



# The Self-Sufficiency Shoppe Product Catalogue

The future looks good.  
We have the power to change the state  
of the planet. So let's do it!

Welcome to the world of anti-consumerism!  
New consumer products are created and manufactured every day to add to the array of hundreds of thousands of products already in retail outlets.

Every product takes precious resources from the planet – every new product takes even more resources. It does not matter under which banner they are described – natural, 'green', good for you .... the bottom line is that it all 'takes' from the earth and drains what's left for our future.

It has to stop somewhere. You, the 'consumer' have all the purchasing power to make that change.

Buy less consumer products – contribute less to the problems on earth – demand that 'consumerism' changes





# Why 'The Shoppe' Products?

The Self-Sufficiency Shoppe products are, quite simply, alternatives that can be used in place of complex commercial products. So simple, in fact, are The Shoppe's products that the consumer can easily create the same at home using easy-to-find ingredients. Therefore by-passing powerful consumerism and taking control of what is used in the home. The advantages are many: Safer, less chemicals, respectful toward the earth and, of course, it's much cheaper than what is offered commercially.

It's a statement that things can change for betterment of family, environment and future. All products contain just 3 or 4 easy to find ingredients. What you see is what you get - there are no secrets – the recipes (and contents) are freely available so you can make it yourself if you so desire. Just as unprocessed, natural, chemical free food is good for you – so it is with what we apply to our body and use in the home.

## Why Make and Use Alternatives?

SAFER and BETTER – less chemicals, less processed material in the home - for you and your family

LESS IMPACT ON THE PLANET – less use of resources, less containers, less by-products

SAVE MONEY – buy less products - all ingredients available from the home or garden.

REASSURING – to be resourceful - for the sake of you, your family, your budget and the planet

## Things to Consider

Overcome the 'power of advertising' and the belief that commercial offerings are 'the best'. Simple household alternatives will often work as well, if not better, than chemically laced commercial products.

Natural, simple alternatives will be different from consumer products in how they look, behave, feel & smell.

All product recipes in The Shoppe Information/Recipe Sheets. More detailed information can be obtained from The Shoppe's e-book publications.

All products are free from fillers, chemical emulsifiers, powerful preservatives, synthetic scents and other harsh chemicals

All are individually hand-made using recyclable and/or environmentally friendly containers that you easily refill.

No animal-based ingredients or tested on animals

Fragrance sources are essential oils or dried or fresh herbs or flowers

***(Prices are listed at the back of catalogue)***

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### The Self-Sufficiency Shoppe

P.O. Box 390 Park Holme, 5043 SA [www.theshoppe.com.au](http://www.theshoppe.com.au)

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## A Message from the creator of The Shoppe's Products



**Hi There,**

*I've been researching, writing and making products since 1985. I've always been curious about how things are made, what they contain and how they can be better created without exploiting the 'consumer', the earth's resources and without the attitude of 'profit and progress at all cost'.*

*There is growing consumer concern about the plight of the planet, the amount of chemicals in our daily lives and subsequent health issues. Plus with growing problems within the money system of our society being aware of using alternatives and cheaper, easier options seem practicable.*

*The recipes for all my products have been created over years of painstakingly practice and application – adapting and re-adapting them so that they are effective – yet contain simple, safe, easy-to-find ingredients from the earth with the least planetary impact.*

*I've used my nursing back-ground to explore options and focus on what's best to use. These products are my statement about what is best for Earth.*

*Please join me in my endeavor to prove that change is possible and the planet & society can be a better place.*

**Shoppe**

**Pam Marshall – The Self-Sufficiency**

## Cleaning Products

### Soap Jelly

375ml



Soap is an environmentally friendly alternative to detergent. Most cleaning products are detergent-based. Detergents are powerful chemical compounds designed to strip grease. They do not break down readily in the environment and cause chemical reactions in some people. Soap jelly is made from a simple blend of grated soap, washing soda (water softener) and water. One bar of soap will make up to 18 litres of soap jelly for all your household cleaning (recipe on jar). It's cheap, safe and effective.

