

The Root and Branch

Wholesome living services

SURYA LUNA

Environmentally conscious
Christmas gifts

LEMON WELLMED

Achieve optimum health with
Lemon Wellmed

COTTON CRAB CLOTHING

Just for you

UNFURL JOURNEYS

Sound Healing Therapy



Welcome to our Nov/Dec issue

We hope you are gently easing into the month of November and enjoying all that this lovely month brings; fireworks night, seasonal foods, cosy fires and much more. As November comes to an end we head into the busy month of December where we start to prepare for all the Christmas festivities. A busy month indeed.

Let us help you to take a moment for yourself whilst in the midst of all the busyness. We have a beautiful selection of services to soothe your mind, body and soul along with gorgeous Christmas wellbeing goodies too.

Thank you for supporting the Root and Branch Magazine and our small wholesome living businesses. It means the world to us all.

Wishing you a Merry Christmas and a Happy New year when it arrives.

See you in 2022.

With love and gratitude

Anita x



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@rootandbranchmag



therootandbranchmagazine

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Disclaimer: Most of our articles are written by our advertisers, each an expert in their own wellbeing field. While we edit and assess the content and may ask questions, authors are responsible for the veracity of their statements and for clearing permission for their images. We do not accept liability for any misadventure arising from advice given. If you have questions or doubts about any content, or need to know more, please contact the practitioners, whose details are given, requesting references for their assertions or sources of more information. Please also let us know if there is anything you have concerns about so that we can make the next issue even better than this one

www.rootandbranchmagazine.co.uk



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UNWIND ~ OPEN ~ RELEASE

Like the fern who curls upwards in spring, unfurling as it grows, Helen's sound healing allows just that. Working with a combination of instruments, singing bowls, chimes and her voice, Helen invites you to experience a unique unfurling for your wellbeing and personal growth.

Coming from a heart centred, intuitive and gentle place, Helen's journeys with sound create a nurturing safe space to be welcomed into. Sound reaches deep; allowing us to relax enough to soften, open, and release; creating stillness and flow for our minds, our bodies and our lives.

For more information about my regular group and online sessions from Fife, please contact me via email or social media.

FB:unfurljourneys

IG: @unfurl_journeys

E: unfurljourneys@gmail.com



THE HEALING HOUSE

The Healing House

Do you suffer from one or more of the following?

Anxiety
Depression
Chronic pain
Fatigue
Emotional stress
Insomnia

Reiki is known to induce deep relaxation, help people cope with difficult situations, relieve stress and improve overall well-being.

Alternative or energy healing is now widely used within the NHS in hospitals and studies show that it is becoming part of patients care if the patient chooses.

Could reiki help you?

Please feel free to get in touch if you would like to know more about level 1&2 reiki training .

facebook@thehealinghouse www.the-healing-house.webnode.com Mobile : 07930068768



Are you feeling the effects of the past couple of years?

Gillian shares tools to alleviate stress, anxiety, overwhelm and tension, leaving us resilient and better equipped to meet the challenges of life. Her tools include Mindfulness, Emotional Freedom Technique (EFT) and Reiki, using the outdoors whenever possible

Gillian works face-to-face, online or outdoors, with individuals, families, schools, businesses and other organisations. She works from her home studio, near Inch and from the Urban Wellness Hub, Bridge of Don, as well as facilitating outdoor sessions for teenagers and adults.

Feel free to get in touch for a chat first, to find out more before making your first booking.

**HEALTH IS
A STATE OF
MIND
WELLNESS IS
A STATE OF
BEING**

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Festive wellbeing goodies at Holistichem

Christmas is coming! If you're looking for some thoughtful gifts, here at Holistichem we've got you covered.

From our 12 days of Christmas advent calendar containing a selection of reiki-charged crystals and exclusive handmade jewellery to our limited-edition Festive Wellbeing Box featuring crystals, jewellery, incense and more we've got something suitable for all your and your loved ones needs.

