

Bat's Wing Apothecary



Price List

High Street, Alfriston, East Sussex
BN26 5UF
01323 871555

Opening Times:

1 Jan – 30 Apr: Wed/Fri/Sat/Sun 12 – 5
1 May – 31 May: Wed – Sun 12– 5 Closed Mon/Tues
1 Jun – 31 Dec: Tues – Sun 12 – 5 Closed Mon

Website: www.batswingapothecary.com

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○ Posters	
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Postage & Packaging	
Quantity up to and including	
100 ml/g	£2.00
300 ml/g	£3.00
500 ml/g	£4.00
700 ml/g	£5.00
900 ml/g	£6.00
Over 900 ml/g	£7.00
To place an order, please call us during our opening hours, on 01323 871555.	
Thank you	

Gift Vouchers available for all Physical Therapies:

Body Massage

Indian Head Massage

Reflexology

Thai Yoga Massage

&

Shop Products



TEA BLENDS £5.25 per 100g

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- Hay fever tea
- Detox tea
- Sleepy tea
- Pregnancy tea
- Happy baby Tisane
- “More milk” tea
- Weaning tea
- Petal Tea

Tea Ball Infuser £2.95

READY MADE COMPOUNDS

	50ml	100ml	200ml
Cold & Chest Compound	-	7.00	10.95
Evening Compound (Sleep Mix)	-	7.00	10.95
Eyebright Compound	-	7.00	10.95
Joint Lotion	7.50	13.00	-
Sage Mouthwash (Mouth Ulcer Wash)	4.00	-	-
Sinus Lotion	7.00	-	-
Thyme & Liquorice Syrup	-	4.95	6.95
Toe Drops with dropper pipette	4.00	8.00	-
Toe Drops refill		7.00	

HERBAL CREAMS:

		30ml	60ml	120ml
Arnica	<i>Bruising</i>	3.99	5.99	-
Chickweed	<i>Itchy Skin</i>	3.99	5.99	-
Marigold (Calendula)	<i>General use</i>	3.99	5.99	-
Marigold+Chamomile Blue	<i>Healing Cream</i>		8.00	13.99 24.99
Horse Chestnut	<i>Vein Cream</i>	3.99	5.99	10.50

(500ml Horse Chestnut also available on request£35.50)

Cream base does not contain lanolin or petroleum based ingredients

DRIED HERBS & POWDERS

Please note that organic status and species of the herbs may vary.

Herb	Latin Name	30g	100g	
Buchu Leaf	<i>Barosma betulina</i>		5.00	-
Catnip/Catmint	<i>Nepeta cataria</i>	1.80	(20g) -	
Celery Seeds	<i>Apium graveolens</i>		1.75	5.25
Chamomile Flowers*	<i>Matricaria recutita</i>		1.75	5.25
Dandelion Root (roasted)	<i>Taraxacum off</i>		2.20	(50g) -
Echinacea*	<i>Echinacea purpurea</i>	1.75	5.25	
Elder Flowers*	<i>Sambucus nigra</i>		1.75	5.25
Eye Bright*	<i>Euphrasia officinalis</i>	1.75	5.25	
Fennel Seeds	<i>Foeniculum vulgare</i>	1.75	5.25	
Hawthorn flower tops*	<i>Crataegus</i>	1.75	5.25	
Lavender Flowers*	<i>Lavandula angustifolia</i>	1.75	5.25	
Lemon Balm*	<i>Melissa off</i>	3.50	7.50	
Lemon Verbena* (whole leaf)	<i>Aloysia triphylla</i>		3.50	-
Linden Flowers*	<i>Tilia X europea</i>	1.75	5.25	
Marigold Petals*	<i>Calendula off.</i>	1.75	5.25	
Nettle*	<i>Urtica dioica</i>	1.75	5.25	
Peppermint Leaf*	<i>Mentha pip</i>	1.75	5.25	
Psyllium Seeds	<i>Plantago psyllium</i>		-	5.25
Quassia Chips	<i>Picrasma excelsa</i>		-	5.25
Raspberry Leaf*	<i>Rubus idaeus</i>	1.75	5.25	
Rose petals	<i>Variable</i>	1.80	-	
Sage*	<i>Salvia off</i>	1.75	5.25	
Senna	<i>Cassia senna</i>	2.25	-	
St Johns Wort*	<i>Hypericum perforatum</i>	1.75	5.25	
Thyme*	<i>Thymus vulgaris</i>		1.75	5.25

