



CONSCIOUS FOODS

wholesale & retail supplier of natural products

Wholegrains | Honey

Herbs | Oils

Cosmetics



LEGUMES



ALL ORGANIC AND OF GREEK VARIETIES

An often overlooked 'superfood' - legumes are an excellent source of complex carbohydrates, protein, fiber, B vitamins, iron, zinc, magnesium and potassium. Making them an ideal substitute to meat.

The Greek soil and climate is unique. Over generations, the farmers have perfected the cultivation of grains and seeds to their land. Our legumes come from traditional varieties that are superior in nutritional value and taste.

PLAKI BEANS | WHITE AND BLACK ELEPHANT BEANS | LENTILS | CHICKPEAS

PLAKI BEANS



WHITE AND BLACK ELEPHANT BEANS



LENTILS



WHOLEGRAIN BASMATI FROM PAKISTAN

Rich in nutrients and natural fiber. It is delicious in soups, salads, vegetable mixtures such as ratatouille and stronger flavoured casseroles.



CRUSHED HEMP ROTEIN POWDER

One of the most concentrated protein sources in the plant kingdom. A healthy source of dietary fiber, chlorophyll, and minerals including magnesium, iron, zinc and potassium. Ideal for smoothies, baked goods or any recipe that could use a protein and fiber boost



FLAX SEEDS

Full of protein and fiber. Can be grinded into flour or simply added in the casserole.



CHIA SEEDS

Related to the mint family, chia seeds are considered as one of the most nutritious foods.

They are loaded with fiber, protein, Omega-3 fatty acids and various micronutrients.



RED SAFFRON FROM GREECE

The world's strongest natural aphrodisiac



TURMERIC FROM SRI LANKA

The spice of 1000 uses. It is used in Ayurvedic medicine for arthritis, heartburn (dyspepsia), stomach pain, diarrhea, intestinal gas, loss of appetite, jaundice, liver problems and gallbladder disorders. Some people apply turmeric to the skin for pain, bruising, eye infections, inflammatory skin conditions, soreness inside of the mouth, and infected wounds.



QUINOA SEEDS

Naturally gluten free and VERY rich in fiber, proteins, magnesium and amino acids.



RYE FLOUR

Rich in dietary fiber and iron. It is also a nutritious source of antioxidants and nutrients including selenium, phosphorous, magnesium, copper, zinc and protein.



WHOLEGRAIN TAHINI

Crushed Sesame seeds. Adds flavor to your dishes. A great protein boost and provides phosphorus, lecithin, magnesium, potassium and iron.



SALT AND HERB MIX

Natural Salt with oregano, thyme, mint and paddy sesame.



SPIRULINA

Containing a variety of bioactive nutrients, such as high biological value protein, iron, selenium, beta-carotene, B complex vitamins, vitamin E and the essential fatty acid gamma-linolenic acid (GLA), Spirulina Platensis takes care of your health, without the extra caloric burden.



EXTRA VIRGIN OLIVE OIL

Cold Pressed.
Produced in Greece.
Acidity 0.1-0.5%



COCONUT OIL COLD PRESSED FROM SRI LANKA

For cooking and cosmetic purposes.



RAW & UNFILTERED HONEY FROM GREECE

Orange Blossom Honey (awarded with 1 star at the Great Taste Award 2014)

Forrest mix Honey, Chestnut Honey, Mastic Honey, Thyme Honey, Heather Honey



CAROB PRODUCTS

Carob tannins contain Gallic acid that works as an analgesic, anti-allergic, antibacterial, antioxidant, antiviral and antiseptic.

It improves digestion and lowers cholesterol levels in the blood.

It contains magnesium, calcium, phosphorous and iron.

The vitamin E content in carob helps it in treating cough, flu, anemia and osteoclasia.

CAROB TEA | CAROB COFFEE | CAROB SYRUP | CAROB POWDER



CAROB TEA

Besides its healthy benefits it makes a refreshing drink that can be consumed hot or cold. After boiling, the carobs are so soft that you can eat them and enjoy a little sweet delight with your tea.



CAROB COFFEE

Caffeine free and naturally sweet. Coffee drinkers can blend it with their coffee to reduce caffeine.



CARUB POWDER

Roasted Carob Powder can be used in the same manner as cocoa powder. For every ounce of chocolate, substitute 3 tablespoons carob powder mixed with 2 tablespoons water; for powdered cocoa, substitute with equal amounts of carob powder.



CARUB SYRUP

It is a great substitute for honey and sugar and a great food flavoring liquid. Carob Syrup is also known as the traditional medicine for coughs and sore throat. Because it is high in Calcium it is used as a medication for osteoporosis.



ALOE VERA GEL

Aloe gel and organic olive oil, suitable for the whole body and face. Protects, soothes and moisturizes. It refreshes and revitalizes dehydrated skin after sun exposure. It is suitable for children. Notably composed of 99.9% from organic herbs. Without parabens, phenoxythanol, sls, silicon, mineral oil, synthetic color.



