



The HEALTHY HOUSE Ltd
Relieving allergies since 1991

January Newsletter and Special Offers
Sale and Offers effective until Feb 28th 2010

Best wishes for a happy and healthy 2010

Bionaire BAP1700 with Permotech™ Filter



- ✓ Stops the wheezing and sneezing caused by breathing in allergens
- ✓ Filters out dust, pollen, tobacco smoke, mould spores and pet dander
- ✓ Permanent HEPA filter means no filters to replace saving you both time and money



The new Bionaire BAP1700 air purifier has a permanent HEPA filter that removes up to 99% of airborne particles and an optional ioniser to improve performance. It also features an air quality particle sensor that will measure the indoor air quality. On auto mode the unit will adjust the fan speed to provide optimum filtration, which also helps to conserve energy by only operating when needed.

- Medium room size: 16m²
- Quiet on low setting
- Independent ioniser
- Filter change indicator
- Max. power 90w
- Measures 68x26x15cm
- British Allergy Foundation Seal of Approval
- CADR combined: 558m³/hr
- CADR m³/hr: Pollen: 186, Tobacco Smoke: 186, Dust: 186
- 4 speed settings
- 8 hour timer
- Air quality particle sensor
- Max. noise level 56 dB
- Weighs 7.4kg
- Two year guarantee



BAP1700	Bionaire Permotech	£149.99
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Bionaire BAP1550 with Permotech™ Filter



- ✓ Cleans the air of particles relieving symptoms caused by airborne allergens
- ✓ Permanent HEPA filter means no filters to replace saving you both time and money
- ✓ **Special Offer - Save £15.00**



- Medium room size: 16m²
- 3 speed settings
- Quiet on low setting
- Remote control
- Independently controlled ioniser
- Filter change indicator
- Max. noise level 55dB
- Max. power consumption 90w
- Measures 68x26x15cm
- Weighs 4.35kg
- British Allergy Foundation Seal of Approval
- Two year guarantee
- CADR combined: 558m³/hr
- CADR m³/hr: Pollen: 186, Tobacco Smoke: 186, Dust: 186



BAP1550	Bionaire Permotech	Usually	Special Offer
		£149.99	£134.99

HM688S HEPA Air Purifier with Free Replacement Filter



- ✓ Cleans the air of particles relieving symptoms caused by airborne allergens
- ✓ Washable pre-filter collects larger particles prolonging the life of the HEPA
- ✓ HEPA/Carbon filter removes pollen, dust, smoke and some odours
- ✓ Independently controlled ioniser
- ✓ **FREE replacement filter - Save £14.99**



Ideal for a small bedroom, office or living area. Can be placed vertically or horizontally.

- Room size: 12m²
- 3 speed settings
- Quiet on low setting
- 1, 2, 4 and 8 hour timer
- Multi-stage HEPA/carbon filter removes 99.97% of particles down to 0.3 microns and odours (replace every 12 months)
- Max. power consumption 40w
- Max. noise level 34 dB
- Measures 30x30x17.5cm
- Weighs 2.7kg
- One year guarantee

HM688S	With Free Replacement Filter	£59.99
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If undelivered, please return to:
The Healthy House Ltd
The Old Co-Op, Lower Street
Ruscombe, Stroud, GL6 6BU

FURTHER INFORMATION & ORDERING

For our complete range of products, carriage charges (standard £4.50), terms and conditions or further information, please contact us for our current catalogue or visit our website on www.healthy-house.co.uk. VAT exemption forms for the dust mite proof bedding and light boxes, and rental forms for the light boxes will need to be downloaded or requested by phone. Please telephone us to order or order online on our secure website. Please contact us if you would prefer no more mailings.

