

The Root and Branch

Wholesome living services

Jan/Feb 2022

SLOW LIVING EVENTS

Conscious living events to support
you and our planet

SMELLY TREES

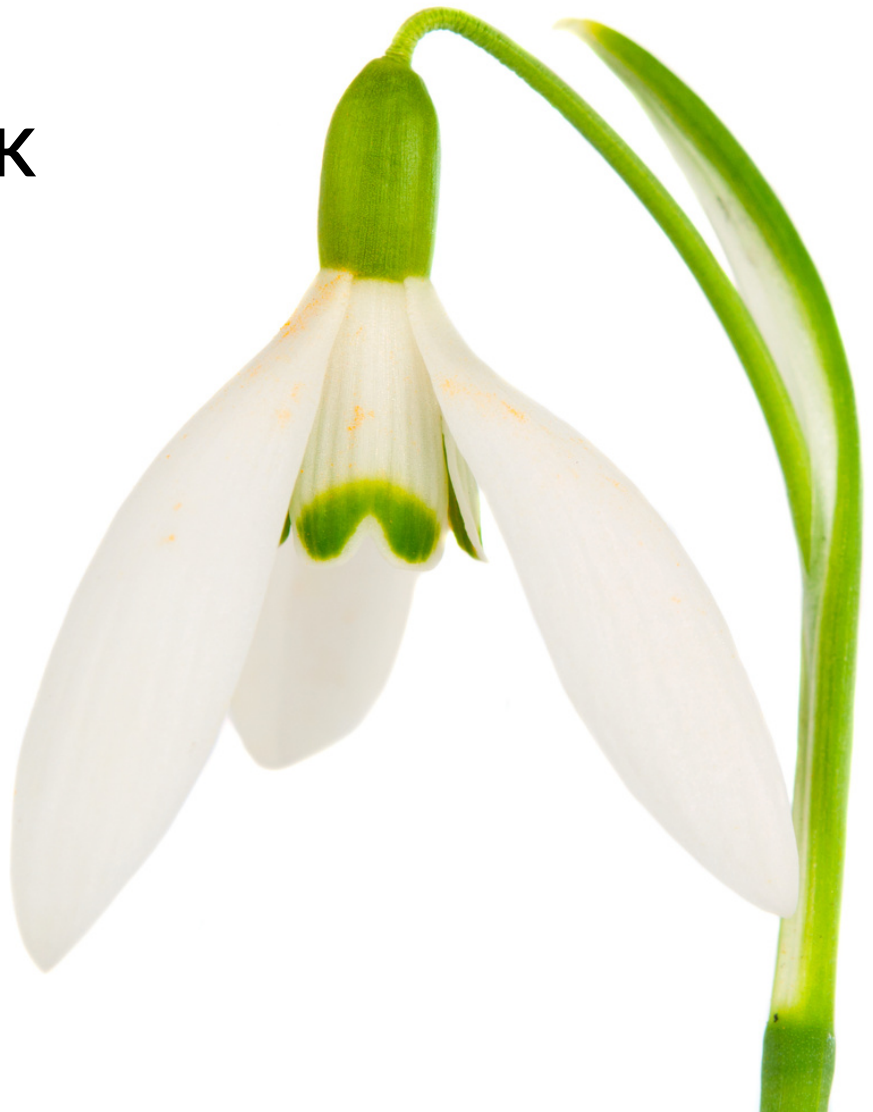
Unisex fragrances made from
100% pure, sustainably
harvested conifer tree oils

FROM SUFFOLK WITH LOVE

A little bit of kindness in a gift box

HOLDING SPACE

Bach Flower Remedies to help the
winter blues





2022

Happy New Year

As we leave 2021 behind we approach a new year with new possibilities. Here at the Root and Branch we aim to kickstart that process with offering a lovely selection of wholesome living services to support your health and wellbeing needs plus the opportunity to do a little online shopping too.

As we enter into the 2022 you may be looking for new opportunities and a change of direction. If you have an interest in health and wellbeing and an eye for creativity you could be just the person we are looking for. To find out more contact the Root and Branch direct.

Wishing you a happy and healthy January and February.

See you in March.

Anita x



**Managing Editor
Advertising
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@therootandbranchmagazine



@rootandbranchmag

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Smelly Trees Fragrances

Smelly Trees is a unisex fragrance made from 100% pure, sustainably harvested conifer tree oils.