*Organically grown

Liquorice Sticks	<i>Glycyrrhiza glabra</i>	25p per Stick
Wart Seed		£1.50 a packet (with instructions)

	200g	500g	
Apricot seeds	6.50	12.60	
Powders	30g	100g	
Chamomile°	<i>Matricaria recutita</i>	1.95	5.85
Cramp Bark°	<i>Viburnum opulus</i>	1.95	5.85
Liquorice Root	<i>Glycyrrhiza glabra</i>	1.95	5.85
Marigold°	<i>Calendula off.</i>	1.95	5.85
Slippery Elm Powder	<i>Ulmus fulva</i>	1.95	5.85
Teething Powder		1.50	(15g)

°Available on special order



SINGLE TINCTURES

We have many other tinctures available; just ask



The species, strength and organic status may vary

Tincture	Latin Name	50ml	100ml	200ml
Black Cohosh Root*	<i>Cimicifuga racemosa</i>	5.00	8.00	12.00
Chaste Berry*	<i>Vitex agnus castus</i>	-	8.00	12.00
Echinacea*	<i>Echinacea purpurea</i>	5.00	8.00	10.00
Feverfew*	<i>Tanacetum parthenium</i>	5.00	8.00	12.00
Ginkgo*	<i>Ginkgo biloba</i>	5.00	8.00	12.00
Lemon Balm*	<i>Melissa off.</i>	5.00	8.00	12.00
Milk Thistle	<i>Silybum marianum</i>	5.00	8.00	12.00
St Johns Wort*	<i>Hypericum perforatum</i>	5.00	8.00	12.00

**Organically grown & made with fresh herbs*



HERBS FOR MEN

	200ml	300ml	500ml
Nettle Root/Saw Palmetto Tincture	13.00	18.00	25.00
	100g	200g	
Nettle Root/Saw Palmetto Powder	9.60	16.30	

CAPSULES & TABLETS

VEGETARIAN CAPSULES		PRICE	Artichoke
<i>Cynara scolymus</i>	8/ 50 caps	2.50/ 12.00	
Ginger <i>Zingiber off. Root</i>	60	“	7.00
Ginkgo <i>Ginkgo biloba Leaf</i>	60	“	7.70
Raspberry Leaf <i>Rubus idaeus</i>	60	“	7.50
Red Sage <i>Salvia off. Herb</i>	60/ 90	“	7.00/
9.50			
Senna <i>Cassia senna</i>	60	“	5.85
Vitamin B Complex	60	“	6.50
Nettle root & Saw Palmetto	90/150	“	14.50/ 20.50
Glucosamine Sulphate 1000mg	90	“	12.95

TABLETS

Echinacea <i>Echinacea purpurea</i>	60/ 100tabs	6.30/ 11.00
Kelp <i>Fucus vesiculosus</i>	60/ 100	“ 5.00/ 8.00
Slippery Elm <i>Ulmus fulva</i>	60/ 100	“ 4.20/ 7.00

TOILETRIES**Shower Gels & Bubble Bath 3.99 (SLS free)**

Lemon Sherbet
Orange & Clove
Lavender & Chamomile
Sexy Shower gel

Soaps

Honey and Beeswax 1.99
“ with Propolis 1.99
“ with Lavender 1.99
“ with Marigold Petals 1.99
Tea Tree with Eucalyptus 1.99
Various, hand-made exotic
& scented soaps 2.95

Scented bath bombs 1.95

Yaoh Body Lotion 6.95
Yaoh Sunscreen 15 or 30 PF 9.95
Yaoh Lip Balm 2.30

Crystal mineral deodorant stick:

Large 5.85
Small 2.70

Crystal Spray Deodorant 4.95
Crystal Roll-on Deodorant 4.95

HAIR PRODUCTS

Quassia Lice Solution 29ml 4.50
Scalp Oil 9.00

SLS Free Shampoos 3.99

Lavender & Chamomile
Orange & Clove
Rosemary & Sage
Spicy
Unscented

Yaoh Shampoo 6.47
Yaoh Conditioner 6.47

Flower Water – 100ml

Rose Flower Water 6.00

Massage Oils – 100ml 4.95

(Made with Grapeseed & Wheatgerm
Base)
De-Stressing
Relaxing
Sexy

ESSENTIAL OILS

Many more Essential Oils not in stock, including organic oils, can be supplied on special order: please ask.

