

THE NATURAL DISPENSARY

Seasonal

BUYING GUIDE 2024

THE NATURAL DISPENSARY

HOME OF NATURAL HEALTHCARE

Welcome to our seasonal buying guide.

We hope you enjoy this guide of nurture and kindness and find a little wellbeing inspiration. Our team have gathered some ideas for gifting to others and yourself.

With thousands of products on offer this is only a selection. We hope you discover new things from the categories below, to welcome into your home and gift to loved ones.

- Gifting under £10
- Winter nutrition basics
- Pantry basics
- Gifting
- Spa
- Alcohol free drinks

with kindness and care.

The Natural Dispensary,
Home of Natural Healthcare.

GIFTING UNDER £10

Little gifts you'd love to get



SF-SB003

SOAP FOLK
GOATS' MILK & HONEY SOAP

£5.95 (RRP)

For an unscented, creamy lather. Handmade in the Stroud Valleys, enriched with locally sourced honey.

URT-00589-HFB

URTEKRAM
HAND CREAM SOOTHING
LAVENDER

£5.80 (RRP)

Contains moisturising, hydrating aloe vera, shea butter and natural oils to replenish the skin. Scented with calming lavender.



ATTD-11982-12

ATTITUDE
LEAVES BAR LIP BALM
WATERMELON

£5.50 (RRP)

Get kissably-soft lips with this new range of plastic-free leaves bar™ lip balms. The perfect complement to a waste-free, clean beauty routine.



CN-MYLK30G

CREATIVE NATURE
NATURE MAGIBLES
CREAMY M*LK CHOCOLATE

£2.00 (RRP)

Light and crunchy Magibles are delicious bites of creamy M*lk, nut free chocolate with a crunchy rice centre. Free from the top 14 allergens.



FUS-10425

FUSHI
ORGANIC SESAME OIL

£9.00 (RRP)

A vitamin E rich oil used in Ayurveda for body massage. Comes in an earth friendly glass bottle with an aluminum cap.



WINTER NUTRITION BASICS

Winter support for the season ahead



RR-4194

RAISE & REPLENISH
I WOKE UP LIKE THIS

£42.00 (RRP)

Start your day with this combination of carefully sourced plant extracts and vitamin C, which supports natural energy levels and helps fight fatigue.

UDO-FMD006-SAV

UDO'S CHOICE
DIGESTIVE ENZYME

£34.99 (RRP)

Contains plant based enzymes to assist the breakdown of key nutrients and to optimise the body's absorption and use of food nutrients.



UB-BEE03

UNBEELIEVABLE
BEE PREPARED MAX STRENGTH IMMUNE FORMULA

£13.99 (RRP)

High quality, plant sourced nutrients with health benefits to support immune function.



BARE-LSL150

BARE BIOLOGY
LIFE & SOUL PURE OMEGA-3

£49.95 (RRP)

Containing 3,500mg of omega-3 per teaspoon to help feel benefits faster. Certified sustainable, provides peace of mind on purity, freshness and taste.



AB-TRU-NIGHT-JAR-180G

ANCIENT & BRAVE
TRUE NIGHTCAP

£32.00 (RRP)

This nutrient rich formula provides a carefully curated selection of essential nutrients including magnesium to support the nervous system.



NP-UE29928

NATURESPLUS
ANIMAL PARADE GOLD
MULTIVITAMIN SUGAR FREE
ASSORTED FLAVOUR

£24.95 (RRP)

This popular children's formula supplies 500IU of vitamin D3, trace minerals, enzymes, live cultures and organic whole foods.



SEASONAL ESSENTIALS

Nutritional support for your health and the health of your loved ones. These nutrition basics are just a small selection of products with the changing seasons in mind, whether you're looking to support gut health, immune health, energy, sleep or more. Discover the full range online.

TN-T2008-BN

TERRANOVA
LIFE DRINK POWDER

£33.71 (RRP)

A deeply nourishing and synergistic drink providing an array of phytonutrients, micronutrients, balanced vegan protein, enzymes, EFA's and beneficial bacteria.



INV-END90C

INVIVO
BIO.CLEAR ENDOTOX-LV

£37.50 (RRP)

A botanical and nutrient blend for festive support. Containing selenium yeast, burdock root extract, hibiscus extract and spirulina.



BACH-2001784-NEL

BACH
FLOWER REMEDIES
RESCUE REMEDY SPRAY

£12.99 (RRP)

The RESCUE Remedy® formula is the same today as when it was developed over 80 years ago, to calm and support your emotional balance.



KH-KIK061

KIKI HEALTH
PURE MARINE
COLLAGEN POWDER

£29.95 (RRP)

Hydrolysed and wild-caught, collagen is a key component of bones, muscles, cartilage, ligaments and connective tissues.