The aroma of Fir trees, Spruce and Pine form the heart of Smelly Trees unique formula, evoking the feelings and sensory experience of walking through a crisp fresh woodland, combined with the cleansing and relaxing notes of Cypress, Juniper and Lavender. Founded by Scottish actress and yoga teacher Carina Birrell, each bottle is lovingly handmade in Fife, Scotland. Smelly Trees fragrance mist can be sprayed on the body, around your home or on your pillows at night helping restore our connection to nature whilst smelling incredible.

Trees are critical in preserving oxygen for us to breath and capturing carbon dioxide from our heavily polluted air. Beyond this incredible feat of nature (not to mention potential antidote to Global Warming and Climate Change) the personal health benefits of smelling the scent of trees are endless. Trees release antimicrobial essential oils (phytoncides), which protect them from germs and infestation. For humans these uplifting oils have been shown to boost mood, improve the function of our immune system, lower blood pressure, moderate heart rate, diminish stress and anxiety and can improve our sleep and creativity.

There are no nasty additives or synthetic perfumes and Smelly Trees is 100% committed to green business practices and committed to being as environmentally friendly as possible. Proud to support rewilding charity Scotland The Big Picture, Smelly Trees contributes towards restoration of ancient woodland in Scotland, reforestation and rewilding projects. You can even plant the packaging of the fragrance mist and rewild your own mini patch of wildflowers!

Essential oils from trees also have incredible antibacterial properties. Smelly Trees moisturising hand sanitiser protects and nourishes your skin with the aromas of the forest as well as cinnamon leaf.

INSTAGRAM: @smellytreesofscotland
FACEBOOK: smellytreesofscotland



100% Organic Indian Cotton Clothing

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.

New legging sets and colours available now!

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. A lovely free Vegan Chocolate Lollipop is included as a little Christmas thank you!

I can't wait to connect with you all.
Natalie & The CottonCrabs

Website- www.cottoncrabclothing.co.uk

Etsy- <https://www.etsy.com/uk/shop/CottonCrabClothing>

FaceBook- <https://www.facebook.com/cottoncrab/>

Instagram- <https://www.instagram.com/cottoncrabclothing/?hl=en>

TikTok- <https://vm.tiktok.com/ZM8J5P8Wn/>





The Root and Branch

Wholesome living services



Are you looking for a change in direction and want to try something different? Do you have an interest in healthy living and have an eye for creativity too? Do you want to set your own working hours to fit in with your lifestyle? If this sounds like you then you might be just the person we are looking for.

We are currently looking for people to join our team to help spread the word about small wholesome living businesses in various locations throughout Scotland and the rest of the UK.

We are offering an amazing package that allows you to take control of a creative publication that supports small health and wellbeing businesses.

You do not need experience in creative design as our design package is simple and easy to use.

Knowledge of Instagram and Facebook is required. It is equally important that you enjoy working with the general public too.

We build our brand on offering a genuine supportive service to our advertisers that creates ongoing harmonious relationships.

If you would like more information on how to join us email Anita at the [rootandbranchmagazine.co.uk](mailto:anita@rootandbranchmagazine.co.uk).

Join our team and help support health and well-being businesses in your local community

anita@rootandbranchmagazine.co.uk

www.rootandbranchmagazine.co.uk



Hello there, my name is Lisa and I'm the founder of ReLise Massage Therapy based in Bucksburn, Aberdeen.

For the past 4 years I have provided massage therapy to a wide range of clients for treatments of relaxation to muscle tension release to remedial and sports massage. I am passionate about anatomy and really enjoy learning about how our bodies work.

Massage may benefit your overall health, it improves relaxation by decreasing stress which can often be associated with a poor night of sleep.

I also practice Ear Hopi Candling which may be beneficial for sufferers of headaches, migraines, vertigo, tinnitus, sinusitis or ear ache.

To book an appointment please contact lisa@relisemassagetherapy.com.

