

PRODUCT *Complete* TRAINING

THISTLE FARMS



About Us

Helping women survivors of trafficking, prostitution, and addiction find healing, hope, and freedom.

OUR MISSION

Thistle Farms was founded in 1997 to help women survivors find physical and emotional healing through a free two-year, holistic program. In our program, women receive trauma therapy, recovery support, employment through our social enterprises, reconnect with their families, and become financially independent.

OUR SOCIAL ENTERPRISES

We operate a body and home product line, a storefront, a café, and a global shared trade marketplace. Each social enterprise provides employment for the women we serve and an entrepreneurial income to fund our mission.

Our Products

AS HEALING FOR THE PERSON
USING THEM AS THEY ARE FOR
THE WOMAN MAKING THEM.





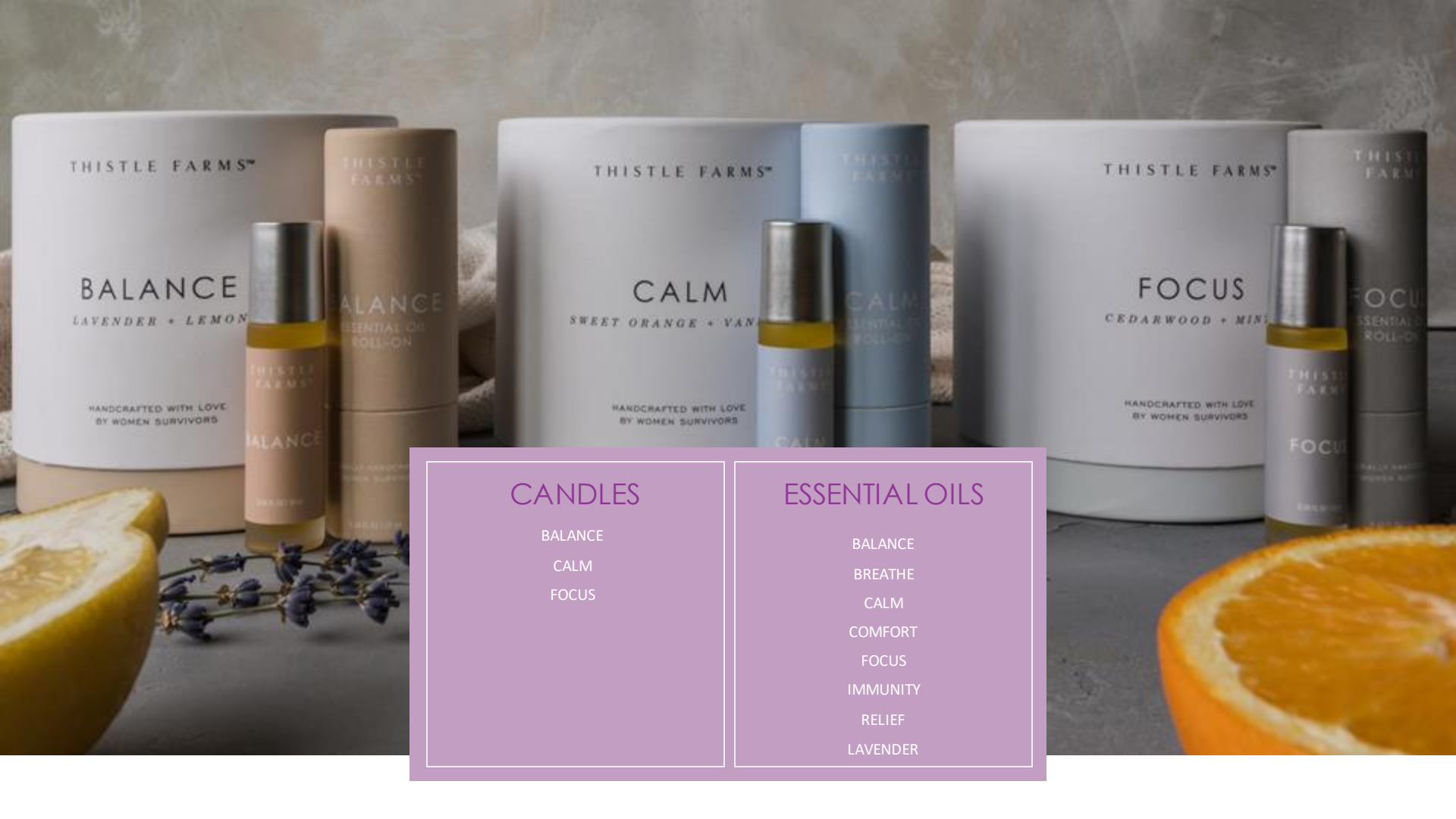
LOVE HEALS COLLECTION



CELEBRATION COLLECTION



HEALING COLLECTION



THISTLE FARMS™

BALANCE

LAVENDER + LEMON

HANDCRAFTED WITH LOVE
BY WOMEN SURVIVORS

THISTLE
FARMS™

BALANCE

ESSENTIAL OIL
ROLL-ON

THISTLE
FARMS™

BALANCE

ESSENTIAL OIL

THISTLE FARMS™

CALM

SWEET ORANGE + VANILLA

HANDCRAFTED WITH LOVE
BY WOMEN SURVIVORS

THISTLE
FARMS™

CALM

ESSENTIAL OIL
ROLL-ON

THISTLE
FARMS™

CALM

ESSENTIAL OIL

THISTLE FARMS™

FOCUS

CEDARWOOD + MINT

HANDCRAFTED WITH LOVE
BY WOMEN SURVIVORS

THISTLE
FARMS™

FOCUS

ESSENTIAL OIL
ROLL-ON

THISTLE
FARMS™

FOCUS

ESSENTIAL OIL

CANDLES

BALANCE

CALM

FOCUS

ESSENTIAL OILS

BALANCE

BREATHE

CALM

COMFORT

FOCUS

IMMUNITY

RELIEF

LAVENDER

AROMATHERAPY

Therapy For The Brain and Body

Essential oils create a tangible, physiological response in the body.

When a scent is inhaled, it travels to the brain and through the limbic system - the part of our brain that controls emotions.

