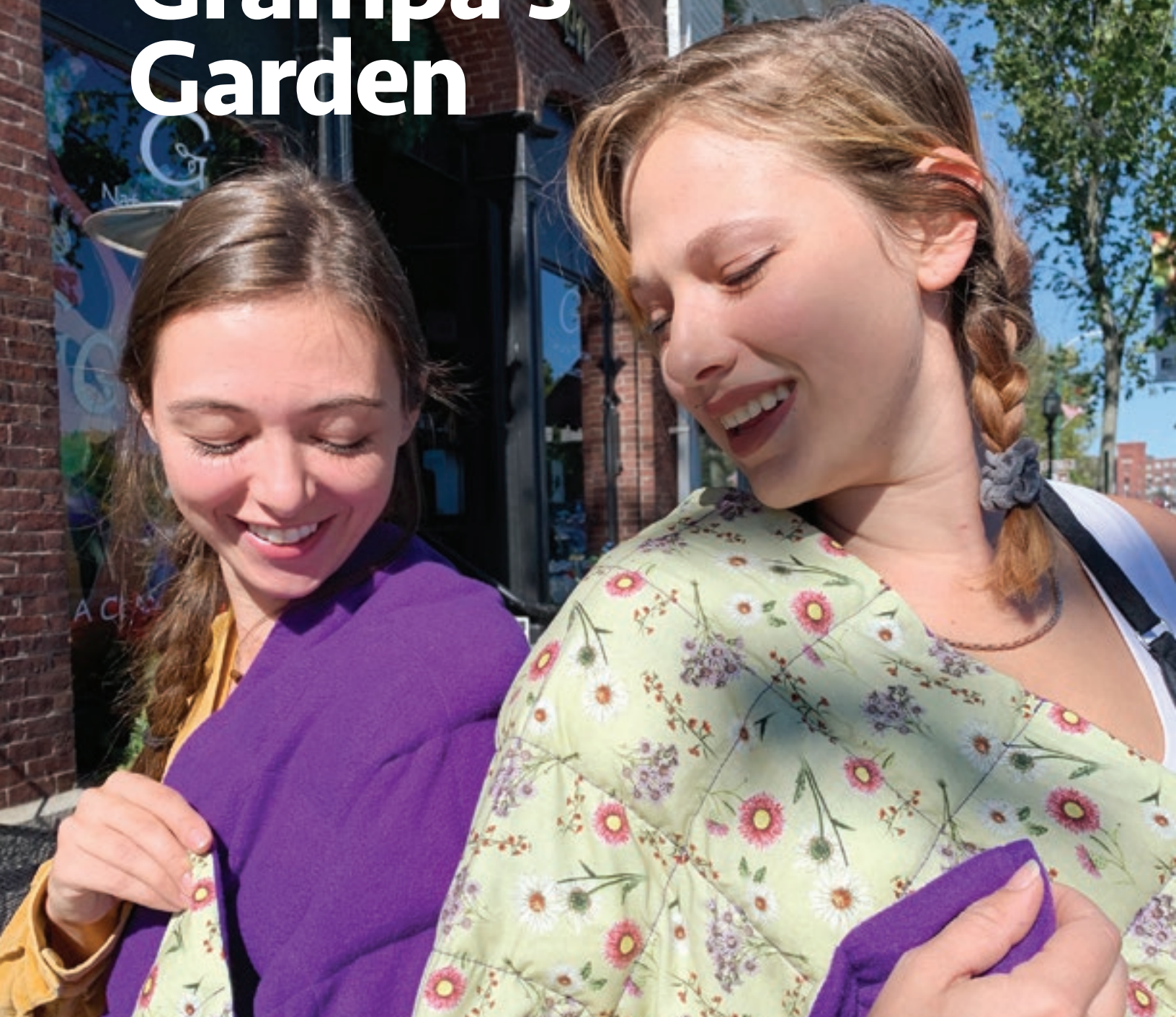


# Grampa's Garden



Natural  
Therapeutic Products  
for Health & Wellness



MADE IN MAINE/USA SINCE 1993 • 2021-22 CATALOG • TOLL FREE: 877-373-4328 • [grampasgarden.com](http://grampasgarden.com)





## Sensory Adventure Spa

### Grampa's Garden is alive and well~ Celebrating our 28th Year!

We continue to provide comforting, quality therapeutic products that promote health, wellness and relaxation. We manufacture both in house and through the cottage industry. Made USA and mostly Made Maine!

Our Grampa's Garden sensory adventure spa and cafe has moved to 146 Maine St Brunswick, in a beautiful historical setting! Come join us for a cup of tea, warm therapy pack and a massage! Self care is what we are all about!

This year we are introducing our new immune products in an essential oil blend, spray and roll on. Our staff pic this year is our new hand wrist hot/cold pack that provides soothing therapy while you type, drive or read!

**Thank you to all our customers! You are the reason we continue on!**

Healthy and kind regards,

Jacqueline Painchaud and all of us at Grampa's Garden



## 4-7 Weighted Comfort Solutions

- Non Heatable/Washable-For Sensory Integration
- Body Blankets from 5 – 25 lbs
- Lap Pads and Vests
- Whimsical Animal Wraps
- Fidget Pocket Pets
- Filled with non-toxic Poly Pellets or smooth glass beads

## 8-16 Hot and Cold Therapy Pacs

Developed by a health professional in Physical Therapy these hot/cold pacs are designed to conform to the musculature and joints assuring optimal therapeutic benefit.

### 8-11 Signature Line (20 Designs).

Uniquely designed hot and cold therapy packs filled with natural grains and a hint of cinnamon and clove. Unscented available.

### 12-15 Soft Comforts (12 Designs).

A whimsical hot and cold pac line for children from 1 to 101 that are filled with grains, and a pinch of cinnamon and clove. Unscented available.

### 16 Spa Line (4 Designs).

Plush line of hot or cold therapy pacs filled with grains, a pinch of cinnamon and clove with a hint of lavender and peppermint. Unscented Available.

## 17 Aromatherapy Non Heatable Pacs

Non Heatable Herbal pillows to include Sleepy Time (lavender), Breathe EZ (peppermint), Aroma Rest Neck pillow (lavender or unscented) and Sachets (lavender).

## 18 Accessories and Popular Animal Products

Simply Cool Wraps, Eye Shades, Back Scratchers, Cat Nip Products and Handmade Fleece Dog Pulls, NEW CBC Massage OIL SPRAY, Himalayan Salt 4oz and Exfoliating Contour Brush.

## 19-21 Herbal Apothecary

Includes emollient Skin Oils and Creams, Beeswax Mango Butter Lip Balms, Natural Organic Soap, pain relieving gels, and our new Natural Tick Spray.

## 22-23 Essential Oils and Blends

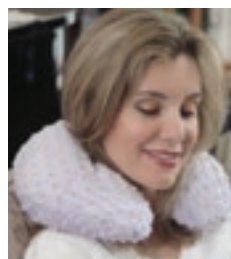
- Pure first press essential oils available in 40 choices (Food Grade).
- Essential Oil Roller Blends in Relax, Focus, Relieva, and Immune Guard.
- Essential Oil Sprays for rooms and linens.
- NEW Immune Spray



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### Important information about Hot & Cold therapy

Using cold therapy as soon as possible after an injury is most beneficial. The cold helps limit the blood supply to injured areas, and this helps decrease swelling and muscle spasms. The heat increases blood supply to the area, which helps muscles to relax. Heat the pack in the microwave to continue your healing. Great for warming up at bed time, or use anytime for relaxation and pain relief.

There have been so many testimonials sent back to us about the wonderful relief they have experienced with our great comforting products. Filled with all natural ingredients of spices, herbs and grains.



### New Masks

This two-layered mask has an opening at the bottom to add a filter material if needed. Mask fits snugly around the nose and mouth with folds facing down. Straps are adjustable. 100% Cotton  
Adult: Small, Medium, and Large  
Childrens mask available  
**Fabric choices: Solid florals and animal prints available.**  
**Visit our website**

*The Federal CDC recommends that anyone going out into public wear a face covering to help slow the spread of Covid-19.*

**DISCLAIMER:** This mask is not intended to prevent the contraction of communicable viruses or diseases by the wearer. This mask is not intended to be used in a medical setting or any place where the infection risk level through inhalation exposure is high. This mask does not contain carbon filters.





## Non Heatable/Washable for Sensory Integration

**Non Heatable Sensory Products to help calm and relax your child. (Also very helpful for elderly and hospice patients.) Filled with non toxic poly pellets or soft glass beads.**

These weighted products help the processing of information by giving the central nervous system a way to relax. The comforting weight may help induce sleep and decrease anxiety. Grampa's Garden makes up to 25 weighted products, from shawls, blankets, vests and lap pads, to weighted neck wraps in coxy whimsical animal designs.

