



Hayfever

Allergic rhinitis

Seasonal Wellness

Allergies:

Health Heroes

Natural medicines to bring your body back to balance.

If you suffer with allergies and hayfever you will know the misery of a runny nose, itchy eyes and sneezing.

This is often caused by pollen particles, leading to irritation and inflammation of the nose, ears, throat, and sinuses.

Whilst not life threatening these symptoms can cause real distress.

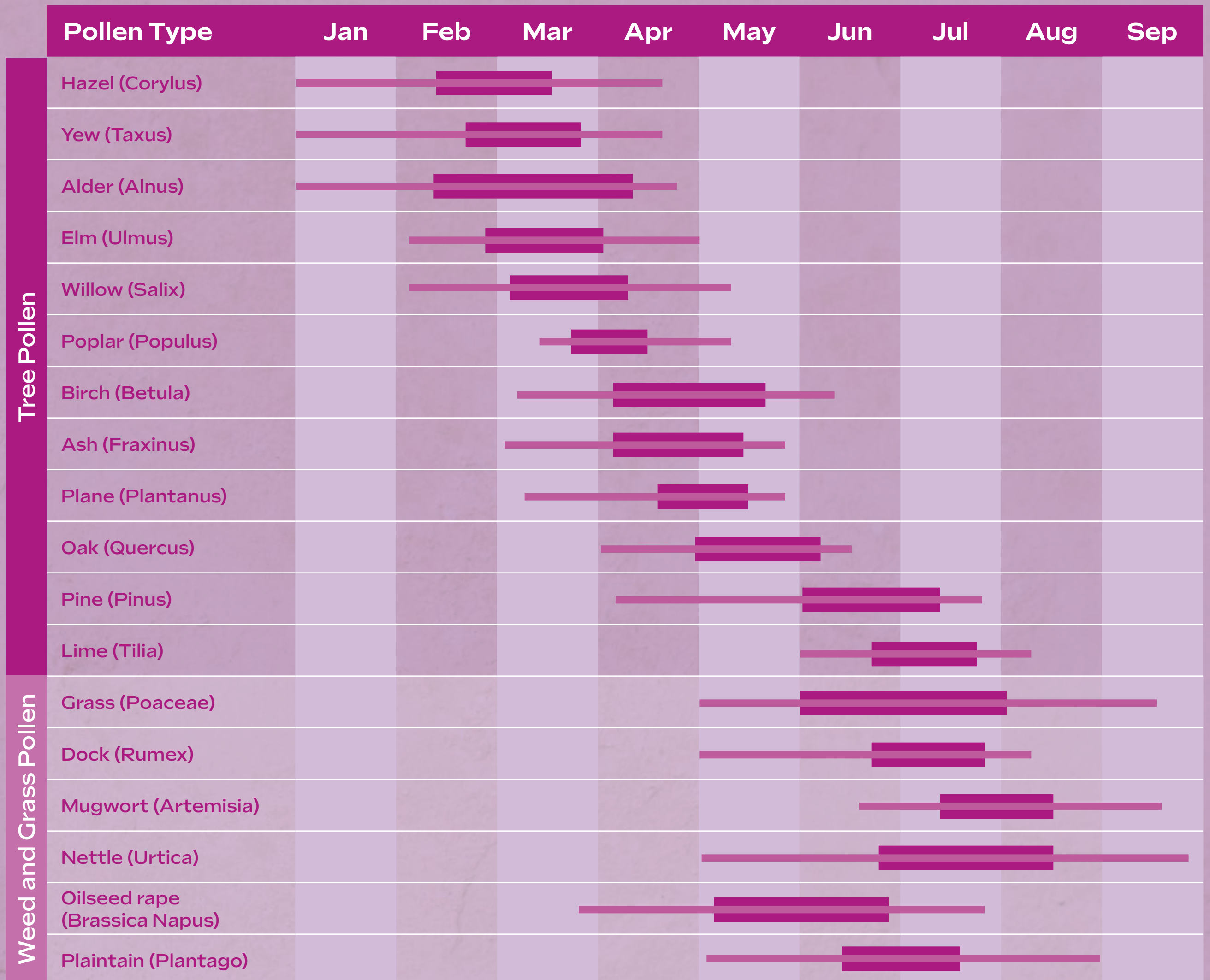
Working holistically to manage hayfever will help to alleviate the symptoms.



