Grampa’s Garden
Natural Therapeutic Products for Health & Wellness

www.grampasgarden.com

MADE IN MAINE/USA SINCE 1993 • 2019 CATALOG • TOLL FREE: 877-373-4328
Celebrating our 26th year, Grampa’s Garden (GG) continues to be “USA/Made-In-Maine,” with a strong commitment to providing comforting, quality therapeutic products that promote wellness.

Manufacturing successfully, both in house and through the cottage industry, is a noteworthy accomplishment in this era of “made over-seas.”

Exciting changes for Grampa’s Garden(GG) in 2018 included the grand opening of our NEW Sensory Adventure Spa located in Brunswick, Maine just across the river from our manufacturing facility. We also welcome the addition of some very exciting products, including a hot and cold Low Back Pac™ (newest staff favorite!) and a unique set of Sensory Fidget Pocket Pets™.

We very much appreciate the continued support of our customers which allows GG to accomplish its mission of providing wellness products from Maine to this stressed world that truly does need a warm or weighted blanket, uplifting body lotion or a natural pain reliever! A good meal lasts an hour, but a loving product from Grampa’s Garden may just last for years!

Jacqueline and all of us at the 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
- **NEW** 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 pac's are designed to conform to the musculature and joints assuring optimal therapeutic benefit.

8-11 **Signature Line (17 Designs)**.
Unique designs of hot or cold therapy pac's that are 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 pac's 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

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.

**MONOGRAMMING AVAILABLE**
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 is effective for elderly and hospice patients too, providing a safe and re-assuring layer that helps them relax and get to sleep. Grampa’s Garden makes twenty different weighted products, from shawls and blankets to weighted neck wraps in cozy 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 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: 414, 204, 152, 156*

<table>
<thead>
<tr>
<th>Weighted Washable Body Blankets</th>
<th>Size</th>
<th>Weight</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>WWBB/5S</td>
<td>30”x40” (5lbs)</td>
<td>$95</td>
<td></td>
</tr>
<tr>
<td>WWBB/5L</td>
<td>36”x48” (5lbs)</td>
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<td></td>
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<tr>
<td>WWBB/7</td>
<td>42”x56” (7lbs)</td>
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<td></td>
</tr>
<tr>
<td>WWBB/10</td>
<td>41”x60” (10lbs)</td>
<td>$140</td>
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<tr>
<td>WWBB/12S</td>
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<tr>
<td>WWBB/15</td>
<td>41”x72” (15lbs)</td>
<td>$160</td>
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<tr>
<td>WWBB/20</td>
<td>41”x72” (20lbs)</td>
<td>$200</td>
<td></td>
</tr>
<tr>
<td>WWBB/25</td>
<td>56”x76” (25lbs)</td>
<td>$230</td>
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</table>

B. Weighted Washable Body Shawl (20” x 28”)
*Feels like a big hug.*
Filled with non-toxic Polymer Pellets for weight and washability, this snuggly blanket may induce relaxation and calmness. Wash by hand. Non-microwavable. 5 pounds. 20” x 28”.

<table>
<thead>
<tr>
<th>Weighted Washable Body Shawl</th>
<th>Size</th>
<th>Weight</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>WWBS01</td>
<td>20”x28”</td>
<td>5lbs</td>
<td>$68</td>
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</table>

C. 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”.

<table>
<thead>
<tr>
<th>Weighted Washable Lap Pad</th>
<th>Size</th>
<th>Weight</th>
<th>Price</th>
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<tbody>
<tr>
<td>WWLP02</td>
<td>10”x20”</td>
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<tr>
<td>WWLP02-3lbs</td>
<td>10”x20”</td>
<td>3lbs</td>
<td>$57</td>
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<tr>
<td>WWLP02-4lbs</td>
<td>10”x20”</td>
<td>4lbs</td>
<td>$61</td>
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</table>

