



CATALOG  
SUMMER  
2004

**M/A's Botanicals**  
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***About M/A's BOTANICALS, and it's family of natural aromatherapy***

***M/A's BOTANICALS***—handmade bath and body care designed by an aromatherapist

Founded in 1996 by **MaryAnn Schoon Groark**, with the purpose of providing exceptional natural aromatherapy products for those of us who were tired of finding harmful chemicals in our daily personal care items. All items, including the **ORGANICA SKINCARE** line, are 100% plant-based, with natural elements like healing herbal extracts, therapeutic grade essential oils, wildcrafted and certified organic botanicals, and natural earth clays. You can now have the comfort of purity in a complete line of bath and beauty care.

***Then along came Baby. BABY MOON BOTANICALS***

In February 2002, MaryAnn and Frank Groark became the proud parents of their first child, baby Maya, named for Mother Earth who gives us everything living. With Maya's birth, came the birth of **BABY MOON BOTANICALS**, a completely organic line of earth-based baby care products. Unique to **BABY MOON BOTANICALS** is the exclusive use of high-end therapeutic grade essential oils, and the absence of synthetic ingredients and chemical preservatives. This makes **BABY MOON BOTANICALS** the first choice in newborn baby care for the enlightened parent.

***It's all about Balance. NATURE'S TALISMAN PERSONAL AROMATHERAPY***

Being a mom, a healer, and a businesswoman has taught MaryAnn a sound lesson in balance. Balancing all of the demands of real life requires an "EVEolution" for all women who truly believe that they can do it all. Understanding the fundamental need for balance led to yet another amazing line in the M/A's Botanicals family. The **NATURE'S TALISMAN** line of personal aromatherapy sprays are compact 2oz. essential oil spritzes that can be pulled out in a pinch to customize your environment with the balancing effects of pure essential oils.

Learn more about aromatherapy and the therapeutic use of essential oils in Aromatherapy 101 (see our reference library section of this website).

***About our founder. MARYANN SCHOON GROARK, certified aromatherapist***

MaryAnn Schoon Groark holds an international certification in aromatherapy from the Pacific Institute of Aromatherapy, under the direction of Dr. Kurt Schnaubelt—one of the world's leading authorities on scientific aromatherapy.

Her range of study includes botany, organic chemistry, essential oil toxicology, pharmacologic use of essential oils in the treatment of disease, cosmetology, essential oil blending and natural perfumery.

As a certified professional member of the National Association of Holistic Aromatherapists, MaryAnn is deeply committed to blending essential oils for their therapeutic as well as aesthetic effects. She uses this knowledge to provide the finest natural body care products available, and to help bring scientific and therapeutic aromatherapy to the forefront of contemporary personal care—where it belongs.

Enjoy.

M/A'S BOTANICALS—SPRING CATALOG (4/03)

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WWW.MASBOTANICALS.COM

## **BABY MOON BOTANICALS**

Created for today's enlightened parent seeking natural baby care products that are, in fact, really 100% natural, Baby Moon Botanicals is completely free of synthetic fragrance and chemical preservatives. Created with 100% plant-derived ingredients, organic or wildcrafted botanical extracts, and the highest quality therapeutic grade essential oils available in the world, Baby Moon Botanicals is synonymous with purity.

**BABY WASH & SHAMPOO:** A pure, all-vegetable liquid wash free of sodium laurel/laureth sulfate. Infused with calendula and gently scented with therapeutic grade Roman chamomile, and organic lavender essential oils.

8 oz. cobalt blue bottle, with pump--\$ 15.00 (BWS-008)

**CALENDULA BABY LOTION:** 100% natural handmade cream infused with the essences of organic chamomile flowers, rosebuds, lavender, comfrey, hops, calendula, and therapeutic grade essential oils. An all-body, daily moisturizer to protect your baby's delicate skin. Gentle enough for newborns.

4 oz. cobalt blue squeeze bottle -- \$ 14.00 (BNB—004)

**BABY'S BOTTOM SAVER Zinc Oxide Diaper Rash Cream:** Heal and treat diaper rash without the use of harsh commercial fungicides or chemicals. A gentle zinc oxide and sweet almond cream with the finest therapeutic grade German chamomile, lavender, ravensare, and tea tree essential oils available. Contains petrolatum to control consistency.

4 oz. cobalt blue jar--\$ 24.00 (BZO—004)

**TALC-FREE BABY POWDER:** A vegetable and herb powder, infused with the healing properties of myrrh and natural bentonite clay.