Head over to our website www.holistichem.com to see these items and so much more. Ordering online is quick and secure with free shipping on orders over £30. Browse and buy from the comfort of your own home. Your Christmas shopping has never been easier!

Connect with us on our Facebook and Instagram pages.

Holistichem



FB: [holistichem](https://www.facebook.com/holistichem)

IG: [@holistichem](https://www.instagram.com/holistichem)

W: Holistichem.com



Hello, I'm Natalie, founder of CottonCrab Clothing, lovely to e-meet you!

I am a sustainable, ethical, vegan clothing brand, offering Men's Women's, Children's and Unisex clothing and accessories, with people & the planet at the heart of everything I do.

All my products use 100% GOTS Certified Organic Indian Cotton. They are made in Fair Wear Foundation Certified facilities and PETA Certified.

I have two areas of the company. Made by Me where I have taken a little adventure into designing and making products myself. All other products are made by a lovely eco friendly printing company, Inkthreadable

I support The Circle's, an NGO founded by Annie Lennox, Living Wage for Garment Workers Project with 5% donated from all purchases.

Take 10% off using code ROOT10 until the 15th of December.

I can't wait to connect with you all!

Natalie & The CottonCrabs

Etsy - www.etsy.com/uk/shop/CottonCrabClothing

TikTok - vm.tiktok.com/ZM8J5P8Wn/

FB: cottoncrab

W: Cottoncrabclothing.co.uk

IG: @Cottoncrabclothing

AberNecessities Christmas Campaign

For many, Christmas is the most magical time of the year. The tree is up, the lights are twinkling, snowflakes are in the air and the stockings are hung up awaiting Santas arrival. The children get into their festive pyjamas, leave a carrot out for Rudolph, followed by a cosy drink and Christmas cookie before story time; then it's a wish of sweet dreams, sleep tight followed by a kiss goodnight.

Sadly, 18% of children across Aberdeen and Aberdeenshire are living in poverty which means this magical feeling and the hopeful anticipation of Christmas morning doesn't really exist and the lead up to the festivities is upsetting, stressful and often dreaded. AberNecessities wants to change that and add a little magic wherever we can.

Our Christmas campaign - 'No Child Should Go Without Believing in Magic' will provide hundreds of children living across the North-East with a Christmas Eve Box filled with cosy pyjamas, slipper socks, a festive activity, reindeer food, a Christmas story, a mug and hot chocolate as well as a sweet treat to ensure we make the magic of the night before Christmas special and memorable. Afterall, childhood should be a time when everything is real and anything is possible.

If you would like to help us in our efforts and help make a happy memory for a little one this Christmas please visit www.abernecessities.co.uk to see how you can get involved.

FB: AberNecessities

www.linkedin.com/abernecessities

W: abernecessities.co.uk





Healing your throat chakra

thelittleroomofcalm.co.uk



The word Chakra originates from Sanskrit and translates to mean “wheel” which is how these energy centres appear, as vortexes of energy that interact with one another and the various systems within our bodies. The practice of balancing these chakras has been reported to bring about an increase in energy, vitality and overall sense of wellbeing and encourages the free flow of energy (ch'i) throughout our bodies. There are seven chakras located from the base of the spine (Root Chakra) to the crown of the head (Crown Chakra) which each have their own specific role in our physical and emotional wellbeing. The fifth in my series of articles focuses on the Throat Chakra, associated with speaking our truth.

The Throat Chakra is located in the indent between the meeting of our collarbones and the associated colour is blue. The Throat Chakra can become imbalanced in times we may feel unable to express our inner thoughts and feelings openly. Closing our eyes and meditating on this area filling with bright blue light whilst repeating the mantra “I am safe to communicate my truth lovingly and openly” is one way in which we can restore balance. Singing is also another lovely way to shift blocked energy within this chakra (it can be in the shower/solo car journeys if you're nervous to sing in front of anyone else!). Wearing blue clothes or jewellery, eating blue foods such as blueberries and blue spirulina, carrying Turquoise or Lapis Lazuli crystals and using soothing Lavender essential oil in a burner or a bath are all wonderful additional ways to give our Throat chakra a boost. Whichever you choose, ensuring that it is a beautiful act of loving self-care is most important.

