



phree
natural skincare

“plant based therapy in a jar!”

HANDMADE IN NORTH BERWICK, SCOTLAND

by a Clinical Aromatherapist with over 25 years experience

CREATED WITH HIGH QUALITY 100% NATURAL INGREDIENTS

Free from Parabens and Synthetic Chemicals

All Products Suitable for Vegetarians • No Animal Testing • Sustainably Sourced •

All Oil Products Organic & Suitable for Vegans • All Products EU Compliant

www.phree.org.uk



Welcome to **PHree Natural Skincare** which is the culmination of the past 25 years of my working in Scotland.

Since 1991 I have been gathering knowledge and experience as a Holistic Massage Therapist. In 2004 I qualified as a Clinical Aromatherapist and since then, through listening to my clients, I have been developing my own recipes for natural skincare products for them. It was their enthusiasm for the products which inspired me to create **PHree Natural Skincare**.

I have recipes for men, women and children, many of which are organic and suitable for vegans. All are suitable for vegetarians, not tested on animals and free from parabens and synthetic chemicals. All products are handmade in small batches in North Berwick, Scotland using high quality, 100% natural, sustainably sourced ingredients.

My aim is to give you my knowledge and expertise in the form of high quality, handmade skincare products that will not only help to enhance your natural beauty but help to improve your health and well-being.

I am thankful to have the good fortune to be doing the work I love and I hope you enjoy my creations!

Thank you. Barbara Dew DCA

facial moisturisers

LIGHT FACE CREAM 15g 30g 60g Natural Lifting Effect & Vitamin E

An easily absorbed cream with a blend of oils and butters to help rejuvenate, improve elasticity, overall tone and texture of your skin, giving a more firm, hydrated, youthful appearance. Pumpkin Seed Oil has a lifting effect on the skin and the essential oils balance and calm, leaving your skin feeling smooth and silky soft. The aroma is delicate and light with Rose, Geranium, Rosewood and Frankincense with a slight undertone of smokey, tranquil Vetivert. Natural Sun Protection Factor 4. *Suitable for Vegetarians.*



NIGHT REPAIR CREAM 15g 30g 60g

Natural Lifting Effect & Vitamin E

With the pleasing aromas of Neroli, Rose and Frankincense, this cream is rich in Vitamin E. It is intensely nourishing, rejuvenating and encourages cell renewal and repair improving elasticity and tone. It softens, hydrates and soothes, leaving your skin feeling silky and replenished. May help with eczema. Pumpkin Seed Oil gives a natural lifting effect. Natural Sun Protection Factor 4. *Suitable for Vegetarians.*

PHREE FACE CREAM 15g 30g 60g

Nut, Wheat, Seed & Perfume Free

Created for those who have nut, wheat, seed and perfume allergies. A blend of Rice Bran Oil, Witch Hazel and Aloe Vera, this delightfully light, nourishing, simple cream is rich in Vitamin E and Omega 6. For use on face or body, it absorbs easily, leaving the skin feeling soft and hydrated.

Perfect for dry, UV sensitive skin, babies, children under 12 years and during pregnancy. Natural Sun Protection Factor 4. *Suitable for Vegetarians.*

GENTLE FRESH CLEANSER/TONER

50ml 100ml 250ml

Alcohol free • Neroli & Rosewood

A blend of essential oils, Witch Hazel and Aloe Vera gently cleanse and tone your skin without the use of alcohol. Fresh fragrance of Mandarin and Maychang combine with soft Rosewood and Palmarosa to produce a balanced, uplifting effect. Neroli adds the deeper tone to complete this effective and sensitive cleanser. Not to be used as eye make-up remover. *Suitable for Vegans.*

facial serums

ORGANIC ROSE ARGAN FACIAL OIL

10ml 30ml

Vitamin E & Firming Pumpkin Seed Oil

An exquisite, nourishing facial serum for use under your moisturiser, day or night. The wonderfully soothing aroma of Rose Absolute essential oil has been blended with Organic Argan, Neroli, Pumpkin and Wheatgerm oils to produce a beautiful, nourishing facial oil. This blend with Rose and Neroli Absolute is perfect for helping to reduce the signs of ageing as well as improving the texture and general skin tone. Has a lifting, firming, pampering effect and is easily absorbed leaving skin soft and complexion radiant. *Organic • Suitable for Vegans.*

INTENSIVE REPAIR JASMINE FACIAL OIL

10ml 30ml

Revitalising Serum - Nut & Wheat Free

Created for those with nut and wheat allergies. This intensive serum helps to repair and revitalise your skin, reducing the appearance of fine lines. Carrot and Calendula Oils nourish and replenish the skin, improving texture and tone. The essentials oils of Jasmine, Frankincense, Ylang Ylang, Rose and May Chang help to increase luminosity and lustre to your skin. Can be used day or night under your moisturiser. *Suitable for Vegans.*