Order now 0845 450 5950 or www.healthy-house.co.uk

PUH-610 Humidifier - cool mist

Save £10.00

- ✓ Adds moisture to dry air making you more comfortable
- ✓ In-built ioniser revitalises the air
- ✓ Suitable for a room up to 45m²
- ✓ Save £10.00

- 4.5 litre tank, 7 hour timer
- Running time up to 48hrs
- Discharges up to 300ml of moisture per hour
- Three settings, with built-in ioniser
- Alarm warning and automatic switch-off when empty
- In-built antibacterial system prevents mould and fungus growth
- Measures 30.7x30x16cm
- Power consumption 45w
- Weighs 2.4kg
- One year guarantee



		Usually	Special Offer
PUH-610	Cool Mist Humidifier	£49.99	£39.99

WG-540B Humidifier - warm mist

Save £10.00

- ✓ Helps relieve sore throat and blocked nose allowing you to breathe more easily
- ✓ Relieves the symptoms of children's croup and gives you all a better night's sleep
- ✓ Suitable for a room up to 40m²
- ✓ Save £10.00

- Tank capacity 4 litres
- Discharges 430ml moisture per hour
- Measures 25x37x21cm
- Power consumption 400w
- Running time up to 10hrs
- Easy to use and fill
- Weighs 2kg
- One year guarantee



		Usually	Special Offer
WG-540B	Warm Mist Humidifier	£34.99	£24.99

nillergen pet™ (PetalCleanse™) for allergy to dogs, cats and small pets

- ✓ Effective in reducing symptoms in over 90% of pet allergic people
- ✓ Removes the pet allergens that cause rhinitis, asthma, eczema and hives in humans
- ✓ Save £2.00 when you buy two bottles

Reacting to a family pet is a real misery. Pets can cause all sorts of reactions from wheezing and asthma, to coughing, hives and eczema and streaming and puffy eyes. It isn't actually the pet's hair that causes the allergic reactions but the potent allergen Fel d1 (in cats) and Can f1 (in dogs) and their microscopic dander, saliva and urine. The production of allergens increases as the pet matures.

PetalCleanse™ is now part of the nillergen range, for allergy to dogs, cats and small pets and is amongst our most popular products. It is a lotion that removes pet allergens from the pet's coat, moisturising and conditioning it at the same time to reduce further allergens. Apply to the pet's coat once a week. nillergen pet™ is made in the UK and tests confirm that it is completely safe for pets. It may give immediate relief for contact allergy, but can take up to three weeks to relieve the symptoms of asthma and respiratory problems because it takes time to reduce the build-up of airborne allergens in the home environment. (Using nillergen Air™ with the nillergen Pet™ will speed up your recovery time.) A 350ml bottle lasts for approximately 3 months for each pet (depending on the size of the pet) and comes with full instructions for use.



NPC	For Cat/Small Animal		£10.95
NPC2	For Cat/Small Animal x2	Save £2.00	£19.90
NPD	For Dog		£10.95
PCD2	For Dog x2	Save £2.00	£19.90

"It's my lifeline! I couldn't continue with my streaming eyes and wheezy chest. Now I use PetalCleanse." J.B.

PD20DEN Dehumidifier and Air Purifier - Save £30.00

- ✓ Removes up to 20 litres of moisture a day ensuring that any excess moisture is removed
- ✓ Combines air purification with 3M HEPA filter and dehumidification
- ✓ Suitable for a 4 - 5 bedroom house or an open plan office
- ✓ Save £30.00

The PD20DEN is a medium sized dehumidifier and air purifier. The specifications are as follows:

- 3.1 litre tank capacity
- Moisture removal up to 20L/day
- Permanent hose drainage option
- Operating temperature 5C-35C
- Electronic control with auto restart
- 3M HEPA filter - replace annually
- Decibel level 50dB
- Weighs 13.7kg
- One year guarantee
- Automatic shut off when full
- Removable tank for easy emptying
- Carry handle, cord storage
- Measures 34x48x23.5cm
- Max. power consumption 410w