**How to Use:** Use in place of detergent-based products – i.e. laundry detergent, dish detergent, hand and shower gels, shampoo, etc. For example 1 cup soap jelly per full load of washing for clothes. Eucalyptus oil can be added to the jelly for enhanced aroma.

**More Information & Recipe Source:** e-book No. 50 – Recycling Soap & No. 23 Green Cleaning Workshop: Green Cleaning or Making Soap & Soap Products.

### Dish Washing Soap: Mint or Lemon

300ml



Soap jelly base with added ingredients to create safe soap-based dish washing soap. Contains: Soap jelly, food flavouring and colouring.

**How to Use:** Use in place of dish detergent. Approx 50ml per dish wash. Note: this mix does not froth like detergent but still cleans effectively without the added chemicals. Dish-washing soap will be different from detergents – it will not froth as profusely and leaves residue on top of the dish-water.

**More Information & Recipe Source:** e-book No. 50 – Recycling Soap

**Workshop:** Green Cleaning or Making Soap & Soap Products.

(Packaged in bi-degradable recycled plastic drink bottles. Pierce hole in lid for easy pouring. Mixture may separate – shake well before using. Add a little water if too thick to pour)

**(Prices are listed at the back of catalogue)**





## Room & Carpet Deodoriser: Lavender or Eucalyptus 100g

Bicarb soda is a safe, low-chemical deodorising powder that absorbs odours. Available in eucalyptus oil (mild antibacterial, deodorises as well as help deter fleas) or lavender oil (considered a mild relaxant and imparts a pleasant aroma). **How to use:** Sprinkle onto carpet or mat. Leave approx. 5-10 minutes. Brush or vacuum off.

Suited to all carpeted areas—including outdoor mats, car interior & boot.

**More Information & Recipe Source:** e-book No. 9 – Amazing Bi-carb. And No. 23 Green Cleaning Workshop: Green Cleaning or Amazing Bicarb



## Heavy Duty Powder-Cleanser 100g

A combination of grated soap for cleaning and bicarb soda for deodorising.

**How to Use:** Make a paste with water or dab with a wet sponge and use as an abrasive cleaner for kitchen surfaces, oven, walls, tiles, bath, etc. Rinse off after cleaning/scrubbing. May also be used as a hand cleanser. Ideal heavy duty cleaner for the oven – apply paste to warm over. Leave 5-10 minutes. Wipe off. For enhanced

cleaning power use vinegar in place of water. **More Information & Recipe Source:** e-book No. 9 – Amazing Bi-carb. **Workshop:** Green Cleaning OR Amazing Bicarb



## Gardener's Hand-cleanser 100g

A combination of grated soap and bicarb soda with added orange essential oil.

Unlike detergents this environmentally friendly cleanser will not harm plants or contaminate soil – it breaks down readily in the environment. Soap cleans whilst the bicarb soda deodorizes.

**How to use:** Dampen hands. Place teaspoonful in palm of hand. Massage hands to remove dirt and grime. Excellent for home gardeners and handyman and after particularly dirty or greasy jobs.

**More Information & Recipe Source:** e-book No. 67 - Gift-giving with a Difference

**Workshop:** Environmentally Friendly Gift-Giving



## Green Cleaning Starter Pack

Four of The Shoppe's Green Cleaning Products in one package with recipes and additional information. Great value.

**Contains:** Soap Jelly, Lemon Dish Washing Soap, Lavender Room Deodoriser, Heavy Duty Cleansing Powder, No. 23 - Green Cleaning e-book, Green Cleaning Information Sheet (containing all the recipes) plus Green Cleaning Chart (lists safe cleaning alternatives for commercial cleaning products).

**Note:** Doing what's best for the planet is important. All powders are packaged in bi-degradable paper bags that can added to the compost bin – which is, of course, much less impact on the environment than plastic or glass containers that require earth's resources to recycle. Pour your powder mix into a recycled jar and punch holes in the lid for easy sprinkling.