D. 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.

<table>
<thead>
<tr>
<th>Weighted Vest/Cape – Washable</th>
<th>Size</th>
<th>Weight</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>WWVEST/3lb–CHILD SML–Laminate</td>
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<tr>
<td>WWVEST/4lb–CHILD SML–Laminate</td>
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<tr>
<td>WWVEST/5lb–CHILD MED–Laminate</td>
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<td>WWVEST/7lb–CHILD MED–Laminate</td>
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<td>WWVEST/12lb–ADULT SML–Laminate</td>
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<tr>
<td>WWVEST/12lb–ADULT LG–Laminate</td>
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<tr>
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<td>$150</td>
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<table>
<thead>
<tr>
<th>Weighted Vest/Cape – Washable Sizing Chart</th>
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<tbody>
<tr>
<td>Children</td>
</tr>
<tr>
<td>Width</td>
</tr>
<tr>
<td>Small/8</td>
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<tr>
<td>Med/10/12</td>
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<tr>
<td>Large/14/16</td>
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<tr>
<td>Adult</td>
</tr>
<tr>
<td>Small/Med</td>
</tr>
<tr>
<td>Med/Lrg</td>
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</tbody>
</table>

DEPRESSION BI-POLAR DISORDER FIBROMYALGIA
Cozy Whimsical Animals
Filled with Non Toxic Polly Pellets or Glass Beads
Increase Relaxation
Increase Focus and Concentration
Decrease Anxiety
Decrease Sensory Overload Symptoms
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 $76

B. Weighted Snuggle Snake

The sensory weighted snake provides a gentle weight which helps to facilitate proprioceptive input as it wraps snuggly 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, back/Minky print. 2½ pounds. Dimensions: 3½” X 36” WWSS01 (2.5lbs) $41

C. Weighted Washable Kitty Kuddles

Black Fluff Top/Cat Print Cotton Bottom or Oatmeal Berber Top/Cat Print Cotton Bottom WWKK01
2lbs $34
3lbs $38

D. 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” FPP $10

E. Weighted Washable Dolphin Wrap

Periwinkle Fleece Top/Flannel Bottom WWDW01 3lbs $49

F. Weighted Washable Puppy Hugs

Brown Fluff Top/Dog Print Cotton Bottom or Black Fluff Top/Dog Print Bottom WWPH01
2lbs $34
3lbs $38

Mr. Oatmeal–Kitty (Oatmeal Berber)
Coaly–Puppy (Black)
Puff–Kitty (Pink)
Fudge–Puppy (Brown)
Midnight–Kitty (Black)
Hot/Cold Natural Therapy Pacs

A. New 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. Heat portion measures 15” x 11”. Fabric choices: 208, 156
LBP01 $49.90

B. 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
EP01 $18
EP02 (w/strap) $18.50

C. 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” 5lbs
Fabric choices: 208, 212, 204, 156, 158
UBSW $47

See additional fabric choices on page 9.
D. 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*
TH01 $32

E. 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.
TH03 $35.50

F. 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*
CP01 $32

G. 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*
HM01 $28

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*
LP01 $32
Hot/Cold Natural Therapy Pacs

A. 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
   BS01 $47

B. BSC01 Body Shawl Cover
   Plush Oh So Soft Dot fabric with silk border.
   Available in Plush Soft Dot Navy or Lavender Fleece with silk border.
   BSC01 $10

C. 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 $58

MONOGRAMMING AVAILABLE
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 $29

E. 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 $30

F. 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 aways!
Fabric choices: 212, 204, 413, 208, 156, 158
HW02 Pair: $13

G. 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 $46
Soft Comforts

Hot n’ 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
Customer’s 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 $19
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 $37

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 $48.50

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 $47

Monogramming available, $5.00 (Please allow 1-2 weeks)
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 $31

B. Puppy Hugs
This 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 Multi-Dog cotton on the belly. 5” x 21”
Fabric choices: 700 Brown Fluff or 702 Black Fluff.
PH01 $31

C. 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.
BW01 $31

D. Moose Masseuse
This Soft Comforts friend comes straight from the Maine woods. Moose Masseuse 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 Masseuse comes in his own decorative box suitable for wrapping or displaying. 18” x 16”
MMO1 $38

