



NATURALMENTE  
MEDITERRANEO

HIKERS  
CARE PACK

As an avid Camino de Santiago pilgrim myself, I am so pleased to be offering you my favourite products to take hiking, which I passionately hand craft in southern Spain using the best natural & local ingredients I can source.

### **Menthol Arnica Cooling Massage Salve**

Our Menthol Arnica Salve is wonderful for massage as it alleviates sore, tired, aching muscles. The arnica helps with pain and inflammation and the menthol, together with the aromatherapy essential oils, cools and soothes. Certified organic.

### **Lavender Rosemary Moisturizing Foot Salve**

Enjoy our Lavender Rosemary Salve as a soothing foot rub at the end of a day of hiking. A wonderful treat when rubbed into your feet and legs just before sleep, the lavender & rosemary aromatherapy essential oil blend is calming, soothing and comforting. Certified organic.

### **Soothing Marigold Skin Salve**

First aid in a tin! I created this salve to help heal and soothe all sorts of skin irritations such as bug bites, cuts, itches, rashes and burns. Made with organic ingredients of extra-virgin olive oil infused with marigold, cocoa butter, beeswax and a pure aromatherapy essential oil blend of tea tree and lavender. Certified organic.

### **Camino Soap**

Our Camino Soap bar is a gentle natural olive oil soap, created with extra cocoa butter for hardness. Use it to wash your hands or body, as a facial cleanser, a shampoo bar or even to hand-wash your clothes! A fabulous all-in-one.

I hope these products contribute to making your journey magical, to soothing your soul, muscles, skin & feet, as well as bringing you joy along the way.

Buen Camino fellow Pilgrims!

Junifer  
xO



Organic Artisan Soap & Skincare Handcrafted in Andalusia  
[www.naturalmentemediterraneo.com](http://www.naturalmentemediterraneo.com)