

Just for You!

The following range of products are made to order using natural ingredients and essential oils specially sourced from a selection of over 90 suppliers for their therapeutic grades by a specialist biochemist and created Just for You by Alison at Complement Your Health. Please complete the health questionnaire overleaf to allow us to check the product is suitable. Thank you. A full list of ingredients and instructions for use will accompany the completed order.



		Bath Oil 100mls	Bubble Bath or Shower Gel 100mls	Aloe Gel or Body Cream 50gms	Body Lotion 100mls	Massage Oil 100mls	Roller Ball 10mls	Spray 30ml or 100ml	Pure Blend 5mls
		£7.40	£6.50	£5.60	£6.50	£6.50	£4.99	£4.70/ £6.50	£12.99
	HELPFUL FOR THE FOLLOWING CONDITIONS								
1	Stress, anxiety, insomnia, convalescence, PMT								
2	Coughs, catarrh, sinusitis, colds & flu								
3	Hay fever, asthma, allergies, catarrh, breathing aid for sports persons & singers								
4	Insect bites, stings, chapping, dermatitis, mild eczema, nettle rash, psoriasis								
5	Athletes foot, Thrush, fungal nail infections, ringworm (people & animals)								
6	Hot flushes, Hormonal balance, Aphrodisiac, menopause, irregular periods								
7	Arthritis, painful/swollen joints, rheumatism								
8	High/low blood pressure, palpitations, insomnia, stress, anxiety								
9	Bronchitis, colic, coughs, croup, laryngitis, throat infections								
10	Tennis elbow, poor circulation, cramp, back pain, muscle spasm, sciatica								
11	Fever, cold & flu treatment								
12	Cold & flu prevention—home/office/shop anti-viral, air cleanser								
13	Cystitis, urinary infections								
14	Indigestion, flatulence, Digestive tonic								
15	Burns (first aid), prickly heat, sunburn								
16	Hair & scalp infestations (head lice)								
17	Concentration, focus, lethargy, depression, home/office & general stimulant								
18	Shingles, chicken pox, cold sores								
19	Athletes foot - blister blend								
20	Insomnia blend								
21	Headaches, migraines, nerve pain								
22	Insect repellent – mosquitoes and fleas								
23	General itching, anti-irritant								
24	Cellulite. Poor circulation, bruising								
25	Hormonal balance, post-natal depression, menopause								
26	Morning & travel sickness								
27	Ear problems – earwax & general infections including Tinnitus								
28	Anti-bacterial								
29	Children: Stress & insomnia								
30	Fungal nail infections								
31	Immune system booster, convalescence								
32	General deodorizer – personal or general								
33	Stretch marks, scarring, skin rejuvenation								
34	Infertility, reproductive tonic								
35	Dry skin, Blemished skin								
36	Acne, Black heads								
37	Oily, blemished skin								
38	Uplifting, confidence, motivation								
39	Wellbeing, recovery, trauma, healing								
40	Calming, anxiety, depression, addiction								
41	Flu blend (use 48 hrs of first signs otherwise Blend 11)								

Prices valid til end Jan 07