Scent also travels to the lungs, making its way into the bloodstream.

- Oils come together like a color wheel to enhance each other: The sum is greater than their parts.
- Crafted by clinical aromatherapists.



HEALING COLLECTION



ROLL ONS

Diluted with carrier oils for safe topical application.

CONCENTRATES

Do not use on skin or ingest.
Ideal for diffusing or mixing with carrier oils.

BREATHE

NEW

Eucalyptus, Frankincense + Peppermint

A refreshing blend that clears airways and minimizes seasonal threats.

BALANCE

Lavender, Lemon + Rose Geranium

A uplifting blend that harmonizes the mind and improves mood.

CALM

Sweet Orange, Vanilla + Patchouli

A grounding blend that reduces anxiety and promotes tranquility.

FOCUS

Grapefruit, Peppermint + Lemon

An energizing blend that inspires creativity and stimulates concentration.

IMMUNITY

Clove, Oregano + Eucalyptus

A protective blend with antiviral and antibacterial properties.

COMFORT

Clary Sage, Clove + Ylang-Ylang

A soothing blend that supports monthly balance and levels mood.

RELIEF

Peppermint, Rosemary + Frankincense

A soothing blend that alleviates headaches and enhances clarity.

BALANCE



\$60 for Candle · \$15 for Roll On · \$24 for Concentrate

HARMONIZE YOUR BODY AND MIND

Lavender, Lemon, Vanilla, Geranium, Ho Wood, Jojoba

- The geranium is sourced from our global partner, Ikerezi, which employs survivors of the Rwandan genocide

PROPERTIES

- Primary: Centering, anti-depressant, stress reducing, soothes nervous tension
- Supporting: Antiseptic, antibacterial

CALM



\$60 for Candle · \$15 for Roll On · \$20 for Concentrate

SOOTHE ANXIETY AND STABILIZE MOOD

Sweet Orange, Vanilla, Patchouli, Atlas Cedarwood, Ho Wood, Jojoba

PROPERTIES

- Primary: Grounding, soothes anxiety and central nervous system, meditative
- Secondary: antidepressant, anti-fungal