	10ml	25ml		10ml	25ml
Bergamot	4.35		Lemon		2.90
Black pepper	5.90		Lemon grass	2.85	
Cedarwood	2.85		May Chang	2.85	
Cinnamon	2.85		Orange		2.30
Citronella	2.85		Patchouli	3.80	
Clary Sage	4.70		Peppermint	2.85	
Clove	2.85		Rosemary	3.20	
Cypress		4.00	Rosewood	4.00	
Eucalyptus	2.50		Tea Tree		3.50 8.50
Geranium	4.60		Thyme		3.50
Lavender	3.25	7.60	Ylang Ylang	4.60	

HOMEOPATHIC GOODS

A wide selection of single remedies are available. Other remedies and compounds are available on request

Single Remedies: 4.25

Ready Made Remedies: 4.95

- Arthritis/joint aches & pains
- Hay fever remedy
- Jetlag
- Panic/anxiety attacks
- Sleep remedy
- Warts/verruca remedy

Hay Fever Spray 5.99

First Aid Kit 26.95

Tissue salt compounds 4.95

Catarrh & sinus Nails & hair

Stress & exhaustion Indigestion & colic

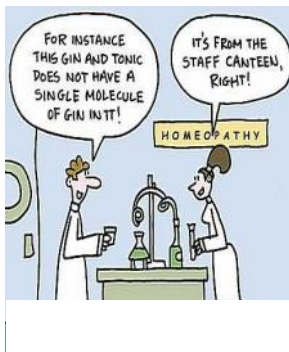
Aching legs & feet

Homeopathic creams 30ml 3.99

Graphites - cracked skin Sulphur - hot, red itchy skin

HyperCal - healing Thuja - verucca/warts

Rhus tox & Ruta - aching joints Urtica - hives, nettle rash



BACH FLOWER REMEDIES



All 38 remedies are stocked :
10ml bottle 3.15

Rescue Remedy 10ml bottle 3.95

Rescue Remedy 30ml bottle 6.20

Healing Herb Poster on all remedies

60 x 84cm 9.99

SALUS PURE HERBAL JUICES - 200ml

Echinacea 10.00

Hawthorn

Nettle

St Johns Wort

} 6.60

MISCELLANEOUS

Posters

3.95

Woman's Healing Herbs

Nutrition

First Aid

Yoga

Eco-cleaning tips

Healing Herb Poster on

Flower remedies 9.99

CDs: "Feel Good Collection"

Friðrik Karlsson

11.95

Bugs-Away insect repellent 3.80

Wart Seeds

Sold in packets of 3 1.50

Pierre d'Argent Cleaner 4.95

Bees Wax Products

Candles (coloured or unscented) .85p

Candle making kit

(red, blue, green, natural) 3.00

Bees wax bar .90p

Herbal boiled sweets 3.80

(various flavours, no additives)

Playing Cards 3.80

Catnip toys 1.00

Hopi Ear Candles 1x pair 5.50

2x pairs 9.50

Please ask about our selection of



Fresh culinary and medicinal herbs
in season (April - September)

Updated 04 March 2010



HERA JÓNAS B.SC. PHYT., M.N.I.M.H.

MEDICAL HERBALIST

Hera has a Bachelor of Science degree in Phytotherapy (Herbal Medicine) and she is a Member of the National Institute of Medical Herbalists. She is a university lecturer teaching future herbalists and runs short introductory courses on the use of herbs in the home. She has also trained in Body Massage, Indian Head Massage, Thai Yoga Massage and Reflexology

ROWENA REEVE MARH

REGISTERED HOMEOPATH

Rowena graduated from the South East College of Homeopathy in Eastbourne, completing a 4 year part time course. She is registered to practice homeopathy with the Alliance of Registered Homeopaths. Rowena is also qualified to practice Indian Head Massage and Reflexology and is a Reiki Master.