**Ease away your
aches and pains with
ReLise Massage
Therapy**

www.relisemassagetherapy.com



FB, IG & Twitter - [relisemassage](#)

Email - lisa@relisemassagetherapy.com

LOOK UP

The man hurried on in the shade of a cloud,
His gate was uncertain, his worried head bowed.
Scanning the path for rocks and tree roots,
Things that might catch on his worn walking boots.
He wouldn't fall down or make a mistake.
No knee would he graze, nor ankle he'd break.
Yet 'cause he looked down, at the uneven ground,
Where problems exist but no joy can be found,
Our walker missed out on the beautiful view
The lush greenery and the sky's vibrant blue.
He saw not the birds that danced through the trees,
And the trees as they swayed in the days gentle breeze.
He saw not the landscape unfolding before him,
The vast, mythic mountains that just might've awed him.
His mind was closed off to all of these things;
The wonder and joy that journeys can bring.
He saw only problems, approaching his feet.
A whole host of challenges yet to defeat.
With a journey so long, as mile piles on mile,
It's good to look up every once and a while



www.etsy/uk/shop/Rorysstories

IG: RORYSSTORIES80

A brand of handmade bath and skincare packaged in minimal recyclable packaging by Seasplang in Montrose.

The main ingredients used are natural or naturally derived. Synthetic ingredients are used when they are essential for the quality of the product. No parabens or sulfates.

Visit the website shop at <https://www.seasplangbeauty.com> or the shop at 63 Murray Street, Montrose, DD10 8JZ
Facebook: <https://www.facebook.com/seasplang.scotland>
Instagram: <https://www.instagram.com/seasplang>



Seasplang

Aurora Fitness offer face to face pilates classes In Ellon and surrounding areas. 1-1 pilates sessions and plans are also available either online or at a location of choice.

Pilates Is a form of low impact exercise where strength exercises are performed to mobilise and activate key areas of the body. Perfect for those who want to take a gentle approach to strength training and improve

or maintain fitness. Sessions benefit components such as posture, strength, flexibility, relaxation/stress management, rehabilitation and balance.

Check out my social media pages for more information on upcoming classes

IG:@Aurorafitness.chloe

FB:Aurorafitness



The Karen Mae Simpson Complementary Holistic Experience is like no other

Time for YOU
Focusing on the “whole” of YOU
Tailored to what YOU require in that moment in time
Enhance YOUR wellbeing
It's up to YOU!
My commitment to you, is to deliver YOUR full potential!

Here are some of the therapies I offer:

Access Consciousness Bars – This is a healing technique that helps the mind from running wild. After just one session, it can effectively erase everything your brain doesn't need, to leave you with a calm and clear mind. 1-day Classes; Kids' classes; Business/Community Workshops are all available.

Access Energetic Facelift – The Access Energetic Facelift is a wonderful way to rejuvenate the face and reverse the signs of aging on the face and throughout the entire body. The gentle soothing touch applied to your face and neck works with your body's cells to restore, enliven and rejuvenate. Classes coming soon. Keep checking my website.

The EMMETT Technique is an amazingly gentle, safe and simple to apply muscle release therapy. It is used to address pain and discomfort, improve body movement, restore a positive emotional state and improve the quality of life. 1-day workshops available.

The Healy – Frequencies for Life. Frequencies are the language of the universe and how your body, mind, and soul communicate. Everything is frequency. The Healy is a personal wearable device that analyses over 10 million frequencies and chooses the ones you need to harmonise your bioenergetic field. Whatever support you need in your life, there is a Healy programme for you.

For your free wellness analysis please go to <https://karenmaesimpson.com/healy/>

Tel: 01651-872935 / Mob: 07811-362215

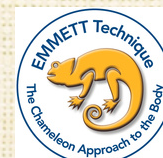
Email: karenmaesimpson@gmail.com

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Facebook: Karen Mae Simpson Complementary Therapies

Instagram: Karen Mae Simpson

LinkedIn: Karen Mae Simpson



TIME TO RESET



Take some time out to care for your mind and listen to your body



Coping with the Winter Blues

The winter season brings with it cosy time in bed, hot chocolate and layers of clothing but for some, it also brings a depressive illness that affects the hormone levels controlling our mood, sleep and appetite.

About 3% of the UK are estimated to suffer from Seasonal Affective Disorder (SAD), a debilitating illness which prevents them from functioning as effectively as they could. And around 20% of people experience milder symptoms, commonly known as the 'winter blues'.

