



ARDERE[®]
WELLBEING

EVOKE *the* GLOW

Evoke. Evolve. Glow. These are the cornerstones of ARDERE®, three distinct pillars around which our company is founded upon.



Evoke
TO INSPIRE

Evolve
TO GUIDE

Glow
OUR PROMISE

ARDERE® SIMPLY MEANS 'TO GLOW'. WHEN YOU FEEL GOOD, YOU SHINE FROM WITHIN. OUR AIM IS TO EVOKE THAT GLOW IN YOU...



WELLBEING & You

ARDERE® is a healthy lifestyle company whose aim is to make you feel good in mind, body and soul. We achieve this with:



AROMATHERAPY
PRODUCTS



HEALTHY
RECIPES



EXPERT WELLBEING
SERVICES & ADVICE

WE BELIEVE THAT YOUR LIFESTYLE CAN BE YOUR MEDICINE AND EVERYTHING THAT WE DO WORKS TO PROMOTE THIS.





OUR *Origins*

We established ARDERE® based on our own personal experiences living in a world that puts a high demand on our body, mind and spirit.

Stress, coupled with poor diet and lifestyle choices, can hold an enormous impact on our state of wellbeing, and this is something that co-founder Lauren knows all too well, falling ill with a chronic illness and recovering naturally.

She used this experience to qualify as a nutritionist & naturopath and partnered up with her sister, Nicole, harnessing their collective passion for healthy living to create ARDERE®.



MEET THE CO-FOUNDERS & Sisters



Nicole Windas

Product and Lifestyle Curator

"I created ARDERE aromatherapy products to help anybody struggling with energy and stress-related concerns, paying particular focus to wellbeing at every opportunity."



Lauren Windas

Nutritionist (mBANT) and Naturopath (ND)

"I can relate. I have experienced first-hand the power of nutrition and lifestyle changes in recovering my own health and it is now my mission to inspire healthy living in others."

"WE'VE TEAMED UP TO SHARE OUR KNOWLEDGE WITH OTHERS.
JOIN US ON THE PATH TO LEADING AN INCREDIBLE LIFE."

Nicole & Lauren X



The Self-discovery Collection has been crafted based upon the power of the olfactory senses to put you in touch with your body and mind, helping you to realign with the very best version of yourself.

COLLECTION

The SELF-DISCOVERY *Collection*

Embark on your very own journey of self-discovery as your body calls out for the scent it most desires.

Carefully selected by ARDERE's very own naturopath, our candles are expertly blended to enhance your wellbeing.

Each candle harnesses its own therapeutic purpose. Whether you are drawn to our energising scents or our more relaxing blends, this collection will allow you to use your intuition.

Our scented candles are transportive in nature; escape to far-flung destinations or revel in those nostalgic precious memories from the past, our collection holds a sentiment for everybody.

Your journey begins here...

*Made in
England*

*100% Organic
Natural Wax*

*Cotton
Wicks*

*Pure
Essential Oils*

Cruelty-free

COLLECTION



Reethi

White Geranium
& Sandalwood

Relaxing

A therapeutic blend of eight pure essential oils will melt away tension, leaving you in a state of meditative bliss.



Provence

Lavender
& Carrot Seed

Soothing

Restores the mind and body's natural equilibrium, cocooning you in your very own sanctuary of calm.



Moroccan Tea
House

Wild Mint
Refreshing

A delicate blend to renew and refresh the senses whilst helping to alleviate anxiety. This fragrance is perfect to clear the mind, body and soul.



Sierra Mar

Woodland Moss
& Amber

Grounding

A powerful blend of clove leaf, amber and fir needle oil to alleviate exhaustion and stimulate and focus the mind.



The Dales

Green Fig &
Hedgerow Blackberry

Uplifting

An inviting blend, crafted for its green and fresh aroma to help uplift mood, relieve stress and leave you feeling centred.



Thai Garden

Kaffir Lime
& Ginger

Energising

Awaken your senses with this energising and empowering scent designed to stimulate, invigorate, revive and refresh.



Reethi

White Geranium & Sandalwood

Relaxing

The Fragrance

Transcendent luxury meets the Indian Ocean with this irresistible Maldivian scent. Reethi transports you to a jewel-like island, where dipping your toes in the sand becomes the simplest of daily pleasures.

Indulge in our rich and creamy fragrance, as dreamy tones of sandalwood and white geranium are finished with warming vanilla and musk.

Therapeutic Benefits

Sweet-smelling geranium oil helps uplift mood and promotes emotional wellness, whilst the sensual and soothing properties of sandalwood will encourage spiritual awakening. This therapeutic blend of eight pure essential oils will melt away tension, leaving you in a state of meditative bliss.

TASTING NOTES

Top Note

White Geranium

Sweet florals blanket this divine and meditative fragrance.

Heart Note

Sandalwood

Creamy, warm and sensual; sandalwood extends the longevity of this scent.

Base Note

Vanilla

Rich and comforting with a cocooning softness.



*A
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*Restores the
mind and body's natural
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in your very own sanctuary
of calm.*

COLLECTION

Provence

Lavender & Carrot Seed

Soothing

The Fragrance

Serene. Heady. Transportive. A hypnotic, calming fragrance that carries you to the blanketed lavender fields of Southern France.

Cooling earthy notes of carrot seed and lavender provide the perfect combination of a light, yet grounding fragrance.

Therapeutic Benefits

A peaceful night's sleep awaits with this ultra-relaxing blend. Heady French lavender envelops the mind, allowing you to de-stress, coupled with carrot seed oil, long known for its soothing and tension-melting properties. This scent will restore the mind and body's natural equilibrium, cocooning you in your very own sanctuary of calm.

