ml - £7.33 Ref. 0695



Body care

Lavender & Chamomile Body Lotion

Two wonderfully soothing essential oils, blended with Aloe Vera and Jojoba into a moisturising lotion to make a great all-round body lotion. The fragrance is gently floral and, after tests, we've adjusted the blend to create a moisturising and soothing body lotion.

250ml - £9.99 Ref. 0906



Grapefruit & Aloe Toning Lotion

In aromatherapy there are some oils that are beneficial for skin tone. We've synergistically blended Grapefruit, Juniperberry, Geranium and Cypress and added Aloe Vera and Jojoba into a moisturising lotion. It's not a miracle cure, but you may find it of benefit when applied to the top of the legs, abdomen and waist.

250ml - £9.99 Ref. 0908



Therapeutics

Lavender Gel

Using only the best quality high altitude Lavender pure essential oil renowned for its soothing, healing properties. Lavender is valuable for treating many skin conditions and is able to stimulate the growth of healthy new cells. Aloe Vera is often used to assist the treat of burns and minor skin irritations and contains naturally occurring antioxidants in the form of vitamin B complex, C and E. This wonderful gel is the one product no home should be without. Lavender gel has so many applications: skin irritation, little cuts, scratchy skin, insect bites and soothes after over exposure to the sun. In fact use any time cooling and soothing is required.

120ml - £7.82 Ref. 0955



Shop online at www.chawtons.co.uk

Therapeutics

Headtension Cream

This is particularly effective when suffering headtension from noise or stress. Peppermint helps stimulate the brain and aid clear thinking, Lavender is soothing, Marjoram is able to calm and increase localised circulation (creating a 'warming' effect). Whatever the cause, Headtension cream gently massaged into the forehead and temples will, more often than not, ease things. This blend helps to perk you up and is a must to have in your desk at work or bathroom at home.

60ml - £7.33 Ref. 0625



Breathe Cream

For stuffy noses the synergistic blend of four pure essential oils including Pine (for the treatment of respiratory problems) and Eucalyptus (for easing nasal congestion) provides a refreshing relief. The cream is of particular benefit when applied across the bridge of the nose and lower forehead and gently massaged in to the top of the cheeks.

30ml - £5.37 Ref. 0620



Breathe Concentrate

For stuffy noses the synergistic blend of four pure essential oils including Pine (for the treatment of respiratory problems) and Eucalyptus (for easing nasal congestion) provides a refreshing relief. Use the pure essential oil concentrate in your own massage mixtures or to add to boiling water and used as an inhalant.

10ml - £6.35 Ref. 0510



Healthy Hair Treatment (Lice)

The large number of sales of this product is directly due to recommendation and its success. It is ideal for using on the hair of children bringing little unwelcome guests home from school! This concentrate blend of pure essential oils can be added to a mild shampoo and used twice a day. Alternatively, add to water and mist onto the hair first thing for day long protection. This bottle is sent with full instructions on how to use effectively.

10ml - £5.37 Ref. 0530



Extra Soothing Skin Balm

The pure essential oils of Lavender and Chamomile are blended for soothing and promoting healing, whilst Geranium has been included for balancing and normalising. A wonderfully fragrant, really powerful combination. Use this cream wherever you might want to soothe scratchy or uncomfortable skin. We have found it particularly popular for use on children.

60ml - £8.31 Ref. 0635
120ml - £11.73 Ref. 0636



Tea Tree Cream

This is a MUST for you to have in your medicine cabinet. It is invaluable for helping soothe skin, prevent infection and aid healing. May well be of benefit for insect bites, cuts and grazes. The well-known properties of Tea Tree in addition to the fact that it is able to increase the body's ability to respond when threatened by illness or infection to are combined with the healing, fragrant properties of Lavender pure essential oils. Simple, but so effective!

60ml - £7.33 Ref. 0650



Peppermint Foot Balm

When you are on your feet all day Chawtons Peppermint Foot Balm is blissful refreshment for tired, aching feet. Included in the synergistic blend is Peppermint for warming, Geranium for stimulating and Rosemary is a great oil for tired, overworked muscles. If you've been on your feet all day, just spend a few minutes massaging the Peppermint Foot Balm into your feet and instantly your feet will feel instantly refreshed.