BLACK GOLD 15g
**Organic Honey Mask with Organic
Spirulina - 88% Organic**

Natural face-lift treatment of exceptional quality. Using a combination of organic ingredients, Honey, Spirulina, Pumpkin Seed and Wheatgerm oils, this mask helps to provide vitamins and minerals which increase elasticity and stimulate collagen production. Aids the softening, hydration and rejuvenation of skin giving your complexion a radiant, translucent appearance. The anti-oxidants can also boost the immune system by cleansing and balancing the natural face oils keeping your skin supple and healthy.

How to use: Cleanse and warm skin to open pores by applying a warm flannel or gently steaming. Stir and apply mask gently with fingers to face and neck. Pat the mask carefully around eyes, can be used below eyebrows. Leave for 20-30 mins. Rinse off with flannel and warm water and pat dry. Allow skin to breathe by not applying any creams if possible, to fully experience the benefits. Look in mirror!

Try adding a little banana, avocado, egg, oatmeal or papaya. Banana has wonderfully toning and lifting properties.
88% Organic • Suitable for Vegetarians.

hand care

GARDENERS/GOLFERS HAND CREAM

30g 60g

For Hardworking Hands & Painful Joints

The clean, soothing aromas of Juniperberry, Chamomile, Benzoin, Frankincense and Rose have been blended with Calendula and Vitamin E oils to heal and repair. An easily absorbed, comforting hand cream that nourishes and soothes hardworking hands, cracked skin and painful joints. Calming, detoxing and anti-inflammatory. Natural Sun Protection Factor 4. *Suitable for Vegetarians.*

ORGANIC ENERGISING HAND/ BODY LOTION 50ml 100ml 250ml

Sweet Orange & Geranium with Vitamin E

A light, gentle hand/body lotion with the fresh, uplifting fragrance of Petitgrain and Elemi blended with Geranium, Sweet Orange and Lime. The essential oils are known for improving circulation and their rejuvenating, energising qualities. Oils rich in Vitamin E help to nourish, protect and hydrate your skin, leaving it feeling silky soft with a beautiful sheen. The Pumpkin Seed Oil has a lifting, firming effect on the skin. Can also be used as a light, gentle facial moisturiser. A great start to the day! Natural Sun Protection Factor 4.
Organic • Suitable for Vegetarians.

body care

HAND REPAIR CREAM 30g 60g For Hands that Work Hard

This hand cream is intensely nourishing for dry, cracked, hard working hands. The clean, soothing aromas of Juniperberry, Chamomile, Benzoin, Frankincense and Rose have been blended with Calendula and Vitamin E oils to heal and repair. Calming, detoxing and anti-inflammatory. Can also help in soothing painful joints. Natural Sun Protection Factor 4. *Suitable for Vegetarians.*

natural perfumes

100% Natural Blended Oil Perfumes

Essential oils are the oldest form of perfume known, distilled in the Middle East since the 10th century. The perfumes are made from an exotic blend of essential oils in a Jojoba Oil base. Their fragrance is long lasting and therapeutic and come in convenient roller ball applicators.

ELEEN 10ml

This fragrance is a delicate, balanced, floral blend of Rosewood, Geranium and Lime. A hint of smokey, tranquil Vetivert and deeper notes of Rose and Frankincense add a warmth to the aroma. Suitable for both day and night. *Suitable for Vegans.*

FOCUS 10ml

The wonderful aromas of Jasmine and Ylang Ylang are complimented by the light, bright citrus notes of Lime and Maychang. Suitable for both day and night. *Suitable for Vegans.*

By massaging on a regular basis you are helping to rid the body of toxins and unwanted bacteria so keeping yourself more healthy as well as giving your skin a more youthful appearance.

BODY BIO OIL - SCENTED 50ml 100ml 78% Organic with Geranium & Sweet Orange

A special blend of organic oils created to help nourish, protect and care for your skin. The fresh, uplifting fragrance of Sweet Orange and Lime have been blended with Geranium, Petitgrain and Elemi. These essential oils are known for improving circulation and their rejuvenating energy-giving qualities. Oils such as Argan, Wheatgerm, Calendula, Linseed and Pumpkin Seed are rich in Vitamins A & E and help to soften, repair and hydrate your skin leaving it feeling silky soft with a beautiful sheen. Also, Pumpkin Seed Oil helps to firm the skin.

