**PRODUCTS AVAILABLE AT TRANQUILITY**

***Natural Skincare Products***

Tranquility Holistic Therapy Centre and Studio are proud to be able to sell beautiful hand made natural skincare products. I, Kerrie, the owner of Tranquility, take pride in producing these products myself. Anyone who knows me will know I love natural products and have hundreds of them all over my house, driving my boyfriend mad. I have always been interested in trying new products and finding ways to recreate them using natural ingredients.

I feel my passion for all things natural started when both my parents were diagnosed with cancer. This made me look into ways to help combat this awful disease by nutrition and lifestyle changes and using natural products. On this journey I discovered how bad some of the everyday things we use are, for example antiperspirants block our sweat glands which isn't good. Research shows people who use spray deodorants tend to spray more on their left side – this maybe coincidental but this is where a lot of people find their breast cancer starts – including my mum. I started to make stick deodorants with natural butters and essential oils to fight bacteria. They smelt amazing and allowed perspiration but stopped any nasty odours. Leading on from this I went on to develop other products such as soaps, bath bombs and lip balms. All products use natural ingredients and are free from harmful toxins and chemicals. We even are developing a vegan range too!

Due to the current lockdown situation the studio has had to close, so I am therefore concentrating on developing Tranquility Skincare and making more products which I am loving! I will not sell anything I don't use myself. There is a list below of all products that have been made or can be made personally to order either unscented or with your choice of essential oils. Please bear with me in getting the products to you are I am presently juggling two children and the business!

*PLEASE NOTE: In the current climate, to ensure maximum hygiene, all surfaces used to create the products are cleaned with antibacterial sprays and gloves are worn throughout the process.*

Please email me with this order form to confirm your order and if you can pick up from Chilwell, Nottingham (I will leave out for you to collect when is convenient for you) or I can post out to you postage is usually about £4 depending on order

(postage applicable unless you pick up from me in Chilwell)

P.s – I will be putting my products photos and prices etc on Facebook as I make them

Not only will I be selling my own products, I also have products from other reputable companies, please see all the information below:

Many Thanks for your support during these challenging times.

Kerrie

***Essential Oil Based Natural Handmade Skincare Products***

### During lockdown I used my time to develop a range of essential oil-based natural skincare products.

As an holistic therapist I have always been passionate about treating mine & my clients' bodies naturally & with respect. Below you will find a gorgeous range of products. Simply contact me and let me know which products you would like.

I really have a passion and will not sell anything I don’t use myself. I have very high standards, when it comes to products as I am quite particular!

All products are handmade with love by Kerrie from Tranquility with natural ingredients

We promise our products are:

**Free from** the following

Sls

parabans

petroleum,

aluminium

fragrance oils and other nasties

All products are vegetarian and most vegan or can be made vegan on request

Only tested on human beings!

Most of our products are with a base of coconut oil which is naturally antibacterial





