

Where to Buy the key Child-Friendly Herbs recommended in this course

I recommend various herbs in the form of dried herbs (used to make teas, poultices, tinctures, baths, infused vinegars, syrups & more) and/or as tinctures (tinctures are ready-prepared herbal medicines purchased from a reliable company) and creams.

Here is a list of places that stock these and retail them directly to the public. Please note they will not be available in all countries around the world. Also try to purchase from a qualified herbalist or herbal clinic, although they might not retail to you without a consultation.

Some suppliers will have some, but not all herbs. Chickweed emulsion cream seems to be the hardest item to find, but I will keep asking suppliers to stock it and will update this with any changes.

UK

Netheredge Herbarium Herb Clinic & Shop

Website: <https://traditionalherbalist.com/>

Tinctures

Calendula (Marigold) <https://traditionalherbalist.com/product/calendula-officinalis-25-tincture/>
Camomile <https://traditionalherbalist.com/product/chamomilla-recutita-tincture/>
Chickweed <https://traditionalherbalist.com/product/stellaria-media-tincture/>
Cinnamon <https://traditionalherbalist.com/product/cinnamomum-zeylanicum-tincture/>
Cleavers <https://traditionalherbalist.com/product/galium-aparine-tincture/>
Elder berry <https://traditionalherbalist.com/product/sambucus-nigra-fructus-tincture/>
Elder flower <https://traditionalherbalist.com/product/sambucus-nigra-fls-tincture/>
Lavender <https://traditionalherbalist.com/product/lavandula-angustifolia-tincture/>
Lemon balm (Melissa) <https://traditionalherbalist.com/product/melissa-officinalis-org-13-tincture/>
Lime flower (linden) <https://traditionalherbalist.com/product/tilia-europea-fls-tincture/>
Marshmallow leaf <https://traditionalherbalist.com/product/althea-officinalis-herba-tincture/>
Meadowsweet <https://traditionalherbalist.com/product/filipendula-ulmaria-tincture/>
Nettle <https://traditionalherbalist.com/product/urtica-dioica-fol-tincture/>
Oatstraw *This isn't listed on their website so I suggest ringing them because I'm pretty sure they stock it.*
Passion flower <https://traditionalherbalist.com/product/passiflora-incarnata-tincture/>
Peppermint <https://traditionalherbalist.com/product/mentha-piperita-tincture/>
Plantain <https://traditionalherbalist.com/product/plantago-lanceolata-tincture/>
Red Clover <https://traditionalherbalist.com/product/trifolium-pratense-tincture/>
Rose <https://traditionalherbalist.com/product/damask-rose-syrup-tincture/>
Rosemary <https://traditionalherbalist.com/product/rosmarinus-officinalis-13-tincture/>
Thyme <https://traditionalherbalist.com/product/thymus-vulgaris-tincture/>
Wild lettuce <https://traditionalherbalist.com/product/lactuca-virosa-tincture/>

Dried herbs

Camomile <https://traditionalherbalist.com/product/chamomile-flowers/>
Chickweed <https://traditionalherbalist.com/product/chickweed/>
Cleavers <https://traditionalherbalist.com/product/cleavers-herb/>
They don't stock Daisy
Elderberries <https://traditionalherbalist.com/product/elderberries/>
Elder flower <https://traditionalherbalist.com/product/elderflowers/>
Lavender <https://traditionalherbalist.com/product/lavender-flowers/>
Lemon balm (Melissa) <https://traditionalherbalist.com/product/lemon-balm-herb/>
Lime flower (Linden) <https://traditionalherbalist.com/product/lime-flowers/>
Calendula (Marigold) <https://traditionalherbalist.com/product/marigold-petals/>
Marshmallow leaf <https://traditionalherbalist.com/product/marshmallow-leaf/>
Marshmallow, chopped root <https://traditionalherbalist.com/product/marshmallow-root/>
Marshmallow root, powdered <https://traditionalherbalist.com/product/marshmallow-root-powder/>
Meadowsweet <https://traditionalherbalist.com/product/meadowsweet-herb/>
Nettle leaf <https://traditionalherbalist.com/product/nettle-leaf/>
They don't stock Oatstraw
Passionflower <https://traditionalherbalist.com/product/passion-flower/>
Peppermint <https://traditionalherbalist.com/product/peppermint-leaf/>
Plantain leaf <https://traditionalherbalist.com/product/plantain-leaf/>
Red clover <https://traditionalherbalist.com/product/red-clover-flowers/>
Rose buds <https://traditionalherbalist.com/product/rose-buds/>
Rose petals <https://traditionalherbalist.com/product/rose-petals/>
Rosehips, powdered <https://traditionalherbalist.com/product/rosehip-powder/>
Rosehips <https://traditionalherbalist.com/product/rosehips/>
Rosemary <https://traditionalherbalist.com/product/rosemary-leaf-cut/>
Thyme <https://traditionalherbalist.com/product/thyme-herb/>

Creams

They don't stock chickweed cream emulsion.