FOCUS



\$60 for Candle · \$15 for Roll On · \$20 for Concentrate

INSPIRE CREATIVITY AND PROMOTE CONCENTRATION

Lavender, Grapefruit, Lemon, Cedarwood Atlas, Peppermint, Vetiver

PROPERTIES

- Primary: Sharpens concentration, lifts mood, balances emotions, improves memory, and eases tension
- Do not use while pregnant

BREATHE



\$15 for Roll On · \$24 for Concentrate

CLEAR AIRWAYS AND MINIMIZE SEASONAL THREATS

Eucalyptus, Frankincense, Peppermint

PROPERTIES

- Refreshing and soothing with *Eucalyptus smithii*, Niaouli, Peppermint, and Frankincense

COMFORT



\$15 for Roll On · \$24 for Concentrate

SUPPORT MONTHLY BALANCE AND LEVEL MOOD

Clary sage, clove, chamomile, rose geranium, lavender, ylang-ylang

PROPERTIES

- Primary: Reduces muscle pain, antidepressant, supports hormone health
- Secondary: Reduces stress, calming
- Do not use if pregnant

IMMUNITY



\$15 for Roll On · \$20 for Concentrate

PROTECT AGAINST BACTERIA AND EASE PAIN

Eucalyptus, Spearmint, Lemon, Lavender, Clove, Oregano

PROPERTIES

- Reduces anxiety, calms the mind, emotionally uplifting, antiviral, antibacterial, antifungal, immuno-stimulant
- Do not use if pregnant

RELIEF



\$15 for Roll On · \$24 for Concentrate

ALLEVIATE HEADACHES AND ENHANCE CLARITY

Peppermint, Rosemary, Lavender, Frankincense, Mandarin

PROPERTIES

- Primary: Soothes headache pain, reduces anxiety and nervous tension, enhances clarity
- Secondary: Restores and uplifts the body