		Usually	Special Offer
PD20DEN	Dehumidifier	£199.99	£169.99
PDDENH	Replacement HEPA Filter	£9.99	

nillergen™ - formerly Indoor Allergy Range

- ✓ Relieves the symptoms of hay fever, dust mite, mould and pet allergies - no triggers, no symptoms
- ✓ Controls allergens in the air, in the wash and on furnishings reducing allergen exposure by up to 90%
- ✓ Completely safe - no insecticides
- ✓ Complete pack saves 10%



nillergen Sofa and Bed™ (HomeCleanse™)

nillergen Sofa and Bed™ gets rid of dust mites, dust mite residues, pet and pollen allergens in mattresses and soft furnishings for one month after application. The trigger spray is easy to use. The active ingredients are eucalyptus oil, ylang ylang and quaternium salts. Spray furnishings and pet bedding once a month. The allergen reduction will be over 75% depending on how thoroughly you apply the spray. The spray is non staining and safe for natural and synthetic soft furnishings. (Always test for colour fastness first.)

nillergen Laundry™ (FabricCleanse™)

nillergen Laundry™ has the same effect on allergens as the nillergen Sofa and Bed™. It is a liquid that you add to the water for both hand and machine washing. It kills 99.9% of dust mites and reduces allergens by over 90%. The key ingredients are eucalyptus and benzyl benzoate. The solution is effective at temperatures as low as 30C and is suitable for synthetic and natural fibres. The liquid should be added to the washing powder at the start of the washing cycle. The benzyl benzoate is washed out of the fabric in the rinse cycle.

nillergen Carpet™

Add nillergen Carpet™ to your carpet cleaner to get rid of dust mites, pet dander and pollutants for that fresh "spring clean" feel in the home. Added at the rate of 1ml per litre of carpet cleaning fluid, the eucalyptus and ylang ylang together with a balsam based extract ensures no re-infestation for up to 3 months after application. It is safe for you, your children, and any pets you may have.

nillergen Air™ (AirCleanse™)

nillergen Air™ is a spray that encapsulates and neutralises allergens in the indoor air. The active ingredients are eucalyptus oil, ylang ylang and quaternium salts. Spray the air in your room twice a week for the first three weeks and once a week thereafter. Tests show that the average reduction in airborne allergens is 86% and the minimum is 75%. This makes a significant difference to anyone reacting to allergens in the air.

NS	nillergen Sofa and Bed	350ml	£11.99
NL	nillergen Laundry	300ml	£11.99
NC	nillergen Carpet	300ml	£11.99
NA	nillergen Air	250ml	£11.99
NAP	nillergen Allergy Pack (complete set)		Save 10% £43.16

Order now 0845 450 5950 or www.healthy-house.co.uk

The Healthy House 100% Cotton Dust Mite Proof Barrier Cases

Save 10%

- ✓ Stop sneezing, rhinitis and other allergic symptoms caused by dust mite allergy
- ✓ Ideal for people who are chemically sensitive or prefer natural bedding
- ✓ Completely encase the mattress, duvet and pillow
- ✓ Available VAT exempt - save 17.5%
- ✓ Save 10% on individual prices



These pure Oeko-tex Standard 100 cotton dust mite proof barrier cases are unbleached and undyed and made exclusively for The Healthy House. Laboratory tests at the Medical Entomology Centre in Cambridge have shown the cotton to work as a barrier to the dust mite because of the density of the weave. All cases have zip closures with an additional flap for extra protection. The mattress case opens the length of one side and along the bottom making it easy to take on and off for washing. The duvet case opens the length of one side and the pillow case opens along the length of the pillow. For complete protection, we recommend covering the mattress, the duvet and the pillows or use a dust mite proof mattress case, a dust mite proof duvet and dust mite proof pillows. Machine wash at 60C 3 to 4 times per year. This material is densely woven and will crease when washed. It can be ironed whilst still damp or simply air dried or tumble dried on a cool setting and put back on to the bedding. Cover with your own cotton sheets. The bedding cases are available VAT exempt for sufferers of dust mite allergy. *Please see our website or phone us to request a VAT exemption form.