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 $31

F. Hot Lobsta
Microwaveable, 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 $21.50

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 $30

Select Soft Comforts are also available in Weighted Washable Non-Heatable, see page 6.
Friends from the Sea

004 Oatmeal Berber/Royal Stewart
002 Blue Berber/Blueberry

C

D

TOLL FREE: 877-373-4328  www.grampasgarden.com
A. 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" (10.1 x 21.6 cm)
Fabric choices: 413, 415.
SEP01 $19.50

B. Spa Body Shawl
An updated, luxurious version of our popular Body Shawl. We’ve added a removable, washable cover in two Kitchenaid Superba Gas Range 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, 415
SBS02 $49.50

C. 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 $35

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 $55

E. Healing Heart Pac (9”)
Therapeutic and Aromatic
Warm your loved one's heart with this plush aromatic pac! May help relieve chest congestion, soothe stomach aches and abdominal cramps. Can be used as an eye pac too. Yes, it just might soothe those inner and outer hurts. Signature Spice Scent
Monogramming Available.
HP01 $19

F. Healing Heart Pac (11”)
Pink and soft and warm and cozy! What more would you expect from a healing heart? Makes a great gift for anyone who needs a little extra love and attention. As the subject of breast cancer is near and dear to everyone here at Grampa’s Garden, we are proud to donate 7 1/2% of sale proceeds to the American Breast Cancer Foundation. Removable washable cover is embroidered with the pink breast cancer ribbon.
Signature Spice Scent
Fabric choices: 414
HP02 $24
**A. 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 left.*

**ST02 $21**

**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**

- **Holiday**-$15.99 (Wholesale $8.48 2 Per case)
- **Floral**-$15.99 (Wholesale $8.48 2 Per case)
- **Elegant**-$15.99 (Wholesale $8.48 2 Per case)

**LS01 $5**

**C. 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 left.*

**BZ01 $14**

**D. 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 $29**

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**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.
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") $15
Large (18") $17

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.

Cat Nip Pillow
Cotton cover of whimsical kitty print, filled with 100% pure catnip. Purrrfect 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 $3.50

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 comes with Black Flannel Bottom.
Also available in 154 Whimsical Cat Print.
CN02 $18.50
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 Officinalis) Lemongrass (Cymbopogon citratus) and Turmeric.
TLB (2 oz.) $10.99
TLB (4 oz.) $15.99

B. 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.) $8
BEZOIL01 (4 oz.) $14.50

C. 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.) $14
TMOILS64 (64 oz.) $63 Pump $4

D. 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 & steanic emulsifiers, aloe vera gel, dimethicone, vegetable glycerin, pure essential oils, amica extract, propylene glycol, polypropylene, methyl. No parabens.
TMC2 (2 oz.) $8
TMC4 (4 oz.) $14
TMC64 (64 oz.) $76 Pump $4

TOLL FREE: 877-373-4328 www.grampasgarden.com
A. 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
$3.50

B. 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. $19.50
SG02C 4 oz. $13.50

C. 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.) $19.50
SG02W (4 oz.) $13.50

D. 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 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.) $10.99

E. 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 $5.50
G. 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.

**Set:** $22.50

**Individual:** $8

H. Handcrafted Roller Ball Display Unit (For Wholesale Only)

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

**EODU02** $110

I. 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** $240

**EO PA MPH -50**

**Educational Handouts**

F. 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** $14

**RELAX:**

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

**EO25-RELAX** $12

**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** $17

**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** $15

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

$13.00

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 antibacterial/anti-viral, it acts as an expectorant and it also helps as a bacterial/anti-viral, it acts as an expectorant and it also helps as a bacterial/antiviral, it acts as an expectorant and it also helps as a bacterial/anti-viral.

$9.50

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.

$9.50

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

$8.50

Helichrysum: Antispasmodic, anticoagulant, antiallergenic, antimicrobial, anti-haematomata, antiphlogistic, nerve, 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.

$56.00

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.

$10.50

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

$9.50

Frankincense: Anxiety, asthma, bronchitis, extreme coughing, scabs, 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.