We tend to be more prone to SAD in Scotland because of the lack of sunlight in winter. It can be associated with a longing to "hibernate", bringing an increased desire to eat and sleep, with cravings for carbs and comfort food. Symptoms can include depression, low energy, concentration problems, anxiety, overeating, loss of libido or we might just feel tired, grumpy and a bit "down".

What can you do if you think you have SAD? Get as much natural light as possible. Our brains have not caught up with our modern lifestyles of being inside all day, so a morning walk or taking your lunch break outdoors can make a difference and top up your levels of vitamin D. A good diet and some exercise may also help alleviate symptoms.

The Bach Flower Remedies are one way in which you can naturally support or reduce any worries, stress or anxieties. Using the system of 38 individual remedies, alongside a wellness consultation, a personalised mix is created just for you.

Kim is a Bach Foundation Registered Practitioner (BFRP) based in Aberdeenshire with a passion for supporting emotional well-being.

For more information or a chat about the positive potential of this complementary therapy, get in touch.

**e: holding.space@outlook.com
FB/Insta: @holdingyourspace**

www.holdingyourspace.co.uk

HOLDING
space



Let's make 2022 a year of kindness!

We all need a bit more kindness in our lives and my gift boxes were designed with this in mind. Filled with lovely items to send to that special person for any occasion. For her, for him and even one for the kids!



The gift boxes are planet conscious and plastic free which means they are also kind to the environment too, and all items in them are handmade in my beautiful corner of the world, Suffolk.

Send them your love today.

My website is <https://fromsuffolkwithlove.co.uk>
Instagram: @from.suffolkwithlove
Facebook: @fromsuffolkwithloveco
Email: fromsuffolkwithlove@gmail.com



Dance your way to healing within

Do you feel trapped within and can't find a way to heal past traumas?
Perhaps its time to face those inner fears and clear negative thought patterns.

Movement to music can bring deep healing and build confidence to be the best version of ourselves.

Online and face to face classes coming soon.

Watch this space



anita@rootandbranchmagazine.co.uk



Wellness &
Reflexology



abwr.co.uk

Happy Healthy You - Reflexology for Immune Health - By Shona Tough

Are you run down after all the festivities & from this last couple of years with what covid has brought – it's really been an exhausting time hasn't it!

You may find yourself getting colds, feeling tired or just not your usual self which is making your body feel out of sync. This could all be a sign of your immune system having been weakened.

Keeping your immune system strong is important at anytime over the course of the year but even more so during winter. As throughout the colder months your body is under increased stress and is more vulnerable to coughs, colds and other viruses.

You can help to protect your immune function by making sure that you take the time out to rest; which will better your immune system to work more efficiently.

It's important to prioritise time for yourself so that your body has a chance to recharge itself.

Reflexology's a great way to naturally enhance your immunity levels; helping you to stay healthy during these colder winter months.

This natural therapy calms down your nervous system which can help to relieve anxiety, reduce stress levels, lower blood pressure, improve poor quality sleep and boost your mood. All of which will help to reduce pressure on your immune system; whilst simultaneously strengthening it.

The immune system is your first line of defence, therefore you want it to be functioning at its best so it can support your body in fighting off any illnesses.

Set yourself up for a fabulous 2022 by focusing on keeping yourself well by booking in a treatment with AB Wellness & Reflexology whose sessions are designed with you in mind to help you to rest, relax and recharge.

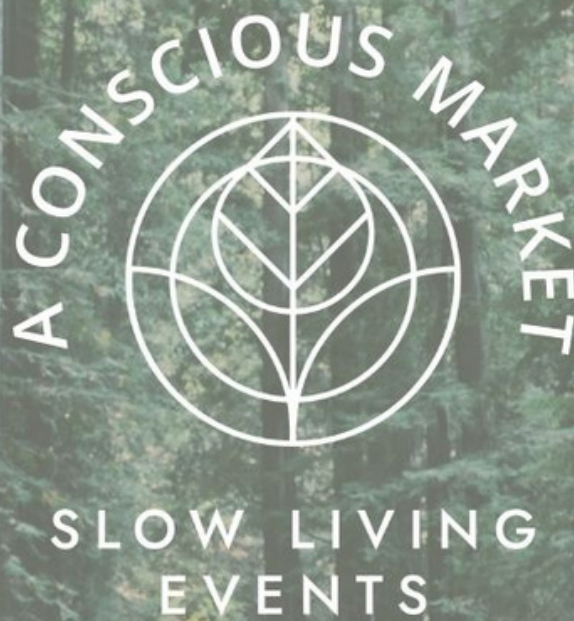
Quote ROOTANDBRANCH when booking online to receive 10% off your next treatment with us.