TASTING NOTES

Top Note

French Lavender

The fresh essence opens the fragrance with a clean and yet heady aroma.

Heart Note

Carrot Seed

A distinct woody, grounding scent that brings an earthiness to the fragrance.

Base Note

Patchouli

This plant's velvety, sensual notes create a musky and sophisticated undertone.

Moroccan Tea House

Wild Mint

Refreshing

The Fragrance

Be swept away to the opulent and mysterious corners of Morocco, where herbal tea drinking is a cherished daily ritual.

Sprigs of fresh mint infuse the air as you indulge in this cooling and refreshing aroma. A fragrance that will gratify your strongest desires and delight your cultural curiosities, your very own Moroccan experience awaits.

Therapeutic Benefits

A delicate blend to renew and refresh the senses whilst helping to alleviate anxiety. This fragrance is perfect to clear the mind, body and soul.

TASTING NOTES

Top Note

Mint

Herbaceous, cooling and refreshing.

Heart Note

Ginger

Warm, spicy and tantalising.

Base Note

Clove

A sweet and spicy essence to layer the base.



A delicate blend of mint oil can help to open the airways and decongest the body, whilst helping to alleviate anxiety.



*A
powerful blend
of clove leaf, amber
and fir needle oil to alleviate
exhaustion and stimulate and
focus the mind.*

COLLECTION

Sierra Mar

Woodland Moss & Amber

Grounding

The Fragrance

Dare to be extraordinary with this alluring fragrance that marries the scent of fir needles to the Californian deep-sea air.

Sierra Mar transports you to a forest-ocean walk. Hear the crunch of woodland underfoot, the crash of waves off dramatic headland, whilst hints of amber allow you to escape the stresses of modern day living. Nature has never felt so close.

Therapeutic Benefits

Become more centred with this powerful blend of clove leaf, amber and fir needle oil. Clove leaf oil is known to alleviate exhaustion, whilst the depth and complexity of fir needle oil holds grounding and empowering properties known to stimulate and focus the mind.

TASTING NOTES

Top Note

Fir Needle

Earthiness and masculinity combined; a forest aroma that leads the way.

Heart Note

Amber

Its warmth and woodiness provides a sensuous heart.

Base Note

Clove

A sweet and spicy essence to layer the base.

COLLECTION

The Dales

Green Fig & Hedgerow Blackberry

Uplifting

The Fragrance

Escape to the heart of the Yorkshire Dales with our quintessentially British scent.

Sentimental and nostalgic, notes of blackberry will evoke your love of the home, whilst the crisp verdancy of fig will transport you to the quaint rolling fields of Northern England.

Therapeutic Benefits

An inviting blend, crafted for its green and fresh aroma to help uplift mood.

The fragrance intertwines juniper berry, a cleansing oil that has long been known to help relieve stress. This scent will leave you feeling centred and in tune with your highest self.

TASTING NOTES

Top Note

Green Fig

Releasing a crisp verdancy and rich aroma.

Heart Note

Blackberry

A rich tartness that imbues the fragrance for an instant burst of juiciness.

Base Note

Juniper Berry

Purifying, sweet and uplifting, notes of juniper berry adds the final touch to this British fragrance.



*An
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*Awaken
your senses
with this energising and
empowering scent designed
to stimulate, invigorate, revive
and refresh.*

COLLECTION

Thai Garden

Kaffir Lime & Ginger
Energising

The Fragrance

Exotic. Tantalising. Southeast Asia awaits as you wander through our Thai herb garden and soak up earth's natural aromas.

Let a fusion of kaffir lime and ginger immerse you into a world of all that is zesty, spicy and warm.

Therapeutic Benefits

Awaken your senses with this energising and empowering scent of 11 pure essential oils. Renowned as nature's tonic, ginger oil is known to stimulate and invigorate, whilst lime oil is known to support immunity, revive the spirit and refresh the mind.

TASTING NOTES

Top Note

Kaffir Lime

Bursting with zest to infuse this citrusy scent.

Heart Note

Ginger

Warm, spicy and tantalising.

Base Note

Cardamom

Cool and spicy accents enrich the base.

NUTRITION

Our RECIPES

Do you have a food intolerance, allergy or diagnosable health concern? Or do you simply want to eat well? Look no further, we've got you covered!

At ARDERE®, we understand that there is no 'one-size-fits-all' approach when it comes to healthy living, and this is why our recipes are suitable for a wide variety of dietary types.

Look forward to a wealth of delicious recipes that not only taste good, they also do good for your mind and body.

Visit ardere.com/recipes to become a healthier and happier you...

Paleo

Gluten-free

Dairy-free

Vegan

And Many More...





OUR MISSION TO YOU

ARDERE® is centred around a way of living; whether this is a cooking a recipe that nourishes the mind and body, or lighting a candle to de-stress after a long day at work, everything we do is intended to uplift and restore your balance. When you feel good, you shine from within; you glow. Our aim is to evoke the glow in you.

Nicole & Lauren X

WELLBEING ADVICE

Our SERVICES

At ARDERE.com we offer expert guidance on how to take care of yourself naturally.

We are an online wellness hub offering advice and guidance on healthy living.

On our blog, we talk you through how to tackle your diet and how to make steps towards becoming a better version of yourself. Our advice is always practical, evidence-based and professionally-driven.

We also offer clinical consultations with our Nutritional Therapist (CNHC) and Naturopath (ND), Lauren, who combines scientific and holistic approaches to look at all aspects of a patient's health (physical, mental and emotional).

Visit **ARDERE.com** for more information on our services, advice and healthy recipes.

*Nutrition
Consultations*

Events

*Plans &
E-books*

*Corporate
Wellness*

*Wellbeing
Blog*





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