Go to: [www.theshoppe.com.au](http://www.theshoppe.com.au) for e-book downloads and information about The Shoppe's Workshop range.

**Recipe Source:** e-booklet downloads contain product recipes and further information. Go to 'Shoppe Publications' for full list of all 90 e-books with down-load details.

**Workshop:** Where the product is made as take home sample – go to 'Sustainability Workshops' for information.

# -----Hair & Body Products-----



## **Hair Shampoo: Lavender & Rosemary** 250ml

Most commercial hair shampoos are detergent-based. Detergents strip natural oils from the hair and scalp. Soap-based shampoo is gentler on the scalp and hair and leaves precious natural oils for strong hair growth and rejuvenation. Soap-based products are also bio-degradable and respectful toward the environment. This soap-based shampoo, made from a soap jelly base, has added almond oil (hair conditioner) and rosemary & lavender essential oils (rejuvenates hair health).

**How to use:** Use the same way as commercial shampoos. Almond oil in the shampoo will act as a conditioner – you may prefer to use a commercial conditioner if you feel it necessary or use some of the natural conditioner suggestions in e-Book Natural Hair Care.

**More Information & Recipe Source:** e-book No. 14 – Natural Hair Care. No. 50 – Recycling Soap

**Workshop:** Natural Hair & Body Products



## **Body & Hand Wash: Rose or Lavender** 300ml

Soap jelly base with added almond oil, rose or lavender essential oil and colouring. A safer environmentally friendly alternative to body and hand washes – which are all detergent-based (even though they may be labelled as ‘soap’). Added almond oil helps moisturize the skin. Besides imparting a pleasant aroma – rose oil is particularly healing for the skin and lavender oil is a natural anti-bacterial.

**More Information & Recipe Source:** e-book No. 50 – Recycling Soap

**Workshop:** Making Soap & Soap Products.

*(Packaged in bi-degradable recycled plastic drink bottles. Pierce hole in lid for easy pouring. Mixture may separate – shake well before using. Add a little water if too thick to pour)*



## **Deodorant Spray: Lavender, Herbal or Rose** 100ml

Made from a cider vinegar and water base this mild anti-bacterial spray helps inhibit odour but does not reduce perspiration (unlike aluminum based deodorants that work by causing the sweat glands to swell). Available in 3 varieties: Rose essential oil is rejuvenating and healing for the skin. Lavender has mild anti-bacterial properties and lends well as a deodorant herb. Herbal offers a stronger anti-bacterial deodorant – both rosemary and thyme are natural anti-bacterials. **How to Use:** Apply to under-arm after showering or bathing. May also be used as a general body spray. Unlike

commercial deodorants it does not contain powerful inhibiting chemicals so it may be necessary to apply more than once daily. **More Information & Recipe Source:** e-book No. 2 – Homemade Deodorants. (Contains information about making deodorants without essential oils. **Workshop:** Natural Hair & Body Products



## **Body Powder: Rose, Lavender or Chamomile** 100g

Chemical free and environmentally sensible alternative to talc. Talc is a mined substance - taken from the earth's resources. Rice-flour (and corn-flour) are similar to talc in texture and do much the same job. Unlike talc they also do not contain added chemicals (such as to prevent caking). These body powder alternatives contain both rice-flour and gluten free corn-flour with added essential oils or dried flowers.

Rose essential oil is rejuvenating and healing for the skin. Lavender has mild anti-bacterial properties – suited as a deodorising powder. Chamomile is particularly healing and gentle on young or sensitive skin – well suited as a baby-powder alternative (does not contain essential oil).