60ml - £7.33 Ref. 0630



Intensive Hair Treatment

A bottle packed full of nourishing essential oils including Rosewood, Lavender and Geranium to help keep your hair healthy looking and shiny. Best results are achieved when the oil is applied to dry hair and massaged in well. Leave the oil in for as long as possible whilst head is wrapped in a warm towel. Finally wash your hair in a mild shampoo.

30ml - £5.86 Ref. 0895

RELAXING Massage

We've put together a classic blend of pure essential oils designed to alleviate the symptoms of severe stress and anxiety. It, of course, includes Lavender and Clary Sage, but the properties of Sandalwood and Bergamot are also used to very good effect. This product is a firm favourite amongst our customers, many of whom are therapists themselves.



100ml - £8.31 Ref. 0810

UNWIND YOUR MIND Massage

This is an established favourite amongst our customers and once you try it, you'll understand why. Therapeutically powerful, Unwind your Mind has a deeply evocative fragrance, predominantly Orange and Patchouli. Chill! Enjoy!



100ml - £8.31 Ref. 0825

RELAXING Concentrate

Our Relaxing blend in pure essential oil concentrate form - for your own applications.

10ml - £10.75 Ref. 0560

UNWIND YOUR MIND Concentrate

Our Unwind blend in pure essential oil concentrate form - for your own applications.

10ml - £8.31 Ref. 0575

Joints Cream

Our Joints Cream is far and away our best-seller and has been for years! Chawtons has formulated a wonderfully effective blend of pure essential oils that brings relief to many of our customers who suffer from joint pain. The trick for ongoing use is to gently massage into your joints - knees, ankles, fingers and so on. Massage in well until the cream is fully absorbed - the effects are felt within minutes of application. Our Joints Cream is safe to use as often as you require. Chawtons Joints blend includes (amongst others) Rosemary for its ability to relieve pain and Marjoram for its warming effect. We've tried to make it convenient for our regular customers to buy in cost effective quantities, so we manufacture in 2 sizes, 60ml and 120ml.



60ml - £7.33 Ref. 0600
120ml - £9.78 Ref. 0605

BLISSFUL REST Massage

Lavender, Chamomile and Ylang are known for their relaxing properties. We've blended it into our own massage blend to create a wonderfully soothing massage.



100ml - £8.31 Ref. 0566

SENSUAL Massage

Four oils including Patchouli and Sandalwood, all aphrodisiacs, or so it's claimed! This delightful blend makes a wonderful massage for the end of the day. This fragrant, relaxing blend is a perfect treat for you and your partner and is one of our top massage mixtures.



100ml - £8.31 Ref. 0800

BLISSFUL REST Concentrate

This is our best selling Concentrate blend and it's easy to see why. It really does work very well for most people. Just a few drops onto a tissue, your pillow or in your bath and you'll be well away. Lavender, Chamomile and Ylang are known for their relaxing properties and the smell is heavenly.

10ml - £8.80 Ref. 0565

SENSUAL Concentrate

Our Sensual blend in pure essential oil concentrate form - for your own applications.

10ml - £14.99 Ref. 0801

Muscles Cream

If you lead an active lifestyle or simply suffer with muscular problems then Muscles is the ideal replacement for sport rubs or chemical gels. Many people, including professionals have used this blend to good effect. We've included Lemon, Eucalyptus and Rosemary amongst others, and very good results may be achieved when the product is used pre-sport or activity. The cream, in particular, is very easy and quick to apply because it is absorbed rapidly into the skin. We've tried to make it convenient for our regular customers to buy in cost effective quantities, so we manufacture in 2 sizes, 60ml and 120ml.



60ml - £7.33 Ref. 0615
120ml - £9.78 Ref. 0616

Joints (2 Large Jars)

Because of the popularity of Joints, we've also put together an offer of the two large jars at a value price. Each order is **TWO** jars. Therefore, if you order **2** of this product code, you will receive **four large jars of Joints!**

£17.61 Ref. 0606

1 Large Joints and 1 Large Muscles

Our two best selling creams - ordered constantly! Well, we've made it easy to order one of each and get a discounted price. £19.56 if you order these separately - that means we're giving you these at **£1.95 OFF** normal price.

£17.61

Aromatherapy rollerballs

Free phone **0800 069 9657**

Emotional Rescue

We've reformulated our emotional rescue to be even more effective. Pure essential oils of Neroli and Mandarin, but now in our Aloe and Witch Hazel base. Recharge the batteries and uplift your spirits - handbag size and convenient.