$13.00

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

$11

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

$8.00

Oregano: Antiviral, antibacterial, antifungal, anti-allergenic, antioxidant, anti-inflammatory, and anti-parasitic. Perhaps most notably, oregano essential oil is an anti-microbial with a demonstrated ability to inhibit the growth of bacteria and fungi. Think hand sanitizer!

$9.00

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

$10

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

$10

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

$9

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).

$13.00

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

$19.50

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.

$9.00
Sweet Fennel: Bruises, cellulites, flatulence, gums, halitosis, mouth, nausea, obesity, toxin build-up, water retention. Sweet, somewhat spicy, licorice-like (Anise) aroma. $8.00

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. $8.00

Tea Tree: Tea tree oil is effective in promoting healthy skin by soothing and healing a wide range of skin issues. 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. $8.00

Vetiver: Acne, arthritis, cuts, depression, exhaustion, insomnia, muscular aches, oily skin, rheumatism, sores, stress. Vetiver Essential Oil is remarkably soothing and calming. $12.00

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. $8.00

Ylang Ylang: Anxiety, nervous tension, lowers blood pressure, insomnia, stimulates hair growth, impotence, aphrodisiac $9

Also Available:
Bergamot: $10.00
Citrus: $10.00
Sandalwood: $36.00
Cinnamon Bark: $15.00

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.

A. GreenAir Spa Vapor 2.0 Diffuser
Looking for a long-lasting diffuser for everyday use? The GreenAir Spa Vapor 2.0 essential oil diffuser mists your favorite oils and blends for up to eight hours. This diffuser uses ultrasonic technology to atomize essential oils and water into an ultra-fine mist.

- Color: White
- Size: 4” X 4” X 6”
- Run Time: Up to 8 hours
- Operating Modes: Continuous/Intermittent/Off
- Light Modes: Color Rotating/Fixed Off
- Color Change: Blue, Green, Red, Purple
- Coverage Up To (Sq. Ft) 1000
- Auto Sensor Shut Off
- Power: 100 – 240V AC
$49.99

B. GreenAir ScentTrekker Diffuser
If you need to freshen the air or focus your mind, this compact diffuser is your new aromatherapy ally. The compact design and gentle mist output make the Scent Trekker both convenient and personal. Whether you are on the road or in the office, you can create an atmosphere of health and comfort.

- Size: 3” x 3” x 4.25” (about the size of a can of soda)
- Run time: up to 6 hours
- Light Modes: Color Rotating/Off
- Rotating color change: blue, green, purple, red
- Coverage: 400sq ft
- Powered by USB (cord also fits into a “cube” for wall plug in, cube not included)
$29.99

C. NEW CarBreeze Diffuser
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
$14.99

Refill Pads for Car diffuser
DIF-REFILLCARBR2 $4.50

TOLL FREE: 877-373-4328  www.grampasgarden.com

BILL TO/SHIP TO:
Name:_________________________________________________________
Address:_______________________________________________________
Cty:_________________________________ State:________ Zip:_________
Daytime Phone:________________________________________________
email:________________________________________________________
Bill address should match your CC address.

PAYMENT
☐ Check ☐ VISA ☐ MC ☐ DISCOVER

CREDIT CARD #:_________________________________ EXP. DATE:

SIGNATURE:
Note: Your credit card is charged only after your merchandise had been shipped.

Grampa’s Garden, P.O. Box 310, Brunswick, Maine 04011-0310
Toll Free: 877-373-4328  Local: 207-373-0770  /  E-mail: info@grampasgarden.com
For faster service you may fax this order form to 207-373-1207 or order on-line at www.grampasgarden.com

SHIPPING

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<th>QUANTITY</th>
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For delivery in Maine add 5.5% sales tax.

Shipping - use shipping chart

TOTAL ORDER

SHIPPING
MERCHANDISE TOTAL $9.00
GROUND DELIVERY
0 TO $25.00 $12.50
$25.01 TO $50.00 $13.50
$50.01 TO $75.00 $15.00
$75.01 TO $100.00 $16.00
$100.01 TO $150.00 $18.00

Please call us for overnight shipping costs.