**How to Use:** Apply after showering or bathing.

**More Information & Recipe Source:** e-book No. 2 – Homemade Deodorants.

**Workshop:** Natural Hair & Body Products



## **Toothpowder: Sage or Peppermint**

100g

Commercial tooth-paste contains added chemicals, including artificial sweetener and synthetic frothing agent. This tooth-powder contains bicarb soda (whitener and deodoriser) and natural sea salt (anti-bacterial and natural healing agent). Sage tooth-powder: Contains fresh sage (no essential oil). Sage is well-known from times past for its healing properties (gums) and strengthening of teeth. Peppermint Tooth-powder: (essential oil) freshens and eradicates bad breath.

**How to Use:** Dampen toothbrush in water - dip in toothpowder. Brush teeth in usual way. Rinse well. If concerned about using abrasive powders on the teeth – make up a solution of one teaspoon of tooth-powder in ½ cup warm water. Use to brush your teeth in the usual way. Use the remaining solution as a general mouth wash.

**More Information & Recipe Source:** e-book No. 1 – **Homemade Tooth-powders and Mouth-washes.**

**Workshop:** Natural Hair & Body Products



## **Herbal Deodorising Foot Powder**

100g

Made from a combination of bicarb soda (deodoriser) and rice-flour (absorbs moisture) with added dried rosemary. Use to keep feet dry and help prevent foot conditions, such as tinea. (This product does not contain essential oil)

**How to Use:** Sprinkle on dry feet after showering or bathing. May also be sprinkled lightly in foot-wear to help prevent odours.

**More Information & Recipe Source:** e-book No. 27 – **Fantastic Feet!**

**Workshop:** Natural Hair & Body Products

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**About soap-based products:** Soap does not froth as profusely as detergent (that has chemical components to mimic frothing so that we think it's soap). Therefore your soap-based product will not have as many 'bubbles' - however it will still clean as effectively as detergents. The Self-Sufficiency Shoppe uses the best quality grated soap base (Eco-soap) to make its soap jelly. Eco-soap is non-animal based, not tested on animals and does not contain nasty chemicals, fragrances, etc. which are common in detergents and some commercial soaps. It is therefore truly 'pure soap'. The grated pure soap (see page 8) is also Eco-soap.

**About Essential Oils:** Do not confuse essential oils with fragrant oils or synthetic scents - which are chemically created unnatural scented substances.

Although essential oils are derived from 'natural plants' they are not necessarily best for our skin and body. Essentials oils are powerful substances that have been extracted in concentrated form from plants (sometimes by using harsh chemicals). They are not how 'Mother Nature' meant us to appreciate plants and flowers. They are - in fact - alien to the human body. Even though they may smell wonderful and labelled 'natural' do not use them on sensitive and delicate skin (including babies). For this reason some of The Shoppe's products - particularly skin care products - do not contain essential oil for people that prefer not to use them. If you use essential oils in your daily life ensure they are diluted (i.e. added to other ingredients) and use only very small amounts (a drop or two - 'more' is not necessarily better).

Alternatively make your own infused essential oils via some of the recipes in The Shoppe's **e-Book No. 45 Home Distillation of Essential Oils** which will make a mild version of essential oils cheaply using plants from the garden

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Go to: [www.theshoppe.com.au](http://www.theshoppe.com.au) for e-book downloads and information about The Shoppe's Workshop range.

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**Workshop:** Where the product is made as take home sample – go to 'Sustainability Workshops' for information.

***(Prices are listed at the back of catalogue)***





## Natural Hair & Body Starter Pack

All The Shoppe's Natural Hair & Body Products in one package with Recipe Sheet and additional information. Great value!

**Contains:** Lavender & Rosemary Hair Shampoo, Herbal Spray Deodorant, Chamomile Body Powder, Sage Tooth-powder, Herbal Foot Deodorising Powder e-book No. 14 - Natural Hair Care e-book plus all the recipes in the Natural Hair & Body Recipe Sheet.

**Keeping Time for Products:** The Shoppe products are best used within 1 month of purchase. Most will last longer but the quality and aroma will decrease over time. Please consider that the products do not contain chemical fixers, preservatives, etc. so aroma may fade if not used within keeping time. Products can be freshened by adding a drop or two of the relevant essential oil.

