

Parrothead Studios

Living Healthy on a Budget Organic Natural Products

Call 847-812-1524 or email phstudios@comcast.net
for best pricing and shipping/delivery.
www.parrotheadstudios.com/fave

Personal Care:

Moisturizer, Lip Balm
Liquid Soap
Insect Repellent

Nutritional:

Living Clay Supplement
Go to www.parrotheadstudios.com/caclay

Food:

Extra Virgin Olive Oil
Virgin Coconut Oil
Virgin Red Palm Oil

"These products only use high quality organic essential oils "

100% Pure Organic Moisturizing Lotions - \$13.99 for Hand, Face and Body - 8 oz.

How these Organic Moisturizing Lotions are Different

All of the moisturizing lotions are made with organic Virgin Coconut Oil and Virgin Palm Oil. No other products on the market are made with finer oils as their base. They **DO NOT** contain any alcohols, artificial fragrances, and petroleum products. Because we recognize that many have sensitivities to fragrances, we offer an unscented version. Our 100% pure moisturizing lotions are especially useful for quick absorption into dry skin. Unscented or with organic essential oils.



I LOVE this lotion! Most over the counter moisturizers contain petroleum. You might think this is moisturizing your skin, but it actually leaches moisture from your skin and caused your skin to age quicker. Skin is also the largest organ of the body and absorbs everything you put on it, so all those chemicals are going into your system. This lotion contains only a handful of ingredients AND they are organic and natural food grade that really work great! Coconut oil naturally helps prevent wrinkles. This is a GREAT price for a lotion with multiple uses: Face, hands and body.

Moisturizing Lotion - Lavender

Soothes the skin with its relaxing scent.

Ingredients: purified water, organic virgin coconut oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, virgin palm oil, and organic essential oil of lavender.

Moisturizing Lotion - Unscented

Contains no essential oils for people with allergies or sensitivities to scents.

Ingredients: purified water, organic virgin coconut oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, and virgin palm oil.

Moisturizing Lotion - Citrus

Provides a fresh, clean, uplifting and revitalizing effect to the skin.

Ingredients: purified water, organic virgin coconut oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, virgin palm oil, and organic essential oils of orange, mandarin, spearmint, lemon, grapefruit, lemongrass, and tangerine.

Moisturizing Lotion - Baby Silk

Our most popular scented variety!

Ingredients: purified water, organic virgin coconut oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, virgin palm oil, and organic essential oils of rosewood, lavender, ylang ylang, roman chamomile, geranium, and rose.

Moisturizing Lotion - Peppermint

Invigorating and stimulating the skin. Superb for a foot massage.

Ingredients: purified water, organic virgin coconut oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, virgin palm oil, and organic essential oil of peppermint.

For the varieties that are scented, we only use high quality organic essential oils imported from France which are distilled with low temperature and low pressure over an extended period of time. Low temperature and lower pressure have proven to be the most effective method of obtaining all of the essential constituents from the plant, and provide our products with the very best quality fragrances available.

100% Organic Lip Moisturizers

Unscented or with organic essential oils - \$3.00

Our hand-made lip moisturizers contain no alcohols, no artificial fragrances, and no petroleum products.

Cinnamon/Peppermint Lip Moisturizer

Spicy and cooling. Ingredients: organic virgin coconut oil, organic beeswax, organic virgin palm oil, and organic essential oils of peppermint and cinnamon.

Unscented Lip Moisturizer

Created for those with allergies or are sensitive to fragrances. Ingredients: organic virgin coconut oil, organic beeswax, and organic virgin palm oil.

Citrus Lip Moisturizer

Refreshing taste of tangerine, orange and lemon. Ingredients: organic virgin coconut oil, organic beeswax, organic virgin palm oil, and organic essential oils of orange, lemon, and tangerine.



Organic Insect Repellent \$7.50

Keep away mosquitoes and insects while protecting your skin! 4 oz.

All natural insect repellent is made from only the finest ingredients available, and is therefore completely safe for children and for application to the entire body including the face. We use no harmful chemicals or artificial fragrances. Our base, as with all our skin care products, is our very own Organic Virgin Coconut Oil. Natural coconut oil has been used to apply to the skin and ward off insects traditionally in tropical climates for hundreds of years. In addition, we have added pure organic essential oils known to repel insects, including citronella, lemongrass, peppermint, tansy, and catnip.