			ex VAT*	Offer	incl VAT	Offer
DCP	Pillowcase	50x75cm	£11.57	£10.41	£13.59	£12.24
Mattress Cases						
DCMC	Cot	60x122x10cm	£39.65	£35.69	£46.59	£41.93
DCMCB	Cot Bed	70x140x10cm	£43.78	£39.40	£51.44	£46.30
DCMS	Single	90x190x23cm	£52.04	£46.84	£61.15	£55.03
DCMD	Double	135x190x23cm	£70.22	£63.20	£82.51	£74.26
DCMK	King	150x200x23cm	£73.52	£66.17	£86.39	£77.75
DCMSK	Super K	180x200x23cm	£85.91	£77.32	£100.94	£90.85
Duvet Cases						
DCDS	Single	135x200cm	£56.17	£50.55	£66.00	£59.40
DCDD	Double	200x200cm	£71.04	£63.94	£83.47	£75.14
DCDK	King	235x220cm	£81.78	£73.60	£96.09	£86.48
DCDSK	Super K	265x220cm	£94.17	£84.75	£110.65	£99.59

Adults' and Children's White Stitched Gloves

- ✓ Keep sore hands comfortable and protected
- ✓ Save £2.00 on 10 pairs

These gloves are made of soft white cotton knit material with insets in all the fingers for extra comfort and fit. They are popular for wearing to work or school or for wearing at night over creams. The CE label inside can be cut out if required. Machine wash at 60C. Reshape whilst damp.



Stitched Gloves			1 pack	2 packs
GSCS5	Child's Small (3-5yrs)	5 prs	£8.99	£15.98
GSCM5	Child's Medium (6-8yrs)	5 prs	£8.99	£15.98
GSCL5	Child's Large (9-11yrs)	5 prs	£8.99	£15.98
GSAS5	Adult's Small	5 prs	£10.59	£19.18
GSAM5	Adult's Medium	5 prs	£10.59	£19.18
GSAL5	Adult's Large	5 prs	£10.59	£19.18

Supreme Dust Mite Proof Pillows

Save £5.00 on 2 pillows



- ✓ Dust mite proof cotton cover prevents symptoms of dust mite allergy
- ✓ Luxuriously soft Oeko-tex Standard 100 cover and hollowfibre filling
- ✓ Save £5.00 when you buy 2



These beautifully soft pillows are an ideal choice if you prefer not to have down and feathers. The pre-shrunk satin striped cotton cover has a thread count of 294 making it impermeable to dust mites. The filling is soft hollowfibre. Wash at 60C when necessary.

SSP	Supreme Hollowfibre Pillow x 1	48x74cm	£19.99
SSP2	Supreme Hollowfibre Pillow x 2	48x74cm	£34.98

Supreme Dust Mite Proof Duvets in a choice of tog

- ✓ Dust mite proof cotton cover prevents symptoms of dust mite allergy
- ✓ Luxuriously soft Oeko-tex Standard 100 cover and hollowfibre filling
- ✓ Choose from 4.5 tog, 9 tog or 13.5 tog



Whether you are very warm blooded and like a lightweight duvet or you always feel the cold and need something more substantial these are the perfect choice. The duvets are so soft they feel almost like down. The pre-shrunk satin striped cotton cover has a thread count of 294 making it impermeable to dust mites. Wash at 60C when necessary. The duvet conforms to the Oeko-tex Standard 100 - free from harmful substances.

		4.5tog	9 tog	13.5tog
SSDS	135x200	£55.50	£57.85	£60.20
SSDD	200x200	£74.30	£76.65	£86.05
SSDK	230x220cm	£86.05	£93.10	£97.80
SSDSK	260x220cm	£90.75	£102.50	£109.55

Cosy Organic Flannelette Bedding

- ✓ If you love softness and warmth, these are the sheets for you!
- ✓ 100% organic cotton flannelette
- ✓ Keeps you warm and cosy during the cold winter months

There is nothing quite as comforting as snuggling up in flannelette sheets. These soft and luxurious brushed cotton sheets are unbleached and undyed - ideal for the colder months. They wash well and are generously sized. Machine wash at up to 60C.