## Natural Skin Care



### Rose Skin Cream

30ml sample pot or 70ml glass jar

Made using the original 'cold cream' recipe from the 18th century which became the fore-runner for the now very powerful cosmetic industry. This simple cream of just three ingredients (almond oil, rose-water and beeswax) is a true cosmetic cream. It contains no added chemicals, fillers, emulsifiers, preservatives or petrochemicals. It provides what the skin needs – a natural application - without

additional chemicals and synthetic compounds. It leaves the skin soft and subtle. Only a small amount is required. As it does not contain chemical emulsifiers - a small amount of water may separate from the cream. This is a normal process and will not affect the quality of the product. (When temperature is above 30°C store in fridge)

**How to Use:** Apply to skin after cleansing or bathing – particularly suited as a night time skin replenishment agent. Suitable for hands, face, feet, body, legs, etc.

**Further Information and Recipe Source:** e-book No. 30 – Natural Skin Care & No. 13 – Making Simple Salves & Creams **Workshop:** Natural Skin Care



### Rose or Lavender Moisturiser

45ml glass jar

With the advent of the petroleum industry sorbolene became the new cheap-to-acquire base for nearly all current-day commercial creams. It will absorb up to forty times its volume in water and oil – making it very viable commercially. There are different grades of sorbolene with varying types and degree of additives. The Self-Sufficiency Shoppe uses better quality sorbolene containing no preservatives (parabens) or mineral oil/paraffin. It is recommended sorbolene be used sparingly and in conjunction with a richer, more natural skin cream such as rose skin cream

mentioned earlier. Contains natural almond oil (no mineral oil or paraffin), fresh herbal infusion and essential oil (either lavender or rose geranium)

**How to use:** Suited as a day-time light moisturiser. Suited to hands and other areas \*Also available in smaller sample size - 30ml glass jar. **More Information & Recipe Source:** e-book No. 67 - Gift-giving with a Difference **Workshop:** Environmentally Friendly Gift-Giving



### Rose-water Spray

100ml spray bottle

Natural low perfume body spray or skin astringent. Most modern day perfumes are powerful synthetic substances. Rosewater spray is a lightly perfumed alternative. Rose oil is a natural skin healer and moisturizer. Contains added rose geranium essential oil.

**How to use:** Spray on after cleansing or showering. Suited as a natural low odour alternative to synthetic perfumes.

**More Info/Recipe Source:** e-book Ways With Roses



## Beeswax Lip Salve

30ml glass jars

A simple blend of good quality olive and coconut oils with added beeswax to emulsify the mix. No added chemicals, preservatives or synthetic agents. Ideal for localised areas (such as lips, eye-lids) requiring extra moisturising. This plain beeswax salve can be enhanced by mixing in 2 drops essential oil of your choice (i.e. Tea-tree, eucalyptus, lavender). Food colouring may also be blended in to make a simple lip colouring **How to Use:** Apply to dry areas as required.

**Recipe Source/Further Info:** No. 13 – Making Simple Salves & Creams or No. 4 – Making Beeswax Products **Workshop:** Natural Skin Care (When temperature is above 30°C store in fridge)



## Oatmeal Bags

2 bags containing approx.40g oatmeal

Oatmeal has been used for centuries as a natural healing agent for the skin.

Particularly good for skin conditions such as rashes, itching, chaffing, etc. It's a totally chemical free alternative for cleansing the skin used in place of detergents (body wash), skin wipes and soap. After three washes the oatmeal will need to be replaced with fresh batch. Made with natural cotton fabric and bio-dynamic oatmeal.

**How to Use:** Dampen the bag in water, Work over the skin squeezing to extract the silky starch from the oatmeal. Wash off. **Workshop:** Natural Skin Care

**Further Information/Recipe Source:** e-book No. 58 – Old-time Oatmeal



## Natural Skin Care Starter Pack

All The Shoppe's Natural Skin Care Products in one package with recipes and additional information. Great value!