Alzheimer's and dementia often cause older adults to feel agitated, anxious, or have disturbed sleep.

A weighted blanket or lap pad is a simple, non-drug option that can be used day or night. They can help reduce anxiety, calm nerves, provide comfort, and promote deep sleep.

**Please use a doctor or therapist's recommended weight.**

### A. Weighted Vest/Cape – Washable

Our unique design offers an easy on and off adaptability. The weight stays within symmetric quilt like squares for comfort, easy application and reduction of bulkiness. Our cotton laminate fabric allows for quick and thorough cleaning within the hospital, clinic or school setting.

*Also available, non laminated Navy Fleece/Navy Flannel reversible. Filled with non-toxic glass beads.*

#### LAMINATE

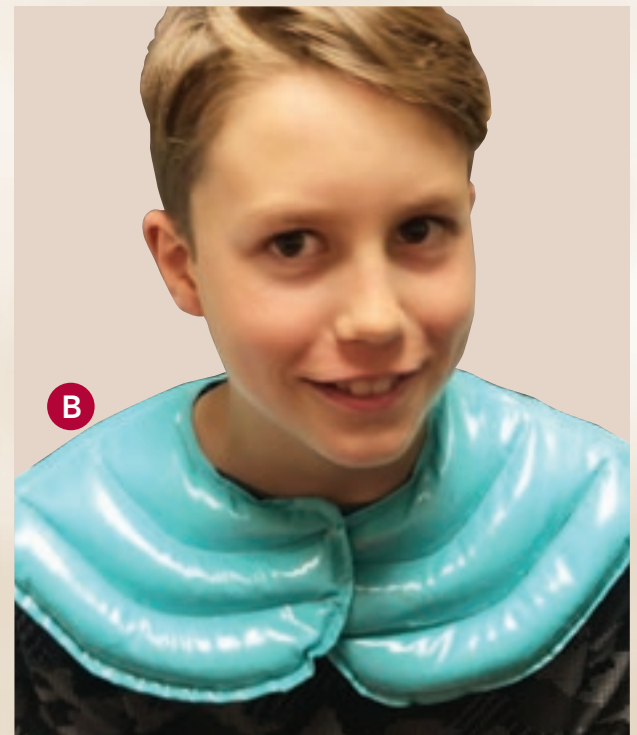
WWVest/3lb-CHILD SML-Laminate  
 WWVest/4lb-CHILD SML-Laminate  
 WWVEST/5lb-CHILD MED-Laminate  
 WWVEST/7lb-CHILD MED-Laminate  
 WWVEST/8lb-CHILD LG-Laminate  
 WWVEST/10lb-CHILD LG-Laminate  
 WWVEST/10lb-ADULT SML-Laminate  
 WWVEST/12lb-ADULT SML-Laminate  
 WWVEST/12lb-ADULT LG-Laminate  
 WWVEST/14lb-ADULT LG-Laminate

#### NON-LAMINATE

WWVest/3lb-CHILD SML  
 WWVest/4lb-CHILD SML  
 WWVEST/5lb-CHILD MED  
 WWVEST/7lb-CHILD MED  
 WWVEST/8lb-CHILD LG  
 WWVEST/10lb-CHILD LG  
 WWVEST/10lb-ADULT SML  
 WWVEST/12lb-ADULT SML  
 WWVEST/12lb-ADULT LG  
 WWVEST/14lb-ADULT LG



A



B

### B. Supreme Wrap

Our weighted washable Upper Back and Shoulder Wrap Supreme (aka Weighted Supreme Wrap) features cotton laminate fabric for easy cleaning with a cloth or disinfecting wipe.  
*Fabric choices: 603, 606, 605, 607*

## C. Weighted Washable Body Blankets

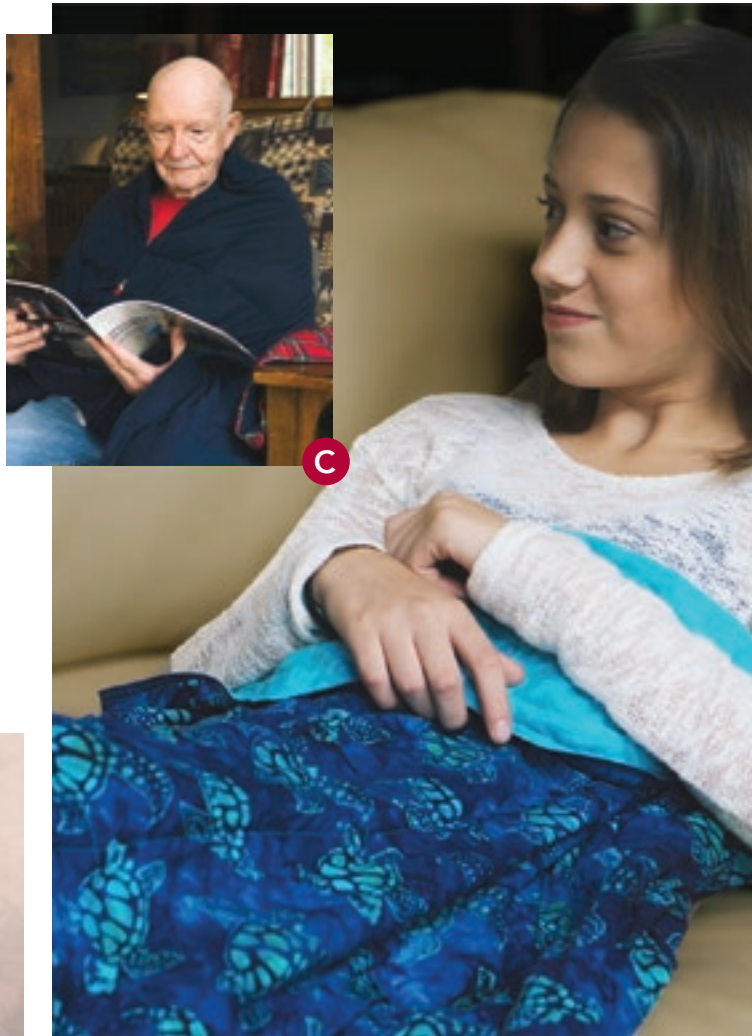
This large cozy blanket enhances sensory integration and is filled with non-toxic Polymer Pellets which makes it washable. Soft Plush Fleece and Cotton Flannel.  
**Fabric choices: See Right**

### NON-LAMINATE

- WWBB/5S: 30"x40"(5lbs)
- WWBB/5L: 36"x48"(5lbs)
- WWBB/7: 42"x56"(7lbs)
- WWBB/10: 41"x60"(10lbs)
- WWBB/12.5: 41"x60"(12.5lbs)
- WWBB/15: 41"x72"(15lbs)
- WWBB/20: 41"x72"(20lbs)
- WWBB/25: 56"x76"(25lbs)

### LAMINATE

- WWBB/5S: 30"x40"(5lbs)
- WWBB/5L: 36"x48"(5lbs)
- WWBB/7: 42"x56"(7lbs)
- WWBB/10: 41"x60"(10lbs)
- WWBB/15: 41"x72"(15lbs)
- WWBB/20: 41"x72"(20lbs)
- WWBB/25: 56"x76"(25lbs)



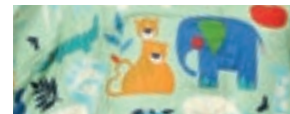
158 Galaxy Cotton



414 Oh So Soft Pink Dot top/Flannel back



156 Batik Turtle Cotton



152 Zoo Cotton top/Flannel back



204 Navy Micro Fleece top/ Navy Flannel Cotton



413 Oh So Soft Navy Dot

*Not pictured 403 Navy Fleece and 419 Grey Fleece*



## D. Weighted Washable Body Shawl (20" x 28")

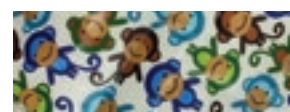
*Feels like a big hug.*

Filled with non-toxic Polymer Pellets for weight and washability, this snugly blanket may induce relaxation and calmness. Wash by hand. Non-microwavable. 5 pounds. 20" x 28".

