



**SWEETWATERS
ECO-FARM**



PRODUCT CATALOGUE

2026

HANDMADE - ORGANIC - LOCAL



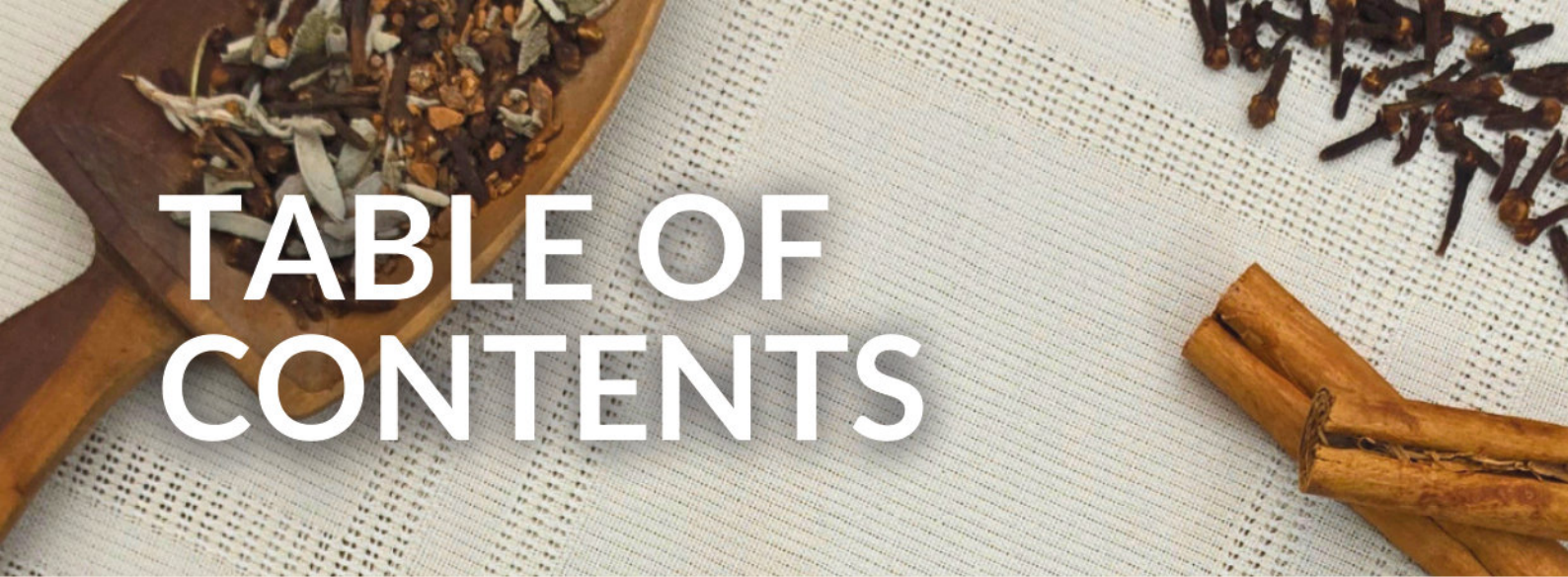


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OUR STORY & SOIL

Founder Story

Sweetwaters Eco-Farm was founded by Waruguru, whose journey began with a quiet but powerful decision- to step away from corporate life and return to something more meaningful, grounded, and connected to nature. She launched her organic farming venture in Nanyuki in 2016. Drawing from ancient Agikūyū healing tradition, she expanded, shortly thereafter, into manufacturing her own brand of artisanal herbal teas and natural personal care products. Waruguru is proud to offer you the highest quality products, made with natural ingredients and delivered in modern packaging.

What started as a personal shift has grown into a thriving eco-farm that brings together community, nature, and mindful production.

The Farm's Organic Philosophy

At Sweetwaters Eco-Farm, we believe that true wellness begins with what we grow, create, and consume. Our philosophy is rooted in working in harmony with nature, cultivating food, botanicals, and wellness products using sustainable, organic practices that respect both the land and the people who depend on it.