LAVENDER

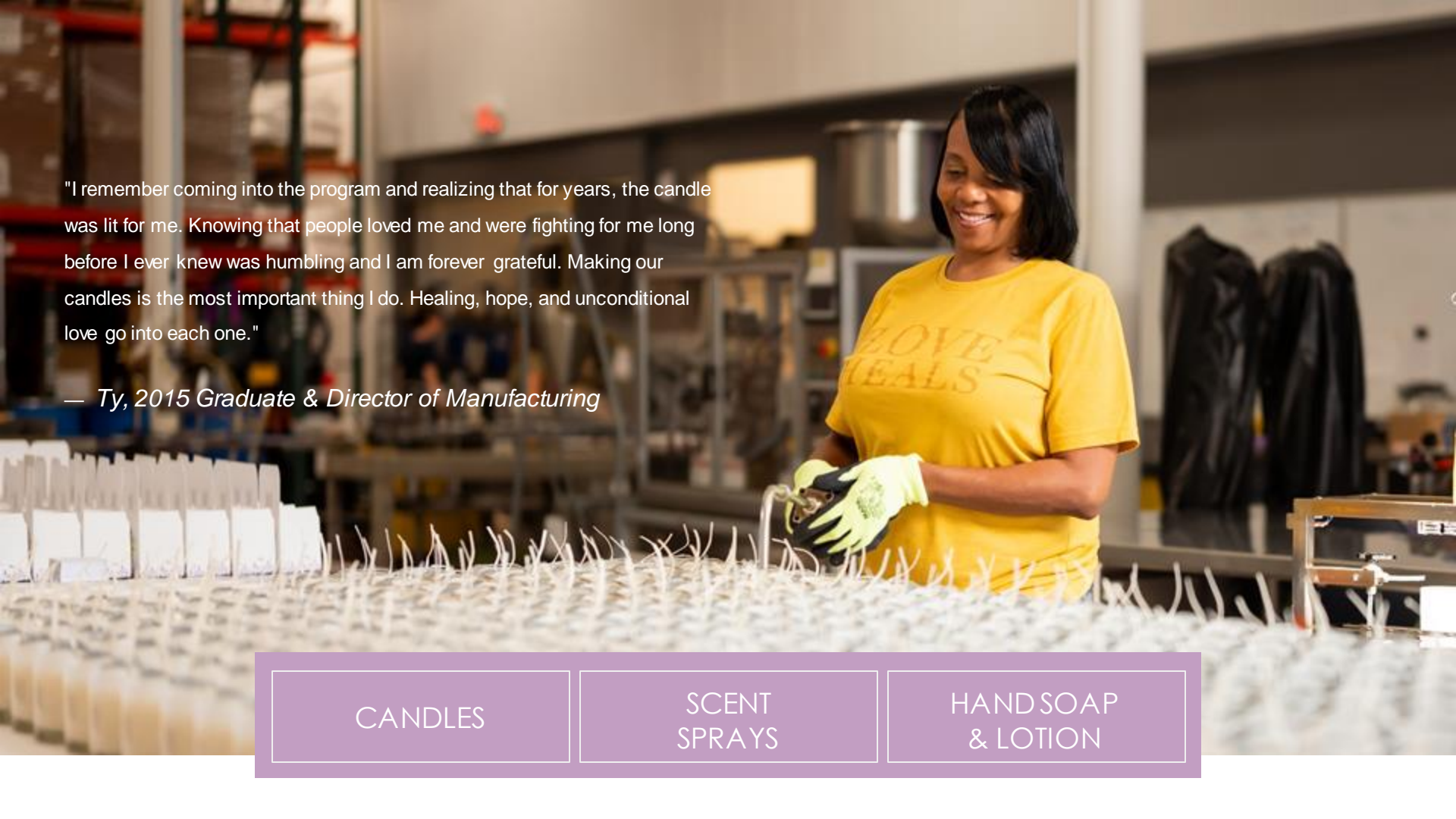


\$24 for Concentrate

PURE BULGARIAN

- Lavender is a healing oil that soothes the body and calms the mind.
- Scent: A familiar floral aroma with uplifting effects

1 pound of lavender flowers are required for 5 ml of oil.

A woman with dark hair, wearing a bright yellow t-shirt and yellow gloves, is smiling as she works on a candle-making assembly line. She is holding a small container and pouring liquid into a mold. The background shows a factory setting with various equipment and materials.

"I remember coming into the program and realizing that for years, the candle was lit for me. Knowing that people loved me and were fighting for me long before I ever knew was humbling and I am forever grateful. Making our candles is the most important thing I do. Healing, hope, and unconditional love go into each one."

— Ty, 2015 Graduate & Director of Manufacturing

CANDLES

SCENT
SPRAYS

HAND SOAP
& LOTION

LOVE HEALS | SCENTS

- **Bulgarian Lavender** - Soft and refreshing, herbaceous and floral aroma.
- **Eucalyptus Mint** - Minty and uplifting, this scent refreshes, reinvigorates, and reenergizes your spirit.
- **Grapefruit Jasmine** - Zesty and refreshing, grapefruit, bergamot, and apple create a clean backdrop, finished with the exotic musk of jasmine.
- **Santal Amber** - A woody aroma of cedarwood and cardamom, a dash of sweet rose, and an earthy scent of patchouli.
- **Sea Salt Violet** - A fresh, oceanic scent paired with rich ylang ylang, creates a bright, yet soothing aura.
- **Saffron Rose** - Soft rose petal, refreshing spring water from Lily of the Valley, and smooth white musk, for a calm and clean aroma.

7.5 oz Candle OZ



ROOM MIST



\$14 for 3 OZ

Our room spray imparts a light pleasant aroma in any room, closet, drawer or car. A comforting blend of natural botanicals and pure essential oils make for a soft scent that evenly dissipates throughout your living space.

- Non-aerosol spray
- Blended with essential oils
- Shake well before using

Scents: Lavender, Eucalyptus Mint, Grapefruit Jasmine, Sea Salt Driftwood, Santal Amber, Rose Hibiscus

LINEN MIST



\$12 for 3 OZ

The finest lavender oil provides the anxiety-relieving qualities needed for a restful night's sleep. Our safe, nontoxic linen spray is ideal for upholstery, drapery, carpets and bedding. Keep a bottle near your dryer to spritz onto linens and towels while still warm. Store another bottle near your bed for a calming pillow spray before turning out the lights.

- Shake well before using
- Won't stain sheets
- Balancing, calming, stress-relieving and proven sleep aid



HAND SOAP



\$14 for 8 OZ · \$32 for HAND CARE DUO GIFT SET -

Our hand soap is richly based in organic sunflower and coconut oils to naturally cleanse and restore. Its antibacterial and anti-inflammatory properties gently wash, moisturize and lightly scent.