**Fabric choices: 603, 156, 152, 204 WWBS01**



603 Owl Laminare



606 Monkey Laminare



## E. Weighted Washable Lap Pad

This laminate cotton fabric Lap Pad is lead free as well as BPA free. It is washable and may be wiped off with an antiseptic cleanser. This is greatly appreciated by care givers. Our new Lap Pad is offered in a choice of 2, 3 or 4 pounds. 10" x 20"

**Fabric choices: 603, 602, 605, 606, (204 Navy Fleece also available)**

- WWLP02-2lbs
- WWLP02-3lbs
- WWLP02-4lbs
- WWLP02-5lbs



605 Teal Laminare



607 Navy Laminare

### Weighted Vest/Cape – Washable Sizing Chart

	Width	Length	Adjust per side	Approx Chest Size
<b>CHILDREN</b>				
Small 6/8	13 1/2"	20 1/2"	3" Velcro	26-32"
Med 10/12	15"	22 1/2"	3" Velcro	30-36"
Large 14/16	16"	23 1/2"	6" Velcro	33-38"
<b>ADULT</b>				
Small	18 1/2"	28 1/2"	6" Velcro	44-48"
Med/Lrg	20"	30"	6" Velcro	44-48"



# Weighted Comfort SOLUTIONS

## Cozy Whimsical Animals

- Filled with Non Toxic Polly Pellets or Glass Beads
- Increase Relaxation
- Increase Focus and Concentration
- Decrease Anxiety
- Decrease Sensory Overload Symptoms





# Fidget Pocket Pets



## A. Weighted Washable Bear

*A big, brown, huggable, weighted bear!*  
 Bear is made of polyester Fleece fabric and filled with glass beads. Hand washable; 5 pounds.  
 16" x 19". Non-microwavable.  
 Polyester fleece.  
 WWTB01

## B. Weighted Washable Kitty Kuddles

Black Fluff Top/Cat Print Cotton Bottom or Oatmeal Berber Top/Cat Print Cotton Bottom  
 WWKK01  
 2lbs  
 3lbs

## C. Weighted Snuggle Snake

The sensory weighted snake provides a gentle weight which helps to facilitate proprioceptive input as it wraps snugly around the upper shoulder area. The fun design and cute fabric makes this snake a perfect pal to have during school activities and times that require good attention. The Sensory Snake can also be placed in the lap if this is more comfortable for the child. It is made with non toxic Polymer Pellets and is washable. Top/Plush Brown, Bottom/Minky print. 2 ½ pounds.  
 Dimensions: 3 ½" X 36"  
 WWSS01 (2.5lbs)

## D Weighted Washable Puppy Hugs

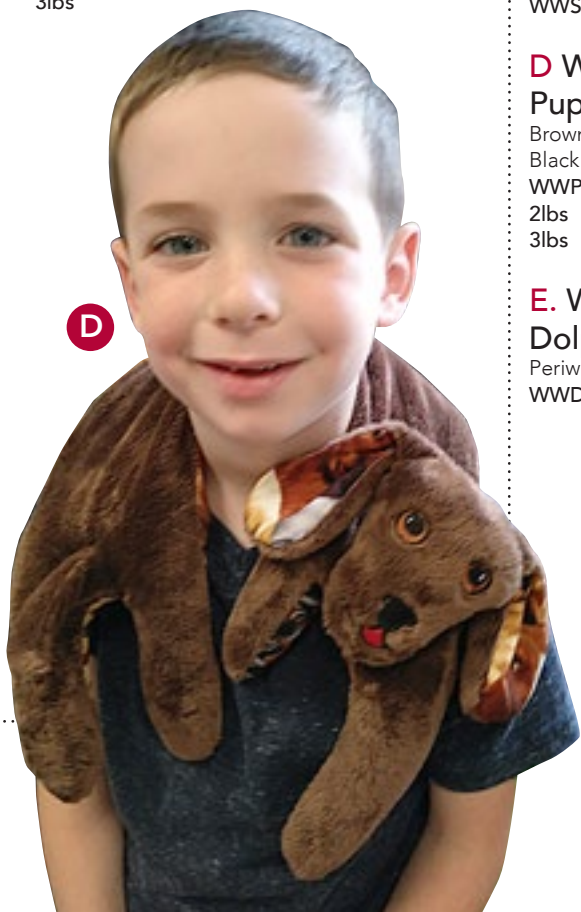
Brown Fluff Top/Dog Print Cotton Bottom or Black Fluff Top/Dog Print Bottom  
 WWPB01  
 2lbs  
 3lbs

## E. Weighted Washable Dolphin Wrap

Periwinkle Fleece Top/Flannel Bottom  
 WWDW01 3lbs

## F. Fidget Pocket Pets

A quiet way to release agitation with a smile on your face! These cute little Fidget Pocket Pets can easily fit in a purse or your pocket. Squishable and Washable! Approx 4" x 4"  
 Set of two available.  
 FPP





# Hot/Cold Natural Therapy Pacs



## A. Supreme Wrap Upper Back and Shoulder Wrap

This weighted upper back, chest and shoulder wrap is channeled for a very even distribution of heat or cold. It hugs so very nicely, and does not slip. Makes a good lap warmer as well. Densely filled to make a firmer pack for targeted therapy.

20.5" x 14", 4.5lbs.  
Fabric choices: 208, 212, 204, 156, 158, 169  
UBSW

## B. NEW Wrist & Hand Wrap

Adjustable wrist & hand wrap for soothing comfort and great for arthritis, tendinitis, and joint pain relief. This is a perfect wrap to cool or warm your wrist or hand. This wrap conforms to your size with adjustable hook and loop design. Work at your keyboard, drive your car or sit with a book. This comfortable design allows you to move while enjoying warm or cool therapy. Right, left, or pair.

Fabric choices: Plaid flannel 208, Solid Flannel 403  
WH01

## C. Low Back Pac

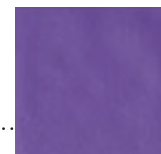
This deluxe low back pac conforms snugly to the lumbar/sacral region. It has a comfortable and durable soft belt strap with an extra extension adjuster to fit all sizes. The new staff favorite. Removable cover for washing. Add with an extra extension and Heatable portion measures 15" x 11".

Fabric choices: 208, 156  
LBP01

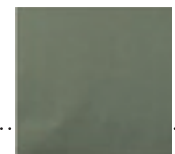
## D. Eye/Sinus Pac with Washable Cover

When heated, the warmth from the grains and spices from our popular eye/sinus pac provides soothing relief from sinus congestion and eye strain by increasing blood flow to the area. Keep one in the freezer to use as a cold pac to reduce swelling and headache pain. Available with or without strap. 9" x 4".

Fabric choices: 158, 208, 212, 204, 156, 503, 502, 169  
EP01  
EP02 (w/strap)



503 Purple Satin



502 Green Satin

See additional fabric choices on page 9.



## E. Joint/Neck Pac

*Our most versatile pac.*

This innovative pac attaches with hook and loop around your neck, joints, or lower back to provide hot or cold therapy even when you are on the go. Designed after the cervical neck collar to support your head and neck. Great for sports injuries. Includes hand washable cover and adjustable extension for the back. 6.5" x 17".

**Fabric choices:** 208, 212, 204, 156, 158, 169 CP01

## F. Thera-Pac

Feels like a warm hug. Based on our customer feedback and market research, this unique design conforms easily around the upper back, upper chest, and base of neck. It is lower in back with channeled construction to keep the natural grains and spices evenly distributed over your muscles. We constructed this pac with fleece on one side and cotton/flannel fabric on the other side to provide effective hot and cold therapy. 16.5" x 12".

**Fabric choices:** 208, 212, 204, 156, 158, 169 TH01

## G. Thera-Pac with Organic Cotton Cover

Designed like our unique Thera Pac, but now with a removable washable cover made of cozy organic fleece. Inside pack is made of unbleached cotton muslin.

**Fabric choices:** 324, 325 TH03

## H. Lumbar Pac

*A great bed warmer.*

This natural pac is designed for the upper, mid, or lower back and hips. The 3 channels conform to the spine and para-spinal muscles. Retains the warmth for up to an hour. Includes a washable cover. 10" x 13".

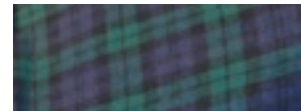
**Fabric choices:** 208, 212, 204, 156, 158, 169 LP01

## I. Hand Mitt

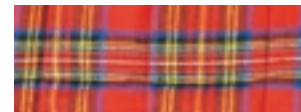
*Relax your tired hands.*

Slip your hand into our hand mitt for instant warmth and relief from hand and wrist pain associated with arthritis, carpal tunnel syndrome, and circulatory problems. Great therapy for gardeners, woodworkers, musicians, and anyone who works with their hands. 7.5" x 10".