***Products made by Kerrie***

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| --- | --- | --- | --- | --- | --- | --- |
| **Product** | **Price** | **Notes** | **Quantity Required** | | **Fragrance** | **Total Cost** |
| Luxury Hand Balm 60ml  Available in  Lavender  Sandalwood  Frankincense, Rose and Limited Edition Candy Candy, Festive Spice and Gingerbread | £12.00 | Feel your dry hands melt away in this luxurious blend of butters and oils as it melts in to the skin leaving dry hands a world away…  Vegetarian. Can be made Vegan on request |  | |  |  |
| Lip Balm  Available Rose, Vanilla, Peppermint or Orange, Ginger or Cinnamon.  Chocolate Lipbalm  Available in Choc Orange, Choc Peppermint and Choc Ginger | £3.75  £4.00 | Beautiful nourishing Lipbalm to condition and soften the lips with natural butters and oils.  Your lips will thank you!  \*can be made vegan too if required |  | |  |  |
| Tinted Lip Balm  Available in Baby Pink or Rose Red | £4.50 | Naturally coloured with Mica in our beautiful lip balm base Choose from baby pink - a natural pink colour to enhance the lips or rose red for a brighter look  \*can be made vegan too if required |  | |  |  |
| **Product** | **Price** | **Notes** | **Quantity Required** | | **Fragrance** | **Total Cost** |
| Lotion Bars  Available in Rose, Lavender, Sandalwood or Frankincense | £5.00 | Less oily than massage bars for those who prefer a lotion texture |  | |  |  |
| Massage Bars  Available in Rose, Lavender, Sandalwood or Frankincense | £5.50 | Made with lots of natural butters. Great if you are missing your massage with me!  \*can be made vegan too if required |  | |  |  |
| Epsom Salts  1 litre  Available in Rose, Lavender, Sandalwood or Frankincense, Lemongrass, Limited Edition Candy Cane, Festive Spice and Gingerbread  (Vegan) | £15.00 | Great for a relaxing bath to soothe aching muscles and pains |  | |  |  |
| Body Exfoliator  (Vegan on request)  Available in Rose, Lavender, Sandalwood, Frankincense and Lemongrass | £15.00 | Made with natural sea salt, essential oils and honey or Agave syrup |  | |  |  |
| Whipped Mango Body Butter  (Vegan) | £9.00 | A beautiful vegan whipped body butter with rich butters to soften and soothe the skin |  | |  |  |
| Hayfever Relief Oil  (100ml)  (Vegan) | £8.00 | A blend of hayfever fighting essential oils in a base of coconut oil |  | |  |  |
| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | | **Total Cost** |
| Lemon and Peppermint Foot Balm | £2.30  40ml | A refreshing foot balm to nourish and condition dry skin and foot and leave them smelling devine |  |  | |  |
| Lemon and Peppermint foot scrub | £2.30  40ml | A natural sea salt to scrub and polish the feet and remove hard skin, Great for use before the foot balm. |  |  | |  |
| Luxury Soy Wax Candles  Available in Rose, Lavender, Sandalwood or Frankincense | £10 | Drift away with our lovely soy wax candle. Slow burning so they last for ages and fill the room with the delectable aromas of rose, lavender, Lemongrass or Sandalwood or Frankincense.  Vegan candles in a beautiful re usable rose gold container  Free from petroleum, animal waxes, artificial colours and aromas just pure aromatherapy oils we use in our lovely massages! |  |  | |  |
| Bath Bombs  (Vegan)  Available in Rose, Lavender, Sandalwood or Frankincense | £2.50 | Relax with our highly scented bath bombs, rich in essential oils and lots of fun fizzes! |  |  | |  |

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| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Energy Clearing room Spray  (Vegan)  Avaialble in Sage or Palo Santo | £12 | A lovely energy clearing room spray. Palo Santo a fresh woody aroma to clear negative energy and refresh the room (we use this at Trangquility or the more popular sage for a stronger scent |  |  |  |

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| SLS Free soaps  Available in Rose, Lavender, Sandalwood or Frankincense | £2.50 or 3 for £6 | Handmade SLS free soap in our usual Tranquility aromas |  |  |  |

***Products made by Kerrie***

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| Yoga Nidra with Kerrie Relaxation CD | £5 | Relax and drift away with our lovely Yoga Nidra CD…. |  |  |  |

***Other products available***

***Pinks Boutique Organic Skincare***

**Organic locally sourced award winning skincare.**

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| **Product** | **Price** | **Notes** | **Quantity required** | **Total Cost** |
| Ocha Organic Toner | £17.50 | Antioxidant Japanese tea and soothing lavender extract work harmoniously to refresh, hydrate and nourish the skin |  |  |
| Rose Geranium Hydrating Water | £17.50 | Uniquely created using mineral rich spring water this gentle and refreshing flower water has no alcohol or added ingredients to calm and refresh sensitised or angry skin. |  |  |
| Deep Cleansing Melt | £33.50 | 5\* Award Winning Cleanser. A balancing cleansing balm with the astringency of organic Lemongrass and restorative Mandarin, anti- oxidants & natural vitamin E promote cell rejuvenation aimed at oily skin Visibly softens and conditions the skin, never leaving it feeling tight and dry. A fabulous replacement to conventional cleansers that can strip the skin of its natural oil, forcing it to overdrive and produce more sebum causing the skin to become imbalanced and problematic. Resulting in your best skin. |  |  |
| Ultimate anti-oxidant Renewal Eye Cream | £56.00 | Antioxidant Japanese tea and soothing lavender extract work harmoniously to refresh, hydrate and nourish the skin |  |  |
| Ocha and Rose Moisturiser | £27.95 | Blended with Rosehip oil, green tea and aloe vera this superb moisturiser absorbs quickly and provides all day long hydration for your skin |  |  |
| Lemongrass and Mandarin Cleanser | £19.50 | Balancing Refreshing Moisturiser. Suitable for morning and night this delicate light moisturising fluid absorbs quickly. Astringent Lemongrass balances oil production whilst camellia oil and aloe vera, soothe and heal stressed problem skin. |  |  |
| Ocha Cleanser | £19.50 | A gentle creamy cleanser. Ocha (tea) is packed full of anti-oxidants, to reduce damage caused to skin by free radicals. Lavender and geranium soothe whilst all make up and skin impurities are removed and the skin is left soft and clean. |  |  |