Scents: Lavender, Eucalyptus Mint, Grapefruit Jasmine



HAND LOTION

\$15 for 8 OZ • \$32 for HAND CARE DUO GIFT SET



Our emollient-rich and naturally fragranced hand lotion is soothing and gentle for all skin types. Shea butter, organic aloe, and coconut oil nourish hands by locking in moisture for smooth, lasting results.

Scents: Lavender, Eucalyptus Mint, Grapefruit Jasmine



THISTLE FARMS



SHOWER & BATH

BODY WASH
SHAVE GEL
BATH SOAK
BODY SCRUB

LIP BALM & MOISTURIZERS

BODY LOTION
BODY BALM
BODY BUTTER
LIP BALM
LIP SMOOTHIE

EVERYDAY ESSENTIALS

BUG SPRAY
HAND SANITIZER

BODY WASH



\$22 for 16 OZ · \$14 for 8 OZ · \$7 for 2 OZ

Performing as a shampoo, body wash, and facial cleanser, this all-in-one wash purifies you from head to toe. This lightly scented body wash is formulated with moisture locking properties such as palm kernel, coconut oil, and organic sunflower oil.



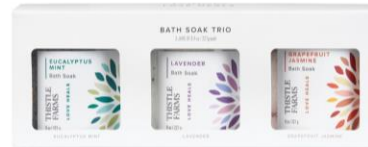
BATH SOAK



\$13 for 8 OZ • \$36 for BATH SOAK TRIO GIFT SET

Infused with essential oils, our bath salt soaks provide both aromatherapy and physical relief. From stress release, to muscle soreness, our salts transform your bath into a meditative experience.

- Each jar is 2-3 baths
- Eucalyptus Mint features Moringa



SHAVE GEL



\$15 for 6 OZ • \$8 for 2 OZ

Crafted with natural, plant-derived ingredients to give you the smoothest shave possible without razor burn. The uniting action of eucalyptus mint and aloe vera soothes the skin and prevents irritation. Use anywhere you shave.

- Aloe Vera and Glycerin help provide a protective barrier against razor burn and dry skin
- Great for men and women
- Non-foaming formula is clean, efficient, and hydrating



BODY SCRUB



\$20 for 15.6 OZ

Delicate granules of fine salt blended with pure essential oils leave skin beautifully nourished and smooth. This moisturizing body polish is formulated with jojoba oil and moringa oil to rejuvenate skin for softer, brighter results.

- Pink Himalayan Salt
- Infuses skin with minerals and eases muscle soreness
- Moringa Oil
 - Excellent moisturizer with high levels of antioxidants
- Jojoba Oil
 - Mimics the skin's natural oils for effective hydration



BODY LOTION



\$20 for 8 OZ • \$8 for 2 OZ

The curative agents of moringa oil, organic coconut oil, and essential oils combine to lock in long-lasting hydration. Moringa oil boasts a powerhouse of free-radical-fighting, anti-inflammatory, and healing compounds that benefit your heart, head, skin, and more.

- Helps fight skin fatigue
- Soothes rashes and burns
- Lightweight and absorbs quickly without greasy feeling



BODY BUTTER



\$18 for 8 OZ • \$8 for 2 OZ

A light twist on traditional body butter, our formula glides on like silk for a refreshingly airy application. With all the benefits of thick creams, it provides less bulk and more healing hydration.

- Coconut oil for intensive hydration
- Leaves skin silky



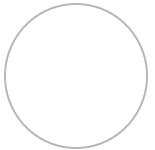
BODY BALM



\$15 for 2.5 OZ

When the situations calls for deep moisture and healing, reach for Body Balm. A restorative, all natural complex, Body Balm features olive oil, jojoba oil, and shea butter for fast and effective relief.

- Made with beeswax to lock in moisture
- Olive oil, jojoba oil, and shea butter for extra hydration
- Great for sensitive skin, especially unscented



LIP BALM



\$4 10 ml

Refresh and renew your lips naturally with organic shea butter and jojoba oil. The oils soften, while essential oils deposit and restore. It's a mini-spa treatment for your lips.