We prioritise high-quality, traceable ingredients, free from harmful chemicals and unnecessary additives, allowing nature's goodness to shine through. From our farm-grown herbs and pantry staples, to our handcrafted skincare and wellness products, every offering reflects our commitment to purity, sustainability, and mindful living. By choosing organic methods and supporting other like-minded partners, we strive to create products that nourish the body, restore wellbeing, and contribute to a healthier future for generations to come.



Stay With Us

Whether you're planning a quiet getaway or a shared retreat experience, Sweetwaters Eco-Farm offers a space to truly slow down and reconnect. Reserve your stay today and experience nature, simply.





Rosemary tea
with star anise and sage

120g



THE BREW BAR

SWEETWATERS ECO-FARM HERBAL

TEA VARIETY PACK

"Three tea bags of each flavour"

Cinnamon tea

with cloves and sage



Turmeric

with black pepper and lemongrass



Hibiscus tea

with sage and thyme



Rosemary tea

with star anise and sage



Chamomile tea

with ginger



HOW TO USE

One tea bag makes four cups of tea

- Place tea bag in kettle or flask.
- Add four cups of boiling water and steep for 15 minutes.
- Left over tea can be stored in the fridge and reheated if desired.
- Enjoy hot or cold.
- Sweeten with honey as needed.

Net wt 175g



THE BREW BAR



Turmeric Tea

With black pepper & lemongrass

Ksh 1300

A warming blend of turmeric, black pepper, and lemongrass, crafted to support healthy inflammation response, digestion, and overall wellbeing. Bright, aromatic, and naturally uplifting, it is a nourishing herbal tea for everyday wellness.

Ksh 1300

A soothing blend of calming chamomile flowers and farm-grown ginger, crafted to support relaxation, digestion, and overall wellbeing. Naturally caffeine-free, this warming herbal infusion is perfect for unwinding at the end of the day or enjoying a moment of balance and comfort anytime.

Chamomile Tea

With ginger



Cinnamon Tea

With cloves & sage

Ksh 1300

A warming blend of cinnamon, cloves, and sage, crafted to support healthy blood sugar balance, digestion, and overall wellbeing. Rich in natural antioxidants and aromatic spices, this comforting herbal tea offers a nourishing and flavourful wellness ritual for every day.

Ksh 1300

A fragrant blend of rosemary, sage, and star anise, handmade to support focus, digestion, and overall wellbeing. Refreshing, warming, and rich in natural antioxidants, this herbal infusion offers a nourishing daily ritual for both body and mind.

Rosemary Tea

With sage & star anise



THE BREW BAR

Ksh 1300

A vibrant blend of hibiscus, sage, and thyme, crafted to support immunity, digestion, and overall wellbeing. Rich in natural antioxidants with refreshing floral and herbal notes, this uplifting tea offers a delicious and nourishing wellness ritual for every day.

Hibiscus Tea

With sage & thyme



Herbal Tea Variety Pack

Ksh 1500

The Sweetwaters Eco-Farm Herbal Tea Variety Pack is the ultimate collection for tea lovers and health enthusiasts alike. Featuring five masterfully curated herbal blends, this pack offers the perfect cup for every mood, from a morning immunity boost to a soothing bedtime ritual. Each box contains three large tea bags of each flavor (15 bags total).

Hibiscus or Lemon Kombucha (500ml)

Ksh 500

Refresh your body and revitalize your digestive health with our Sweetwaters Eco-Farm Kombucha. This "gut-loving probiotic drink" is naturally fermented to create a crisp, effervescent tonic that is as delicious as it is beneficial.



Live Kombucha SCOBY

Ksh 500

Ready to master the art of home fermentation? This Live Kombucha SCOBY is sourced directly from Sweetwaters Eco-Farm. "SCOBY" stands for Symbiotic Culture of Bacteria and Yeast, the living engine that transforms ordinary sweet tea into a fizzy, gut-healthy beverage. This active culture arrives in a glass jar filled with scoby, ready kombucha starter and instructions.





FARM FRESH PANTRY

FARM FRESH PANTRY



Grass-fed Beef Tallow (600g)

Ksh 600

Step back in time and move away from processed seed oils with our Natural Homemade Beef Tallow. Rendered from 100% grass-fed beef, this nutritional powerhouse brings unparalleled flavor and stability to your kitchen. Supports a keto and paleo dietary plan. Rich in linoleic acid, niacin, selenium, and riboflavin. Contains B Vitamins, vitamins A, D, K2, and E.