***Beat it Mosquito Repellent***

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| **Product** | **Price** | **Quantity Required** | **Total Cost** |
| Mosquito Spray | £7.00 |  |  |

Mosquito repellent, all natural essential oil based for adult and children (we use this every time we go to Thailand on the whole family and Izzie since she was a baby and its amazing!)

See their website: <https://beatitbugs.com>

***Green People Organic Skincare***

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| **Product** | **Price** | **Quantity Required** | **Total Cost** |
| Self Tan Lotion | £22.00 |  |  |
| Quinoa and Artichoke conditioner | £15.50 |  |  |
| Mum and baby rescue balm 100ml | £10.50 |  |  |
| Soothing baby salve 100ml | £10.50 |  |  |
| Body Wash and Shampoo | £8.50 |  |  |
| Mandarin and Aloe Vera Children's toothpaste | £4.50 |  |  |

See their website: <https://www.greenpeople.co.uk>

***Neals Yard Organic Skincare***

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| **Product** | **Price** | **Quantity Required** | **Total Cost** |
| Bee lovely Hand cream | £6.00 |  |  |
| Orange Flower Facial oil | £26.00 |  |  |
| Calendula Cleanser | £17.00 |  |  |

See their website: <https://www.nealsyardremedies.com>

***Amphora Aromatics Products – 10% off Amphora Products***

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| --- | --- | --- | --- | --- | --- |
| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Shea nut body butter 200g | £6.95 |  |  |  |  |
| Coconut body butter 200g | £6.95 |  |  |  |  |
| Massage oils 100ml  Choose from  Relaxing, athletic, anti cellulite | £4.95 |  |  |  |  |
| Bath oils 100ml  Chose from  Anti cellulite, athletic, relaxing, nourishing, sensual, muscle and joint, athletic, pmt | £4.95 |  |  |  |  |
| Aroma bath salts 300g  Choose from  Ylang Ylang or spa recovery | £6.95 |  |  |  |  |
| 100% plant wax candles  Choose from  mandarin, cinnamon, rosemary, lavender, vanilla, grapefruit, lemongrass | £10.00 | Plant wax paraffin free and burn or 40 hours!) |  |  |  |
| Rejuvenating rose gel 60ml | £4.00 |  |  |  |  |
| Arnica gel 60m  l | £4.00 |  |  |  |  |
| Dragon balm 60ml | £4.00 |  |  |  |  |
| Vanilla Shea butter 120ml | £4.80 |  |  |  |  |
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**Products from Thailand for muscular aches and pains**

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| **Product** | **Price** | **Notes** | **Quantity**  **Required** | **Total** |
| Thai Tiger Balm with Coconut Oil | £6.00 | Great for muscular aches and pains and to help with sinus problems and can be used as a chest rub to relieve congestion and coughs |  |  |
| Muscle Pain relief Patches with herbs | £6.00 | Great plasters can be put on areas of pain or tension to help relieve pain and tension in the body |  |  |

***Incense Sticks 20% off***

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| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Incense sticks chose from  Cinnamon, Nag Champa, Jasmin, Red Rose | £2.50 now £2 |  |  |  |  |

***The Mother Indias Fragrance Incense***

Incense made with natural ingredients, hand blended and hand rolled from resins, pure essential oil and a delicate blend of scented flowers, leaves, charcoal and wood powders This method of making incense avoids the use of chemicals, and creates a light clean burning incense that creates a minimum of smoke and slowly spreads a gentle aroma. All products are Fair Trade and the Mother’s India Fragrances come with a donation to charity.