**Fabric choices:** 208, 212, 204, 156, 158, 169 HM01



208 Black Watch Flannel



212 Royal Stewart Plaid Flannel



156 Batik Turtle Cotton



204 Navy Flannel



158 Galaxy Cotton



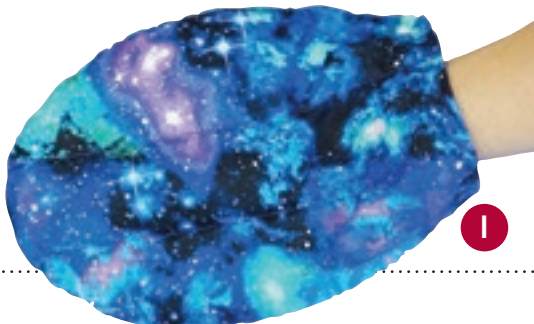
324 TH03 Dusty Blue



325 TH03 Lavendar



169 Floral





# Hot/Cold Natural Therapy Pacs



## A. Body Blanket (20" x 56")

We have been listening! Our customers have asked us for years to make a larger Body Shawl and we are pleased to bring you our Body Blanket. It measures a generous 20" x 56"! You can at last totally wrap yourself in the Body Blanket for full body comfort and relaxation. This will cover the full torso and legs, too! Our Body Blanket may be used as a long lasting bed warmer and is the perfect size to warm a therapist's table. For use with full size microwave only.

*Fabric choices: 208, 156*  
BB01

## B. Heat Your Feet Slippers

These innovative slippers provide total body relaxation when the heat penetrates the reflexology points in your feet. They also provide wonderful relief for people with poor circulation or foot pain. The foot packs are removable to allow the slippers to be washed or used as regular slippers. Comes in U.S. sizes Small (3-6 women or 2-4 men), Medium (7-9 women or 5-7 men) and Large (10-13 women or 8-11 men)

*Fabric choices: 208, 415*  
SL01

## C. Nor'easter Scarf

Our Nor'easter Scarf will protect you from the cold or chill of nasty weather. Microwave for just 60 seconds and wrap yourself in warmth for 25 to 30 minutes. Perfect for that early morning walk, the ride to the office on those chilly mornings, or just sitting around the house. The pleasant aroma is an added benefit and aids in relaxation. 7" x 51".

*Fabric choices: 208, 212, 407 Black Fleece*  
Monogramming Available.  
NES02

## D. Thera Socks

Enjoy up to 30 minutes of warm toasty toes with our new Thera Socks. These special socks allow you to place the heat pack either on top of your foot or under your sole, depending on where you need the warmth. When the packs are cooled in the freezer they are excellent for helping to reduce foot swelling. Just remove the packs and the socks may be washed and dried with ease.

Sizes: (sm/med) 5-9 w's, 6-8 m's,  
(med/lg) 9-11 w's, 8-12 m's.

*Fabric choices: 308 Navy Fleece*  
TS01

## E. Hand Warmers/Cooling Pads (3 1/4" x 3 1/4")

Place in your mittens, or coat pockets after heating for just 20-30 seconds. Good for those little aches and pains too! Cool or heat these mini pads as needed. Re-usable, not like those plastic throw a ways!

*Fabric choices: 212, 204, 413, 208, 156, 158, 169*  
HW02





## F. Body Shawl (Traditional)

### No removable cover

Wrap yourself in aromatic warmth.

This microwavable body shawl can be used for therapy on your full back, abdomen, across the shoulders, or to wrap an injured arm or leg. This shawl is very popular with therapists to warm their treatment table; great to use as a bed warmer. To use as a cold pac for relief from inflammation and swelling, place shawl in a plastic bag and into the freezer for an hour or more. 20" x 28".

*Fabric choices: 208, 212, 156, 415, 158, 204, 169*  
BS01

## G. Body Shawl Cover

Plush Oh So Soft Dot fabric with silk border.

*Available in Plush Soft Dot Navy or Lavender*  
Fleece with silk border.

SBSC01



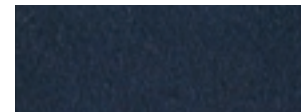
208 Black Watch Flannel



212 Royal Stewart Plaid Flannel



156 Batik Turtle Cotton



204 Navy Flannel



158 Galaxy Cotton



169 Floral



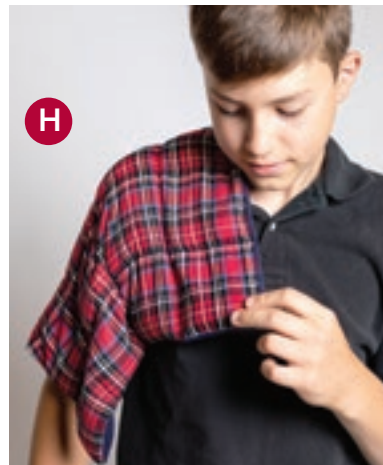
415 Soft Dot Lavender  
Body Shawl and Slippers Only

## H. NEW

### Mini Body Shawl

Introducing a NEW Size of the Body Shawl design, same quilted squares and flexible comfort! At 20" x 14" this mini shawl is the perfect size for the lap, shoulder or chest, and tummy. (Or any spot that requires some warm or cool therapy.) 16" x 20".

*Available in 208, 156, and our new floral 169.*



E

D



# Soft Comforts

Hot/Cold Therapy for  
Comfort and Play



*Soothing  
Therapy for  
Bumps,  
Bruises and  
Sore Feelings*



002 Blue Berber



004 Oatmeal Berber



701 Pink Fluff



700 Brown Fluff



### A. Teddy-Pac

Customers Favorite Soft Comfort Pac  
 This heatable Teddy-Pac will soothe your child's aches and pains and provide comfort for a peaceful night's sleep. Warm in the microwave or keep in the freezer for those unexpected bumps and bruises. With removable, washable cover, and safe embroidered face. Scented or unscented. 8"  
**Fabric choices:** 002 Blue Berber, 700 Brown Fluff, 004 Oatmeal Berber, 701 Pink Fluff.  
 Whimsical child print on back.  
 TP02  
 TP03 Sleepy Teddy-Pac

### B. Thera-Bear

A heatable, scented Teddy. Just place the bear's belly or full Thera-Bear in the microwave for cuddly warmth. May relieve chest congestion, ear aches, or upset tummies. This teddy bear is also wonderful to warm the crib. Machine washable after removing the inner belly pac. P.S. Adults love this one, too. Available in polar fleece, berber, or plush fabrics. 15" tall.  
 Choose a color at top.  
 Monogramming Available.  
 TB01

**B**

004 Oatmeal Berber

700 Brown Fleece



Monogramming available, \$5.00 (Please allow 1-2 weeks)

002 Blue Berber

701 Pink Fluff

### C. Weighted Heatable Body Shawl

Good to warm in the microwave for all over warmth. Shawl is also weighted for sensory integration assistance. Children love this big warm and unique blanket! 5 lbs. 20" x 28".  
**Fabric choices:** Turtle 156, 204 Navy Micro Fleece/Navy Flannel  
 WBS01

### D. Supreme Wrap

Upper Back, Shoulder Wrap or Lap Pad  
 This weighted upper back, chest and shoulder wrap is channeled for a very even distribution of heat or cold. It hugs so very nicely, and does not slip. Makes a good lap warmer as well. Densely filled to make a firmer pack for targeted therapy. 4.5 lbs. 20.5" x 14"  
**Fabric choices:** Zoo 152 (as shown), Navy 204, Turtle 156  
 UBSW



156 Batik Turtle Cotton/ Teal Cotton back



204 Navy Flannel/ Navy Micro Fleece back

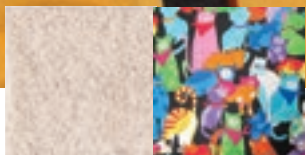
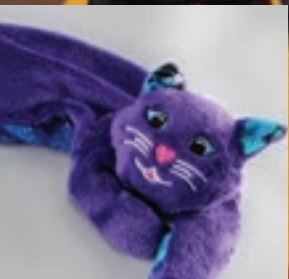




# Soft Comforts



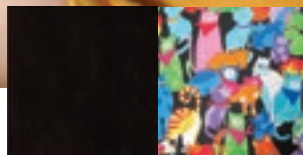
Hot/Cold Therapy for  
Comfort and Play



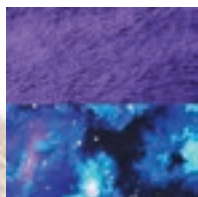
004 Oatmeal Top with  
154 Cat Print Bottom



702 Black Fluff Top with  
720 Leopard Bottom



702 Black Fluff Top with  
154 Cat Print Bottom



703 Purple Fluff  
158 Galaxy Cotton



## A. Kitty Kuddles

A very popular Soft Comforts animal wrap! This Kitty snuggles purrfectly around neck, shoulders, and upper back. Microwave for a hot pac or place in freezer for a cold pac. 5" x 21"

*Fabric choices: See left*  
KK01

## B. Bunny-Wrap

A heatable scented bunny pac. Makes a great cold pac, too. Wrap around upper shoulders and neck, or place on chest, abdomen, back, hips, knees, or any part that needs some TLC. Berber/Flannel fabrics. 21" long.

