



Life Herbs
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Guide to Suitability

General Purpose - Lavender cream/lotion; Geranium cream
After Sun - Lavender cream/lotion
Babies - Lavender cream/lotion
Blemished - Geranium cream
Combination - Geranium cream
Dry - Rose cream; Derma balm; Hemp seed cream
Greasy - Witch Hazel cream/lotion
Healing - Comfrey cream
Hot & Inflamed Skin calm cream; Hemp seed cream
Infected - Thuja cream
Inflamed - Liquorice
Itchy - Chickweed cream; Derma balm
Lax – Neroli cream
Mature - Rose cream
Oily – Neroli cream; Geranium cream;
Protective (needed for outdoors) Witch Hazel cream; Derma balm
Puffy Under Eyes - Witch Hazel cream/lotion
Regenerative - Rose cream
Rough - Derma balm
Sensitive - Rose cream
Spotty - Geranium cream; Tea Tree lotion;
Weather Damaged - Witch Hazel cream/lotion
Acne Vulgaris – Neroli cream; Geranium cream; Hemp seed cream
Acne Rosacea – Neroli cream; Chamomile cream; Geranium cream;
Antiseptic – Antiseptic cream; Derma balm; Tea Tree lotion;
Athletes foot - Tea Tree lotion;
Bacterial infections of skin - Tea Tree lotion;
Boils - Tea-Tree lotion
Bruising - Arnica cream
Burns (Minor) - Lavender cream/lotion
Cold Sores - Liquorice
Cuts - Lavender cream/lotion
Eczema (dry and inflamed) - Chamomile cream; Liquorice cream;
Chickweed cream; Lavender cream or lotion; Skin Calm cream; Hemp seed
cream
Eczema (weeping) - Witch Hazel cream;
Regeneration balm (avoid in pregnancy)
Eczema (Infantile) - Chamomile cream; Lavender cream/lotion
Eczema (Infected) – Neroli cream; Thuja cream
Fungal Infections - Liquorice cream; Calendula cream; Tea Tree lotion;
Antiseptic cream (avoid in pregnancy); Regeneration balm (avoid in
pregnancy)

Genital Thrush - Liquorice cream; Calendula cream
Haemorrhoids –Witch Hazel cream
Hives - Chamomile cream
Infections (Chronic) - Thuja cream
Insect Bites - Witch Hazel cream; Arnica cream
Impetigo - Thuja cream; Antiseptic cream (avoid in pregnancy)
Joint sprains - Arnica cream
Muscular Aches & Strains – Rheuma cream; Arnica cream
Nappy Rash - Chamomile cream; Lavender cream/lotion
Phlebitis – Arnica cream
Premenstrual Skin Outbreaks - Geranium cream
Pruritus - Chickweed cream
Psoriasis - Liquorice cream, Thuja cream; Hemp seed cream
Ringworm - Liquorice cream; Calendula cream;
Antiseptic cream (avoid in pregnancy)
Rheumatic conditions – Rheuma cream (do not use if joints or muscles are hot and inflamed)
Scar Tissue - Calendula cream; Comfrey cream; Geranium cream;
Shingles - Liquorice cream
Sprains - Arnica cream
Stretch Marks – Regeneration balm (avoid in pregnancy); Hemp seed cream
Swollen Ankles/Legs –Witch Hazel cream/lotion
Sunburn - Lavender cream/lotion
Thread Veins – Neroli cream; Rose cream; Venotone cream (caution in pregnancy)
Thrush (Genital) - Liquorice cream
Ulcers - Calendula cream; Regeneration balm (avoid in pregnancy)
Urticaria (Nettle Rash) - Chamomile cream
Vaginal Dryness - Liquorice cream
Varicose Eczema – Venotone cream (caution in pregnancy)
Varicose Veins – Venotone cream (caution in pregnancy)
Warts (Facial & Genital) - Thuja cream
Wounds - Calendula cream; Regeneration balm (avoid in pregnancy)
Wrinkles – Hemp seed cream

Base Ingredients for Creams

Water phase:

70-80% of each cream consists of a water phase. This is made up of one or more of the following:-

- a) pure aromatic water where the herb is distilled and the volatile components pass into water.
- b) pure infusion where the herb is steeped in boiling water, strained and the water used.
- c) decoction where the herb or herbs are simmered in water, strained and the water used.

Oil phase:

The vegetable oils used are mainly St. John's Wort oil, avocado or hemp seed

oil (unrefined and organic). Also jojoba oil (organic); unrefined olive oil and evening primrose oil; unrefined and organic rosehip oil, wheat germ oil and apricot kernel oil.

Avocado oil:

Extracted from the flesh of the fruit, which contains up to 30% pure oil. This oil is rich in many nutrients including Vitamin A and D, lecithin, potassium and chlorophyll. It is particularly good for facial creams, has its own moisturising properties and helps to nourish mature and weather damaged skin.

Essential oils:

These have been added to some creams to supplement the effect of the aromatic water and heighten the aroma of the creams.

Shea butter:

Made from the crushed nuts of the African shea tree. It has been used in skin and hair care for centuries. It makes creams thicker and more moisturising. It is rich in oleic acid, an essential fatty acid.