With much love and light, Chantal x



The Little Room of Calm

FB: the-little-room-of-calm

IG:@thelittleroomofcalm



Quality handmade waxed food wraps and pouches

Leaf Natural Food Wraps is an indie business based in Fife, specialising in quality handmade waxed food wraps and pouches, and other eco products made from the offcuts.

Wraps and pouches come in both traditional patterned fabrics, and also in our best-selling signature unbleached calico, hand stamped with original lino cut designs - custom branded options also available.

Our beeswax is local (vegan plant wax also available), and all product packaging is made from secondhand parcel paper.
Big heart, little footprint.

FB & IG: @leafnaturalfoodwraps

Web shop: <https://leaf-natural-food-wraps.sumup.link>



LIPOSOMAL SUPPLEMENTS in powdered form



Liposomal Supplements – The perfect formula for your body!

Liposomal supplements have been developed using innovative technology that ensures maximum absorption of vitamins and nutrients into the body. They remain in the bloodstream longer than traditional supplements as they are not affected by the digestive system. This means that you get the complete benefit from the supplement and ensures you remain in optimum health.

Ingredients are 100% natural, vegetarian, and vegan friendly. Each ingredient is critically selected for quality and purity. Only the very best ingredients end up in our products. No unnecessary additives. All products are put together with the utmost care.

We have a wide range of quality liposomal supplements to empower your health with countless benefits. They come both in liquid and powder form and suit all ages and all needs.

You can't do without the Cure C, combining Vitamin C with Quercetin, the great Brain Power formula, combining Curcumin with Resveratrol and the award-winning GABA with Ashwagandha. Not to mention the unique dry range that stands out for purity and unprecedented absorption rate. This exceptional range includes superior combinations: vitamins D3 and K2 with magnesium, premium multivitamins and multi-minerals blend, vitamin B12 enriched with D-ribose, MSM with Boswellia and Glucosamine. To try also the single-ingredient range featuring glutathione, vitamin C, magnesium, curcumin, bamboo silica and the balanced compositions of hyaluronic acid and alpha-lipoic acid with vitamin C.

At Lemon Well Med, we firmly believe that this is the best way forward for the consumption of supplements and that liposomal products maximise the benefits of taking supplements. Our supplements can be delivered to your door with ease. Plus, it gives you peace of mind in knowing that your health needs, and those of your family, are being met when using our supplements. We offer incredible value for money.

W: lemonwellmed.co.uk
info@lemonwellmed.co.uk

FB&IG: [lemonwellmed](https://www.facebook.com/lemonwellmed)
Twitter: [Lemon_well_med](https://twitter.com/Lemon_well_med)





Surya Luna Naturals

Are you looking for environmentally conscious Christmas gifts, searching for ways to reduce your plastic footprint or wanting to make the switch to more natural skin and hair care products?

Surya Luna Naturals has evolved from a passion for harnessing the power of nature to create a body care range that loves our skin and our world.

Carefully blending the finest plant oils and butters, fragrant essential oils, beautiful botanicals and gently cleansing mineral clays, we have designed our products to soothe and nourish mind and body, while minimising our impact on the environment.

Our products are 100% vegan and not tested on animals.

Use code **ROOTANDBRANCH10** at checkout to save 10% on your next purchase during November and December 2021.

Find out more at www.suryaluna.co.uk
Follow us on social media: www.facebook.com/suryaluna70
www.instagram.com/suryaluna70



We know life is too short for bad tea.

At Unravel Tea, we have you covered. Explore our carefully curated collection of only the best teas, straight from the misty tea mountains to your cup.

Our herbal infusions bring all the taste, with no added nasties, and are hand made in Scotland.

Transform your tea experience with our award winning teas, you deserve it!

All of our teas are Vegan friendly.