*Fabric choices: 004 Oatmeal Berber, 002 Blue Berber, 703 Purple Fluff.*  
BW01

## C. Puppy Hugs

This very soft plush puppy heats up in the microwave to provide up to 30 minutes of warmth and relaxation. Place Puppy Hugs in the freezer for up to 20 minutes of cool therapy. Black or Brown Plush top with Dog print cotton on the belly. 5" x 21"

*Fabric choices: 700 Brown Fluff or 702 Black Fluff.*  
PH01

## D. Moose Masseur

This Soft Comforts friend comes straight from the Maine woods. Moose Masseur makes a wonderful soft and cuddly neck wrap to soothe sore and tense shoulders when heated. He may also be cooled in the freezer to provide cool pain relief for bumps and bruises. Surely he will bring a smile to one and all. To prevent him from roaming, Moose Masseur comes in his own decorative box suitable for wrapping or displaying. 18" x 16"

MMO1

## E. Dolphin-Wrap

Soothe your tension and pain with this warm, snuggable dolphin. Wraps quite comfortably around shoulders and neck. Also, good tummy and chest warmer! 8" x 22" Fleece top/flannel bottom.

*Color choice: 318 Periwinkle.*  
DW01

## F. Hot Lobsta

Microwavable, Ayuh! No boiling, bake-stuffed, or scampi for me. But place me in the microwave and I'll still be yummy on your tummy, sore muscles, or just a warm memory from Maine. Great cold pac for those sunburns and all over aches. Head to Tail 12", Claw to Claw 12", and Body width 3.75"

HL01

## G. Warm-Me-Turtle

A Turtle-Pillow for cuddly warmth and play. The top is a soft fluffy pillow, while the bottom acts as a heat pack when placed in the microwave. Good for chest colds, bumps n' bruises or as a soothing friend on a cold winter's night! Place Warm-Me-Turtle in the freezer for a cold pack. 9" x 12"

WT01

*Select Soft Comforts are also available in Weighted Washable Non-Heatable, see page 6.*

**MONOGRAMMING AVAILABLE**

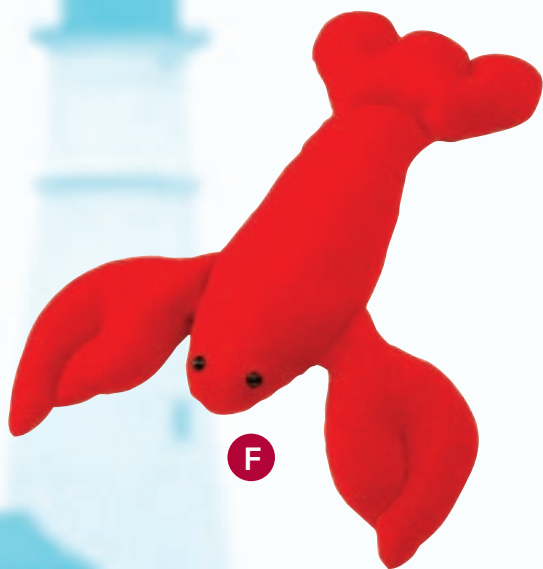
004 Oatmeal Berber/Royal Stuart

002 Blue Berber/Blueberry





## Friends from the Sea





# Soothing Spa Warmers

Our plush line of hot or cold therapy packs are filled with grains, a pinch of cinnamon and clove and a hint of lavender and peppermint. Washable covers on all designs except The Perfect Wrap. Unscented available.



## A. Spa Thera-Pac

Also with a removable washable cover, our new Spa Thera-Pac offers the same therapeutic benefits as our regular Thera-Pac, but with a little more elegance. A hint of peppermint and lavender is added to our popular warm, spicy scent. 16.5" x 12".  
Fabric choices: 413, 415.  
STH01

## B. Spa Eye Sinus

You will feel exquisitely pampered when you relax with one of our warm spa eye packs in our extra soft fabrics. A soothing experience for your mind and body. With a removable and washable cover, this pack is filled with our spa scent of lavender and a hint of mint. 4" x 8.5" (10.1x21.6cm)  
Fabric choices: 413, 415.  
SEP01

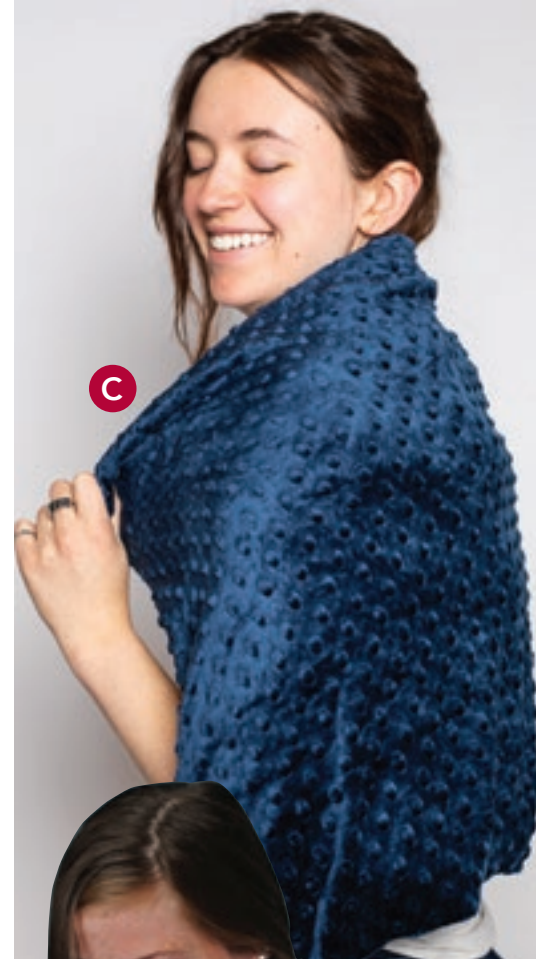


## C. Spa Body Shawl

An updated, luxurious version of our popular Body Shawl. We've added a removable, washable cover in soft new fabrics, and a hint of peppermint and lavender to our popular warm, spicy scent. This Shawl wraps comfortably around the full back, abdomen, across the shoulders, or around an injured arm or leg. 20" x 28".  
Fabric choices: 413 (shown), 317 Lavender Fleece  
SBS02

## D. The Perfect Wrap

Bigger than a Body Shawl, smaller than a Body Blanket – it's just right! Wrapping fully around shoulders and arms, or back and hips for soothing warm relief, the new Perfect Wrap measures 20" by 40" and folds up easily to heat in the microwave. Makes a great scented blanket for warmth and comfort. May be used cold, too. Weighs approx. 6.5 pounds.  
Fabric choices: Soft Dots fabric in Navy 413 or Lavender 415 with Flannel back.  
SPW01



## Healing Warming Hearts with our signature scent

### E. New Size Healing Heart Pac (11")

*Therapeutic and Aromatic with Washable Cover*

Warm your loved one's heart with this plush aromatic pack! When heated in the microwave this heart-shaped pack may help relieve chest congestion, and soothe stomach aches or abdominal cramps.

Can be used as an eye pack, too. Yes, it just might soothe those inner and outer hurts.

Available in Red plush minky or Pink soft dot  
Monogramming Available.  
HP01



### F. Healing Heart Pac (11")

*A Hot or Cold Pack with Pink Soft Dot Cover.*

What more would you expect from a healing heart? Our larger healing heart pack now comes in red plush or pink soft dot fabric with a removable cover.

The pink soft dot heart is available with the pink breast cancer ribbon. 7 1/2% of the sale proceeds of this soothing heart are donated to the American Breast Cancer Foundation.

Makes a great gift for anyone who needs a little extra warmth and comfort.