8 oz. NON-STARCH BABY POWDER (for yeast-type diaper rashes) -- \$ 19.00 (CBP—008)  
8 oz. TALC-FREE BABY POWDER (for daily use) --\$ 19.00 (VBP—008)

**ALMOND & JOJOBA BABY MASSAGE OIL:** A gentle, healing blend of jojoba, sweet almond and wheatgerm oils with a touch of Roman chamomile and lavender essential oils. Use nightly to massage your baby into a blissful slumber.

4 oz. cobalt blue bottle, with flip top-- \$ 12.50 (BMO—004)  
8 oz. cobalt blue bottle, with pump-- \$ 19.50 (BMO—008)

**GOODNIGHT BABY CALMING SPRITZ:** A fine spray mist from this spritz will calm your fussy baby, preparing her for sleep or quieting his soul.

4 oz. cobalt blue bottle with spray top--\$ 19.00 (BCS—004)

**BABY MOON DISINFECTANT SPRAY:** Use this germ-fighting spray to disinfect diaper pails, changing tables, public areas, or laundry baskets. An all-natural spray packed with five powerful essential oils.

4 oz. cobalt blue bottle with spray top-- \$ 19.00 (BDS—004)

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## **NATURE'S TALISMAN PERSONAL AROMATHERAPY SPRAYS**

Personal essential oil sprays are perfect for scenting your surroundings, removing negative energy, inspiring positive thought, and invoking balance and calm. The phytomedicinal elements of essential oils directly effect our emotions, while the mystical forces of essential oils promote wisdom, spirituality, and prosperity.

Use these sprays as your signature fragrances, changing them as your mood dictates, or, use them as an essential tool to help you cope with a busy lifestyle.

Spritz your office, your car, home, hotel room, and your skin and hair. Wherever you are, Nature's Talisman Personal Aromatherapy Sprays will enhance every aspect of your life, and bring you back to center.

## **AROMATHERAPY SPRAYS & ROLL-ON PERFUMES**

2oz. tinted bottles with fine mist spray tops-- \$ 18.00 (NTS-002-insert two letter code here)

1/3 oz. blue glass roll-on perfumes-- \$ 35.00 (NTP-033-insert two letter code here)

**ARDOR:** Creates a peaceful, balanced state of mind, and a willingness to share and to love. (code—AD)

**BALANCE:** Also named Athena, for those of you who wear several hats throughout the day. Restores balance and a positive awareness of one's own identity. (code—BA)

**CLARITY:** Promotes uncluttered thinking and clear expression. Great before those business meetings, or just before your workout. (code—CT)

**CONFIDENCE:** Increases the feeling of courage, strength. Encourages direction in time of doubt. (code—CN)

**ELAN:** Encourages getting down to business and taking positive action. (code—EL)

**MAGICK:** Evokes wisdom; awakens faith, and inspires spirituality. (code—MG)

**PROWESS:** Increases one's natural energy and magnetism. Attracts others in a favorable way. (code—PR)

## **M/A'S BOTANICALS**

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# ORGANICA

*Ultra Fine Organic Skin Care*

## The Organica Concept:

Did you know that the essential oil of German Chamomile is an anti-inflammatory known to reduce puffiness around the eyes, and that Rosehips Seed Oil has been found to counteract the deficiencies that cause premature aging of the skin? Rose Geranium is highly anti-fungal and especially beneficial for acne-prone skin. With all of these amazing and natural elements available, why are there so many chemicals and synthetics in our bath and beauty products?

Few of us realize that 60% of the chemicals in our skincare products can pass through our skin's cellular walls, ending up in our bloodstream. Up to 10% of these harmful chemicals may never leave our bodies, weakening our immune system and predisposing us to lowered vitality, infection, and illness.

Replacing harmful chemicals with biologically active alternatives is the healthiest revelation in skin care, and leading this re-evolution is M/A's Botanicals.

MaryAnn Groark--Certified Aromatherapist and President of M/A's Botanicals--has taken her knowledge of scientific aromatherapy and designed an incomparable, results-driven skincare line. Seeking out performance ingredients from both land and sea, she has created a professional-grade line of ultra effective, nourishing skincare that you can use in the comfort of your own home.

We guarantee the results of our products. Use them daily and see for yourself.

Enjoy.

**New! Solar Defender SPF 28:** A unique, powerful sunscreen that offers protection against aging and burning UV with the restorative addition of cellular-healing ingredients. Incredibly light, and sheer enough to use under moisturizer and make-up. Gentle enough for all skin types.