<https://www.abwr.co.uk/make-a-booking/>

FB:abwellnessandreflexology
IG:abwellnessandreflexology/

<http://www.linkedin.com/in/ShonaToughABWR>

ABWR - Fully insured. Full member of the Association of Reflexologists



Rooted in nature // Grown in the community // Created for the soul

Practising self-care, kindness and a conscious lifestyle has never been so important. As modern living continues to dominate our lives, we encourage you to come back to yourself, to what is important and embrace a simpler, more meaningful way of life.

At Slow Living Events, we are all about promoting a more conscious lifestyle for both ourselves and our planet. Whether it's by practising self-care, sustainability or just by paying more attention to the little things, our events are here to help guide you towards your true self, your full potential and your own unique purpose.

From early 2020, we have held our Conscious Markets at various locations in Aberdeenshire. Our markets are a great opportunity to meet local small businesses who are always full of helpful information and inspiration.

Whether you are looking for ways to become more eco-friendly or you'd like to consider alternative therapies and medicines for your aches and pains or even your mental wellbeing, our markets are a great place to start. We have everything you need to indulge in a little self-care, some healthy eating and detoxing and even some sustainable clothing too. We believe in being kinder, not only to ourselves, but to our planet too.

In 2022, we will be hosting many more Conscious Markets as well as our market workshops and our brand new day retreats which will be held throughout the year. Our retreats are the perfect escape from the stresses of your day to day lives, an opportunity to relax, to grow and to meet others within your community.

For more information, please follow us on social media for regular updates and event announcements.

**A Conscious Market // Sunday 27th
February 2022 // 10am - 4pm // The Barn @
Barra Castle, Inverurie**

**Facebook + Instagram @slowlivingevents
www.slowlivingevents.com**



SLOW LIVING
EVENTS

ARE YOU READY TO YOGA, SETGLOW!



ARE YOU LOOKING TO:

- INCREASE YOUR ENERGY LEVELS
- CREATE MORE RELAXATION & CALM IN YOUR LIFE
- FIND A GENTLE WAY TO MOVE YOUR BODY OR KICKSTART AN EXERCISE ROUTINE
- CLEAR THE CLUTTER BOTH MENTALLY & PHYSICALLY
- CREATE HEALTHY HABITS

**FOR MORE DETAILS ON YOGA,
SET GLOW.....**

**E-MAIL ME ON
HELLO@EMMA-ROSS.CO.UK**

FB: @HOTYOGAABERDEEN

**GET YOUR GLOW BACK AND
SO MUCH MORE!!**

**THEN COME AND JOIN ME
ONLINE...AND GLOW UP YOUR
LIFE!**

Wellbeing classes for all

Kali Yoga & Wellness is a new space in the heart of Ellon, Aberdeenshire, opening its doors on the 1st November.

The faces behind this are Rebecca Murray (top), Kelly Signorini (bottom) and Julie Davidson who look forward to welcoming new practitioners, teachers and therapists in the new year. We are super excited to share and connect with others on this journey.

The intention for Kali Yoga & Wellness is to provide a welcoming, safe, beautiful space that supports mental, physical and emotional wellbeing of people who come to practice, use the services or teach.

We are hugely aware of the effect and impact the last few years have had on people's mental health, this is one of the areas we aim to support. The other key area is supporting women through their various life cycles, including pre-natal, post-natal, peri-menopause & menopause.

Kali Yoga & Wellness will be ran as a Community Interest Company (CIC) meaning profits are used to pay back into the community. This can be an offer of free classes, or reduced rates to particular groups/individuals who wish to use the services but can't afford to. An example of this is would be free yoga classes for children or classes offered to local groups supporting mental health issues.

There are some exciting workshops and training planned in 2022, as well as additional classes. We are also excited to introduce the alternative/holistic therapy room, currently under creation by one of our wonderful therapists.

Yoga Therapy; Somatics; Pilates; Sound Baths; Yoga: 1-2-1; Workshops; Training & CPD; Crystal Healing; Alternative Therapies; Meditation; Mindfulness

Please contact us on any of the methods below to see how we can be of service, or to answer any questions!