Weight: 2.40 LBS / Width: 11"  
Height: 11" / Depth: 2"  
Fabric choices: 414  
HP02



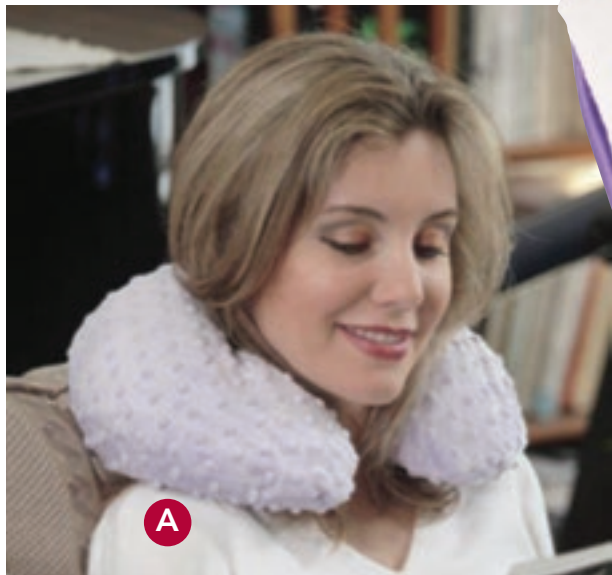
FREE: 877-373-4328 [www.grampasgarden.com](http://www.grampasgarden.com)



# Aromatherapy Pillows

## Non Heatable

Our unique herbal pillows promote natural aromatic therapy with soothing lavender or invigorating mint. Our Breathe E-Z pillow comes with a pure Peppermint essential oil and our Sleepy Time pillow comes with a pure Lavender essential oil to re-scent the pillow as needed.



A



### A. Aroma Rest

Filled with natural millet and lavender flowers, this light-weight pillow supports your neck while reading, sleeping or traveling. Soft polyester cover is removable and washable. Insert is made of cotton muslin. 13" by 13". Non-heatable. Available scented or unscented. **Fabric choices: Navy Oh So Soft Dot 413 and Lavender Oh So Soft Dot 415 (See Page 16)** AR01

### B. Sachets – Lavender

Trio Sets (3 per)–Lavender Sachets  
This unique trio includes 3 sachets filled with pure lavender dried flowers and flax to scent your home, car or office. One comes with a satin ribbon for hanging.  
LS01/Trio  
Elegant  
Holiday  
Floral  
LS01

B



Elegant



Holiday



Floral

LS01 Heart Lavender Sachet with satin ribbon

### C. Sleepy Time Pillow with Washable Cover 4" x 9"

New design conforms nicely around eyes. At the end of a hectic day when your mind is racing and you can't sleep, breathe in the aroma of our soothing lavender pillow, or place over your eyes to release the anxiety of the day. Keep one in your freezer to help you cool off and relax anytime. Includes 1/4 oz. Lavender essential oil for re-scenting the pillow and enhancing the aromatherapy benefits. Pillow is filled with soothing lavender flowers and flax seeds. 4" x 9".

**Fabric choices: See above.**  
ST02

### D. Breathe E-Z Pillow

This minty medicinal pillow will open your sinuses and refresh your mind. Simply breathe in this therapeutic herbal aroma at your home, office, or while traveling. May reduce fatigue and nausea. Includes 1/4 oz. Peppermint essential oil for re-scenting the pillow and enhancing the aromatherapy benefits. Measures 3" x 5". **Fabric choices: See below.** BZ01

D



106 Luna

108 Malachite

107 Azure



# Accessories



505  
Brocade

504 Black Satin

503 Purple Satin

158 Galaxy  
Cotton

208 Black Watch Plaid

## A. Eye Shades (with strap)

Keep out the light for more restful sleep and increased relaxation. Great for travel. Made with soft and cozy cottons or satin. 4" x 8.5".  
*Fabric choices as shown.*  
ES02

## B. Grampa's Back Rake

Scratch that hard to reach itch. The best back scratcher we've seen. Handcrafted with solid hardwoods. A very long scratcher, measuring 21".  
BR01

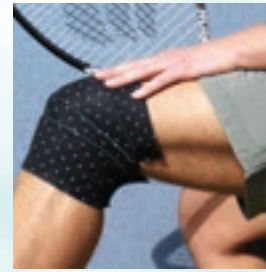


## Simply Cool Fabric Technology

Simply cool products are great to wear when you are warm! The fabric feels cool but not wet and provides cooling performance without the weight. To activate the fabric simply, SOAK IT in water, WRING IT out, SNAP IT to activate.

## Doc Merrick's Cool Compression Wrap

Doc Merrick's Cool Compression Wrap is much more than just an ace bandage. It is made from a proprietary cloth that is innovative and GREEN (chemical free). Doc Merrick's Cool Compression Wrap provides effective therapy for sporting and medical management of acute joint and muscle pain stemming from injury, work or arthritis. 3.25" x 60". SC Doc Merrick's Cool Compression Wrap



## Chill Tube

This unique Simply Cool design is versatile enough to wear as a Skull Cap, Head Band, or Neck Wrap. The pliable, cooling fabric is seamless and will keep you cool while you are on the go outside, inside or anytime you need some extra cool relief.

*Available in Paisley, Navy Solid, and Black with White Spritz.*  
SC-CHLLTB-01



# Pet Therapy



## New Dog Warming Blanket

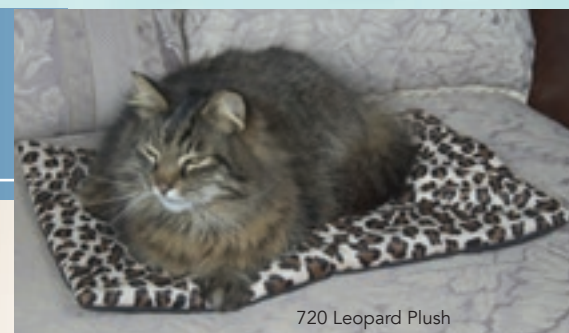
Help ease your pet's anxiety, joint pain, muscle soreness and more with this natural pet therapy dog blanket. Scented with pure lavender. It's an easy way to warm your dog with a gradual cool down. No cords required to heat, just place it in a microwave for about 4 minutes. For the cold pack, place the blanket in a zippered bag and freeze for at least 1 hour. Filling is whole flax seed, USDA long-grain rice, and pure lavender. In Black Watch. Cover: pure cotton flannel; inner pack: cotton muslin. Machine wash cover only.  
*Fabric choices: 208*

## Tug N' Pull

Our handmade tug is an interactive toy for you and your dog. Machine washable, it's constructed in a square braid to hold up to powerful tuggers. Great to use as a reward while training, or to help your dog gain focus while having fun. They're soft and easy on your pet's teeth. Dog trainer tested and puppy approved.  
*Fabric choices: Yellow/Navy, Red/Black or New Multi color.*  
Made in Maine/USA of 100% polyester fleece.  
DT01 Medium (12")  
Large (18")



*As no toy is 100% indestructible, always supervise when playing. Periodically inspect all toys/tugs for damages. Do not allow your dog to play with broken or damaged toys. Intended for pets use, this is not a child's toy.*



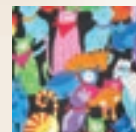
720 Leopard Plush

## Cat Napper Mat

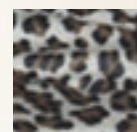
Very cozy and comfortable for your feline. This unique mat comes with Cat Nip Pillow that can be inserted in side pocket of mat. Machine washable after removing pillow. Measures 19.5" x 12"  
*Fabric choices: 720 Leopard Plush with Black Flannel Bottom.*  
*Also available in 154 Whimsical Cat Print.*  
CN02

## Cat Nip Pillow

Cotton cover of whimsical kitty print, filled with 100% pure cat nip. Purrfect treat for your feline friends. They will enjoy many hours of entertainment. 3.5" x 3.5".  
*Fabric choices: 720 Leopard Plush, 154 Whimsical Cat Print.*  
CN01



154 Whimsical  
Cat Print



720 Leopard  
Plush







**A**

## A. Lemon Balm Lotion

A calming skin nourisher lotion that can help to promote overall wellness and health. Physician recommended.

Ingredients: Aqua (water), Vegetable Glycerin, Vitamin E, Aloe Vera, Grape Seed Oil, Organic Jojoba Oil, Shea Butter, Sweet Almond Butter, Organic Coconut Butter, and Grape Seed Extract, Lemonbalm (*Melissa Officialis*) Lemongrass (*Cymbopogon citratus*) and Turmeric.

TLB (2 oz.)

TLB (4 oz.)