- Beeswax, olive oil, jojoba oil, and shea butter for maximum hydration and healing



POMEGRANATE LIP SMOOTHIE



\$5 for 10 ml

Our ridiculously nourishing Lip Smoothie gently exfoliates and heals.

- Almond oil, coconut oil, cocoa butter, and shea butter are hydrating and healing
- Mica creates a natural shimmer

NATURAL BUG SPRAY



\$15 for 4 OZ · \$8 for 2 OZ

Safe, effective, and DEET-free, this natural insect repellent is skin-friendly and safe for all ages.

- Chemical and DEET-free
- Rose Geranium and Lemon Eucalyptus, Lemongrass, Citronella, and Peppermint oils all have natural insect-repelling properties
- Apply every 80 minutes while outside - just like sunscreen
- **Lab tested** and proven more effective than the leading natural insect repellent on the market - **99% effectiveness against mosquitoes!**
- Organic rose geranium oil produced by our Shared Trade partner Ikirezi, in the Rwandan - survivors of the 1994 genocide

CBD Body Balm

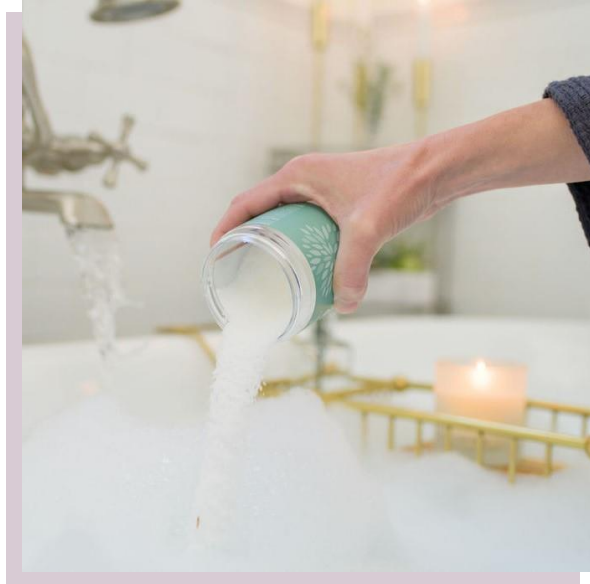


\$55 for 2.5 oz · \$20 for 0.90 OZ

Experience targeted topical relief for tired, aching muscles. Full-spectrum CBD distillate retains the essential plant properties for maximum strength. Our balm contains less than the federal maximum of 0.3% THC, providing relief without creating a psychoactive effect.

- 500 mg CBD Distillate per ounce
- Extra-strength relief with mess-free application

CBD Bath Soak



\$35 8 oz

Soak in the rejuvenating properties of CBD combined with a trio of restorative minerals. Pacific Sea, Epsom, and dendritic salts enhance the anti-inflammatory properties. Infused with 250 mg of organic, Tennessee-grown Cannabidiol, our blend supports deep body relaxation and melts tension.



CELEBRATION COLLECTION

LOVE - Rose + Hibiscus

GRATITUDE - Vanilla + Vetiver

CELEBRATE - Juniper + Jasmine

HOPE - Lavender + Lemon

COURAGE - Palo Santo + Ylang Ylang

CELEBRATION COLLECTION



\$22 4 oz Candle

- Cement, reusable vessel
- Wooden lid
- No additional packaging

DEFINITIONS AND DETAILS

All Of Our Products

- None of our products are tested on animals
- Created with 100% high quality essential oils - no synthetic fragrances
- All are phthalate, paraben, and formaldehyde free

The Good Stuff: Antioxidants

Antioxidants protect the skin by stopping free-radical damage to the skin. Key antioxidants are Vitamin E, Vitamin C and Vitamin A. Oils high in antioxidants are Moringa Oil, Coconut Oil, Almond Oil, Grapeseed Oil, and Shea Butter.

Products That Feature

- Body Balm
- Body Lotion
- Body Butter
- Hand Lotion
- Lip Balm

The Good Stuff: Emollients

A substance having the quality of softening or soothing the skin. Some examples found in our products are aloe, coconut oil, shea butter, moringa oil, etc.