Grass-fed Goat Tallow (600g)

Ksh 700

Our Natural Homemade Goat Tallow, rendered from 100% grass-fed goat is a nutritional powerhouse. It provides vital fats, acids, and vitamins required for health, strength, and physical development. Rich in linoleic acid, niacin, selenium, and riboflavin. Contains B Vitamins, vitamins A, D, K2, and E.



Raw Honey (300g)

Ksh 500

Harvested directly from our 25 hives, our Raw Organic Honey is a liquid gold tribute to the biodiversity of the Sweetwaters Eco-Farm. Packaged in a charming glass jar with a hand-tied gingham cover, this honey is never heated or ultra-filtered, preserving all the natural enzymes, pollen, and antioxidants that nature intended.

Seasonal Marula Jam (300g)

Ksh 350

Made from wild-growing African marula fruit, our Marula Jam is a rich, naturally sweet pantry staple that celebrates the vibrant flavours of indigenous African foods. Handcrafted in small batches with warming spices and mango at Sweetwaters Eco-Farm.





FARM FRESH PANTRY



Homemade Chilli (300g)

Ksh 500

Made in small batches using fresh, organically grown chillies and natural ingredients, our Homemade Chilli delivers bold flavour with just the right amount of heat. Perfect as a condiment, marinade, or cooking ingredient, it adds a delicious kick to everyday meals—without artificial preservatives or additives.

Homemade Pesto (300g)

Ksh 500

Bring the vibrant, fresh flavors of the farm to your table with our Homemade Organic Pesto. Crafted in small batches using, this pesto is a concentrated burst of organic herbs and premium ingredients, perfectly balanced to elevate any meal.



Tallow Soap (200g)

Ksh 400

A traditional, nutrient-rich soap handcrafted with natural tallow and skin-loving botanicals to gently cleanse without stripping the skin's natural moisture. Rich, creamy, and deeply nourishing, it leaves skin feeling soft, balanced, and naturally refreshed.

Sage Bundle

Ksh 300

Clear the heavy energy and invite a little love, light, and peace into your space. Our Handcrafted Floral Smudge Sticks are more than just a beautiful aesthetic—they are a sensory tool designed to reset the vibes of your home, office, or meditation space.





Diatomaceous
Earth

60g

DAWA CORNER





DAWA CORNER



Diatomaceous Earth (60g)

Ksh 1,000

Experience the versatile benefits of Pure Diatomaceous Earth, a powerful detoxifier for heavy metals. This silica-rich supplement is a powerhouse for those seeking a natural approach to internal cleansing, bone health, and skin vitality

Baobab Powder (120g)

Ksh 500

Made from the naturally dried fruit of Africa's Tree of Life, our Baobab Powder is a nutrient-rich superfood packed with vitamin C, fibre, antioxidants, and essential minerals. Add it to smoothies, yoghurt, porridge, or juices for a refreshing boost to immunity, digestive health, and everyday wellbeing.



Stinging Nettle Powder (120g)

Ksh 500

Made from carefully dried and milled stinging nettle leaves, this nutrient-rich superfood powder is a natural source of vitamins, minerals, and antioxidants. Traditionally valued for supporting energy, vitality, and overall wellbeing, it can be easily added to smoothies, teas, soups, or everyday meals for a nourishing boost.



DAWA CORNER



Natural Parasite Cleanse

Ksh 4,500 (3 weeks course)

A traditional herbal blend featuring sweet wormwood, black walnut, and clove, carefully selected to support digestive health and natural cleansing protocols. Crafted as part of a holistic wellness approach, this botanical trio has been traditionally used to promote gut balance and overall wellbeing.



Weight Loss Pack

Ksh 7,500 (1 month)

A thoughtfully crafted blend of indigenous herbs, traditionally used to support appetite management and metabolism. Rich in plant nutrients and antioxidants, this botanical blend complements a healthy lifestyle and balanced nutrition approach.





