

*The **Natural Choices** skin care range*

Manufactured in the U.K.

Cruelty free.

No animal testing.

Suitable for Vegetarians or Vegans.

*Direct Supplies - High Quality - Value for Money
Delivered to your Door - Carriage free for orders over £30*

Rec. Retail Price List January 2005

Toners

Avocado & Cucumber Toning Lotion 125ml

Ideal for normal skin types, this toner refreshes with its Avocado Juice and Cucumber extract. Contains no alcohol.

Price:- £3-99

Elderflower Toning Lotion 125ml

Elderflower herbal extract refreshes and provides a clear smooth texture. Ideal for dry skin types. Contains no alcohol.

Price:- £3-49

Orange Flower Toning Lotion 125ml

This toner refreshes and gives a clear smooth texture to the skin. It is particularly good for oily skin types. Contains no alcohol.

Price:- £3-49

Therapeutic Oils, Gels & Creams

Stress Ease Body Massage Oil. 100ml	£7-95
Exotic/Sensual Body Massage Oil. 100ml	£7-95
Detox/Tone Body Massage Oil. 100ml	£7-95
Uplifting/Refresh Body Massage Oil.100ml	£7-95
Rejuvenating Face Massage Oil. 50ml	£7.45
Nourishing Face Massage Oil. 50ml	£7.45
Body Firming/Contouring Massage Oil. 150ml	£6.75
Cellulite & Thigh Intensive Massage Oil. 150ml	£6.95
Aloe Vera Skin Repair Gel 50ml	£4-95
Leg & Vein Cream 60g	£4-65
Olive Oil & Green Tea Hydrating/Moisturising Cream Gel 50g	£5-95
Olive Oil & Green Tea Intensive Moisturising/Rejuvenating Cream 50g	£5-95
Olive Oil & Green Tea Skin Softening/Nourishing Body Cream 100g	£7-95
Muscle & Joint Lotion 150ml	£6-45
Athletes Foot Oil 50ml	£5-25
Tea Tree & Comfrey After Sports Massage Oil 150ml	£4-95
Elderflower Eye Gel 15g	£4-95

Comfrey Range

Comfrey & Clivers Facial Wash. 150ml	£4-49
Comfrey & Oatmeal Facial Scrub. 150ml	£4-99
Comfrey & Peppermint Foot Cream. 60g	£4-99
Comfrey & Jojoba Complex Repair Cream. 60g	£4-99
Comfrey & Cocoa Butter Lotion. 150ml	£4-49
Comfrey & Vitamin E Moisturising Cream. 60g	£4-99
Comfrey & Cucumber Eye Gel. 15g	£4-49

The Fragrance Free Range

An alternative range for more sensitive skin.

Fragrance Free Cleansing Lotion 125ml	
<i>To deep cleanse the skin leaving it feeling soft and smooth. Ideal for sensitive skin.</i>	Price:- £3-99
Fragrance Free Day Cream 60g	
<i>A light smooth cream, made with natural oils and vegetable glycerine for daily moisturising use.</i>	Price:- £3-99
Fragrance Free Night Cream 60g	
<i>Extra moisturisation needed through the night is provided for those with sensitive skin.</i>	Price:- £3-99
Fragrance Free Eye Gel 15g	Price:- £3-89
Fragrance Free Shampoo 250ml	Price:- £4-25

The Aloe Vera Range

Aloe Vera Day Cream 60g	
<i>A beneficial cream for daily use for extra moisturising.</i>	£4-99
Aloe Vera Night Cream 60g	
<i>A rich cream specifically designed for overnight moisturising.</i>	£4-99
Aloe Vera Moisturising Lotion 125ml	
<i>A light soothing lotion for easy application for total body benefit.</i>	£4-49
Aloe Vera Skin Repair Gel 50ml	£4-95
Aloe Vera Men's After Shave skin Gel 60g	£4-99

Lip Balms

All Lip Balms contain Vitamin E and are all 15g. Price each £2-15

*Wild Dewberry, Banana, Red Cherry, Green Apple,
Strawberry, Rich Plum, Coconut, Peppermint.*

Bath Products

Oriental Musk Foaming Bath 250ml	£4-45
Tropical Palm Foaming Bath 250ml	£4-45
Alpine Fresh Foaming Bath 250ml	£4-45
Ylang Ylang Foaming Bath 250ml	£4-45
Rose Foaming Bath Oil 125ml	£3-25

Cleaners

Passion Fruit Facial Scrub 125ml

This creamy lotion combined with ground oats gently cleanses the skin by gently removing the dead skin cells.