MASTIC TOOTHPASTE FLUORIDE FREE SUITABLE FOR HOMEOPATHY

MANDARIN | CHAMOMILE | SPEARMINT



GENTLE FACIAL CLEANSER

With almond oil & vitamin E

Facial cleansing milk with aloe vera, olive oil, almond oil and vitamin e gently yet effectively removes makeup and impurities. Thanks to the valuable composition, soothes and refreshes the skin and brings out its natural glow.

250ml

Ingredients: Organic Aloe Vera*, Organic Olive Oil*, Almond Oil*, Vitamin E



* Ingredients from organic farming



ALOE VERA GEL

With aloe vera & olive oil

Aloe vera gel for the whole body and face. Protects, soothes and moisturizes. Refreshes and revitalizes dehydrated skin immediately after sun exposure. Suitable for children. 150ml

Ingredients: Aloe Vera*, Olive Extract*, Panthenol

* Ingredients from organic farming

BODY BUTTER

With shea butter & vitamin E

A rich intensive moisturizing cream for entire body with aloe vera, olive oil and shea butter. Easily absorbed, moisturizes, soothes and restores the skin's lost moisture. It has a rich texture, silky feel and beautiful refreshing citrus scent.

250ml

Ingredients: Aloe Vera*, Olive Oil*, Shea butter*, Vitamin E, Citrus extract



* Ingredients from organic farming

BODY SCRUB

With green apple & olive

Body scrub with grains from the olive kernel. It is a natural peeling and it softly removes dead skin cells. Enriched with organic aloe and organic green apple extract that hydrate and keep the skin soft and smooth. Suitable for all skin types.

200ml



* Ingredients from organic farming

SHAMPOO FOR DRY & COLOURED HAIR

With aloe & green tea

Shampoo with aloe vera, olive extract, honey and silk for dry and colored hair. Keeps hair color, protects against solar radiation, environmental influences and styling. It improves the texture of the hair, restoring its natural elasticity and softness as well as moisturizes and revitalizes the hair thoroughly to give a silky shine.

250ml

Ingredients: Aloe Vera*, Olive extract*, Honey*, Silk

BDIH, COSMOS ORGANICS Certified

* Ingredients from organic farming



SHAMPOO FOR NORMAL HAIR

With camomile & mango

Aloe vera gel for the whole body and face. Protects, soothes and moisturizes. Refreshes and revitalizes dehydrated skin immediately after sun exposure. Suitable for children.

150ml

Ingredients: Aloe Vera*, Olive Extract*, Panthenol

* Ingredients from organic farming

FINE HAIR MASK WITH MASTIC & BIO HYPERICUM / AVOCADO OIL

Specially formulated for reconstruction of damaged, or brittle, or colored hair. Mastic oil along with the rest of the active ingredients of this fine and effective hair mask transforms your hair into silky, strong, shiny, easy to comb hair. Use the hair mask once a week (or more often if you like). You will be surprised by the results!

Parabens free, allergens free perfume.



HAND CREAM WITH MASTIC AND BIO OILS.

Moisturizing cream for the care of hands with a discreet very pleasant scent. With active bio ingredients for drastic but gentle care. It contains pure mastic oil, Panthenol, and organically grown: Avocado oil, sesame seed oil, Aloe Vera, chamomile, calendula. It is very easily absorbed, it softens and protects the skin. Ideal for the care of hardworking hands. Extremely hydrating, it nourishes the skin and revitalises the skin cells.

Parabens free

100% ESSENTIAL OREGANO OIL

With a guaranteed Carvacrol rate of min. 86% - This oil is one of the most potent oils in the market. It has multiple uses for year round protection. Internal use: Immune system booster, Colds & Flu, Antioxidant, Asthma, Bronchitis, Bacterial Infections and Parasites, Digestive Problems, Diarrhea. External use: Dermatological problems, Eczema, Psoriasis, Anti bacterial, Antifungal, Athlete's Foot, Nail Fungus, Gum Disease, Arthritis, Back and Muscle Pain, Colitis, Osteoarthritis, Rheumatism, Insect Bites.



ST JOHN'S WORT OIL HYPERICUM EMPETRIFOLIUM

Painkiller, anti-inflammatory, wound-healing, ideal for rheumatic pain and joint-pain. Open wounds, lesions, bruises, burns, inflammations, ulcers, swellings. For cramps, backaches and neck strains, neuralgias and headaches.

St John's Wort Oil is also drinkable. It is particularly recommended for stomach ulcers, colitis, painful digestion, or sourness. Lately it is also used as anti-depressant. It is ideal for healing or relaxing massage, and can be enriched with essential oils, depending on the case.

REMARKS: Because the substance Hypericin which is contained in the plant is photosensitive, the external use of the oil should be done during the night hours.



ROSEWOOD OIL MOISTURIZER

Made of extra virgin natural olive oil and fresh herbs. Good for massage and as a face and body moisturiser, it regenerates cells, it fights wrinkles and dry skin.

MASTIC GUM OIL HEAVY MOISTURIZER

With mastic essence. Good for massage and face/body moisturiser. Treats skin problems, acne, or free hair roots, enhances collagen.

WINTER OIL

Made from eucalyptus extract
Good for massage in case of cold



NATURAL SOAPS

Clinically tested
100% Hypoallergeni

SEA ALGAE | LAVENDER | SAGE | CHAMOMILLE





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