

Hamper ingredients list September 2021

(Allergens shown bold in brackets)

Organic Sleepy Lavender Baby soap

SIS free, paraben free, 100% vegan, cruelty free

Ingredients: Aqua, Glycerin, Sodium Cocoate, Sorbitol, Sodium Stearate, Cocamidopropyl Betaine, Sodium Chloride, Sodium Citrate, Cocos Nucifera (Coconut) Oil, Polyglyceryl-4 Oleate, Butyrospermum Parkii (**Shea**) Butter, Prunus Amygdalus Dulcis (**Sweet Almond**) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Trisodium Sulfosuccinate, Citric Acid, Aloe Barbadensis (Aloe Vera) Leaf Juice, Lavandula Angustifolia (Lavender) Oil
Weight: 110g
PAO: 36M
Product Dimensions: The width of a bar is 85mm
The height of a bar is up to 2.5cm
The thickness of a bar is 8.5cm

Name and address of manufacturer:

The soap shop ltd LU1 3PE

Deep sleep bath and massage oil

Lavender (Lavendula) and Marjoram (Origanum majorana) blended in (**Sweet almond**) oil (Prunus amygdalus dulcis)

100ml

PAO: 12m

Bottle 8.5cm x 4.2cm

Name and address of manufacturer:

The soap shop ltd LU1 3PE

Natural soothing baby & bump balm

100% vegan, cruelty free

Ingredients: Butyrospermum Parkii (Shea) Butter, Prunus Amygdalus Dulcis (**Sweet Almond**) Oil, Simmondsia Chinensis (Jojoba) Seed Oil
Weight: 100g
PAO: 6M
Label Dimensions Lid: 70mm
Base/Bottom: 55mm

Name and address of manufacturer:

The soap shop ltd LU1 3PE

Match Green tea antioxidant face mask

100% vegan, palm free, cruelty free

Kaolin (White Kaolin Clay), Salvia Hispanica (Chia) Seeds, Solanum Tuberosum (Potato) Starch Powder, Algin (Sodium Alginate), Camellia Sinensis (Matcha Green Tea) Powder, Lavandula Angustifolia (Lavender) Oil, Melaleuca Alternifolia (Tea Tree) Oil, Linalool

POA: 6m

Weight 45g (dry)

Dimensions: 7.5cm x 7.5cm

Name and address of manufacturer:

<https://whitelabelbotanist.co.uk/>

Hemp & Avocado oil lip butter

Prunus Amygdalus Dulcis (**Sweet Almond**) Oil, Cocos Nucifera (Coconut) Oil, Mangifera indica (Mango) Seed Butter, Stearic Acid*, Theobroma Cacao (Cocoa) Seed Butter, Ricinus Communis (Castor) Seed Oil, Oryza Sativa (Rice) Bran Wax, Cannabis sativa (Hemp) Seed Oil, Persea Gratissima (Avocado) Oil, Mentha Piperita (Peppermint) Oil, Limonene

*Palm Free

Volume: 15ml, Dimensions: 4 x 4 x 3.5cm, PAO 6 Months, Packaging: Glass jar & aluminium lid

Name and address of manufacturer:

<https://whitelabelbotanist.co.uk/>

Montezumas Vegan chocolate

Like no other organic chocolate

Organic cane sugar, organic cocoa butter, organic cocoa mass, organic rice powder (organic dried rice syrup, organic rice starch, organic rice flour) & organic vanilla extract

Vegan. May contain traces of (**milk, nuts and peanuts**), organically grown. Free from: colourings, gluten, GM & preservatives.

Name and address of manufacturer:

Montezumas.com

Myrtle and Maude Breastfeeding tea

Ingredients

Fenugreek 17%, Aniseed 17%, Fennel Seed 17%, German Chamomile 17%, Caraway Seed 16%, Nettle Leaf 16%

Directions

Use one teabag per cup, pour over boiling water and leave to brew for 4-5 mins. Cover whilst brewing for best taste.

Name and address of manufacturer:
Myrtleandmaud.com

Bosom Buddies Breastfeeding oils

Ooh! - blended oil: Helianthus Annuus Seed Oil, Calendula Officinalis Flower Oil, Cupressus Sempervirens Leaf Oil, Pelargonium Graveolens Flower Oil, Matricaria Recutita Flower Oil, Mentha Piperita Oil, Citral, Citronellol, Geraniol, Limonene, Linalool.

Aah! - blended oil: Vitis Vinifera Seed Oil, Citrus Nobilis Peel Oil, Foeniculum Vulgare Dulce Seed Oil, Cymbopogon Citratus Leaf Oil, Geraniol, Limonene, Linalool.

Ouch! - blended oil: Helianthus Annuus Seed Oil, Calendula Officinalis Flower Oil, Citrus Nobilis Peel Oil, Boswellia Carterii Oil, Citrus Aurantium Flower Oil, Lavandula Angustifolia Herb Oil, Mentha Piperita Oil, Farnesol, Geraniol, Limonene, Linalool.

Directions

Always dilute Bosom Buddies in water and apply to a compress. To help ease full, heavy tender breasts, engorgement or symptoms of mastitis you will benefit from applying the "Ooh" compresses just prior to each feed so that the baby can then help to empty the breast after the oils have helped to reduce the inflammation and encouraged the breast tissue to contract. For low milk supply it is beneficial to apply the "Aah" compresses before each feed to help reduce any anxiety and encourage hormones involved in milk production and flow in readiness for the next feed. You may prefer to apply the "Ouch" compresses after each feed to help with any pain or discomfort experienced during the feed and ease sore nipples before the next feed comes around. But don't worry if you forget because you can use the oils as often and whenever you feel the need and in the early days it is often impossible to predict or pre-empt the next feed and some women will prefer to use compresses just at a time when have a moment to themselves!

Name and address of manufacturer:
<https://naturalbirthingcompany.com>