10ml - £3.90 Ref. 0973

Lavender to go

Skin causing problems? Apply lavender. Such a powerful oil and when combined with Aloe Vera and Witch Hazel - an effective team. The calming, soothing and healing properties are great for cuts, grazes, burns, bites. Really aids the healing process in skin.



10ml - £3.90 Ref. 0970

Tea Tree to go

The amazing properties of Tea Tree are, by now, well publicised. Spots, bites, rashes, cuts... this Roller has been used to good effect. Has proved especially good on holiday in those hot, moist climates where insects abound.



10ml - £3.90 Ref. 0975

Muscles Cream (2 Large Jars)

So many of our customers rely on our Muscles mixture to ease their bodies. We're offering two large 120ml jars at a discounted rate.

£17.61 Ref. 0617

Muscles Massage

A wonderfully warming massage oil. Perfect for application prior to sport.

100ml - £7.33 Ref. 0860



Travel Fatigue

A synergistic blend of pure essential oils. A mixture of Juniper, Rosemary, Eucalyptus and Lemongrass "which really clears your head and perks you up... has a delicious aroma" (Testers Comments - Aromatherapy Magazine). When travelling especially long car journeys or overseas, we have found Travel Fatigue exceptionally effective. Well worth a try!



10ml - £3.90 Ref. 0990

Blissful Rest Roller

Our Blissful Rest Roller has been designed for convenience when rest is required. Our blend of pure essential oils in Aloe and Witch Hazel mean that wherever you are you can apply to your temples, forehead and wrists and feel the benefit almost immediately.



10ml - £3.90 Ref. 0971

Headtension Relief

We've re-formulated our Peppermint Power. Now with a blend pure essential oils included peppermint, marjoram and eucalyptus in our Aloe and Witch Hazel base, our Headtension relief can be applied exactly where it's needed.



10ml - £3.90 Ref. 0981

Chawtons has always believed that knowing the origins of the oils we sell is important to our customers. Essential oils, in particular, can be likened to wine in that price and quality depend very much on its origins and the conditions under which it was grown and harvested.

We believe our oils are of exceptional quality. We also endeavour to provide our customers with a fair price for our oils.

Oil Storage

We supply all our pure essential oils in dark brown, 5ml, 10ml & 30ml dropper bottles. For safety reasons, please do not remove the stopper from the essential oil bottle. Essential oils should ideally be stored in a cool, dark place. Avoid letting the oil drip onto polished or varnished surfaces.

Prices

Essential oils are a natural product, as such, growing conditions affect the quality and quantity of the harvest. Inevitably we have found that the prices of some oils have gone up or down over the past year. This is reflected in the prices you pay for our quality oils. Very occasionally the price actually charged may vary to the price shown in the catalogue.

Essential oil properties

This listing is for **general guidance**. Do not take it too literally. Different quality essential oils will behave in different ways. The essential oils will not be EQUALLY active in all of the listed areas. These references are gathered from a variety of sources that included scientific evidence, aromatherapists observations, feedback about our products and clinical practice.

BASIL linalol <5% estragole
Aromatherapy Use: Insect Bites, Muscular Aches & Pains, Cramps, Bronchitis, Coughs & Colds, Flatulence, Nausea, Anxiety, Depression, Fatigue, Insomnia. (One of the best aromatic nerve tonics).

BERGAMOT f.c.f
Aromatherapy Use: Acne, Boils, Psoriasis, Sore Throat, Halitosis, Cystitis, Thrush, Nervous Anxiety & Depression. (refreshing & uplifting quality).

BLACK PEPPER
Aromatherapy Use: Chillsblains, Sprains, Muscular Aches & Pains, Catarrh, chills, Colds & Flu, Colic, Constipation, Nausea.

CEDARWOOD ATLAS
Aromatherapy Use: Acne, Dandruff, Eczema, Oily Skin, Insect Repellent, Arthritis & Rheumatism, Coughs, Sinusitis, Nervous Tension. (Cedrus Virginiana must not be used).

CHAMOMILE, ROMAN
Aromatherapy Use: Acne, Boils, Cuts, Eczema, Teething Pain, Toothache, Rashes, Muscular Pain, Neuralgia, Sprains, Indigestion, Nausea, Headache, Insomnia and Stress Related Complaints.