To delve into our teas, and their heritage check us out at www.unraveltea.com



FB: Unraveltea

W: unraveltea.com

IG: @Unraveltea



Your Optimising Cellular Health Consultant

At 63 years young, I live a healthy, active and happy life. I do not take any prescribed medication or suffer from any aches, pains or other debilitating issues. Instead I choose to invest in the latest wellness technology products and devices that will help balance, energise, hydrate, re-mineralise, detox and protect my "Well-Being"

In this month's issue I would like to introduce another one of my companies that I represent;

XELLIS

Tomorrows Nutrition Today
Vertical Farming Technology
The Innovation At The Service Of Your Well-Being

Xelliss offers a range of natural and innovative products in the fields of well-being, nutrition and cosmetics, based on spirulina. Convinced of the advantages at our disposal by controlling a constant quality of spirulina throughout the year, we have developed cutting-edge technology to produce our own microalgae, with exceptional virtues for our cellular health. Our goal is to create innovative product concepts to meet the specific nutritional needs of each of us. We distribute our products through direct sales and through our international network of partners.

What are the benefits of consuming A3 spirulina

After at least one month of use, A3 Spirulina from Xelliss provides energy and vitality, especially in cases of fatigue. It supports the immune system, notably due to phycocyanin. It is a source of quality protein and amino acids.

Spirulina contains most of the essential amino acids; in addition, protein assimilation has been proven to be very good. It helps with weight control and contributes to the formation of red blood cells. Iron contributes to the normal formation of red blood cells and haemoglobin which carry oxygen to the tissues.

Why consume A3 Spirulina

To help those who want a wellness boost and who are looking for vitality, energy and well-being on a daily basis.

During periods of fatigue

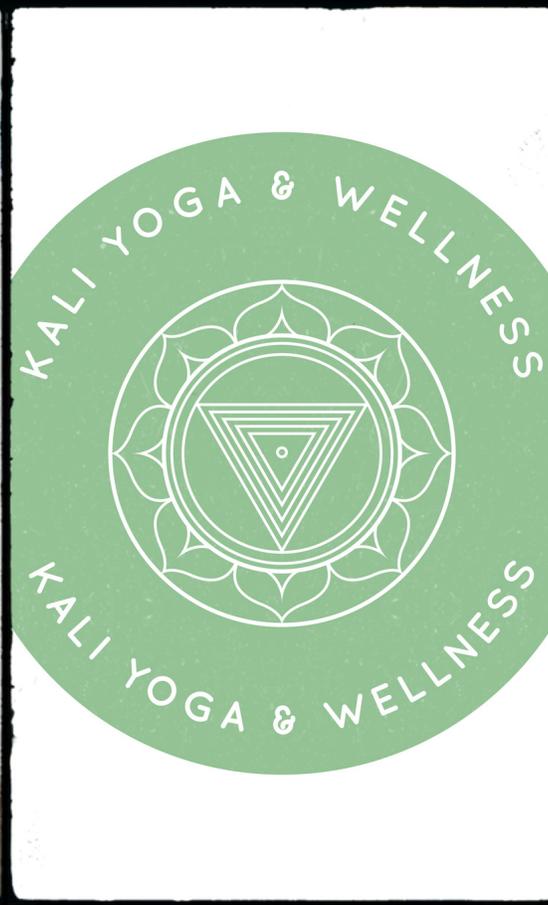
During periods of growth

For sportsmen and women and/or for the athletes: to support physical condition and recovery capacities. After a blood donation (replenishment)

For people with a diet low in foods of animal origin

For more information about my products and services please contact me on +44 7970 846 768 or ian@optimised.health

<https://xelliss.com/ian/shop>



Kali Yoga and Wellness

A new space in the heart of Ellon, Aberdeenshire, offering yoga, pilates and holistic therapies to support the physical, mental and emotional wellbeing of the community. Opening soon!

There are three rooms, available to hire, for workshops, holistic therapies and meditations to name a few. The space will be a social enterprise meaning that any profits will be used to support the local community.

