

# YOUR HEALTH MATTERS

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## ORDER FORM – June 2010

Please let me know if you don't find what you want listed here. Some of these products are imported, and natural products are always subject to the vagaries of weather, harvest and storage issues, so prices and availability can vary from time to time, although I try to keep them as consistent as possible.

Name:

Contact Phone number and/or e-mail:

Please ensure you give a contact phone or e-mail address. Occasionally remedies are out of stock or unavailable, so I may need to contact you to suggest an alternative or let you know when it will be available.

### Herbalist Products

Formulated by Sara Hamer, Medical Herbalist. Hand-made in small batches.

#### Herbal Creams - 50ml= \$15.00, 100ml= \$28.00

		Quantity	Price
Arnica and Hypericum Cream	(was Ache Ease Cream) With Arnica, St John's Wort, Lavender, Clove, Ginger and Mint		
Echinacea Cream	(was Antiseptic Cream) With Echinacea, Lavender, Thyme and Tea Tree		
Comfrey & Arnica Cream	With Comfrey, Arnica, Rosemary and Lavender		
Comfrey and Hypericum Cream	(was Healing Cream) With Comfrey, Calendula, St John's Wort and Lavender		

#### Herbal Cosmetics

		Quantity	Price
Baby Butter	With Calendula, Chamomile and Mandarin	100ml=	\$35.00
Miracle Oil	Deliciously fragranced, with Rosehip, Carrot, Jojoba, Apricot and Wheatgerm oils	25ml=	\$40.00
Rejuvenating Face Crème	With Comfrey, Rose & Vanilla	50ml=\$20.00, 100ml=\$35.00	
Rich Body Butter	With Avocado, Jasmine, Patchouli and Lemon	200ml=	\$45.00
Ultra-Nourishing Face Crème	With Avocado, Sandalwood, Rosewater, Geranium and Ylang Ylang	50ml =	\$30.00

### Herbal Capsules and Tablets/ Nutritional Supplements

		Quantity	Price
Aesculus and Ruscus (Phytomed)	60 tabs,		\$64.00
Andrographis Comp. (Phytomed)	60 tabs,		\$60.00
Arctium & Zinc Comp. (Phytomed)	60 tablets,		\$52.00
Bacopa Comp. (Medi Herb)	60 tabs,		\$49.50
Boswellia Comp (Phytomed)	60 tabs,		\$52.00
Cascara Comp (Medi Herb)	60 tabs,		\$64.50
Chaste Tree capsules (Phyto)	100 caps,		\$40.00
Crataeva Comp (Phytomed)	60 tabs,		\$72.00
Dan Shen Comp (Phytomed)	60 tabs,		\$54.50
DiGest (Medi Herb)	60 tabs,		\$58.00
Echinacea capsules (Phyto)	100 caps,		\$40.00
Feverfew tablets (Medi Herb)	90 tabs,		\$42.00
Garlic 3000 tablets (Nutrimed)	120 tabs,		\$32.00
Ginkgo biloba tablets (Medi Herb)	60 tabs,		\$44.00
Humulus Comp (Phytomed)	60 tabs,		\$54.00
Hypericum 1500 tabs (Phytomed)	60 tabs,		\$52.50
Nevaton tablets (Mediherb)	60 tabs,		\$62.00
Serenoa Comp (Phytomed)	60 tabs,		\$66.00
Silymarin 15000 (Phytomed)	60 tabs,		\$52.50
Slippery Elm Capsules (Phytomed)	100 caps,		\$40.00
Tribulus and Epimedium Comp (Phytomed)	60 tabs,		\$83.00



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**Dried Herbs - 25g = \$5.00, 50g = \$10.00, 100g = \$20.00**

Bearberry leaf	Horsetail	Peppermint
Celery Seed	Lavender	Psyllium husks
Chamomile (German)	Lemon Balm	Red Clover
Comfrey Leaf	Limeflowers	Ribwort Plantain
Dandelion Leaf	Liquorice	Sarsaparilla
Dandelion Root	Marigold	Skullcap
Elderflower	Marshmallow root	Slippery Elm powder
Eyebright	powder	St John's Wort
Fennel seed	Meadowsweet	Vervain
Hawthorn tops	Nettle leaf	Yarrow
Hops	Oats (Green)	