**Contains:** Rose Skin Cream (30ml), Beeswax Lip Salve, Rosewater Spray, 100g oatmeal, e-book No. 30 Natural Skin Care plus Natural Skin Care Recipe Sheet.

*(All Natural Skin Care products in the pack are essential oil free except rose-water spray)*

## General Stock



### Oatmeal

150g

**Chemical free, no additives, Australian grown. Not tested on animals.**

Oatmeal has been regarded as a valuable cosmetic agent since ancient times. It is a gentle abrasive that soothes and heals the skin and when used as a substitute for soap is much 'softer' and nourishing to the skin. It is reputed to help eradicate spots and blemishes from the skin. Oatmeal is a safe, chemical-free cleanser. Suited to all types of skin. It is an excellent natural substitute for soap and detergents.

**How to use:** Place oatmeal in the palm of your hand. Add a little water to form a paste. Rub gently over the skin as you would soap, rinse off. You'll be surprised how lovely and soft your hands feel.

**More Information:** e-book No. 58 – Old-Time Oatmeal



### Almond oil

100ml

A natural skin moisturiser – use on its own or in conjunction with water or herbal infusion to hydrate and moisturize the skin. Ideal base for homemade skin creams and salves. Almond Oil is a 'light' oil that is more readily absorbed by the skin. Use as: skin moisturizer, massage oil, hair conditioner, base oil for essential oil blends. **More Information:** e-book No. 30 – Natural Skin Care





## Grated Soap

50g

Soap is an environmentally friendly alternative to detergent. Most cleaning products are detergent-based. Detergents are powerful chemical compounds designed to strip grease. They do not break down readily in the environment and cause chemical reactions in some people. 50g pack sufficient to make 9L soap jelly – recipe on pack.

Containing high quality 'Eco-soap' powder - it is non-animal based, not tested on animals and does not contain nasty chemicals, fragrances, etc. that are common in detergents and some commercial soaps. It is therefore, truly 'pure soap'. **More Information:** e-book No. 50 – Recycling Soap



## Beeswax

50g

A natural, high quality base for many homemade items. It has the highest melting point of any known wax - 60°C. For this reason beeswax makes 'extra-long' burning candles and is often added to beauty creams and cosmetics. On wooden floors and furniture it provides an ideal medium for producing a smooth, shiny surface. On leather goods it not only protects and waterproofs but also lessens 'wear and tear'. In homemade cosmetics (face creams and salves) beeswax is an excellent natural emulsifying agent that thickens and blends ingredients to make a creamy mixture ideal as a natural skin cream. Good quality clean beeswax ideal for making cosmetic creams. **More Information:** e-book No. 4–Making Beeswax Products

## Packs



## Eco Starter Pack

Complete package to get started on using alternatives. Ideal for encouraging family and friends to use less chemicals and be more environmentally responsible in the home. Numerous money saving suggestions.

**Contains:** 100g bicarb soda, 50g oatmeal, 6 Information/Recipe Sheets: Sustainable Alternatives in the Home; Natural Skin Care; Green Cleaning; Vinegar; Bicarb Soda; and Natural Hair and Body-care Alternatives; Plus Sustainable Alternatives Chart listing common household commercial products and the alternatives.



## Rose Pamper Pack

Roses are considered the 'flower of love'.

They are highly fragrant and healing – including mild anti-depressant, natural skin astringent, anti-spasmodic and healer of heart and gynecological problems. Pack contains a collection of The Shoppe's natural rose and rose geranium oil products.

**Contains:** Rose Skin Cream, Rose Hand/Body Wash, Rose Body Powder, Rose-water Spray and e-book: Ways With Roses.

## Lavender Pamper Pack

Lavender is best known for its wonderful aroma and healing properties – such as mild skin conditions, deodorizing, antiseptic agent, hair and scalp, relaxant, and more.