CITRONELLA
Aromatherapy Use: Excessive Perspiration, Oily Skin, Insect Repellent, Colds Flu, Minor Infections, Fatigue, Headaches, Migraine, Neuralgia.

CLARY SAGE
Aromatherapy Use: Dandruff, Hair loss, Oily Skin, High Blood Pressure, Muscular Aches & Pains, Asthma, Throat Infections, Colic, Cramp, Depression, Migraine, Nervous Tension, PMT & Menopause Problems.

CLOVE BUD
Aromatherapy Use: Acne, Athletes foot, bruises, burns, toothache, ulcers, wounds, Asthma, bronchitis, Colic, dyspepsia, nausea, Colds, Flu, minor infections.

CORIANDER SEED
Aromatherapy Use: Accumulation of Toxins or fluids, Arthritis, Gout, Stiffness, Diarrhoea, Flatulence, Nausea, Piles, Colds, Flu, Infections, Migraine.

CYPRESS
Aromatherapy Use: Haemorrhoids, Excessive Perspiration, Cellulitis, Poor Circulation, Rheumatism, Asthma, Bronchitis.

EUCALYPTUS
Aromatherapy Use: Burns, Blisters, Insect Bites (repellent), Rheumatoid Arthritis, Sprains, Asthma, Sinusitis, Colds Flu, Headaches and Debility.

FENNEL, SWEET
Aromatherapy Use: Bruises, Mature Complexions, Cellulitis, Obesity, Oedema, Asthma, Colic, Constipation, Nausea, Menopausal Problems.

FRANKINCENSE
Aromatherapy Use: Blemishes, Dry & Mature Complexions, Asthma, Cystitis, Colds, Flu, Anxiety, Nervous Tension & Stress.

GERANIUM
Aromatherapy Use: Acne, Bruises, Burns, Poor Circulation, Sore Throat, Tonsillitis, Menopause Problems, Nervous Tension, Neuralgia.

GINGER ROOT
Aromatherapy Use: Fatigue, Muscular Aches, Sprains, Sore Throat, Catarrh, Diarrhoea, Cramp, Travel Sickness, Chills, Colds, Flu.

GRAPEFRUIT
Aromatherapy Use: Acne, Promotes Hair Growth, Tones Skin, Cellulitis, Muscles Fatigue, Water Retention, Colds, Flu, Headaches.

JUNIPER BERRY
Aromatherapy Use: Acne & Oily Skin, Wounds, Accumulation of Toxins, Rheumatism, Cold Infections, Anxiety, Depression. (non berry oil is usually adulterated with turpentine oil use only Juniperberry oil in moderation).

LAVENDER H.A.
Aromatherapy Use: generally regarded as the most versatile of the oils. A drop of lavender can be used in most applications. Main uses are Stress Related Conditions, All Skin Conditions, Burns and Sunburn. Reputed to strengthen the immune system. Has been proven to reduce heart rate and to be a powerful antiseptic (high in esters).

LAVENDER BLENDS
Use as above but expect lesser effects, in addition lesser grades generally contain more camphor, and less linalyl acetate (low in esters). For skin preparation and young children only use our High Altitude (Haute-Alpe).

LEMON
Aromatherapy Use: Acne, Anaemia, Herpes, Mouth Ulcers, Spots, Varicose Veins, Arthritis, High Blood Pressure, Poor Circulation, Asthma, Bronchitis, Catarrh, Colds, Flu, Infections.

LEMONGRASS
Aromatherapy Use: Acne, Athletes Foot, Perspiration, Insect Repellent, Scabies, Tissue Toner, Poor Circulation, Indigestion, Gastro-enteritis.

LIME DISTILLED
Aromatherapy Use: Acne, Anaemia, Boils, Chillsblains, Herpes, Insect Bites, Mouth Ulcers, Warts, Arthritis, Cellulitis, High Blood Pressure, Obesity, Asthma, Throat Infections.

MANDARIN
Aromatherapy Use: Acne, Scars, Spots, Stretch Marks, Toner, Fluid Retention, Insomnia, Nervous Tension, Restlessness.

MARJORAM, SWEET
Aromatherapy Use: Chillsblains, Bruises, Ticks, Arthritis, Rheumatism, Sprains, Strains, Asthma, Colic, Constipation, PMT, Colds, headache, Insomnia, Migraine.

MAY CHANG
Properties: Antidepressant, antiseptic, astringent, carminative, hypotensive, insecticide, stimulant, tonic.