PANTRY BASICS

Essential store cupboard items to keep coming back to



LIF-DDP220

LIFEFORCE ORGANICS
DULCE DE PECAN

£13.95 (RRP)

100% organic, activated raw pecans, gently stone ground with dehydrated coconut nectar and vanilla. Delicious on toast or in a breakfast granola bowl.

PRF-12500-CLF

PROFUSION
HIMALAYAN ROSE PINK
CRYSTAL SALT COARSE

£7.99 (RRP)

Mineral-rich crystal salt from the foothills of the Himalayas. Formed over 250 million years ago from ancient unpolluted seas. Refillable grinder.



BNA-BNA47-CLF

BIONA
COCONUT OIL
CUISINE ODOURLESS

£5.89 (RRP)

Offers all the benefits of cooking with coconut oil without interfering with other flavours. Naturally saturated and free from trans-fatty acids.



AQS-165450

AQUASOL
DANDELION COFFEE

£4.25 (RRP)

Superfine powder for full instant dispersion and a fuller flavour. Rich roasted aroma for an instant coffee alternative.



PB-300

PAMBAM
STIR & DRINK
TURMERIC LATTE

£12.25 (RRP)

Meticulously crafted in the UK to deliver an award-winning fusion of flavour and wellness. Simply stir and enjoy.



SOB-001-SB

SUNSHINE BAKERY
WHEAT FREE
SOURDOUGH

£4.99 (RRP)

Made from the best organic, gluten-free ingredients. No preservatives added.



WELL-STOCKED

Store cupboard essentials, providing comfort and sustenance for the cooler months ahead and products you'll keep coming back to all year round. A well-stocked pantry is a joyful resource.

IUC-IYC-P6174-CLF

IF YOU CARE
PARCHMENT PAPER

£5.89 (RRP)

Unbleached totally chlorine-free greaseproof paper.



NRSH-MAC110SGL

NOURISH
ORGANIC COCONUT
MACAROONS
CACAO

£4.99 (RRP)

Rich and indulgent tasting macaroons, with just a hint of Himalayan salt.



CLA-CLA1-CLF

CLARA
WASHING UP LIQUID
CONCENTRATED
UNSCENTED

£1.99 (RRP)

Uses the power of plants to cut through grease and grime without leaving any harmful residues behind.



IUC-IYC-P87931-CLF

IF YOU CARE
FIRELIGHTERS

£2.99 (RRP)

100% biomass firelighters contain only two ingredients: FSC wood and non-GMO vegetable oil. Simple as that.



GIFTING

Inspiration for gifting to others and yourself



PUK-801050

PUKKA
TEA ADVENT CALENDAR

£12.99 (RRP)

Enjoy 24 days of delightful herbal, green and black teas with this ideal ethical and sustainable gift, perfect for tea lovers seeking variety and quality in their daily brews.

WEL-409896

WELEDA
BABY SKINCARE SET

£15.00 (RRP)

Developed with midwives and pharmacists, features calendula-rich products that soothe, protect and support delicate skin.



BUR-65788-14E

BURT'S BEES
CRANBERRY SPLITZ LIP BALM WITH HAND SALVE GIFT SET

£14.25 (RRP)

Lip balm to moisturise and nourish dry lips and a multi-purpose hand salve to hydrate rough, dry hands, elbows, knees and feet.



ANT-2204-KIN

ANTIPODES
GLOW BOOST SET

£47.00 (RRP)

Vitamin C brightening serum offers an illuminating, dewy complexion. Vitamin C cleanser brightens skin, while water cream targets uneven skin tone.



TIS-GF837-FNL

TISSERAND
ROLL-ON WELLBEING PULSE POINT ROLLER BALL COLLECTION

£18.00 (RRP)

Offers natural remedies using 100% pure essential oils for positivity, stress relief, inner calm and sleep.



SUK-SU-042LOVESK-CRE

SUKIN
3 STEP FACE KIT

£15.99 (RRP)

A daily routine with a blend of active botanicals, featuring foaming facial cleanser, hydrating mist toner and facial moisturiser, all 125ml.



GIFTS YOU'D LOVE TO RECEIVE

Gifts for self-care, gifts for pampering, gifts for indulging. Whatever your preference, you'll want to set some time aside to enjoy giving these gifts, whether for yourself or for loved ones. More gift sets and ideas to suit various budgets and tastes are available on our website.

GP-AKP02

ALEXANDRA KAY
TIME TO RELAX AROMA BRACELET GIFT SET

£20.00 (RRP)

Rest and restore with this soothing scent, featuring ten tranquil essential oils.