**Contains:** Lavender Skin Cream, Lavender Hand/Body Wash, Lavender Body Powder, Lavender Spray Deodorant and e-book: Ways With Lavender



# Shopper-Keeper Kit



Help promote 'using alternatives' by showing others how easy it is!

Help change the future of the planet by encouraging responsible consumerism.

My 'Shopper-Keeper Kit' has all the resources and information to make the job easier – containing a range of The Shoppe products, information sheets and promotional material.

- All product recipes are available on the accompanying recipe/information sheets.
- Use the products for yourself or as examples to show others how the product looks, feels and smells.
- Sell both the products and Recipe/information sheets for extra income
- Or use as environmentally friendly gifts to encourage others to change or to show ways to save money on household items.

## Kit contains:

- **6 Packs** – Green Cleaning, Hair & Body Products, Natural Skin Care, Rose Pamper Pack, Lavender Pamper Pack, Eco-Starter Pack.
- **Recipe/Information Sheets** – 20 of the most popular titles (2 of each),
- **General stock items:** 2 Oatmeal bags, 2 Beeswax (50g), Grated soap (50g), Oatmeal (150g).  
**Promotional material** – including oatmeal samples, bicarb soda sample (with recipe), flyers and whole-sale re-order forms for replacement stock (*Shopper-keepers pay wholesale prices*).

*"I'd love to have you 'on board' to help me spread the word about the importance of 'anti-consumerism'. If you would like more information about becoming a Shoppe-Keeper contact me. Pam – The Shoppe*

**Shopper-Keeper Kit price: \$250.00** (plus \$20 postage)





## -Ordering Information-

### How to Order:

1. List items (including weight) on the reverse side of this form.
2. Calculate total cost of items ordered
3. Calculate postage\* according to total weight using 'Postage Calculator' (see below) by finding postage cost for corresponding weight in your area of delivery.
4. Add the cost of postage to your order.
5. Payment via one of the methods below.

*\*Order may be collected if you live in Adelaide metro area.*

### There are four ways to pay:

**1. Phone Order via EFTPOS** (Visa, MasterCard, American Express) Phone Pam on 08 8374 2531  
OR

**2. Internet Payment** (Credit card or Paypal): Go to [www.paypal.com](http://www.paypal.com) Click on 'Send Money'. Send to: theshoppe@tpg.com.au. Follow prompts. Please send email notification of your order to: [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au)  
OR

**3. Postal Order: Credit card** – Please fill in details below. **Cheques/money orders:** Payable to The Self-Sufficiency Shoppe. Send or email your Order Form to: P.O. Box 390 Park Holme 5043 SA  
OR

**4. Internet Banking or Direct Payment:** Electronic funds transfer into The Self-Sufficiency Shoppe account: National Aust. Bank (BSB) 085183 (Account No.) 46-678-8020. Please send email notification of order to The Shoppe.

**Thank you for ordering**

*If you have any queries regarding ordering please phone Pam on (08) 8374 2531*

## Credit Card Payment by Post

*Fill in your credit card details below including total payment and sign.*

Please charge my:  Visa  MasterCard  American Express    **Payment amount:** \_\_\_\_\_

Card number                CVV number: \_\_\_\_\_  
3 or 4 digit number on back of your card

Name on card: \_\_\_\_\_    Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_    Phone contact: \_\_\_\_\_