YLANG YLANG I
Aromatherapy Use: Hair Condition, General Skin Care, High Blood Pressure, Palpitations, Depression, Insomnia, Nervous Tension.

MYRRH
Aromatherapy Use: Athletes Foot, Chapped & Cracked Skin, Eczema, Mature Complexions, Wounds, Wrinkles, Arthritis, Asthma, Mouth Ulcers, Loss of Appetite, Haemorrhoids.

MYRTLE
Aromatherapy Use: Acne, Haemorrhoids, Oily Skin, Asthma, Bronchitis, Childrens Cough & Chest Complaints (because of it mildness).

NEROLI
Aromatherapy Use: Scars, Stretch Marks, Mature Skin, Palpitations, Poor Circulation, Diarrhoea, Spasm, Nervous Dyspepsia, Anxiety, Depression, PMT, Shock, Stress related Conditions.

NIAOULI
Aromatherapy Use: Acne, Boils, Burns, Cuts, Insect Bites, Muscular Aches, Asthma, Coughs, Sore Throat, (safe for children), Urinary Infections.

ORANGE, SWEET
Aromatherapy Use: Oily Complexions, Mouth Ulcers, Water Retention, Palpitations, Bronchitis, Chills, Constipation, Nervous Tension.

PALMAROSA
Aromatherapy Use: Minor Skin Infections, Scars, Sores, Wrinkles, Nervous Exhaustion, Stress Related Conditions.

PATCHOULI
Aromatherapy Use: Acne, Athletes Foot, Cracked & Chapped Skin, Fungal Infections, Hair Care, Open Pores, Nervous Exhaustion, Stress Related Conditions. (Small quantities uplift, Large sedate).

PEPPERMINT
Aromatherapy Use: Acne, Ringworm, Scabies, Toothache, Palpitations, Muscular Pain, Neuralgia, Asthma, Sinusitis, Colic, Cramp, Nausea, Headache, Migraine, Nervous Tension.

PINE SCOTCH
Aromatherapy Use: Cuts, Lice, Sores, Arthritis, Aches & Pains, Asthma, Coughs, Sinusitis, Sore Throat, Urinary Infections, Colds, Flu, Fatigue.

ROSE ABSOLUTE
Aromatherapy Use: Dry Skin, Eczema, Herpes, Mature Skin, Poor Circulation, Asthma, Coughs, Hayfever, Liver Congestion, Nausea, Irregular Menstruation, Uterine Disorders, Depression (emotionally uplifting), Insomnia, Headache, Nervous Tension.

ROSEWOOD
Aromatherapy Use: Acne, Wounds, Wrinkles, Combination Skin (mild and safe), Colds, Coughs, Fever, Headaches.

ROSEMARY
Aromatherapy Use: Hair & Scalp Conditions, Fluid Retention, Muscular pain, Rheumatism, Asthma, Whooping Cough, Dyspepsia, Debility, Headaches, Hypertension, Neuralgia, Mental fatigue, Nervous Exhaustion.

SANDALWOOD
Aromatherapy Use: Acne, Dry Cracked Skin, Afer Shave Rash, Bronchitis, Catarrh, Laryngitis, Sore Throat, Diarrhoea, Nausea, Depression, Insomnia, Nervous Tension.

TEA TREE
Aromatherapy Use: All antiseptic situations (cuts, stings, Ulcers, Sores, rashes etc.) Asthma, Sinusitis, Catarrh, Bronchitis, Colds, Flu, Infections, Chickenpox, Recent research has shown it to be active against infectious organisms of bacteria, fungi and viruses.

THYME LINALOL
Aromatherapy Use: Abscess, Acne, Bruises, Burns, Cuts, Dermatitis, eczema, Insect Bites, Lice, Gum Infections, Oily Skin Scabies, Arthritis, Cellulitis, Gout, Muscular Aches and Pains Obesity, Oedema, Poor Circulation, Rheumatism, Sprains, Sports Injuries, Asthma, Bronchitis, Catarrh, Coughs, Laryngitis, Sinusitis, Sore Throat, Tonsillitis, Diarrhoea, dyspepsia, flatulence, cystitis, Urethritis, Chills, Colds, Flu, Infectious Diseases, Headaches, Insomnia, Nervous Debility Stress Related Complaints.

YLANG YLANG I
Aromatherapy Use: Hair Condition, General Skin Care, High Blood Pressure, Palpitations, Depression, Insomnia, Nervous Tension.