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| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Incense sticks chose from  Shanti Nag Champa, Yoga, Ganesh or Yoga | £2.50 |  |  |  |  |

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| Incense cones | £3.00 |  |  |  |  |

See website: [www.greatergoods.co.uk](http://www.greatergoods.co.uk)

***Zephorium Soul Tonic Aromatherapy***

Empowering and uplifting fragrances with natural oils and crystals

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| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Perfume Roll On with Essential Oils and Crystals  Choose from  Aqua Marine with Neroli oil  Ruby Crystal with Ylang Ylang oil  Rose Quartz with Rose oil  Carnelian with Sweet Orange oil  Emerald with Jasmine oil  Citrine with Grapefruit | £15.00 |  |  |  |  |
| Aura Sprays with Essential Oils and Crystals  Choose from  Aqua Marine with Neroli oil  Ruby Crystal with Ylang Ylang oil  Rose Quartz with Rose oil  Carnelian with Sweet Orange oil  Emerald with Jasmine oil  Citrine with Grapefruit | £18.00 |  |  |  |  |

See their website: [www.zephorium.com](http://www.zephorium.com)

***Benecos Natural Lip Balm 10% OFF LISTED PRICES BELOW***

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| --- | --- | --- | --- | --- | --- |
| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Natural Lip Balm | £2.30 |  |  |  |  |

See their website: [www.benecos.uk](http://www.benecos.uk)

***EOS Natural Lip Balm 20% OFF LISTED PRICES BELOW***

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| **Product** | **Price** | **Notes** | **Quantity Required** | **Total** |
| Natural Lip Balm | £4.00 | Various flavours |  |  |

See their website: [www.evolutionofsmooth.com/collections/natural-organic](http://www.evolutionofsmooth.com/collections/natural-organic)

***Spa Ritual Vegan Nail Varnishes 20% OFF LISTED PRICES BELOW***

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| --- | --- | --- | --- | --- |
| **Product** | **Price** | **Notes** | **Quantity Required** | **Total** |
| Nail Varnishes | £8.00 | Various colours |  |  |

See their website: [www.sparituals.co.uk](http://www.sparituals.co.uk)

***Soap***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Mother Earth Soap  Available in  Rosemary herbal soap or seaweed and orange peel soap | £3.00 |  |  |  |  |

***Mother Nature Essential Oils***

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| --- | --- | --- | --- | --- | --- |
| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Organic Essential Oils (10ml)  Available in  Ylang Ylang, Peppermint, Lemongrass, Orange, Grapefruit, Rose | £7.00 |  |  |  |  |
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| **Product** | **Price** | **Notes** | **Quantity Required** | **Fragrance** | **Total Cost** |
| Pre blended essential oils  100ml  Available in  Rose, Lavender, Sandalwood, Frankinsense and Lemongrass in a stainless steel pump bottle | £10.00 | Pre blended 100ml essential oils available in the Tranquility aromas Rose, Lavender, Sandalwood, Frankinsense and Lemongrass in a stainless steel pump bottle. The same oils we use in your treatments |  |  |  |
| Aromatherapy oils  15ml Essential oils in a dropper bottle  Lavender  Rose  Sandalwood  Frankinsense  Lemongrass  Lime  Peppermint | £TBC | 15ml Essential oils in a dropper bottle  Various aromas pure essential oils |  |  |  |

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| Vegan soap and Bath Bomb making kits  Lip Balm and Deodorant making kits  (Vegan ones available on request) |  | Pre measures soap and bath bomb and lip balm and deodorant making kits with natural chemical free ingredients for you to do at home. All ingredients, premeasured, full instructions included, essential oils and Paraban, petroleum and harsh chemical free ingredients (vegan soap and bath bomb kit and vegan lip balm and deodorant making kits available on request)  Suitable for adults and children  When received email me for a video if you would like a video emailing cross too! |  |  |  |