Neal's Yard

<https://www.nealsyardremedies.com/>

Tinctures

Calendula (Marigold) <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/marigold-heads-single-herbal-tincture-150ml>
Camomile <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/chamomile-single-herbal-tincture-150ml>
Cleavers <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/cleavers-single-herbal-tincture-150ml>
Elder flower <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/elderflowers-single-herbal-tincture-150ml>
Lime flower <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/lime-flower-single-herbal-tincture-150ml>
Meadowsweet <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/meadowsweet-single-herbal-tincture-150ml>
Nettle <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/nettle-single-herbal-tincture-150ml>
No elderberry tincture
Oatstraw <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/oats-single-herbal-tincture-150ml>

Peppermint <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/peppermint-single-herbal-tincture-150ml>
Plantain leaf <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/plantain-single-herbal-tincture-150ml>
Red Clover <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/red-clover-single-herbal-tincture-150ml>
Rose <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/roses-pink-petal-single-herbal-tincture-150ml>
Rosemary <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/rosemary-leaf-single-herbal-tincture-150ml>
They do not stock Marshmallow Leaf tincture
Thyme <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/thyme-single-herbal-tincture-150ml>
Wild lettuce <https://www.nealsyardremedies.com/collections/herbal-tinctures/products/wild-lettuce-single-herbal-tincture-150ml>

Dried Herbs

Calendula (Marigold) <https://www.nealsyardremedies.com/collections/dried-herbs/products/marigold-calendula-flowers-dried-herb-50g>
Camomile <https://www.nealsyardremedies.com/collections/dried-herbs/products/chamomile-dried-herb-50g>
Cleavers <https://www.nealsyardremedies.com/collections/dried-herbs/products/cleavers-dried-herb-50g>
Daisy
Elder berries <https://www.nealsyardremedies.com/collections/dried-herbs/products/elderberries-dried-herb-50g>
Elder flower <https://www.nealsyardremedies.com/collections/dried-herbs/products/elderflowers-dried-herb-50g>
<https://www.nealsyardremedies.com/collections/dried-herbs/products/passiflora-dried-herb-50g>
Lavender <https://www.nealsyardremedies.com/collections/dried-herbs/products/lavender-dried-herb-50g>
Lime flower (linden) <https://www.nealsyardremedies.com/collections/dried-herbs/products/lime-flowers-dried-herb-50g>
Marshmallow leaf <https://www.nealsyardremedies.com/collections/dried-herbs/products/marshmallow-leaf-dried-herb-50g>
Marshmallow root <https://www.nealsyardremedies.com/products/marshmallow-root-dried-herb-50g>
Meadowsweet <https://www.nealsyardremedies.com/collections/dried-herbs/products/meadowsweet-dried-herb-50g>
Melissa (Lemon balm) <https://www.nealsyardremedies.com/collections/dried-herbs/products/lemon-balm-dried-herb-50g>
Nettle <https://www.nealsyardremedies.com/collections/dried-herbs/products/nettle-dried-herb-50g>
They don't stock Oatstraw
Plantain <https://www.nealsyardremedies.com/collections/dried-herbs/products/plantain-dried-herb-50g>
Red clover <https://www.nealsyardremedies.com/collections/dried-herbs/products/red-clover-dried-herb-50g>
Rosehips <https://www.nealsyardremedies.com/collections/dried-herbs/products/rosehips-dried-herb-50g>
Rosemary <https://www.nealsyardremedies.com/collections/dried-herbs/products/rosemary-dried-herb-50g>
Roses <https://www.nealsyardremedies.com/collections/dried-herbs/products/roses-pink-dried-herb-50g>
Thyme <https://www.nealsyardremedies.com/collections/dried-herbs/products/thyme-dried-herb-50g>

Creams

Chickweed cream: Not they don't stock this.

Baldwins

Napiers

IRELAND

Solaris

<https://solarisbotanicals.com/>

Solaris supply dried herbs, not tinctures

My students get a 10% discount. Enter coupon code HERBALHUB when you check-out.

