



*naturally*  
GROWN HEALTH



*Christmas*

**GIFT GUIDE**





# Welcome to the gift guide

Choosing the perfect gift is about more than just a present—it feels good to give something thoughtful and even better if it helps them to feel their best.

My range of luxurious, handcrafted skincare is designed to make your loved ones feel pampered and revitalised.

I have created some Christmas gift sets to make the gift buying process a little easier. Additional, single products can be added to your order to create a larger gift or to give as stocking fillers.

## **All the products are**

Crafted from high-quality, natural and plant based ingredients that nourish, soothe, and rejuvenate.

Free from synthetic chemicals and suitable for sensitive skin.

Hand crafted in small batches by Amy in Worcestershire

Concentrated with plant oils and butters with no fillers or added water so they are really long lasting.

*Amy*



# The Relax Gift Set

£40

The perfect gift for anyone feeling tired, overwhelmed and in need of some calm.

Comes beautifully packaged and includes a product guide. Just add a gift tag and it is ready to go.



## This set includes:

A Relax Balm (Rose and Chamomile)  
30g

**and**

A Body Cream/Moisturiser (Oat and  
Marshmallow) 60g

**Plus, either**

A Relaxing Eye Pillow (Lavender and  
Chamomile)

**Or**

A Bag of Relaxing Bath  
Blends(Lavender and Chamomile)

How to order

Scan here



Or go to:



**Christmas Relax Collection | Naturally Grown**



# Mix & Match Gift Set

£20 (worth £25)

Choose two products from the range to create your bespoke gift.

Comes in a cotton bag that can be used again. Just add your gift tag for a beautiful and sustainable gift.

## Choose from:

### *First selection*

A Lip Balm (Oat and Plantain) 15g

**Or**

A Body Cream/Moisturiser (Oat and Marshmallow) 60g

**And**

### *Second selection*

A Hand Balm (Oat, Seaweed and Lavender) 30g

**Or**

A Relax Balm (Rose and Chamomile) 30g



How to order

Scan here

Or go to:

Christmas Mix and Match sets | Naturally Grown



# Gift Vouchers

Give the gift of choice with a gift voucher.

These can be used for any individual products or sets in the range or for a skin MOT or a skin deep programme (combining nutrition and lifestyle medicine and natural skincare).



## How to order

Scan here



Or go to:

<https://www.naturallygrownhealth.co.uk/gift-card>

Choose the amount and the date you would like it to be sent (by email).



# Not sure which products to choose?

## Here is a product guide to help you to decide

### **Oat and Marshmallow Body Cream/Moisturiser**

This moisturiser gives you the ultimate combination of soft, velvety skin with exactly what your skin needs for true nourishment.

It has the scent of Marshmallow because it is actually made using the root of the Marshmallow plant!

With Oats and Marshmallow, not just because the Marshmallow smells amazing! but also because both plants are really soothing and protective for the skin so it is suitable for even the most sensitive of skin.

### **Rose and Chamomile Relax Balm**

This multifunctional balm is made from Rose and Chamomile. Its beautiful scent makes it ideal for calming and soothing the mind and body.

Chamomile is also a great skin calmer.

Use it on your temples, pulse points or massage in to the feet whenever you need to reset or relax. A perfect way to unwind before going to bed or find a moment of calm during a busy day.

Use it on areas of your skin (including your face) that need to be soothed by this rich, nourishing balm.

### **Relaxing Eye Pillows**

If you or someone you know has trouble switching off and relaxing, these eye pillows are a must. The relaxing and comforting scent of the dried herbs and essential oils, combined with the gentle weight on your eyes will help your mind and body to relax. Great for winding down in the evening ready for a good night's sleep.





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## **Oat and Plantain Lip Balm**

A naturally moisturising lip balm with oats, plantain and beeswax in a handy 15ml size. This will keep your lips moisturised for hours and the soothing and healing properties of oat and plantain makes it ideal for lips that are cracked and sore.

Free from synthetic chemicals (usually added to make lip balms smell or taste nice). It has a naturally pleasant scent.

## **Oat, Seaweed and Lavender Hand Balm**

A rich, nourishing hand balm with oats, seaweed, lavender, beeswax and jojoba oil, all chosen because they are soothing and protective for the skin. Suitable for sensitive skin, this balm is ideal if your hands need some TLC because you work outside in all weathers, need to wash your hands frequently or generally struggle with dry skin.

Use as a daily hand moisturiser. It is also particularly lovely to massage in to your hands at night before you go to bed, allowing the scent to relax you and the plants and butters to work their magic overnight for soft, soothed hands in the morning.

## **Relaxing Bath Blends**

The perfect choice for anyone who enjoys relaxing in the bath. Combining mineral rich Epsom salts to soothe aches and pains and to calm the mind, moisturising cocoa butter for soft and nourished skin and Lavender and Chamomile to soothe and balance the skin and provide a beautiful scent.



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GROWN HEALTH



Thank you

for choosing Naturally Grown Health

Thank you for taking the time to explore the gift guide and supporting my business.

I'm Amy, the founder of Naturally Grown Health, and I'm passionate about helping women transform their skin naturally and regain their confidence with natural, effective products and personalised support.

If you have any queries, just get in touch at [info@naturallygrownhealth.co.uk](mailto:info@naturallygrownhealth.co.uk)

Wishing you and your loved ones a very merry Christmas and a Happy New Year.

Merry Christmas