## Postage Calculator

Weight	Adelaide	S.A. Country	Victoria	NSW	WA	Qld - up to and including Rockhampton	Qld - north of Rockhampton	N.T	Tas
Up to 500g	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50
500g to 1kg	\$11.50	\$11.20	\$14.50	\$15.50	\$22.00	\$17.50	\$17.00	\$18.00	\$16.50
1kg to 2 kg.	\$12.50	\$13.50	\$16.00	\$17.50	\$26.50	\$21.50	\$22.50	\$23.50	\$20.50
2kg to 3kg	\$13.50	\$13.50	\$18.50	\$20.50	\$30.50	\$25.50	\$27.50	\$28.50	\$25.50
3kg to 4kg	\$14.50	\$14.50	\$20.50	\$23.50	\$35.50	\$30.00	\$32.00	\$33.00	\$29.00
4 kg to 5 kg	\$15.00	\$15.00	\$21.50	\$25.50	\$39.00	\$34.50	\$37.50	\$39.50	\$33.50
5kg to 6kg	\$16.00	\$16.00	\$23.50	\$28.50	\$44.50	\$38.50	\$42.50	\$44.50	\$37.50
6 kg to 7 kg	\$17.00	\$18.50	\$25.50	\$30.50	\$48.00	\$42.00	\$47.00	\$49.50	\$41.50
7 kg to 8 kg	\$18.00	\$19.00	\$29.00	\$33.50	\$53.50	\$47.50	\$52.50	\$54.50	\$45.50
8 kg to 9 kg	\$19.00	\$20.00	\$30.00	\$35.50	\$57.00	\$51.00	\$57.00	\$60.00	\$49.00
9 kg to 10 kg	\$20.00	\$21.50	\$32.00	\$38.50	\$62.00	\$55.00	\$62.00	\$65.00	\$53.00

**Contact The Shoppe for postage charges over 10kg**

## The Shoppe Product Price-list

<b>Product</b>	<b>weight</b>	<b>Price</b>	
Soap Jelly	400g	<b>\$4.00</b>	
Dish Washing Soap - Mint	380g	<b>\$5.00</b>	
Dish Washing Soap - Lemon	380g	<b>\$5.00</b>	
Room & Carpet Deodoriser - Lavender	100g	<b>\$4.00</b>	
Room & Carpet Deodoriser – Eucalyptus	100g	<b>\$4.00</b>	
Heavy Duty Powder Cleanser	100g	<b>\$4.00</b>	
Gardeners Hand Cleanser	100g	<b>\$4.00</b>	
Green Cleaning Starter Pack	995g	<b>\$25.00</b>	
Hair Shampoo (Lavender & Rosemary)	290g	<b>\$5.00</b>	
Hand-wash - Rose	380g	<b>\$5.00</b>	
Hand-wash - Lavender	380g	<b>\$5.00</b>	
Deodorant Spray - Lavender	190g	<b>\$4.00</b>	
Deodorant Spray - Rose	190g	<b>\$4.00</b>	
Deodorant Spray - Herbal	190g	<b>\$4.00</b>	
Body Powder - Rose	100g	<b>\$4.00</b>	
Body Powder - Lavender	100g	<b>\$4.00</b>	
Body Powder – Chamomile	100g	<b>\$4.00</b>	
Tooth-powder - Sage	100g	<b>\$4.00</b>	
Tooth-powder - Peppermint	100g	<b>\$4.00</b>	
Herbal Deodorising Foot Powder	100g	<b>\$4.00</b>	
Natural Hair & Body Products Starter Pack	850g	<b>\$25.00</b>	
Rose Skin Cream (small)	25g	<b>\$4.50</b>	
Rose Skin Cream (large)	145g	<b>\$15.00</b>	
Beeswax Lip Salve	80g	<b>\$4.50</b>	
Rose Moisturiser	150g	<b>\$8.00</b>	
Lavender Moisturiser	150g	<b>\$8.00</b>	
Rose-water Spray	190g	<b>\$6.50</b>	
Oatmeal bags	90g	<b>\$5.00</b>	
Natural Skin Care Starter Pack	430g	<b>\$25.00</b>	
Oatmeal	150g	<b>\$4.50</b>	
Grated Pure Soap	50g	<b>\$3.50</b>	
Beeswax	50g	<b>\$4.00</b>	
Almond Oil	120g	<b>\$4.00</b>	
Eco Starter Pack	215g	<b>\$12.00</b>	
Rose Pamper Pack	870g	<b>\$25.00</b>	
Lavender Pamper Pack	870g	<b>\$25.00</b>	
Shoppe Keeper Kit	\$20 postage	<b>\$250.00</b>	