Some of the offerings available are:

Yoga therapy, pre-natal yoga, somatic movement, yin, hatha yoga, pilates, seasonal yoga, restorative yoga, moon based yoga, meditation, baby sensory classes to name a few. There will be specialist workshops coming soon too.

In the Holistic room, reiki, crystal healing, reflexology (feet or face), zone face lift (Ziggie bergman method), shamanic healing, theta healing and much more.

We hope to welcome you to our beautiful space very soon.

Follow us on FB and Instagram

FB: [kaliyogawellness](#) IG: [@kaliyogawellnessellon](#) W: [Kaliyogawellness.com](#)



Festive or Frantic? Keep Calm this Christmas

The build up to Christmas can be stressful with lots to do and think about. Thankfully the Bach Flowers can help to provide some relief.

Whether it be calming over excited youngsters (or grown-ups!), difficulty buying last minute gifts or a stressful family situation, the Bach Flower Remedies are one way to naturally reduce any worries or anxiety. They can also help with overwhelm, exhaustion or even indecision.

The essences are a complementary treatment which help you cope with the emotional ups and downs of life. They are most effective when made up into personalised treatment bottles, choosing from the system of 38 individual remedies and Kim can create a mix especially for you.

Gentle and natural, they are an alternative to (or can be used alongside) conventional medication and are safe for all the family and your pets.

Kim is a Bach Foundation Registered Practitioner (BFRP) based in Aberdeenshire with a passion for supporting emotional well-being. If you would like more information on the positive potential of this wonderful therapy, get in touch.



FB&IG: @holdingyourspace W: holdingyourspace.co.uk Email: holding.space@outlook.com



Crystal Infused Essential Oils
Everyday Healing For Body & Soul

A beautiful combination of essential oils and crystals

At Enlight Oils we are all about combining the incredible, natural benefits of essential oils with the beauty and vibration of crystals. We focus on everyday healing for body and soul.

The ingredients in our products are carefully selected and blended with love (and a little bit of reiki!) to ensure our customers receive the most benefit possible from these magical ingredients. They make a beautiful gift too!

Find us on Instagram [@enlight_oils](https://www.instagram.com/enlight_oils)



IG: [@enlight_oils](https://www.instagram.com/enlight_oils)



Pilates classes with Aurora Fitness

As of November 2021 Aurora Fitness will bring weekly Pilates sessions to venues dedicated to holistic practice and exercise within the North of Aberdeenshire.

If you are interested in Pilates but unsure what type of exercise is included in a session then continue reading. Aurora Fitness hopes to encourage you to join in with the movement of Pilates.

The Pilates method takes a balanced approach towards improving strength, mobility, balance and body awareness. The exercises practiced lengthen and stretch all major muscle groups within the body. Joseph Pilates developed the exercise method in the 1920s from a combination and foundation of ballet, yoga and gymnastics. The focus of each Aurora Fitness Pilates session is postural alignment, core strength and muscle balance. Exercises will be based on low-impact flexibility, muscular strength and muscular endurance movements.

Pilates sessions with Aurora Fitness welcome all abilities. One week may simply focus on body movement and another week equipment may be offered to give a different dynamic to a session.

The most exciting part about taking part in Pilates is the variety that is offered each week and the improvements and benefits that can be seen from regular practice. Each session also has an element of relaxation incorporated into the exercise.

Different venues bring their own unique feel to a session so make sure to look out for a class that suits you as new blocks are released. All equipment including mats, head and sitting blocks are provided when attending.

Check out the Aurora Fitness Facebook page for more information on upcoming sessions and locations.

FB: Aurora Fitness

IG: @aurorafitness.chloe

love and joy

COMING TO YOU IN 2022

Stay connected to our social media pages
for updates



Soul Movement
Healing

IG: @rootandbranchmag

FB: therootandbranchmagazine



**Thank you for supporting the Root
and Branch Magazine throughout
2021**

**Wishing you a very Merry Christmas
and a happy and healthy New Year**