THE BEEHIVE COLLECTION



BEEHIVE COLLECTION



Bee Propolis Tincture (30ml)

Ksh 2,000

A potent natural extract made from bee propolis, traditionally valued for its immune-supporting and antioxidant properties. Rich in beneficial plant compounds collected by bees, this concentrated tincture is a convenient way to support everyday wellness and seasonal immune health.

Organic Beeswax Lipbalm (30g)

Ksh 300

A nourishing blend of organic beeswax, shea butter and olive oil designed to moisturise, protect, and soften dry lips. Smooth, soothing, and free from unnecessary additives, it provides long-lasting hydration for healthy, naturally cared-for lips.



CBD Healing Salve (25g, 50g, 100g)

Ksh 600, 1,000, 1,800

A deeply nourishing salve crafted with CBD, botanical oils, and natural waxes to soothe dry skin, support tired muscles, and promote everyday comfort. Rich, restorative, and easy to apply, it is an ideal companion for massage, recovery, and targeted skin care.

Comfrey Healing Balm (25g, 50g, 100g)

Ksh 500, Ksh 800, 1500

A soothing botanical balm crafted with comfrey and nourishing natural oils to support tired muscles, stiff joints, and dry skin. Traditionally valued for its comforting properties, it is ideal for massage, everyday skin care, and helping ease discomfort associated with overworked muscles and arthritis.





FRANKINCENSE
& MYRRH



FRANKINCENSE & MYRRH



Frankincense Essential Oil (10ml)

Ksh 2,000

Distilled in-house at Sweetwaters Eco-Farm from sustainably sourced frankincense resin from Northern Kenya, this pure essential oil is prized for its calming aroma and skin-supporting properties. Traditionally used to promote relaxation, meditation, and healthy-looking skin, it is a timeless addition to any natural wellness routine.

Myrrh Essential Oil (10ml)

Ksh 2,500

Distilled in-house at Sweetwaters Eco-Farm from sustainably sourced myrrh resin from Northern Kenya, this pure essential oil is valued for its rich, grounding aroma and restorative properties. Traditionally used to support skin health, relaxation, and meditation, it offers a deeply nourishing addition to natural wellness and self-care routines.



Aromatic Myrrh/Frankincense Briquettes (700g)

Ksh 500

A warming blend of cinnamon, cloves, and sage, crafted to support healthy blood sugar balance, digestion, and overall wellbeing. Rich in natural antioxidants and aromatic spices, this comforting herbal tea offers a nourishing and flavourful wellness ritual for every day.



CONTACT & FAQs

FAQS & CONTACT

Are your products organic?

We use organic farming practices wherever possible and carefully source high-quality natural ingredients from trusted growers and community partners.

Do your products contain harmful chemicals?

No. Our products are formulated without parabens, sulphates, artificial fragrances, mineral oils, and other unnecessary synthetic ingredients.

Where are your ingredients sourced?

Many ingredients are grown on our eco-farm in Nanyuki, while others, including frankincense and myrrh, are sustainably sourced from trusted partners and women's cooperatives in Northern Kenya.

Are your skincare products suitable for sensitive skin?

Our products are crafted with gentle, natural ingredients. However, we recommend performing a patch test before use.

Are your essential oils pure?

Yes. Our frankincense and myrrh essential oils are distilled in-house and contain no synthetic additives or fillers. We have ensured testing at Kenyatta University.

Do you offer wholesale and bulk supply?

Yes. We supply selected raw materials, resins, gums, essential oils, and finished products for retail, hospitality, and manufacturing clients.

Do you offer contract manufacturing?

Yes. We provide contract manufacturing services for essential oils, natural skincare, and wellness products.

How can I place an order?

Orders can be placed through our website, WhatsApp, social media pages, or by contacting us directly.

Do you deliver across Kenya?

Yes. We offer nationwide delivery and can arrange international shipping for selected products.

Can I visit the farm?

Absolutely. Guests are welcome to visit Sweetwaters Eco-Farm, stay at our eco-cottage, attend wellness retreats, and experience our farm-to-wellness philosophy firsthand.



Connect with us on Social Media
@sweetwatersecofarm



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Address

Nanyuki, Kenya:
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15 minutes from Ol Pejeta
Conservancy