Note: Shake well before using to be sure the essential oils are mixed in well.

Natural Insect Repellent

Ingredients: purified water, organic Virgin Coconut Oil, organic jojoba, emulsifying wax (plant based, no soy), grapefruit seed extract, virgin palm oil, and organic essential oils of citronella, catnip, lemongrass, peppermint, and tansy.

Organic Liquid Soaps Gold Label Virgin Coconut Oil 8 oz. - \$8.00

100% Pure, in Foaming Dispensers

Tropical Traditions soaps are made with Organic Gold Label Virgin Coconut Oil as their base, and the scented varieties use only high-quality organic essential oils. There are very few soaps made from 100% coconut oil, and most soaps on the market today that are made from coconut oil are made from highly refined versions of these oils, and may contain chemical solvents that were used in the refining process. Tropical Traditions Virgin Coconut Oil is traditionally made from fresh organic coconuts, and independent laboratory tests show that it has a higher level of antioxidants than other coconut oils.



Organic Liquid Soap

These are packaged in a special foam pump dispenser that adds air to the soap, causing a rich lather of foam to come out. Because of this special foam dispenser, and a pure liquid soap with no added fillers or thickening agents, you get more uses per container.

Ingredients: saponified organic virgin coconut oil.

Scented varieties: organic essential oils of tea tree and lavender.

Virgin Red Palm Oil? \$19.95

What is Virgin Red Palm Oil?

Palm Oil: The Number 1 Dietary Oil for the Rest of the World

Although scarcely used in the US, palm oil is the most heavily consumed dietary oil in the world after soybean oil. If one were to exclude the U.S. where most of the world's soybean oil is consumed, palm oil would be the most popular dietary oil in the world. Palm oil traditionally has been used for baking, shortenings, margarines and deep fat frying, as it is shelf stable with a high melting point and does NOT require hydrogenation. Therefore, it contains no trans fatty acids.



Organic Extra Virgin Olive Oil **\$11.00** *Trans fat free! 17 oz. tinted glass jar*

Our Organic Extra Virgin Olive Oil is made from a unique blend of traditional Italian olive varieties. This olive oil is true to authentic Italian olive oils, with a complex balance of fruity and mellow flavors and a subtle artichoke bite. It is delicate and suitable for cooking as well as eating raw on salad, vegetables, meat and fish.

The certified organic olives are grown on small family farms in the secluded hills of Tuscany and other select regions of Italy.

All of the olives are harvested by hand. The harvesters grasp each branch near the trunk of the tree and then strip it quickly right along to the other end. The olives fall to the ground on the top of large burlap sheets that are laid around the base of the tree. The burlap is then folded so the olives gather in the center and are then transferred to buckets and loaded for transport to the press. The olives are harvested before they have ripened fully despite the fact that this is more labor intensive because unripe olives make a superior olive oil. The olives are pressed the very same day.

The Organic Extra Virgin Olive Oil is bottled every month. Before bottling, the oil is filtered because we believe the sediment in unfiltered olive oil may become rancid. All oil is bottled in dark green glass to protect it from light. Remember that oil can get heated if stored in a cabinet next to a range or oven and that can cause it to oxidize. It is best to store olive oil in a cool, dark place.



Virgin Coconut Oil **\$19.95** *Trans fat free! 17 oz. tinted glass jar*

USDA Organic Gold Label Virgin Coconut Oil is a food, and is one of the best cooking oils you can use. It has been a staple cooking oil for thousands of years in tropical climates. As a cooking oil, its chemical structure is kept in tact and therefore is resistant to mutations of fatty acid chains even when used in higher cooking temperatures, unlike most vegetable oils. Research shows that the medium chain fatty acids found in coconut oil boosts the body's metabolism, raises body temperatures, and helps provide greater energy which can lead to weight loss. Virgin Coconut oil is rich in lauric acid, a nutrient that supports the body's immune system. Lauric acid is also found in human mother's milk. Dr. Mary Enig suggests the average adult include about 3.5 tablespoons of coconut oil per day in their diet to take in an equivalent amount of lauric acid that a nursing infant would receive from breast milk.