4 oz. bottle-- \$ 49.80 (SWS-004)

### **CLEANSE**

**Gentle Cleansing Milk:** Non-drying, effective cleansing that sets the stage for the important steps to follow. For all skin types.

4oz. bottle with treatment pump--\$ 26.70 (OLC-004)

**Purifying Gel Cleanser:** An oil-dissolving cleanser that targets dirt deep down in your pores. Combats bacteria, regulates sebum production to control breakouts and oily skin.

4 oz. squeeze bottle-- \$ 31.80 (OPC-004)

**Firming Vitamin Mask:** Revitalizes a dull complexion in minutes, reduces the appearance of large pores, gently resurfaces your skin. All skin types.

2 oz. jar--\$ 31.20 (FVM-002)

**Renew Advanced Alpha Hydroxy & Aloe Gel Mask:** A gentle way to exfoliate everyday. Removes dead skin cells, and nourishes new ones. Helps reduce appearance of pores for a healthy glow.

1 oz. bottle w/ treatment pump--\$ 26.00 (OAH-001)—all skin types

### **TONE**

**Geranium Rose Spritz Toner:** This revitalizing toner restores your skin's natural pH, preparing it for moisturizing. A must for healthy, balanced skin. Formulated for normal/oily skin types.

4 oz. spray mist--\$ 31.10 (OTR-004)

**Simply Lavender Spritz Toner:** Made with pure organic California Lavender Water in place of geranium rose water, this toner will balance combination skin types, and is beneficial for dry skin.

4 oz. spray mist--\$ 27.00 (OTL-004)

### **MOISTURIZE**

**Neroli Rose Moisturizer:** Designed to prevent the skin's loss of elasticity. Beneficial for oily skin, and for balancing uneven oily/dry skin tone.

2 oz. cobalt blue glass jar--\$ 32.90 (OCN-002)

**Ultra C Rosehips Nighttime Moisture Complex:** An intense, restorative moisturizer rich in anti-oxidants and the most powerful ingredients in regenerative skin care. Beneficial for dry skin, mature complexions, or as a night cream for all skin types.

2 oz.cobalt blue glass jar--\$ 42.70 (OUC—002)

### **REPAIR**

**Replenishing Serum:** Intense healing to even out and brighten skin tone. Repairs the “bricks and mortar” that supports a beautiful complexion. Apply nightly under moisturizer for immediate results.

1 oz. cobalt blue glass jar--\$ 68.30 (OCR—001)

**Cellular Peptide Complex:** Deep cellular repair, anti-aging support provides live cells with what they need to produce radiant, vibrant skin. Apply AM/PM under moisturizer for visible, longterm results in days.

1 oz. bottle w/ treatment pump--\$ 120.00 (CPC—001)

**Chamomile Eye & Throat Crème:** A rich, moisturizing reparative cream especially for the delicate area around the eyes. Improves appearance of firmness & elasticity, discourages signs of wrinkles.

.85 oz. jar--\$ 48.40 (OEC—085)

## FOR THE BODY

Your skin is your body's largest organ. Elements that come into contact with our skin are absorbed into our bloodstream. Does it make sense to slather chemical-based body care products all over ourselves every day? Read the labels of your soaps, lotions, and body care products—roughly 80% of all ingredients in commercially-made body care product are chemical preservatives, consistency agents, solvents or fixatives. Many of these have been lab test proven to be toxic at high levels.

M/A's Botanicals strives to use natural plant-based ingredients from all over the world. Most are preservative-free, so please enjoy them soon after purchasing.

## HANDMADE SOAPS

MaryAnn's exquisite handmade soaps are made the old-fashioned way. Each twelve pound batch takes up to two months to cure. This produces rich-lathering soaps that are high in natural glycerin, leaving your skin supple and moisturized after bathing.

Each bar is hand-cut, stamped, and carefully wrapped in handmade paper, making each one inspiring and unique. Most bars are 7 to 8 ounces.