KEF-KCM-848-BL-0124

KEFIRKO
CHEESE MAKER

£34.99 (RRP)

The ideal set for making fresh kefir cheese at home. This kit helps ensure optimal conditions for a successful batch every time.



TAP-BTLPro-B101

TAPP WATER
BOTTLEPRO BLACK WATER FILTER BOTTLE

£49.00 (RRP)

Cold water for 24 hours with this black 750ml stainless steel reusable bottle, leak-proof cap and advanced 4-stage microfiltration technology that removes 80+ contaminants.



AMP-278

AMPHORA AROMATICS
FRANKINCENSE ORGANIC PURE ESSENTIAL OIL

£10.80 (RRP)

Wild-harvested from tree bark, this ingredient offers a rich, sweet aromatic profile commonly used in face masks, lotions and creams.



SPA

Seasonal pampering for various budgets



TIS-VP568-FNL

TISSERAND
AROMA SPA DIFFUSER

£43.00 (RRP)

Create a delicate, fragrant atmosphere to suit your mood with this elegant aromatherapy diffuser, using ultrasonic technology for a fine, silent mist.

YOG-4

YOGANDHA
DETOX LEMONGRASS & JUNIPER MULTI-PURPOSE BODY OIL

£30.00 (RRP)

With a refreshing lemongrass scent to enhance lymphatic drainage and self-connection.



BY-750GFLAKESRELAX

BETTER YOU
MAGNESIUM FLAKES RELAX

£8.45 (RRP)

Magnesium chloride, rose geranium and bergamot to ease tension and clear the mind for ultimate relaxation and tranquility.



NG-NC018

NUTRIGOLD
SKIN BRUSH

£18.37 (RRP)

Natural bristle long-handled brush for effective dry body brushing and improved skin texture and circulation.



GP-N067

GREEN PEOPLE
AGE DEFY+ AHA RADIANCE PEEL MASK

£41.00 (RRP)

Lightweight vitamin C serum that promotes glowing, even skin tone and supports collagen production with hyaluronic acid for hydration.





BNCOS-B09800

BENECOS
MANICURE STICKS

£1.95 (RRP)

BNCOS-B09799

BENECOS
NAIL FILE

£4.45 (RRP)

Six manicure sticks with pointed and rounded ends for nail care and three plastic-free nail files in a recyclable FSC-certified envelope for shaping and smoothing nails, these make a great set when bought together.

SM-NPRT003

SEA MAGIK
ALGIMUD ACTIVE SEAWEED MASK

£5.50 (RRP)

This mineral-rich Dead Sea mud and oceanic alginates create a refreshing peel-off mask for a youthful complexion and softer skin.



EC-10603

ECOLIVING
NATURAL NAIL BRUSH

£5.50 (RRP)

100% plastic-free nail brush featuring plant-based bristles and a FSC® certified beech wood handle. Biodegradable, compostable and vegan.



SPA AT HOME

Welcome the essence of a spa into your home with these delightful indulgences. For more pampering ideas and our full range of skincare, beauty and haircare products, visit our website.

TIS-GF838-FNL

TISSERAND
LITTLE WELLBEING WONDERS MINI MOOD MIST COLLECTION

£17.00 (RRP)

This natural kit features pure essential oils to create joy, calm or tranquility—just spritz around your space.



ALCOHOL FREE DRINKS

Non-alcoholic tipples with added health benefits



FSH-002

FIGHTER SHOTS
GINGER TURMERIC

£2.50 (RRP)

A high-quality energising boost. 100% natural ingredients whenever you need them—morning, post-workout, or after meals. Presented in glass bottles, they contain no preservatives for a pure, natural boost.

MR-GS480X1

MOTHER ROOT
GINGER SWITCHEL

£27.95 (RRP)

This fiery mix of ginger, apple cider vinegar, honey and a hint of chilli is best served chilled with soda or sparkling water. Each full-sized bottle makes 20 drinks.



LT-LVT3-CLF

LIVING THINGS
SPARKLING PEACH & BLOOD ORANGE PREBIOTIC SODA

£2.29 (RRP)

Naturally flavoured, lightly sparkling soda with 2 billion live cultures. High in fibre, low in calories, never any sweeteners.



ADD TO YOUR TIPPLE

Make your non-alcoholic tipple extra special by adding fresh herbs like a sprig of rosemary, a few mint leaves or a slice of ginger. Or add extra health benefits by adding bitters or electrolytes. Instead of ice cubes, try frozen berries.

OSHUN-250

OSHUN
ELECTROLYTE CONCENTRATE

£32.99 (RRP)

Provides 200 servings. Just pump into water or drinks for a quick, unflavoured hydration boost.