KALI YOGA
& WELLNESS

FB: Kaliyogawellness
IG: kaliyogawellnessellon

W: kaliyogawellness.com
E: Info@kaliyogawellness.com



The healing powers of crystals

Jules Healing Gems is now enjoying its 10th year in Ellon. This continued success can be attributed to Jules' consistent delivery of insightful, experienced advice to all her customers on the personal use of crystals and gems and the exceptional quality of the crystals she has always carried throughout the shop's growth and expansion.

This expertise, combined with a diverse selection of associated products and services, perfectly complements the openness of her shop. It is a peaceful space that invites people to come in, look around and just relax in the calm atmosphere of the superb, high quality, cherry-picked crystal collection she maintains for sale.

Each piece is chosen not only for its superior appearance but also for its energetic properties. Customers entering the shop immediately feel the effect of these choices.

We carry a huge range of stock that includes over 250 different tumble stones, salt lamps in several sizes, crystal votive holders, Selenite lamps and one-of-a-kind specimens for energy work or display in a diverse range of sizes, fossils and museum-quality pieces. The crystals are complemented by a selection of fair trade goods, tarot & angel oracle cards, incense, essential oils, wind chimes, books and CDs.

With so many high-quality crystals in one place, we often find customers popping in just to enjoy the energetic ambience. We invite you to come and experience all that this very special store has to offer.

Jules also hosts a Facebook Live Shop every Wednesday at 7.30 pm where people can watch a fun and informative show that has a loyal fanbase and it is a great environment for buying all the goodies Jules has for sale from the comfort of your own home.

For more information on how to contact Jules please go to www.juleshealinggems.co.uk or like us on Facebook - Jules Healing Gems.



Balancing the third eye 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 sixth in my series of articles focuses on the third eye Chakra, associated with inner intuition.

The Third eye chakra is located in the centre of the forehead and the associated colour is purple. The Third eye Chakra can become imbalanced in times we may feel unable to connect to/are blocking our intuition.

Sometimes the noise of everything around us can make it difficult to follow our own inner knowing of what is right for us. Closing our eyes and imagining this area filling with bright violet light whilst repeating the mantra “I trust my inner knowing and intuition” is one way in which we can restore balance. Meditation is also another way in which we can balance energy within this chakra (it can be guided if you find switching off in silence a struggle). Wearing purple clothes or jewellery, eating foods such as aubergines, purple sweet potatoes and red cabbage, carrying or wearing an Amethyst crystal and using soothing Patchouli essential oil in a burner or a bath are all wonderful additional ways to give our Third eye 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

FB: the-little-room-of-calm
IG: @thelittleroomofcalm

WHAT MAKES YOUR SOUL SHINE?



Mindful New Year

It always feels like the year whizzes by! Again, last year had mixed emotions for many. The New Year acts as a wise reminder to push that reset button, hoping to shift old ways and re-evaluate what we really want from our lives.

Now there isn't anything wrong with new year's resolutions, it's wonderful to have goals and aspirations but as long as you take a mindful, balanced approach. So, it's less about the usual upping of pressure and more about doing what's right for you. By positively framing our resolutions and adding more of the good stuff to our lives we are much more likely to achieve this. Ultimately, being much kinder to ourselves.

So, instead of the usual resolutions, let's think of how we can enrich our lives and up those happiness levels! Make a list of the things that are sure to bring joy and fulfilment to your life.

Journaling is a great way to do this or making a list to go up in the kitchen or by your bed. Take the time, really focus, what makes your heart sing? Just the act of writing this will begin to spark positivity and motivation, releasing what you no longer need in your life to make space for freshness, wonderful new opportunities and experiences!

The simple things are often so important too e.g. learning a new skill you've always wanted /tea with a friend/time to read a book etc. Then, as the year goes on, schedule moments of self-care in your diary/calendar. Set that dedicated time for you, adding joy to your daily life. Treat these moments as true gifts to yourself and your self-development. Enjoy your happy lists!

Kindest wishes for a new year with many happy moments, Lisa x

FB: @Calmwaves

IG: calmwaves_wellbeing

THANK YOU FOR YOUR
CONTINUED SUPPORT

WISHING YOU A HAPPY
NEW YEAR