## B. Therapeutic Massage Oil

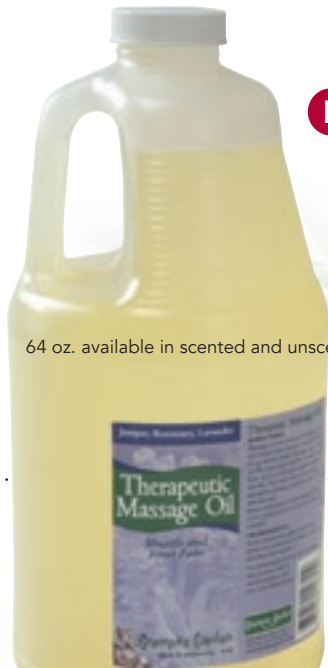
*Our customer's favorite oil.*

Pure plant essential oils of juniper, rosemary, and lavender provide effective therapy to sore muscles and joints while helping to reduce inflammation. Massage therapists love this oil. For added benefit use with our Natural Pacs. Available in 4 oz. or 64 oz.

Ingredients: Sweet almond oil, apricot kernel oil, jojoba oil, sunflower oil, juniper, rosemary, lavender, vitamin E. Unscented Available

TMOILS4 (4 oz.)

TMOILS64 (64 oz.) Pump



64 oz. available in scented and unscented

4oz.

**B**



## C. Therapeutic Massage Cream

Our cream is silky soft with a lovely aroma of juniper, rosemary, and lavender. The fresh, clean scent makes this a wonderful all-over body cream. The essential oils may help to reduce pain and tension when massaged and absorbed into the skin, while the aroma can induce relaxation for mind and spirit. This amazing cream is non-greasy and hypoallergenic. Available in a 4 oz size for your bedside table, or a smaller 2 oz. size – perfect for travel.

Ingredients: Purified water, safflower oil, apricot kernel oil, jojoba oil, coconut oil, cetyl & stearic emulsifiers, aloe vera gel, dimethicone, vegetable glycerin, pure essential oils, arnica extract, propylene glycol, polypropylene, methyl. No parabens.

TMC2 (2oz.)

TMC6 (6 oz.)

TMC64 (64 oz.) Pump



**C**

## D. Breathe E-Z Oil

A natural decongestant. Pure plant essential oils of grapefruit, eucalyptus, frankincense, myrrh, and ravensara help to relieve sinus and chest congestion or to assist in breathing. This is also wonderful as a refreshing bath oil.

Ingredients: Sweet almond, apricot kernel, jojoba and sunflower oils, grapefruit, eucalyptus, frankincense, myrrh, and ravensara.

BEZOIL02 (2 oz.)

BEZOIL01 (4 oz.)



**D**



# Herbal Apothecary



**A**

## A. Essential Oil Roller Blends

### FOCUS:

Encourages concentration and grounding  
Roll onto ear lobes, chest, feet, pressure points, or simply inhale the aroma. Apply as needed. 100% Therapeutic Grade—Lavender, Atlas Cedarwood, Vetiver, Jojoba Oil and Fractionated Coconut Oil.  
EO25-FOCUS

### RELAX:

Soothing Lavender  
Roll onto pressure points, or simply inhale the aroma. 100% Therapeutic Grade- Lavender, Jojoba Oil and Fractionated Coconut Oil.  
EO25-RELAX

### RELIEVA:

May help to reduce muscle and joint pain  
Roll on to sore muscles or joints, apply as needed. 100% Therapeutic Grade—Wintergreen, Clove, Peppermint, Helichrysum Italicum, Lavender, Jojoba oil, and Fractionated Coconut Oil.  
EO25-RELIEVA

### IMMUNE GUARD:

May help boost the immune system  
Clove, Lemon, Cinnamon, Eucalyptus Radiata, and Rosemary essential oils for an aromatic blend that fills any space with a rich, spicy aroma. Blended with Jojoba Oil and Fractionated Coconut Oil.  
EO-Immune Guard

ALL ESSENTIAL OIL ROLLERBALL BLENDS  
COME IN 10 ML, .34 OZ BOTTLES

## B. All Natural Sprays

Our all natural room sprays are made with pure essential oils and come in three different fragrances: **Lavender**, to help calm and relax, **Peppermint**, with a hint of ylang ylang to revive and rejuvenate, and **Spice**, a blend of cinnamon and clove that warms and comforts. Use them to refresh your home, office, fabrics, your car, and pet areas. Great for re-scenting Grampa's Garden hot pacs and safe around children and pets.



**B**

## NEW Immunity Spray

See Immune Guard below for description and oils used.



**C**

## C. Face and Body Bar Organic

This castile soap will moisturize your skin and not irritate or dry it out. The saponified oils of palm, coconut and olive are blended with the plant essential oils of rosemary, lavender and citrus to refresh and uplift your spirits. It also has pure pieces of rosemary throughout the bar. Ingredients: Saponified oils of palm, coconut and olive blended with pure plant essential oils.  
SO26



**D**

## D. Beeswax Lip Balm (.15 oz)

(Now with added Mango Butter) Our popular, all natural lip balm now comes in a convenient tube! Still made with our special blend of Maine beeswax, olive oil, vitamin E, and pure essential oils. Choose from peppermint, orange/vanilla or unscented.

LB02-PEPP peppermint  
LB02-ORNGE/VN orange/vanilla

## E. All Natural Tick Spray

Apply to ankles, wrists and clothes. Our blend of pure plant essential oils will help keep the ticks away all season long when used regularly while outdoors. Ingredients: Distilled water, a proprietary blend of pure essential oils: Rose Geranium, Cedarwood, Lavender, Lemongrass Polysorbate. Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.  
SPRAY/TICKSPZ (2.7 oz.)

**E**







F

### F. Sombra Cooling Gel Cooling Therapy

Relieves minor aches and pains of muscles and joints associated with arthritis, backaches, strains, and sprains. Quick absorption formula, non-staining to clothes. Controlled cooling without freezing or irritation. No artificial colors, fragrances or alcohol. Great for post-exercise cool down. Made in the USA.

SG01C 8 oz.  
SG02C 4 oz.



G

### G. Sombra Warm Therapy Gel

(Made in USA)

This natural pain relieving gel is enriched with the unique heating and cooling ingredients of capsaicin, camphor, and menthol. The refreshing scent of orange peel extract makes it one of our customer's favorites. Also with rose, aloe vera, and green tea extract, Sombra is completely alcohol free, non-greasy, and non-staining.

SG01W (8 oz.)  
SG02W (4 oz.)



K

### K. Handcrafted Roller Ball Display Unit

(For Wholesale Only)

5 of each blend, Focus, Relax and Relieva, plus three testers.  
EODU02

### H. Brush

This is a natural bristle contour body brush. It has been ergonomically designed for superior massage leverage while bathing. Use it to exfoliate the skin and stimulate circulation. Recommended to exfoliate the skin and stimulate circulation. The practice of dry brushing helps sweep away dead skin cells, stimulate circulation, eliminate toxins, reduce ingrown hairs and the appearance of cellulite and leaves the skin glowing. Proper dry brushing techniques start in small circles at the feet and work up to the neck and are followed by a shower or bath to wash away impurities released by the process. This healthful treatment is a favorite at spas and is routinely followed by herbal wraps or mud treatments for an even greater benefit. 10"L x 3"W x 1.5"H

### I. Himalayan Bath Salt

The perfect add on for a tranquil bath session. 100% pure Himalayan crystal salt hand mined from the Himalayan Mountains. Mix with your choice of essential oil(s) for a Aromatherapy hydrotherapy treatment. Available in 4 Ounce.

### J. CBD Massage and Body Oil 2 oz

A luxurious blend of organic golden Jojoba Oil, Cannabidiol (CBD) and Vitamin E — this soothing massage and body oil gives skin the nutrients it needs to stay healthy and glowing while addressing areas of need through massage from head to toe. Specially formulated to not cause blocked pores. Spray desired amount directly onto the skin — or warm a small amount of oil in hands before applying. For external use only.

600mg of CBD/bottle. Comes in a 2oz (60mL) bottle with spray top.

### L. Top Seller/Pure Plant Essential Oils Handcrafted Display Unit

(For Wholesale Only)

Our wooden display unit includes 4 each of the 10 most popular essential oils plus a free tester of each. We also provide 50 educational application handouts to include personal self-care, facial care, household care and animal care with each display unit purchase.

EODU01-50  
Educational Handouts  
EOPAMPH-50



H

I

J



L



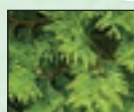
## For Personal, Household, and Animal Care



**Balsam Absolute:** Bronchitis, chapped skin, colds, coughing, eczema, flu, poor circulation, rashes, sensitive skin, stress. Topically, Peru Balsam has been used over the years to help remedy a number of skin issues including dry skin, and minor cuts and wounds. Proper dilution and doing a skin patch test is strongly recommended. Balsam Oil is soothing and is nice to diffuse in a candle diffuser.