Price:- £4-45

Elderflower Wash Cream 60g

This creamy wash is formulated to absorb grease and impurities from the skin.

The Elderflower extract also acts as a gentle stimulant and a mild astringent.

Price:- £4-45

Pineapple & Peach Wash Cream. 60g

A soap free cleanser with the added benefits of Pineapple and Peach Kernel oil to gently cleanse the skin without the need for soap.

Price:- £4-45

Oatmeal Scrub Cream. 60g

A cleansing cream that rinses off. Ground Oatmeal provides the abrasive action to dislodge dead cells and maintain a healthy skin texture.

Price:- £4-45

Orchid Cleansing Milk 125ml

Cleansing is made easy with this milky type lotion. The Orchid oil is combined with soothing Chamomile extract.

Price:- £4-45

Apricot Cleansing Milk. 125ml

A cleansing Milk that gently lifts away excess waste, impurities and grease from the skin with all the benefits of the Apricot Kernel Oil.

Price:- £4-45

Eye Makeup Remover Cream. 15g

This effective eye make up remover contains Vitamin E and Aloe Vera extract. The cream is free from perfume and colouring for use around the delicate eye area.

Price:- £4-45

Apple Blossom Face Mask. 60g

Blend of natural clays, waxes, menthol, distilled witchazel and alcohol make for this efficient exfoliating mask. Contains Apple Juice especially for normal to oily skin.

Price:- £4-45

Avocado & Cucumber Face Mask. 60g

This exfoliating mask of Avocado Oil and Cucumber extract is ideal for dry to normal skin. Natural clays, waxes, oils, menthol, distilled witch hazel & alcohol are blended in.

Price:- £4-45

Cucumber & Fennel Cleansing Gel. 125ml

A gel type cleanser with a mild foaming action for thorough cleansing without soap. Cucumber and Fennel extract are added to help remove impurities with their deep cleansing benefits. Ideal for normal to oily type skin.

Price:- £4-45

Lime Blossom & Orange Flower Cleansing Gel. 125ml

An efficient deep cleansing gel of Lime Blossom & Orange Flower water that foams gently when applied to wet skin avoiding the need for soap.

Price:- £4-45

Fragrance Free Cleansing Lotion 125ml

To deep cleanse the skin leaving it feeling soft and smooth. Ideal for sensitive skin.

Price:- £3-99

Moisturisers (Creams)

Aloe Vera Day Cream 60g

A beneficial cream for daily use for extra moisturising.

Price:- £4-99

Aloe Vera Night Cream 60g

A rich cream specifically designed for overnight moisturising.

Price:- £4-99

Comfrey & Vitamin E Moisturising Cream 60g

Niaouli, Lemon and Mandarin are the essential oils blended with Vitamin E and vitamin enriched Wheatgerm Oil creating this excellent classical moisturising cream.

Price:-£4-99

Evening Primrose Moisturising Cream 60g

An excellent daily cream for extra moisturising containing all the benefits of Evening Primrose oil.

Price:- £4-49

Fragrance Free Day Cream 60g

A light smooth cream, made with natural oils and vegetable glycerine for daily moisturising use.

Price:- £3-99

Fragrance Free Night Cream 60g

Extra moisturisation needed through the night is provided for those with sensitive skin.

Price:- £3-99

Melon & Carrot Day Cream 60g

Contains Melon oil to help skin development and Carrot oil which is a mild UV light filter with vitamin A to help speed up healthy skin growth.

Price:- £4-95

Melon & Jojoba Night Cream 60g

Made with Melon oil which is rich in enzymes to help skin develop, combined with Jojoba oil which is one of the most effective natural lubricants known for skin care

Price:- £4-95

Moisturisers (Lotions)

Aloe Vera Moisturising Lotion 125ml

A light soothing lotion for easy application for total body benefit.

Price:- £4-49

Avocado & Cucumber Moisturising Lotion 125ml

Contains natural Avocado oil, one of the richest plant oils available and recommended for dry and more mature skin types. Cucumber is also included for freshness together with Jojoba oil for high moisturising qualities.