Essential Oil	Botanical	Origin	Size	Price	Ref.
BASIL. Linalol <5% estragole	Ocimum basilicum	Comores	10ml	£6.07	0050
Bergamot f.c.f	Citrus aurantium v. Bergamia	Ivory Coast	10ml	£7.10	0060
Black Pepper	“Piper nigrum”	India	10ml	£8.12	0065
Cedarwood Atlas	“Cedrus atlantica”	Morocco	10ml	£5.48	0090
Chamomile, Roman	Anthemis nobilis linnaeus	Chile or UK	5ml	£12.19	0100
Citronella	Cymbopogon nardus	Sri Lanka	10ml	£5.49	0105
Clary Sage	Salvia sclarea	France	10ml	£9.55	0110
Cypress	Cupressus sempervirens	France	10ml	£6.90	0125
Eucalyptus	Eucalyptus globulus	Portugal	10ml	£4.84	0135
Frankincense	Boswellia carteri	Somalia	5ml	£8.32	0150
Geranium	Pelagonium graveolens	China	10ml	£7.14	0155
Ginger Root	Zingiber officinale roscocoe	China	10ml	£6.70	0160
Grapefruit	Citrus paradisi	Florida	10ml	£7.14	0165
Juniper Berry	Juniperus communis	Hungary	10ml	£8.22	0180
Lavender, High Altitude	Lavandula angustifolia	France	10ml	£7.14	0195
Lavender, High Altitude (Large bottle)	Lavandula angustifolia	France	30ml	£14.88	0190
Lavender, Communelle	Lavandula angustifolia	France	10ml	£6.17	0185
Lavender, Communelle (Large bottle)	Lavandula angustifolia	France	30ml	£11.50	0200
Lemon Citrus limon		S Africa	10ml	£5.82	0205
Lemongrass	Cymbopgen citratus	Guatemala	10ml	£5.53	0210
Lime distilled	Citrus medica v. Acida	Peru	10ml	£6.51	0215
Mandarin	Citrus reticulata	Spain	10ml	£6.46	0220
Marjoram, sweet	Origanum marjorana	Egypt	10ml	£6.90	0225
Myrrh	Commiphora myrrha engler	Somalia	5ml	£8.41	0235
Myrtle	Myrtus communis	Morroco	10ml	£7.54	0240
Neroli (Orange Blossom)	Citrus aurantium v.amara	Tunisia	5ml	£37.19	0245
Niaouli	Melaleuca viridiflora.	Vietnam	10ml	£4.89	0266
Orange, sweet	Citrus Sinesis	USA	10ml	£4.99	0255
Palmarosa	Cymbopogen martinii	Comores	10ml	£6.61	0260
Patchouli	Pogostemon cablin	Indonesia	10ml	£6.00	0265
Peppermint	Mentha piperita	China	10ml	£5.48	0270
Rose absolute (Maroc)	Rosa centiflora	Morocco	5ml	£25.45	0290
Rosewood	Ocotea caudata	Peru	10ml	£5.87	0295
Rosemary	Rosmarinus officinalis	Tunisia	10ml	£5.87	0300
Sandalwood	Santalum album	India	5ml	£17.13	0305
Tea Tree	Melaleuca alternifolia	Australia	10ml	£5.29	0315
Thyme, linalol	Thymus vulgaris	France	10ml	£8.12	0325
Ylang I	Cananga odorata	Madagascar	10ml	£7.63	0340

Rosehip Oil

Rosa Mosqueta. Rosehip oil is extracted from the seed of a native rose growing wild in the southern Andes. The oils is cold-pressed to preserve its nutrient content. Pure rosehip oils is the only vegetable oils which contains natural Retinol acid (Vitamin A) which helps replenish and rebuild skin tissue. It is also packed full of essential fatty acids that helps maintain healthy skin. One of the effects of these is to help reduce the size of the pores on the skin. Because of the natural Vitamin A, it is also beneficial for many kinds of skin infection such as acne, pimples and boils. It is also useful in the treatment of damaged skin tissue caused by scalds, burns and varicose veins.

30ml - £5.39 Ref. 0037



Almond Sweet Oil

Prunus amygdalus. Cold pressed from the kernal. This fine grade oils is ideal for all general purpose massage. It is rich in natural viatmins, glucosides and nutrients. Do not use on people with nut allergies.

