

## Crystal Arts & Health Herbal Products

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These products are available  
online at

[www.shop.crystalartsandhealth.org.uk](http://www.shop.crystalartsandhealth.org.uk)

### Cayenne Pepper Salve



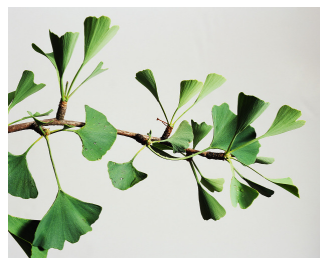
A warming analgesic salve made  
with organic olive oil with cayenne  
pepper and lavender and  
peppermint essential oils.  
(ce 280)

### Calendula & Chickweed Cream



Used to treat Eczema and soothe  
skin irritations with Lavender and  
Sandalwood. Helps relieve  
itching. (ce 283) 60 ml jar

### Ginkgo Biloba Used for memory, tinnitus



## Crystal Arts & Health

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UK Learner Provider  
Reference Number 10032655

## Herbalism Consultation

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### Apothecary Scale



### Mortar & Pestle



£20 for Individual  
Consultation

(45 minutes first  
consultation)

Includes 3 – days  
herbal treatment

## Herbalism Healing



Herbalism is a healing art that sees the person in a holistic manner, the mind, the body, the spirit, as one. It is about bringing balance back in a gentle, nurturing way that limits side-effects.

At the initial consultation a medical history is taken to prevent any contraindications that may exist between other treatments being used. A three day dose is given initially and a follow up consultation is arranged to monitor the progress of the treatments used.

Some preparations are ready-made as they are sold in the on-line shop. Other treatments will be prepared at the time tailored to the individual's needs. Some preparations require time to prepare and will be sent on after the consultation.

### Types of treatments

Herbal Teas are an effective gently way of using herbs either internally or externally and the dosage can be tailored to the age of the patient.

Creams, compresses, herb infused oils, ointments and poultices are used in conditions such as joint pain, skin irritations or swellings.

Tinctures and capsules are used as a more convenient way of taking an herbal preparation.



Aromatherapy is an important component in herbalism treatments. Essential oils have healing properties and incenses that use herbs and essential oils complement the recovery of mind body and spirit balance in a holistic way.

### Herbal Teas



**Bronchial Congestion Tea**  
Aniseed, Calendula flowers  
Marshmallow & Licorice root

**Less Stress Tea**  
Relieves stress, relaxes low  
back and neck areas.  
Chamomile, mint, calendula

### Aromatherapy Products

**Beeswax Wax Melts with  
Essential Oils for  
Aromatherapy**



Incenses resins such as  
Frankincense, Dragon's Blood  
and other herbal blends are  
also available.