Price:- £3-99

Evening Primrose Body Lotion 125ml

To preserve suppleness and elasticity of the skin, apply this body lotion which contains the superb Primrose Oil together with Avocado and Apricot kernel oil.

Price:- £4-45

Lavender, Geranium & Ylang Ylang Body Lotion 125ml

A light soothing lotion which leaves the skin feeling soft and conditioned with the exquisite aromas of the essential oils.

Price:- £4-45

Moisturisers (Hand Care)

Lemon & Hawthorn Barrier Cream 60g

To help protect hands from the rigours of everyday life, this specially formulated barrier type cream with its natural oils contains Lemon essential oil and Hawthorn extract.

Price:- £4-45

Peach & Apricot Hand Cream 60g

This Hand Cream contains Peach and Apricot kernel oil to help restore and maintain softness and suppleness of the skin.

Price:- £4-45

Rich Rose Hand Cream 60g

Natural Rosewater and Vegetable Glycerine provide the moisturising and revitalising benefits of this traditional hand cream any time of the day.

Price:- £4-45

Rose & Glycerine Hand Lotion 125ml

This age old tried and tested combination of natural Rose Water and vegetable Glycerine is for softening, moisturising and protecting the skin.

Price:- £4-45

Moisturisers (Foot Care)

Comfrey & Peppermint Foot Cream 60g

This soothing cream contains Arnica for help with tired muscles, Chlorophyll for natural deodorising, Peppermint essential oil for cooling and vegetable Glycerine for extra moisturisation.

Price:- £4-99

Refreshing Herbal Foot Soak 125ml

For feet that are hot and tired! Add to any footbath. Made from a blend of herbal extracts including Arnica, Chlorophyll, Chamomile, Benzoin and Peppermint essential oil.

Price:- £4-45

Baby Care Range

Baby Soft Bubble Bath 125ml

Price:- £3-60

Gentle Baby Lotion 125ml

Price:- £3-99

Soothing Baby Cream 60g

Price:- £4-99

Hair Shampoos

	125ml	250ml
Mandarin & Papaya Shampoo.		
<i>Suitable for damaged or dry hair</i>	£3-35	£4-55
Camomile Shampoo.		
<i>Excellent for bringing out highlights in light coloured hair .</i>	£3-35	£4-55
Herb/Protein Conditioning Shampoo.		
<i>Extracts of Birch, Seaweed & Henna for healthy conditioning</i>	£3-55	£4-75
Kiwi & Lemon Balm Shampoo		
<i>Designed for Hair that is normal to oily</i>	£3-35	£4-55
Thyme & Mint Shampoo		
<i>Peppermint essential oil, Seaweed & Cade for dry & out of condition scalp</i>	£3-35	£4-55
Coconut Frequent Wash Shampoo		
<i>Restores the natural oils from frequent washing</i>	£3-65	£4-75
Nettle Herbal Care Shampoo		
<i>Normal to Oily hair ends up feeling soft & glossy</i>	£3-35	£4-55
Seaweed Conditioning Shampoo		
<i>Suitable for all hair types - rich in minerals & Iodine</i>	£3-35	£4-55
Banana & Vanilla Cream Shampoo		
<i>Delightfully fragranced for normal to oily hair</i>	£3-35	£4-55
Mango & Apricot Shampoo		
<i>This superb fruity fragrance shampoo is ideal for normal to dry hair</i>	£3-35	£4-55

Hair Conditioners

	125ml	250ml
<i>Mandarin & Papaya Conditioner</i>	£3-25	£4-45
<i>Camomile Conditioner</i>	£3-35	
<i>Coconut Frequent Conditioner</i>	£3-35	£4-45
<i>Nettle Herbal Care Conditioner</i>	£3-35	£4-55
<i>Kiwi & Lemon Balm Conditioner</i>	£3-35	£4-95
<i>Mango & Apricot Conditioner</i>	£3-35	£4-95
<i>Banana & Vanilla Conditioner</i>	£3-35	£4-95

Natural Choices

Supplied by InRhythm Wellness Therapies

Kind and Gentle Skin Care as Nature intended.

Mushroom Cottage, Main Road, Appleford, Oxon, OX14 4PD

Tel. 01235 847449 Fax: 01235 848930

[Email:-sales@inrhythm.co.uk](mailto:sales@inrhythm.co.uk) [Web:www.inrhythm.co.uk](http://www.inrhythm.co.uk)