100ml - £4.06 Ref. 0001
250ml - £8.12 Ref. 0041



Grapeseed Oil

Vitis vinifera. Our Grapeseed is refined and deodorised using solvents. An effective and moisturising carrier oil.

100ml - £3.82 Ref. 0012
250ml - £7.83 Ref. 0040



Jojoba Oil

Simmondsia chinensis. From the bean, cold pressed and filtered. Very high in natural proteins and a substance that mimics collagen. Excellent for all skin types.

30ml - £6.12 Ref. 0014

Sunflower Seed Oil

Helianthus annus (organic) Virgin Pressed. The ideal oil for those with nut allergies or for children and those with sensitive skin. Sunflower is very rich in natural vitamins and minerals. A superb oil.

100ml - £4.60 Ref. 0018

Wheatgerm Oil

Triticum vulgare. This oil is unrefined. It is rich in natural vitamin E, which makes this oil extremely beneficial for skin health. Use it to preserve massage blends that you make up yourself.

30ml - £5.58 Ref. 0020

Avocado Oil

Persea americana. Cold pressed from the fruit. More a wax than oils (it may solidify if very cold). This oils is extremely rich in fatty acids, proteins, lecithin and minerals. Avocado is highly penetrative, and therefore perfect for massaging dry or mature skin or skin that does not readily absorb oils.

30ml - £4.06 Ref. 0004

Chawtons Massage Mixture

Our own blend of Grapeseed, Sweet Almond and Wheatgerm oil A perfect massage oil for you to add your own essential oils.

100ml - £7.34 Ref. 0036



Citrus Pulse Liquid Soap

There is an intense refreshing Citrus infusion to this soap. We've added pure essential oil of May Chang (Litsea Cubeba) for deodorising, Lime for the nails and Grapefruit for the skin - a stunning combination!

250ml - £7.33 Ref. 0441



Mint & Tea Tree Liquid Soap

Pure essential oils of Tea Tree, Peppermint and Lemon have been incorporated to provide a cleansing, deodorising soap. No synthetic fragrance here, this soap provides an invigorating, refreshing hand wash.

250ml - £7.33 Ref. 0443



Music

SLEEP

Lay down your head, relax your mind & body and release yourself into an effortless deep sleep with these soothing melodies. This CD has 8 soothing tracks and lasts 56 minutes and 54 seconds.

£9.99 Ref. 48240

ZEN GARDEN

Enter a blissful Asian Garden where tranquil music envelopes you, inspiring peace and balance. This CD has 10 soothing tracks and last 56 minutes and 38 seconds.

£9.99 Ref. 48241

HARMONY

A tranquil blend of sounds including harp, guitar, flute and other instruments will renew your energy and bring balance to your mind. This CD has 12 soothing tracks and last 51 minutes and 55 seconds.

£9.99 Ref. 48242

WELLNESS SPA

Follow up your spa treatment with a pleasurable mix of lounge music... the perfect bridge to the outside world. This CD has 13 tracks and last for one hour.

£9.99 Ref. 48271

AROMATHERAPY

Ambient soundscapes guide you into a peaceful state of well-being, the perfect accompaniment to a soothing massage. This CD has 5 tracks and lasts 61 minutes and 52 seconds.

£9.99 Ref. 48297



Ceramic Floral Burner

A single piece ceramic burner that comes in a charming gift box. The burner is pale cream with flowers and stands 12cm high.

£4.88 Ref. 2066



Ceramic Oil Burner (White)

A charming ceramic fragrant oil burner with a smooth bowl at the top for easy cleaning. Available in white and black (candle not included).

£4.99 Ref. 2067



Ceramic Oil Burner (Black)

A charming ceramic fragrant oil burner with a smooth bowl at the top for easy cleaning. Available in white and black (candle not included).

£4.99 Ref. 2068



Single Lightbulb Ring

Single ceramic lightbulb ring. Use them with Aromatic or pure essential oils. Just pop the ring onto a lightbulb with a few drops of your favourite oil or fragrance and switch on the light. As the bulb heats the ring, the oils starts evaporating and the room is gently fragranced.

£0.59 Ref. 2058

Three Lightbulb Rings

Use them with Aromatic or pure essential oils. Just pop the ring onto a lightbulb with a few drops of your favourite oil or fragrance and switch on the light. As the bulb heats the ring, the oils starts evaporating and the room is gently fragranced. Great value.

