Feel better soon ingredients:

Cartwright and Butler salted caramel biscuit twin pack: Flour (WHEAT flour, calcium, iron, niacin, thiamine), salted butter (28%) (MILK), sugar, butterscotch crisp (5%) (soft dark brown sugar, glucose (WHEAT), salted butter (MILK), natural flavouring), salt, natural flavouring, salt, raising agent: ammonium bicarbonate. For allergens, including cereals containing glucose, see ingredients in BOLD. May also contain NUTS, EGG, MUSTARD, OAT, SESAME and SOYA.

Energise bath salts: Epsom salt, Dead sea salt, Dried calendula, Lemon Essential, Clemontine Essential Oil, Ylang Ylang essential oil and Patchouli essential oil.