**GOAT MILK SOAP:** Extra cleansing power is derived from goat's milk, eucalyptus, and tea tree. A great soap for men, athletes, and outdoor lovers. \$ 9.60 (GMS-008)

**WILDFLOWER HONEY:** Organic wildflower honey makes this our most moisturizing cleanser. Gentle kaolin clay lends its gentle cleansing ability. Lightly scented with peppermint, bergamot, and lime. \$ 9.60 (WFS-008)

**LAVANDE:** Pure lavender soap, specked with lavender buds. Our most popular bar soap. \$ 9.60 (LVS-008)

**INSPIRING CHAI:** A spicy, warming treat with swirls of clove, cinnamon, and sweet orange. Warm and intoxicating. \$ 9.60 (ICS-008)

**AMAZING ALMOND BEAUTY BAR:** Rich emollients and gentle cleansing just for your face. A hint of almond fragrance. \$ 9.60 (AAS-006) 6 oz. Bar

**MAY CHANG:** Discover the lemony scented Litsea cubeba plant, cherished by the Chinese for centuries for it's ability to invoke mental energy and clarity. This is our favorite bar soap. \$ 9.60 (MCS-008)

## HANDMADE CREAMS AND LOTIONS

True to her commitment to quality, MaryAnn's handmade creams and lotions are made with the finest vegetable-based ingredients, organic herbal infusions, and highest grade essential oils available.

The results of using these rich creams and lotions will speak for themselves.

**CHAMOMILE EYE & THROAT CREAM:** Designed for the delicate area around your eyes. Use nightly to discourage tiny lines.

.85 oz. cobalt blue jar-- \$ 48.49 (OEC--885)

**NEROLI ROSE MOISTURIZER:** A restorative, healing face cream that moisturizes and protects.

2 oz. cobalt jar--\$ 32.90 (OCN—002)

**HANDMADE LOTIONS:** A lighter version of our creams, packaged in and 8 oz. pump bottle, as well as a convenient 2oz. travel size. Ginger Citrus (code—GC), Tranquil Lavender (code—TL), Calendula Chamomile, especially good for sensitive skin and babies (code—CC)

8 oz. tinted bottle with high viscosity pump--\$ 26.00 (HBL-008-enter two letter code here)

2 oz. tinted travel bottle with pump--\$ 9.50 (HBL-002-enter two letter code here)

**BODY NECTAR SKIN CONDITIONER:** The only product of its kind. An intense after bath moisturizer guaranteed to treat your worst case of dry, itchy skin. A thick, rich emollient that you apply to wet skin immediately following your bath or shower provides all-day protection from dryness as the healing essential oils work to restore your skin to its supple best.

ORIGINAL BLEND (code—OR)—not recommended for use while pregnant, or

STRETCHMARK MENDER (code—SM)—pregnancy safe

8 oz. tinted bottle with disc top lid--\$ 16.50 (BNC-008-enter two letter code here)

## MASSAGE AND BODY OILS. *About Aromatherapy Massage.*

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One of the most effective ways to apply essential oils is through massage. It allows the essential oils to penetrate through your skin, as well as be inhaled through your olfactory system. This combined therapy ensures that the healing organic constituents of the essential oils enter your bloodstream and your limbic system at the same time, and is the basis for many medical aromatherapy treatments used in France, Great Britain, and throughout Europe.

The foundation of true aromatherapy massage lies in the use of THERAPEUTIC GRADE ESSENTIAL OILS. Lower quality oils may be less expensive or easier to obtain, but their effectiveness and purity is questionable.

The following massage oil blends start with a base of sweet almond, safflower, jojoba, grapeseed, and wheatgerm oils. They are then individualized with therapeutic grade essential oils that are certified to be genuine and authentic—the highest purity rating given to essential oils.

**MUSCLE MENDER:** For all muscle pain. Use preceding and following your workouts to loosen muscles and increase circulation.

4 oz. tinted bottle with pump--\$ 24.50 (MMM-004)

**ATHENA BLEND:** Created for the Amazonian women of today. They run businesses, raise families, educate and inform themselves, workout, live hard, and play hard. If you are one of these women, or know of one, give the gift of Athena Massage Oil. It will impart balance, wholeness, and the ability to tap into a fuller power.

4 oz. tinted bottle with pump--\$ 24.50 (ATM—004)

**WHITE DRAGON:** Based on an ancient Chinese herbal recipe, this icy-hot analgesic attacks sore muscles and general aches and pains.

4 oz. tinted bottle, finished with an I-Ching medallion--\$ 24.50 (WDM-004)

**APHRODISIA EDIBLE BODY OIL:** Sensual and erotic, this edible massage oil will lift dark moods and bring out your inner desires. Tastes nice, too.

4 oz. tinted bottle with flip top--\$ 24.50 (AEO-004)

**TRANQUILITY BLEND:** A blend to calm the mind, freeing it of worry, tension, and doubt. Massage into your temples at night for a restful sleep.