OCFP	Pillow Cases per pr	50x75cm	£14.99
OCF36	Fitted Single	90x190cm	£24.99
OCF54	Fitted Double	137x190cm	£32.99
OCF60	Fitted King	152x198cm	£35.99
OCF70	Flat Single	178x254cm	£35.99
OCF90	Flat Double	229x254cm	£39.99
OCF100	Flat King	254x264cm	£42.99
OCFDS	Duvet Cover Single	137x200cm	£37.99
OCFDD	Duvet Cover Double	200x200cm	£53.99
OCFDK	Duvet Cover King	225x220cm	£62.99

FURTHER INFORMATION & ORDERING

For our complete range of products, carriage charges (standard £4.50), terms and conditions or further information, please contact us for our current catalogue or visit our website on www.healthy-house.co.uk. VAT exemption forms for the dust mite proof bedding and light boxes, and rental forms for the light boxes will need to be downloaded or requested by phone. Please telephone us to order or order online on our secure website. Please contact us if you would prefer no more mailings.

Order now 0845 450 5950 or www.healthy-house.co.uk

LitePod for mild S.A.D.

Save up to £13.52

- ✓ Increases energy and helps relieve mild S.A.D.
- ✓ 10,000 lux at 30cm
- ✓ Treatment time 45-60 minutes at 50cm

The LitePod is small, discreet and perfect for use at home or in the office. It fits neatly between a keyboard and monitor or on the counter top in the kitchen. Simply using it every day will supplement light, increase energy levels and counteract the symptoms of mild S.A.D. If you find you fall asleep in the evening we recommend using the LitePod in the early evening to help you stay awake until bedtime (do not use it less than 3 hours before going to bed). The LitePod is supplied with daylight tubes. It is also available to rent by the month. For our other light boxes, please see our website on www.healthy-house.co.uk.

- Can be used horizontally or vertically
- Measures 38x12.5x12.5cm
- 2x24w daylight tubes
- Weighs 1.5kg

The new LitePod Travel Bag gives you the opportunity to have light therapy wherever you are. You can now carry your LitePod safely to wherever you want to use it - at home, at work or wherever you choose. The LitePod Bag is available VAT exempt with the purchase of a LitePod at the same time. Otherwise the VAT inclusive price needs to be paid.

		ex VAT	Offer	incl VAT	Offer
LP	LitePod	£115.00	£105.00	£135.13	£121.61
LPR	LitePod x 1 month	£19.00		£22.33	
LPB	LitePod Travel Bag	£14.99		£17.61	



Geomack Energetic Vitalisers

Save 10%

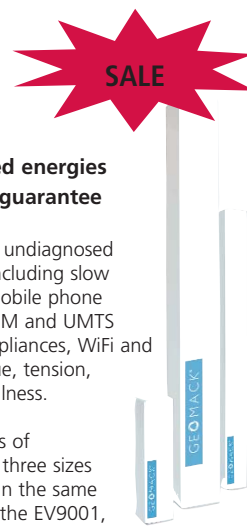
- ✓ Relieve the symptoms of electro and geopathic stress
- ✓ Clear the home or workplace of distorted energies
- ✓ Larger units carry 3 month money back guarantee

Electromagnetic stress is often an unrecognised and undiagnosed factor in many minor and more serious conditions including slow recovery from illness. Contributing factors include mobile phone masts, substations, pylons, DECT phone systems, GSM and UMTS mobile phones, computer equipment, household appliances, WiFi and Bluetooth systems. Symptoms can range from fatigue, tension, insomnia, low immune system efficiency to serious illness.

The Energetic Vitalisers neutralise the harmful effects of electromagnetic and geopathic stress. They come in three sizes (plus the G-Oyster pocket sized unit). They all work in the same way and do not use mains power. The EV4001 and the EV9001, when placed on the ground floor, also cover the floors above. The area covered denotes the area of the ground floor.

The three products below can be returned within 3 months if you have not felt a benefit. They must be in new condition, in their original packaging. Please notify us first if returning an item.

