

# Recommended retailers

## Dried Herbs

**Tree Harvest**

[tree-harvest.co.uk](http://tree-harvest.co.uk)

**Woodland Herbs**

[woodlandherbs.co.uk/](http://woodlandherbs.co.uk/)

**Baldwins**

[baldwins.co.uk](http://baldwins.co.uk)

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## Essential Oils

Be selective when purchasing essential oils. Many cheaper oils on the market are diluted or adulterated. Always choose reputable suppliers that focus on purity and quality. Always use the recommended dose. Never take them internally unless supervised by a Medical Herbalist.

**Tree Harvest**

[tree-harvest.co.uk](http://tree-harvest.co.uk)

**Amphora Aromatics**

[amphora-aromatics.com](http://amphora-aromatics.com)

**Essential Oils Online**

[essentialoilsonline.co.uk](http://essentialoilsonline.co.uk)

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## Herbal Plants & Seeds

Local seed swaps are a great, affordable way to source seeds. You can also connect with a city farm or community growing group to access growing space, especially if you're renting or don't have a garden. Many herbs grow well in pots or containers, making them ideal for small spaces.

**Bristol Wildflower Plants**

[wildflowers.uk](http://wildflowers.uk)

**Poyntzfield Herb Nursery**

[poyntzfieldherbs.co.uk](http://poyntzfieldherbs.co.uk)

Specialising in medicinal and culinary herbs.

### **Vital Seeds**

[vitalseeds.co.uk](http://vitalseeds.co.uk)

UK-grown, open-pollinated and organic seed varieties.

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## **Oils, Butters & More**

### **Affordable Options**

**Lidl** and **Aldi** often stock low-cost **coconut oil**, good quality **olive oil** and fresh herbs - ideal for making herbal oils, balms, and Fire Ciders.

**Asian supermarkets** are a great place to find oils and dried herbs at lower prices.

### **Online Supplier**

#### **The Soapery**

A UK-based supplier of carrier oils, cosmetic butters (like shea and cocoa), and natural ingredients for DIY skincare and herbal products.

[thesoapery.co.uk/](http://thesoapery.co.uk/)

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## **Useful Tools for Herbal Preparations**

### **Muslin Bags**

Perfect for straining infused oils, herbal teas, or bath blends.

[Muslin Bags on Amazon](#)

### **Paper Filter Tea Bags**

Easy-fill, disposable paper tea bags for loose herbal blends. Great for making your own herbal teas or bath soaks.

[Paper Filter Tea Bags on Amazon](#)

### **Tea Infuser**

A stainless steel infuser that fits most mugs and teapots — perfect for brewing loose leaf herbal teas.

[IKEA – IDEALISK Tea Infuser \(UK\)](#)