4 oz. tinted bottle with pump--\$ 24.50 (TBM—004)

## FOR THE BATH

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Now, more than ever, we rely on the ritual of our daily bath. Botanicals in our body care products can wake you up in the morning or relax you at the end of a long day. Your skin and your mind can benefit greatly from our aromatherapy bath items.

**REVERIE MILK BATH:** Pamper yourself, Cleopatra-style, with a luxurious milk bath. Lightly scented with citrus.

8 oz. jar-- \$ 16.50 (RMB-008)

**RESTORATIVE BATH OIL:** A healing blend of jojoba, sweet almond, and wheatgerm oils, scented with nothing but pure organic lavender essential oil.

8 oz. bottle-- \$ 22.50 (RBO-008)

**BODY NECTAR SKIN CONDITIONER:** The only product of its kind. An intense after bath moisturizer guaranteed to treat your worst case of dry, itchy skin. A thick, rich emollient that you apply to wet skin immediately following your bath or shower provides all-day protection from dryness as the healing essential oils work to restore your skin to its supple best.

ORIGINAL BLEND (code—OR)—not recommended for use while pregnant, or STRETCHMARK MENDER (code—SM)—pregnancy safe

8 oz. tinted bottle with disc top lid--\$ 16.50 (BNC-008-enter two letter code here)

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## ESSENTIAL OILS & DIFFUSERS

### ABOUT OUR ESSENTIAL OILS

How do therapeutic grade essential oils differ from those purchased at your local retailer? The ability of an essential oil to deliver its true therapeutic benefits is affected by its method of harvesting, the distillation process, the temperature and atmospheric pressure that is used in its handling, and even the region from which it originates.

Some producers may use extenders and harsh chemicals to maximize their essential oil production, and reduce their production costs. This is very compromising to the end product.

Therapeutic-grade essential oils are processed under exacting standards, and are guaranteed to be genuine and authentic. Medical aromatherapy relies on the consistency and potency of these high-end essential oils, and this is why it is the only grade used in by M/A's BOTANICALS, and by MaryAnn Schoon Groark in her practice as a certified aromatherapist.

We recommend the following on-line sources for high quality essential oils:

Original Swiss Aromatics [www.originalswissaromatics.com](http://www.originalswissaromatics.com)

Natural Scents Aromatic Creations [www.naturalscents4u.com](http://www.naturalscents4u.com)

Michael Scholes Quality Aromatics [www.labofflowers.com](http://www.labofflowers.com)

Tisserand Aromatherapy [www.tisserand.com](http://www.tisserand.com)

### ABOUT DIFFUSERS:

There are many ways to diffuse essential oils into our environment. One of the most effective ways is to use an atomizer that disperses the essential oils molecules into with air *without using heat*. Our state of the art atomizer consists of a silent air pump, brass nebulizer, glass expansion chamber, and an oil reservoir. The ultra fine mist emitted from the chamber disperses pure essential oils efficiently into the surrounding environment and works well in areas up to 500 square feet. The entire unit is tiny, taking up no more space than a venti cup of Starbuck's, and fits well in any room.

\$ 70.00 each (DIFI-000)

## **ORDERING INFORMATION**

**BY PHONE:** Call us at **1-310-741-3356** between the hours of 8:30am – 7:00pm Monday – Saturday (Pacific Standard Time). Please be prepared with product numbers, quantity, shipping address and credit card information.

**BY FAX:** Download our easy to use order form, fill it out, and fax it to **1-800-779-7543**. Incomplete forms will delay the processing of your order. Be sure to completely fill out the form and include your telephone number so we can contact you when your order has been shipped.

**BY EMAIL:** Email us your order at [orders@masbotanicals.com](mailto:orders@masbotanicals.com). We will verify all prices and contact you via reply email when the order is complete and has been shipped. Be sure to include your complete shipping address, phone number and credit card info (your name, as it appears on your card, your billing statement address, the credit card number, and expiration date). Orders can be invoiced upon request.

**SHIPPING CHARGES:** Buyer agrees to pay all shipping costs. All shipments are made via U.S. Postal Service Priority Mail. Charges will vary according to weight and destination.

**METHOD OF PAYMENT:** All orders must be paid by credit card, check, or money order.

## **GIFT BASKETS**

Need a unique and memorable gift? At your request, we will package any grouping of items from this catalog into a beautiful gift basket. Twenty years in the gourmet retail business has made us experts in the art of gift basket packaging, decorating, and shipping. We will include a gift card with your message, then ship it directly to the recipient.

Gift Basket: Add \$15.00 to the total pre-tax/pre-shipping costs of your selection.