£1.22 Ref. 2060



Baroque

Baroque - Classic modern fresh fragrance.

30ml - £6.85 Ref. 2039



Cinnamon & Orange

Winter nights by the fire, with mulled wine. Mmmm! Heavenly!

30ml - £6.85 Ref. 2041



Rose

Powerful and true to the Rose fragrance.

30ml - £6.85 Ref. 2048



Online

Go to www.chawtons.co.uk and browse the site. If you are worried about security over the internet, our website is hosted on a secure server. We have taken every precaution to safeguard both your, and our, details online. You can pay by credit or debit cards or from your PayPal account. Do not forget to add any relevant promotion code.

By phone

Prepare your order details and have your credit/debit card details. Call **Free Phone 0800 069 9657** between 9 – 5pm Monday to Friday.

By post

Complete the attached order form. Please make sure you include your full name, address and postcode, plus the delivery address if different. Make cheques payable to Chawtons UK Limited. Post the order to: **Chawtons UK Limited, Shirlands, Manor Gardens, Walderslade, Kent, ME5 9AB**

Email

Send your order to info@chawtons.co.uk Please include a telephone number where we can reach you. **DO NOT INCLUDE CREDIT/DEBIT CARDS DETAILS IN YOUR EMAIL.** We will call you back to confirm your order and advise you of the cost.

Delivery charges

Increases in UK postal charges means that we will now have to charge a flat rate of £2.99 on all parcels. All orders over £75.00 (excluding P&P) will be delivered free of charge (excludes Northern Ireland, Highlands, Channel Islands & Isle of Man).

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For orders over 2kgs we will contact you with a price.

For orders to the EEC we charge a fixed fee of £20.00 up to 2kgs.

For orders over 2kgs we will contact you with a price.

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You may pay by using credit / debit cards and PayPal online. You may pay by cheque. Cheques should be made payable to Chawtons UK Limited.

Overseas customers, please pay using a credit/debit card or order online via our website www.chawtons.co.uk

Dispatch

Most orders are delivered within 2-4 working days (UK mainland), subject to any reasons outside of our control. Our aim is to dispatch your order within 2 days of receipt, during times of peak demand dispatch may take a little longer. If for any reason we are unable to ship any particular items we will contact you by email. If your order is urgent we offer a 'Next Working Day' service at a cost of £6.50, to use this service you must order before 1:00pm (all orders placed on a Friday will be dispatched on Monday except Bank Holidays when it will be Tuesday).

Returns

If you are in any way dissatisfied with your purchase, please return it within 30 days. We will happily refund your money (excluding P&P charges).

VAT

All prices in our catalogue include VAT at the current rate.

Removal from our mailing list

Simply write or telephone requesting to be removed. We do not share our mailing list with any third parties whatsoever.

Chawtons Aromatherapy order form

www.chawtons.co.uk

YOUR NAME AND ADDRESS (please print)

TITLE	INITIAL	SURNAME
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ADDRESS		
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COUNTY	POSTCODE	
TELEPHONE		
EMAIL		
PROMOTIONAL CODE		

DELIVERY DETAILS (IF DIFFERENT)

TITLE	INITIAL	SURNAME
ADDRESS		
ADDRESS		
TOWN/CITY		
COUNTY	POSTCODE	

PRODUCT CODE	DESCRIPTION (e.g Rose & Lavender Moisturiser)	QUANTITY	PRICE	TOTAL COST (QUANTITY x PRICE)
				£
				£
				£
				£
				£
				£
				£
				£
				£

- ✓ PLEASE COMPLETE THIS FORM CLEARLY.
- ✓ IF YOU WANT YOUR ORDER DELIVERED ELSEWHERE, PLEASE COMPLETE THE DELIVERY BOX.
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TOTAL GOODS	
DISCOUNT (IF APPLICABLE)	
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POSTAGE	£2.99
TOTAL GOODS	

CHEQUE: Enclose a cheque made payable to Chawtons UK Limited

CREDIT/DEBIT CARDS: Please underline the card type - VISA MASTERCARD MAESTRO SWITCH SOLO VISA DELTA

With ALL card types we require the 3 digit security number on the reverse of the card, just above the signature

CARD NUMBER:			
VALID FROM:	EXPIRY DATE:	ISSUE No.	SECURITY No.
CUSTOMER SIGNATURE:	DATE:		

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