**Basil:** Bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism, sinusitis. Basil oil can help stimulate my mind and allow focus on the task at hand. Basil Oil is an energizing oil and is best used during the morning and daytime hours. It is considered anti-bacterial/anti-viral, it acts as an expectorant and it also helps as a stimulant. Basil Oil is also said to help with headaches.



**Cedarwood:** Grounding and calming, and it is said to help combat negativity. Cedarwood is an oil that is good to use during chaos or conflict and want a grounding oil for use during meditation/prayer or reflecting on the situation.



**Clary Sage:** Anxiety, menstruation, menopause, childbirth aid, headaches, digestion, asthma, hair care



**Clove:** Arthritis, asthma, bronchitis, rheumatism, sprains, strains, toothache.



**Eucalyptus:** Infectious diseases, asthma, bronchitis, arthritis, headache, athletes foot, disinfectant, muscle pain and strain, insect repellent, invigorating



**Frankincense:** Anxiety, asthma, bronchitis, extreme coughing, scars, stress, stretch marks. This aroma is said to be grounding, calming and relaxing without being sedating. The aroma is woody, earthy and also has a slightly fruity/sweet, warm, spicy attitude to it.



**Geranium:** Depression, menopause, pms, anxiety, skin disorders, cuts, cellulites, eczema, uplifting



**Ginger:** Aching muscles, arthritis, nausea, poor circulation. Topically, Ginger Oil can be useful in blends and formulations intended to help improve circulation. It's a frequent addition to blends for massage, arthritis and muscle aches and pains. Energizing and uplifting. It is considered an aphrodisiac.



**Grapefruit (Pink):** Cellulitis, dull skin, toxin build-up, water retention. Grapefruit Oil is a wonderfully energizing oil that isn't too strong or overpowering.



**Helichrysum:** Antispasmodic, anticoagulant, antiallergenic, anti-microbial, anti-haematoma, antiphlogistic, nervine, anti-inflammatory, antitussive, cicatrizant and an expectorant. It also acts as a febrifuge, antiseptic, cholagogue, emollient, mucolytic, fungicidal, hepatic, diuretic, splenic and a cytophylactic substance.



**Immune Blend:** Use to boost immune and respiratory systems. It does give off an energizing scent when diffused. Clove buds, lemon peel, cinnamon bark, eucalyptus, and rosemary.



**Juniperberry:** Colds, flu, acne, cellulitis, gout, hemorrhoids, obesity, rheumatism, toxin build-up. Juniper Berry Essential Oil is calming and helps to ease stress without imparting the sedative effects that clary sage and the chamomiles are known for.



**Lavender:** The universal oil — Calming nervous tension, insomnia, pms, headaches, wound and skin care, athletes foot, arthritis, asthma



**Lemon:** Athlete's foot, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts. Lemon Essential Oil has a powerfully fresh traditional lemon fragrance that is quite energizing and uplifting. Lemon Essential Oil is a good choice to diffuse when trying to clear a room of the smell of cigarette smoke or other unpleasant aromas.



**Lemongrass:** Lymph drainage, antiseptic, infectious diseases, insect bites/ repellent, disinfectant, stimulates digestion and circulation



**Lime:** Acne, asthma, chilblains, colds, dull skin, flu, varicose veins. Lime Essential Oil is the most aromatically potent of the fruity citrus oils.



**Oregano:** Antiviral • Antibacterial • Anti-fungal Perhaps most notably, oregano essential oil is an antimicrobial with a demonstrated ability to inhibit the growth of bacteria and fungi. Think hand sanitizer!



**Orange (sweet):** Depression, nervous tension, insomnia, over-sensitivity, digestive disorders, anti-inflammatory, dermatitis, bronchitis



**Patchouli:** Chapped/cracked skin, hair care, athletes foot, insect repellent, aphrodisiac



**Peppermint:** Headaches, muscle stiffness, infectious diseases, fever, lymph drainage, asthma, Arthritis, insect bites, toothache, stimulates metabolism, car sickness

Grampa's Garden, Inc., in no way claims that these products heal. Results vary by individual case and application. We do claim a high rate of customer satisfaction and relief from the above named conditions when used as suggested.





**Petitgrain:** Acne, fatigue, oily skin, stress. Energizing and uplifting. It is considered an aphrodisiac. Its aroma is a wonderful addition to blends especially formulated for men (women love it too).



**Rose Absolute:** Heart soother, menopause, headaches, allergies, eczema or aged skin, impotence, aphrodisiac, mixed with a small amount of jojoba oil



**Rosemary:** Diluted and used topically, Rosemary Essential Oil is known to stimulate hair growth, reduce pain, soothe inflammation, eliminate headaches, strengthen the immune system, and condition hair to make it look and feel healthy.



**Sweet Fennel:** Bruises, cellulites, flatulence, gums, halitosis, mouth, nausea, obesity, toxin build-up, water retention. Sweet, somewhat spicy, licorice-like (Anise) aroma.



**Tangerine:** Fresh, sweet, citrusy, similar to the brighter aroma of tangerine peels (as compared to orange peels), but more concentrated. Tangerine Essential Oil is fresh, sweet, citrusy and is similar to the brighter aroma of tangerine peels (as compared to orange peels), but has a more concentrated, intense aroma than does Sweet Orange Essential Oil.



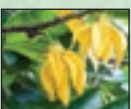
**Tea Tree:** Tea tree oil is effective in promoting healthy skin by soothing and healing a wide range of skin issue. You should not apply tea tree oil directly to skin. It's important to dilute the oil with a carrier oil, such as olive oil, coconut oil, or almond oil. Makes a great hand sanitizer.



**Vetiver:** Acne, arthritis, cuts, depression, exhaustion, insomnia, muscular aches, oily skin, rheumatism, sores, stress. Vetiver Essential Oil is remarkably soothing and calming.



**Wintergreen:** Pain relief – The most popular health benefit of wintergreen oil is its pain-relieving effects, which can help alleviate headache, muscle cramps, joint pain, tendinitis, and bone pain. Wintergreen oil also helps drive out stress and tension.



**Ylang Ylang:** Anxiety, nervous tension, lowers blood pressure, insomnia, stimulates hair growth, impotence, aphrodisiac



### Lux Marble Blue Diffuser

An aromatherapy diffuser that captures the beauty of the oceans on polished hand-blown glass. Its design mimics soft waves glistening in the sun. Add ambience to your aromatherapy with warm white, rotating colored lights or fix to a certain color. Large coverage- up to 1000 square feet.

Dimensions: 7" x 9"

170 ML Water capacity

Up to 6 hours of run time!

Choice of light modes: warm white, color rotating, or a solid color.

Auto safety shut off

1 year limited warranty

Handglown Glass with BPA free plastic

Wipe clean with a cloth



### CarBreeze

The CarBreeze gently disperses your essential oils in your vehicle to help you prepare for the day ahead or unwind after a good day's work. Make your commute something to look forward to with essential oils streaming in through your car diffuser.

Comes with 3 diffuser pads. Refills available.

Dimensions: 1.75" X 1.25" X 4.5"

Run Time: 3 to 4 hours

Color Change: Red

Power; 12V power outlet

Operating Modes Continuous/Off

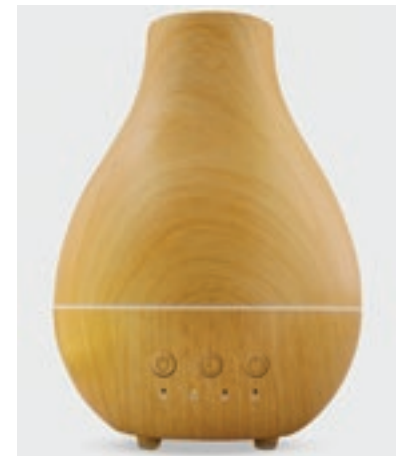
### Refill Pads for Car Diffuser

Dif-REFILLCARBR2



### GreenAir 360

The 360 Ultrasonic Essential Oil Diffuser unites scientific innovation with contemporary design to create the perfect diffuser to complement your home. This attractive round shaped diffuser is BPA-Free, has dual directional mist nozzles, and up to 16 hours of daily run time. It is a power diffuser that will bring hours of essential oil diffusion into your home.



### The ELLEN

The ultrasonic power of this faux wood base Ellen diffuser will vaporize your favorite oil singles and blends, sending healthy aromas to every area of the room. Color rotating lights and also promotes extra comfort and creates a soothing ambience.

Color Rotating

1000 SQ FT

6.5" x 8"





P.O. Box 310  
Brunswick, Maine 04011



Therapeutic grade essential oil blends that may enhance your health and natural immunity.



[grampasgarden.com](http://grampasgarden.com)