***Gemstone Bracelets/Anklets***

Crystal Gemstone Bracelets or anklets available in the following gemstones

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| --- | --- | --- | --- | --- | --- |
| **Gemstones** | **Price** | **Properties** | **Anklet or bracelet** | **Quantity** | **Total Cost** |
| Turquoise | £5 | This can help heal the mind, body, and soul, balance your emotions iI’s said to benefit the respiratory, skeletal, and immune system. |  |  |  |
| Celestite | £5 | **Celestite** is often associated with divine power and is thought to increase understanding, higher consciousness, as well as mindfulness when used in meditation and prayer. |  |  |  |
| Lapis Lazuli | £5 | Among the many properties ascribed to lapis lazuli are the energy of deep calm and a strong connection to cosmic wisdom. A connection that helps one align with a universal quality of **truth** and integrity. |  |  |  |
| Unakite | £5 | **Unakite** is said to be a stone of vision, opening the third eye and useful for scrying. It is also believed to be a stone of balance, grounding the self while bringing emotions and spirituality together. Among crystal healing practitioners, **unakite** is used to support convalescence from illness. |  |  |  |
| Peridot chips  **Gemstone** | £5  **Price** | Known as the stone of compassion, peridot is believed to bring good health, **restful sleep**and peace to relationships by balancing emotions and mind. This friendly bright green stone also has the uncanny **ability** to inspire eloquence and creativity; it also brings delight and good cheer.  **Properties** | **Anklet or bracelet** | **Quantity** | **Total Cost** |
| Hematite | £5 | Hematite has very strong grounding **energy**; you can feel that just by holding the stone in your hand. It also has a cooling and calming effect, as well as helps develop concentration and focus. Overall, hematite brings a quality of **energy** that is powerful, strong, and grounding |  |  |  |
| Magnetic Hematite | £5 |  |  |  |  |
| Rose Quartz | £5 | It’s said to help restore trustand harmony in all different kinds of relationships and in self and comfort and calm during times of grief. |  |  |  |
| Amethyst | £5 | This is incredibly protective, healing, and purifying. It’s claimed it can help rid the mind of negative thoughts and bring forth humility, sincerity, and spiritual wisdom. aiding in insomnia relief Physically, it’s said to boost hormone production, cleanse blood, and relieve pain and stress. |  |  |  |
| Citrine  **Gemstone** | £5  **Price** | Citrine contains a solar quality of **energy**, this is why it is traditionally considered a good healing crystal for the solar plexus/third chakra issues. It can help strengthen self-esteem and a positive, vibrant flow of **energy** in and around one's body  **Properties** | **Anklet or Bracelet** | **Quantity** | **Total Cost** |
| Smokey Topaz | £5 | **Smokey Quartz** disperses fear, lifts depression and negativity. It brings emotional calmness, relieving stress and anxiety. Promotes positive thoughts and action, and alleviates suicidal tendencies. Dispels nightmares and manifests your dreams. |  |  |  |
| Black Obsidian | £5 | An intensely protective stone, obsidian is said to help form a shield against physical and emotional negativity. It’s also said to help get rid of emotional blockage and promote qualities of strength, clarity, and compassion to help find your true sense of self. For your physical body, it may aid in digestion and detoxification while potentially helping reduce pain and cramps |  |  |  |
| Malachite | £5 | Malachite is an important protection stone. It absorbs negative energies and pollutants. It should be cleaned regularly by placing on a clear quartz cluster and placed in the sun. Malachite guards against radiation of all kinds. It should be placed in the home of anyone who lives near a nuclear or natural radiation source. It also clears electromagnetic pollution and heals earth energies. |  |  |  |
| Tigers Eye | £5 | Great for motivation boost it helps rid your mind and body of fear, anxiety, and self-doubt. Also said to help guide you to harmony and balance to help you make clear, conscious decisions. |  |  |  |
| Sandalwood | £5 |  |  |  |  |

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| Pick up from Chilwell (Social distancing rules apply) | FREE |  |  |  |
| Postage and Packing | £4 |  |  |  |
| Grand Total of Order | £ |  |  |  |

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| ***Name*** | ***Shipping Address*** | ***Contact Number*** | ***Email address*** |
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| ***PLEASE MAKE PAYMENT TO THE FOLLOWING ACCOUNT*** | ***BANK*** | ***SORT CODE*** | ***ACCOUNT NUMBER*** | ***REFERENCE***  ***(PLEASE PUT YOUR NAME AS REFERENCE)*** |
| ***MISS KERRIE LOUISE PLOWMAN*** | ***LLOYDS TSB*** | ***772218*** | ***44560968*** |  |
|  |  |  |  |  |