Self care moments ingredients:

Face mask: Aqua, Glycerin, Propylene glycol, Propanediol, Aloe (aloe vera) barbadensis leaf extract, Andrographis paniculate extract, Anemarrhena asphodeloides root extract, Arctium kappa seed extract, Centella asiatica extract, Forsythia suspensa fruit extract, Glycyrrhiza uralensis (licorice) root extract, Lonicera japonica (honeysuckle) flower extract, Nelumbo nucifera seed extract, Propolis extract, Polyacrylate cross polymer-6, Hydroxyacetophenone, Glyceryl caprylate, Caprylhydroxamic acid, Acetyl hexapeptide-8, Tripetide-1, Sodium hyaluronate, Disodium eta, Gold, Peg-40 hydrogenated castor oil, Lavandula (lavender) anguvstifolia oil **Focus bath salts**: Dead sea salt, Himilayan pink salt, Cedarwood Essential Oil, Sandalwood Essential Oil, Eucalyptus essential

Focus soap: Olive oil, Coconut oil, Shea butter, Castor oil, Almond (sweet) oil, Lye - sodium hydroxide, Madder root powder, Cedarwood essential oil, Eucalyptus essential oil, Sandalwood essential oil

Tea and biscuits chocolate bar by The Chocolate Society: Blonde Chocolate (63.72%) Cocoa Butter, Sugar, Whole Milk Powder, Skimmed Milk Powder, Whey Powder, Butter.

Emulsifier: (Soya Lecithin), Natural Vanilla Flavouring. Dark Chocolate (34.26%) Cocoa Bean, Sugar, Cocoa Butter) Emulsifier: (Sunflower Lecithin), Natural Vanilla Extract) Biscuit Pearls (1.97%) Dark chocolate coating, white chocolate coating, sugar, cocoa beans, cocoa butter, biscuit cereal.

(Wheat Flour, Sugar, Wheat Malt, Wheat Starch, Raising Agent: E500ii, Salt, Cocoa Butter, Natural Flavouring), Whole Milk Powder, Dried Skimmed Milk, whey (Milk), Butter (Milk) Emulsifier (Sunflower Lecithin), Maltodextrin, Glazing agent, Shellac, (Natural Vanilla Extract) Organic Bergamot Oil (0.05%) Dark chocolate 35% Cocoa Min, Blonde chocolate 35% Cocoa Min, 25% Milk Solids Min.

Allergen statement: For allergens see the ingredients above. Produced in a kitchen that handles: Dairy, Gluten, Other Nuts (inc peanuts) Eggs & Sesame.