With regular use these oils will help to reduce the appearance of scarring and stretch marks as well as lift, firm and improve uneven skin tone. Natural Sun Protection Factor 4. *78% Organic • Suitable for Vegans.*



body care

BODY BIO OIL - FRAGRANCE FREE

50ml 100ml

78% Organic

This blend is perfect for use during pregnancy, for babies and young children as the blend is free of essential oils. The special blend of organic oils has been created to help nourish, protect and care for your skin. Oils such as Argan, Wheatgerm, Calendula and Linseed are rich in Vitamins A & E and help to soften, repair and hydrate your skin leaving it feeling silky soft with a beautiful sheen. Also, Pumpkin Seed Oil helps to firm the skin.

With regular use these oils will help to reduce the appearance of scarring and stretch marks as well as lift, firm and improve uneven skin tone. Natural Sun Protection Factor 4.
78% Organic • Suitable for Vegans.



massage bath/oils

By massaging on a regular basis you are helping to rid the body of toxins and unwanted bacteria so keeping yourself more healthy as well as giving your skin a more youthful appearance.

For Massage: Adults use undiluted. Children 7-12 years - dilute with oil by 50%. Not suitable for babies or infants 6 years and under.

To use in a Relaxing, Aromatic Bath: Mix 2 teaspoons with a little full-fat milk or vodka and add to bath water. Use no more than twice weekly.

ORGANIC RELAXING MASSAGE/BATH OIL

50ml 100ml

Soothing Blend with Geranium & Elemi

This blended oil has the pleasing, relaxing aromas of Sweet Orange, Elemi and Geranium. It is a rejuvenating oil high in Vitamin E, a natural anti-oxidant which regenerates and maintains healthy skin cells.

Skin is left feeling silky soft, supple and nourished. The blend of base and essential oils replenish dry, dehydrated skin helping to improve the texture and tone. Natural Sun Protection Factor 4. *Organic • Suitable for Vegans.*

ORGANIC "CLASSIC" MASSAGE/BATH OIL

50ml 100ml

Ylang Ylang & Patchouli

A pleasing blend of Ylang Ylang, Patchouli, Marjoram, Lavender and Maychang, which together produce a seductive and luxurious aroma. A truly "classic" massage blend! This traditional blend of organic base and essential oils nourish your skin and so help to maintain healthy skin cells. Natural Sun Protection Factor 4.
Organic • Suitable for Vegans.

ORGANIC SPORTS MASSAGE/BATH OIL

50ml 100ml

For Overworked Muscles/Ligaments

This invigorating blend has been created to relieve overworked, strained and tired muscles. Comfrey Oil is excellent in helping torn muscles, ligaments and strains. The dominant aromas are Rosemary, Marjoram, Lavender and Juniperberry, which aid in the elimination of toxins and lactic acid from the body. Comforting undertones of Benzoin and anti-inflammatory Chamomile enable the muscles to relax and recover from strenuous physical activity. Natural Sun Protection Factor 4.
Organic • Suitable for Vegans.



"MAN FLU" OIL 30ml

Organic Antiviral Oil

This is an invaluable blend of essential oils for use against viruses. Titree and Lavender are powerful antiviral, antibacterial and immunostimulant oils, which if used intensely in massage, baths and inhalations can often help to stop a viral infection developing.

Best used at the very onset of a virus but also convenient when travelling on planes or when having to be in crowded areas! Natural Sun Protection Factor 4.

How to use: Apply directly onto neck or put a few drops on tissue and inhale. Can be used daily.

To use in bath: mix 2 teaspoons with full-fat milk or vodka and add to bath water.

To steam inhale: add 2 teaspoons to hot water, but not boiling, cover head with towel and inhale.

Organic • Suitable for Vegans.

phree man

"THE BIZ"

30g 60g

Cooling Balm with Cypress & Cedarwood

An easily absorbed face cream. The blend of oils and butters help to hydrate and rejuvenate your skin, improving overall tone and texture. Pumpkin Seed Oil has a lifting, smoothing effect giving your skin a youthful radiance.

The aromas of Cypress, Cedarwood, Frankincense and Patchouli cool, balance and calm the skin while Elemi, Lime and Maychang add a light, citrus note. Natural Sun Protection Factor 4. *Suitable for Vegetarians.*

"THE BIZ"

30ml

Organic Argan Beard/Shaving Oil

Used as a beard oil, "The Biz" replenishes the shine and lustre, leaving your beard feeling soft and manageable. As a shaving oil, it nourishes and protects your skin, whilst giving a clean, smooth shave.

An advantage of using oil is that it gives clarity and precision when shaping facial hair. It leaves your skin soft and enriched with the subtle aromas of Cedarwood, Frankincense and Neroli. Suitable for even the most sensitive skin types. Natural Sun Protection Factor 4. *Organic • Suitable for Vegans.*



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