	Coverage	Usually	Offer
EV601	3m diameter	£117.00	£105.30
EV4001	up to 100m3	£277.00	£249.30
EV9001	up to 200m3	£397.00	£357.30
P/p	on above units	£7.50	£7.50



Stainless Steel Gravity Water Filter with 2 Free Glass Bottles

- ✓ Provides healthy, clean water for drinking and cooking
- ✓ Portable and free standing - no plumbing involved so that you can use it in rented accommodation or while travelling
- ✓ Filters fully tested and certified
- ✓ Now with 2 Free 0.5L Glass Bottles

The Gravity Water Filter is a great way of benefiting from filtered water "on tap" especially if you are travelling or living in rented space. It sits on the counter top providing plenty of water for each day and can be refilled at night for the next day's supply.

The upper container is filled manually with water which then filters down to the lower container passing through the filter candles. The water then comes through the tap at the bottom of the unit. The lower tank has a capacity of 9 litres. It takes 1 hour for 1 litre to pass through the filters. Please allow longer when using for the first time.

You can choose to have standard filters or heavy metal filters. The filter candles should be replaced every 9 months for 2 people and every 6 months for 4 people. The Gravity Water Filter will arrive unassembled with full instructions on how to assemble it. The housing measures 20.9cm in diameter and 53cm high. One year guarantee.



Shower Filters for high or low pressure

- ✓ Stop itching and dry skin caused by showering in chlorinated water
- ✓ Control some bacteria such as algae and fungi
- ✓ Prevent respiratory problems caused by inhalation of chlorine from the shower

These shower filters fit between the shower hose and your existing shower head. They use KDF 55 filter media made of high purity copper and zinc alloy. Please specify whether your water is on tank (low pressure) or mains (high pressure). Replace your Low Pressure Shower Filter once a year. The High Pressure Shower Filter has a replaceable cartridge which needs replacing once a year (12,000 litres). The housing needs to be replaced every 3 years or as needed. The shower filters are easy to take with you when staying away from home.

RST	Low Pressure Shower Filter for Tanks	£39.99
RSH	High Pressure Shower Filter for Mains	£44.99
RSHC	Replacement Cartridge for High Pressure Filter	£24.99



The Crystal Ball Bath Dechlorinator

An ingenious invention that changes chlorine into zinc chloride which is a harmless compound. Hang the ball on the bath tap spout to allow incoming water to flow over the ball. When full, swirl the Crystal Ball through the water for about 5 minutes. By doing this chlorine and chloramine should have been reduced by 90%. The ball also contains 29 grams of virgin crystalline quartz, which helps 'energise' the water by reducing the water's surface tension and increases the sudsing and lathering of soaps and shampoos. The media inside the ball will last up to one year (approximately 200 baths). Replace the filter bag once a year.

CBD	Bath Dechlorinator	£39.99
CBDRB	Replacement Bag	£29.99



Bath and Shower Set - Save 10%

Combining a Crystal Ball with a Shower Filter gives you chlorine free bathing at a 10% saving. Please state whether you require a shower filter for tank (low pressure) or mains (high pressure).



With Standard Filters

The Gravity Water Filter Standard will remove in excess of 97% of free chlorine, 99.999% of pathogenic organisms such as bacteria: e-coli, cholera, typhoid and cysts: cryptosporidium and giardia. The Super Sterasyl™ filters will also reduce chemicals. For further information please see catalogue 20 or our website.

With Heavy Metal Filters

The Gravity Water Filter with heavy metal filters will remove all of the above contaminants plus heavy metals.

GWPD	With Standard Filters with 2 Free Glass Bottles	£94.99
GWPHM	With Heavy Metal Filters with 2 Free Glass Bottles	£99.99
GWPSS2	Replacement Super Sterasyl Filter x2	£29.99
GWPHM2	Replacement Heavy Metal Filter x2	£34.99

		Usually	Pack Price
BSST	For Low Pressure (Tanks)	£79.98	£71.98
BSS	For High pressure (Mains)	£84.98	£76.48

Order now 0845 450 5950 or www.healthy-house.co.uk