Pollen Calendar

Main Release Period

Peak



Calendar source: Met Office

For a free pollen forecast please visit: www.metoffice.gov.uk/health/public/pollen-forecast

Visit weleda.co.uk for more information and for products that may relieve your hayfever symptoms.

Health Heroes: Allergies

Hayfever Relief Oromucosal Spray

A convenient homeopathic spray contains 6X potencies of **Allium cepa**, **Gelsemium** and **Euphrasia** and is indicated for the symptomatic relief of hayfever and other forms of allergic rhinitis.





Why:

Although hayfever and allergic rhinitis do not pose a serious threat to health, they can have a significant impact on a person's quality of life.

These allergies can affect all ages and whilst it is more common to develop them in childhood, they can present at any time. Studies show that around 25% of the UK's population develop an allergy to pollens. People suffering with common symptoms may find their quality of life impacted and time outside restricted, disrupting their work, study and play.

What:

This **Seasonal Wellness Bundle** supports with **Mixed pollen 30C, Rhinodoron Nasal Spray & Hayfever Relief Spray**. It is your go-to for natural, effective relief all season long. Breathe easy and embrace the season. Additional support for tired eyes & reducing dark circles (respectively):

- **Larch Resin comp. Ointment** to skin AROUND the eye area.
- **Wild Rose & White Tea Smoothing Eye Cream** also around the eyes.



When:

Mixed pollen 30C: For best results start a 4-6 weeks course before symptoms begin to appear. Use as recommended.

Rhinodoron Nasal Spray: 1-2 sprays into each nostril, 2-6 times daily, as required.

Hayfever Relief Oromucosal Spray: 1-2 metered sprays into the mouth, up to 3 times daily, when symptoms occur. ALWAYS READ THE LABEL/ LEAFLET for full details of use. Seek medical advice if symptoms persist.

STEP 1: Lifestyle support

The body can also be supported with good sleep hygiene and lifestyle choices:

- Keep moving with regular exercise.
- Reduce stress with yoga, tai chi and meditation.
- Discover your optimum healthy sleep routine.

Relax, Pamper and Listen to your body



STEP 2: Diet

Choose natural antihistamine foods such as pearl barley, nettles and ginger. Also foods that are high in vitamin C, e.g. broccoli, peppers, elderberries & rosehips.

An anti-inflammatory diet includes beans, broccoli, berries, honey, garlic, oily fish, flax & chia seeds.

Swap your favourite caffeinated drink for herbal teas, dandelion coffee, cereal drinks & plant milkshakes.

Dairy products are best avoided to reduce excessive mucous production.



STEP 3: Hydration

Increase your hydration by drinking water, hot or cold, whichever you choose:

- Good for soothing sore throats.
- Thinning mucus & reducing congestion.
- Improving circulation of both blood and lymph.
- Opt for filtered, still water whenever possible.





Mixed pollen 30C

Homeopathic medicinal product for seasonal symptoms.

Contains 18 pollens from trees, grasses and flowers all collected from Weleda's organic herb gardens in the UK.

Seek medical advice if symptoms worsen or persist for more than 7 days.

Always read the label.

302035 125 tabs Vegetarian

Rhinodoron Nasal Spray

An easy to use nasal spray to moisturise and clean the nasal passages. Made with soothing organic aloe vera and natural saline solution.

Can be used safely for extended periods of time.

Always read the label.

206026 20ml Vegan



Hayfever Relief Oromucosal Spray

A handy pocket-size homeopathic oral spray, for the symptomatic relief of hayfever & allergic rhinitis. Eases seasonal sniffles, sneezes, itchy, red and watery eyes & blocked nose.

Consult your doctor or pharmacist before taking if pregnant, breastfeeding or have respiratory conditions.

Always read the label/leaflet.

303005 20ml Vegan





Weleda Seasonal Wellness Bundle

Stay well and enjoy the outdoors with confidence. This seasonal wellness bundle is your go-to for natural, effective relief all season long. Carefully curated to support your wellbeing during pollen-heavy months. It combines three natural remedies to help you breathe easy and embrace the seasons.

409948 Vegan