Products That Feature

- Body Balm
- Body Lotion
- Body Butter
- Hand Lotion
- Lip Balm

The Good Stuff: Emulsifier

A substance added to a lotion, cream or cosmetic product to keep the oil and water mixed together and prevent them from separating. Palm Kernel Acid is an example of a natural emulsifier.

Products That Feature

- Body Wash
- Hand Soap

The Good Stuff: Humectant

A substance used to reduce the loss of moisture in the skin. Glycerin is an example of a humectant.

Products That Feature

- Body Wash
- Hand Soap

The Good Stuff: Surfactants

A substance that produces bubbles in a product. Some examples found in our products are Palm Kernel Acid and Potassium Oleate (from Organic Sunflower Oil).

Products That Feature

- Body Wash
- Hand Soap

The Stuff: Formaldehyde

Formaldehyde is a colorless, flammable gas at room temperature and has a strong odor. Exposure to formaldehyde may cause adverse health effects. Formaldehyde can cause irritation of the skin, eyes, nose, and throat. High levels of exposure may cause some types of cancers.

Examples of Usage

- Nail Polish
- Hair Dye
- Lotions and soaps that require a long shelf-life

The Stuff: Free Radicals

A free radical is an atom or group of atoms that has an unpaired electron and is therefore unstable and highly reactive.

They will “steal” electrons from surrounding molecules, making them unstable, creating a chain reaction of damage. Oxygen free radical cause damage to cell membranes, and this can cause premature aging.

The Stuff: Parabens

Parabens are a family of related chemicals that are commonly used as preservatives in cosmetic products. Studies have shown using parabens at elevated levels can raise the amount of estrogen, making the body susceptible to pain, inflammation, and possible cancers.

Examples of Usage

- Johnson and Johnson Baby Wash
- Jergens Lotions
- Olay Body Lotions
- Bath and Body Works Soaps and Lotions

The Stuff: Phthalates

Used to preserve color and scents in makeup, phthalates are endocrine disruptors that have been linked to cancer and reproductive problems. Phthalates are often added to synthetic fragrances, which are common in soaps, lotions, cleansers and hair care products. Because products are allowed to list 'fragrance' as an ingredient without specifying what that means, many products contain phthalates, even though their ingredient lists don't.

Examples of Usage

- Jergens Lotions
- Olay Body Lotions
- Bath and Body Works Soaps and Lotions
- Synthetic Air Fresheners

INGREDIENTS

Aloe Vera

A gel-like substance obtained from a kind of aloe, used especially in cosmetics as an emollient and for the treatment of burns.

Beeswax

The wax secreted by bees to make honeycombs. It is used in cosmetics as a protective barrier to soothe dry, cracked skin and lock in moisture.

INGREDIENTS

Coconut Oil

A fatty oil or semisolid fat extracted from fresh coconuts and used to make soaps and lotions. It can be used as a moisturizer or surfactant.

Dendritic Salt

A very powdery fine grain salt which has been crystallized to provide a larger surface area. The larger surface area helps to maintain the fragrance in bath salts.

INGREDIENTS

Glycerine

A colorless, odorless, syrupy liquid that is sweet-tasting and non-toxic. It is widely used in cosmetics as a humectant.

Grapeseed Oil

The oil extracted from the residue of grapes that have been juiced. It contains antioxidants and anti-inflammatory properties, both of which are great for promoting skin health.

INGREDIENTS

Jojoba Oil

An oil extracted from the seeds of an American shrub, widely used in cosmetics.

Moringa Oil

Moringa oil comes from the seeds of the moringa oleifera tree, a fast growing leafy tree species native to the Himalayas. It has antioxidants to protect skin and slow the aging process, anti-inflammatory properties to help soothe skin irritation and helps to fight skin fatigue, creating a natural glow.

INGREDIENTS

Olive Oil

An oil pressed from ripe olives, used in cooking, medicines, soap, etc. Rich in the antioxidant Vitamin E, olive oil protects the skin from aging while providing gentle moisture to dry skin.

Palm Kernel Acid

A mixture of fatty acids derived from palm oil. Used as a natural cleansing agent and emulsifier.

INGREDIENTS

Shea Butter

Extracted from shea tree nuts. High in Vitamins A, E, and F, which are all antioxidants. It is high in good fats, which moisturize the skin.