Dried herbs

Camomile <https://solarisbotanicals.com/collections/single-herbs/products/chamomile-flower-chamomilla-recutita-org-100g>

Chickweed <https://solarisbotanicals.com/collections/single-herbs/products/chickweed-herb-stellaria-media-org-100g>

Cinnamon <https://solarisbotanicals.com/collections/single-herbs/products/cassia-cortex-cinnamon-bark-cut-org-100g>

Cleavers <https://solarisbotanicals.com/collections/single-herbs/products/cleavers-herb-galium-aparine-org-100g>

Daisy <https://solarisbotanicals.com/collections/single-herbs/products/daisy-bellis-perennis-flower-org-100g>

They do not stock Elderberries

Elder flower <https://solarisbotanicals.com/collections/single-herbs/products/elder-flower-sambucus-flores-org-100g>

Lavender <https://solarisbotanicals.com/collections/single-herbs/products/lavender-flower-lavandula-officinalis-org-100g>

Lemon balm (Melissa) <https://solarisbotanicals.com/collections/single-herbs/products/lemon-balm-cut-melissa-officinalis-org-100g>

Lime flower (Linden) <https://solarisbotanicals.com/collections/single-herbs/products/lime-flower-tilia-flores-org-100g>

Calendula (Marigold) <https://solarisbotanicals.com/collections/single-herbs/products/marigold-flowers-calendula-officinalis-100g>

Marshmallow leaf do not stock this

Marshmallow, chopped root <https://solarisbotanicals.com/collections/single-herbs/products/marshmallow-root-althaea-radix-cut-100g>

Meadowsweet <https://solarisbotanicals.com/collections/single-herbs/products/meadowsweet-flowers-filipendula-ulmaria-100g>

Nettle leaf <https://solarisbotanicals.com/collections/single-herbs/products/nettle-leaf-urtica-folia-org-100g>

Oatstraw <https://solarisbotanicals.com/collections/single-herbs/products/oat-straw-avena-sativa-cut-org-100g>

They don't stock Passionflower

Peppermint <https://solarisbotanicals.com/collections/single-herbs/products/mentha-folia-peppermint-leaf-org-500g>

Plantain leaf <https://solarisbotanicals.com/collections/single-herbs/products/plantain-plantago-lanceolata-org-100g>

Red clover <https://solarisbotanicals.com/collections/single-herbs/products/trifolium-red-clover-flower-org-100g>

Rose <https://solarisbotanicals.com/collections/single-herbs/products/rose-petals-buds-org-100g>

They don't stock Rosehips

They don't stock Rosemary

Thyme <https://solarisbotanicals.com/collections/single-herbs/products/thymus-thyme-org-100g>

Dr Clare Apothecary

<https://www.drclareapothecary.com/>

This herbal clinic stocks a much wider range of herbs (tinctures, dried, oils, creams, blends etc.) than are listed on this website.

Please ring them if you are looking for ingredients that aren't listed here.

Phone: 091 583260

Tinctures

Lavender <https://www.drclareapothecary.com/collections/tinctures/products/lavandula-angustifolia-lavender>

Lime flower (linden) <https://www.drclareapothecary.com/collections/tinctures/products/tilia-europia-common-lime-tincture>

Meadowsweet <https://www.drclareapothecary.com/collections/tinctures/products/filipendula-ulmaria-meadowsweet>

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Email: info@theherbalhub.com www.theherbalhub.com

Nettle <https://www.drclareapothecary.com/collections/tinctures/products/urtica-dioica-fo-leaf-tincture>
Passion flower <https://www.drclareapothecary.com/collections/tinctures/products/passiflora-incarnata-passionflower-tincture>
Red Clover <https://www.drclareapothecary.com/collections/tinctures/products/trifolium-pratense-red-clover-tincture>
Marshmallow cough syrup (not alcohol tincture!)
<https://www.drclareapothecary.com/collections/tinctures/products/althea-officinalis-marsh-mallow-syrup>

Dried herbs

Camomile <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/chamomile-chamomilla>
Chickweed <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/chickweed-stellaria>
Elder flower <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/elderflower-sambucus>
Lavender <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/lavender-lavandul>
Lemon balm (Melissa) <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/lemon-balm>
Calendula (Marigold) <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/marigold-calendula>
Marshmallow leaf <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/marshmallow-leaf>
Marshmallow, chopped root <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/marshmallow-root>
Meadowsweet <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/meadowsweet-filipendula>
Nettle leaf <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/nettle-leaf-urtica>
Oatstraw <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/aveena-sativa-herb-dried-cut-100g>
Passionflower <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/passionflower-passiflora>
Peppermint <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/peppermint-mentha>
Red clover <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/red-clover>
Rosemary <https://www.drclareapothecary.com/collections/loose-herbs-new-collection/products/rosemary-rosmarinus>

Creams & other Topical Ingredients

Antifungal cream (for Athlete's foot and ringworm etc.) <https://www.drclareapothecary.com/collections/personal-care-new-collection/products/anti-fungal-cream>
Chickweed cream (emulsion) is stocked by this clinic. Please ring them to order it.
Chickweed infused oil <https://www.drclareapothecary.com/collections/tinctures/products/stellaria-common-chickweed-fixed-oil>

USA
Mountain Rose Herbs