Herb	Quantity	Price

## Essential Oils

Common name	Latin Name	5ml	10ml	20ml	Quantity	Price
Australian tea tree	Melaleuca alternifolia	\$4.40	\$5.70	\$8.10		
Basil	Ocimum basilicum	\$5.50	\$7.80	\$12.10		
Citronella	Cymbopogon nardus	\$4.80	\$6.30	\$9.30		
Clove BP	Syzygium aromaticum	\$3.90	\$5.70	\$8.10		
Cypress	Cupressus sempervirens	\$7.80	\$12.20	\$20.50		
Eucalyptus	Eucalyptus citriodora	\$4.00	\$4.80	\$6.50		
Geranium	Pelargonium graveolens	\$8.50	\$13.40	\$22.90		
Juniperberry	Juniperus communis	\$10.40	\$17.10	\$29.80		
Lavender	Lavandula spp.	\$6.60	\$9.80	\$15.80		
Lemon	Citrus limonum	\$4.80	\$6.30	\$9.30		
Mandarin	Citrus nobilis	\$6.40	\$9.50	\$15.40		
Patchouli (dark)	Pogostemon cabin	\$5.90	\$8.50	13.50		
Peppermint	Mentha piperita	\$4.40	\$5.60	\$7.90		
Pine	Pinus sylvestris	\$5.80	\$8.50	\$13.50		
Rosemary	Rosmarinus officinalis	\$4.60	\$6.00	\$8.60		
Sweet Orange	Citrus sinensis	\$4.20	\$5.20	\$7.20		
Thyme	Thymus vulgaris	\$6.40	\$9.50	\$15.30		
Ylang Ylang	Carnanga odorata	\$6.80	\$10.20	\$16.80		

## Base Oils & Infused Oils

	50ml	100ml	200ml	Quantity	Price
Carrot oil	\$14.20	\$27.00	\$51.50		
Joboba oil	\$16.30	\$28.60	\$51.80		
Macadamia Nut oil	\$6.00	\$9.00	\$14.40		
Rosehip seed oil	\$9.90/20ml	\$20.20/50ml			
Wheatgerm oil	\$9.00	\$16.00	\$29.80		
Arnica oil	\$16.00	\$28.00	\$50.60		
St Johns Wort infused oil	\$10.00/25ml	\$15.00/50ml	\$25/100ml, \$45/200ml		

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## Sundries

				Quantity	Price
Unscented base cream	\$7.50/50ml	\$12.00/100ml	\$20.00/200ml		
Chamomile Floral Water	\$5.60/50ml	\$8.20/100ml	\$12.90/200ml		
Jasmine Floral Water	\$8.60/50ml	\$13.90/100ml	\$23.80/200ml		
Lavender Floral water	\$5.80/50ml	\$8.60/100ml	\$13.70/200ml		
Neroli Floral Water	\$5.60/50ml	\$8.20/100ml	\$12.90/200ml		
Orange Flower water	\$5.80/50ml	\$8.60/100ml	\$13.70/200ml		
Rosewater	\$5.80/50ml	\$8.60/100ml	\$13.70/200ml		
Beeswax	\$2.30/10g	\$4.30/25g	\$8.30/50g		
Cocoa Butter	\$1.50/10g	\$2.80/25g	\$5.40/50g		
Carnauba wax	\$7.00/5g	\$14.00/10g	\$28.00/20g		

## Containers

				Quantity	Price
White plastic cream pots	\$1.70/50ml	\$1.90/100ml	\$2.60/200ml		
15ml glass pot	\$1.50				
Amber glass dripolator bottles		\$1.50/10ml	\$1.70/20ml		
Amber glass bottles with lid	\$1.70/50ml	\$1.90/100ml	\$2.60/200ml		
25ml amber glass dropper bottle		\$2.70			
Amber PET bottle		\$1.60/50ml	\$1.70/200ml		
Spray tops (to fit 50ml, 100ml, 200ml amber glass & PET bottles)			\$0.90		
Cellulose bags	\$1.50/10				

## TOTAL DUE

EFTPOS is available at Fitstop.

Please make cheques payable to "Sara Hamer"

Or direct credit to Westpac account 03 0667 0376233 025.

Please include your name as a reference if you direct credit your payment, so I can identify it.

Please drop your order form at Fitstop, or e-mail it to me. Your order will be delivered to Fitstop once your payment is in my account.

Please contact me if you have any queries or problems.

TO BOOK A CONSULTATION WITH SARA HAMER, CONSULTANT MEDICAL HERBALIST,  
PHONE 021 064 6187 OR E-MAIL HERBALISTS@MARCHINGCUBES.COM.

Initial Consultation: \$60.00, subsequent consultations: \$40.00 (cost of remedies is additional)

I endeavour to maintain consistent prices, however, prices may change without notice.