

The Root and Branch

Wholesome living services

Jan/Feb 2023

SAGE & SONNY

Mindful Living Store

THE SANCTUARY

Event space for hire supporting
healthy living and creativity

RACHAEL MORRICE COACHING

NLP & Hypnotherapy

FRUITS NUTS SEEDS

Healthy and nutritious snacks



Happy New Year

Hello 2023



Anita Bell
Managing Editor
&
Creative Designer

And a Happy New Year to you. I hope you had a lovely festive season and are now looking forward to what 2023 has in store for you.

For me, I like to keep things nice and simple, with a focus on inner happiness, healthy living, spending precious time with family and friends, and of course our beloved pets too. I am also looking forward to growing my business and continuing to support existing and new small business owners throughout 2023.

In this issue we have another super selection of services to help kickstart your year off on a positive and happy footing. We talk to The Little Room of Calm about the power of scent, combining aromatherapy and hypnotherapy for inner healing. You may also love Fruits Nuts Seeds gorgeous selection of energy balls and chocolate truffles to help get you through a busy day, plus Carnie Bees flavoured honey's such as nettle, raspberry, strawberry and many more scrumptious flavours.

As always we would be delighted if you could share our magazine with your family and friends to help us continue to support all the lovely small businesses that join us throughout 2023.

Thank you for your continued support, it means the world.

See you again in March.

With love & gratitude

Anita x



TheRootandBranchMagazine



@rootandbranchmag

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Wellbeing classes in the heart of Aberdeen

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Biodynamic Craniosacral Therapy & Well-being Service (Fife & Edinburgh)

Craniosacral Therapy is a gentle non-invasive but potent way of working with the body using light touch. It supports many conditions and the body's innate ability to heal itself. It can help reduce stress and build underlying energy. It can settle the central nervous system through homeostasis and assist in realigning the body.

Sessions are tailored to suit specific needs and are available for babies, mother/parent and babies, children and adults into elder years.

I also offer Reflexology, Acupressure for pain relief and 1:1 Child Breathwork/Mindfulness.

For further details please contact me at:
info@lbcranioandwellbeing.co.uk

www.lbcranioandwellbeing.co.uk



[biodynamic.craniosacral.therapy.lynn](https://www.facebook.com/biodynamic.craniosacral.therapy.lynn)



The Sanctuary, nestled in Aberdeenshire beside Balmedie. This beautiful space has been created for supporting well-being, health, healing and creativity. This peaceful event space is available for hire for both private and corporate events, classes or trainings.

Check out our current selection of classes, trainings, workshops, treatments and other soul inspired offerings.

Reach out for more info to join our community.



[thesanctuaryathowlands](https://www.instagram.com/thesanctuaryathowlands)



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www.thesanctuaryathowlands.com

"Who you are is your greatest power"



As we enter the new year 2023, it is aligned to be All About You!!

The number 23 is ignited by one of the most magical royal stars, also known as Regulus in the night sky. This star entwines the beautiful energies of courage, passion, strength, creativity and hope.

In 2023 you are opening to a whole new way of being as you are being guided to discover your soul's purpose. What better way to start the year with having clear vision and understanding of who you are and what your soul purpose is as you reconnect with your true-life purpose.

So, if you are ready in this year to align with your destiny, a soul plan reading is for you.

Soul plan is an ancient system of life purpose analysis based on the sound vibration in the letters contained within your birth name. Your unique plan reveals the specific challenges, talents and goals that affect you in this lifetime, both worldly and spiritually. With this information, you will become empowered to make decisions and take action that is aligned to your soul's greatest and highest purpose.

This reading session can be both a powerful and healing experience. It can help you shine light on;

Your life's purpose

How to overcome your greatest challenges

Identify your unique gifts

Align with your highest potential

Reading sessions are up to 90 mins and include a powerful grace healing to clear any blockages and restore your soul plan's optimal blueprint. These readings are delivered by myself by appointment via Zoom and will include a copy of your personal report and chart to keep .

The exchange for your personal Soul Plan Reading is £88.88

I look forward to connecting with you.

To book a soul plan reading please email jacturner88@gmail.com



Higher calling



_jac.turner



Our mindful living store embraces simple, enriching goods for everyday life to make coming home a beautiful thing.

Our spirit is anchored slow, sustainable living and we seek out products to hunker down with that will nourish the soul.

We've found entwining simple routines into the everyday anchors us and connects the mind to help make it a happy place and hope our goods support you too.



sageandsonny

www.sageandsonny.com



sage.andsonny



My porcelain pottery is handmade in my home studio on the Dorset coast.

I'm inspired by nature and well-being and enjoy combining what I grow on my allotment and collect on my nature walks with my studio work.

I find the tactile experience of pottery and gardening to be extremely meditative.

Seeing and being around nature makes us feel calm and relaxed and I hope to express this feeling through my work, whilst celebrating the beauty that nature provides us and bringing the outdoors into peoples homes.

Website coming soon



@taniawareceramicart



taniawareceramicart



THE POWER OF SCENT

Our senses are so complex and powerful. They have the ability to take us right back to a time or a place in our lives. In experiencing a fight/flight response, we can become hypervigilant of all sensations, feelings in the body, sounds, smells, tastes and sights and these can become triggers for future anxiety and perpetuate the cycle.

More recently I have become curious about how we can harness this power for good? How can we draw in all the senses to create positive experiences and use this together with conscious awareness of our triggers and patterns to rewrite outdated nervous system responses?

In this past year I have been applying this theory during some Hypnotherapy treatments where I have used mindful exposure techniques or desensitisation to a previous stressor. I have used a calming scent infused in to the room during these treatments whilst clients are in a deeply relaxed state and have reinforced an anchor with this scent, along with a phrase or action as we gently visit these scenarios in their mind. This scent is then made into a spray/rollerball to use in their daily life moving forward. This is with the aim of helping the person to go into similar situations that had previously caused anxiety and to be able to use the scent, phrase or action to illicit the calming, pleasant feelings induced during treatment. The more that this is repeated, the more able the person is to rewire the outdated response and create a calm and positive experience once more.

A few examples of where this has been effective in my practice are in fear of flying, fear of public speaking and fear of needles. This can become a part of their toolbox for managing moments of potential anxiety or during a moment where the nervous system may feel triggered.

More research is needed to give weight to this theory but I am finding it can be a very powerful ally and adjunct to Hypnotherapy.

Please contact me if you are interested in finding out more about how Hypnotherapy might help you, I would love to hear from you.

With much love, Chantal

www.thelittleroomofcalm





@the.little.room.of.calm



thelittleroomofcalm



 berwickwoodproduce

 @berwickwoodproduce

Berwick Woods at Fintray

We are an ecological project changing a neglected landscape into a biodiverse ecosystem supporting all levels of flora and fauna including local communities. The project is funded through the sale of our quality produce to the environmentally conscious consumer.

Our simple sales model provides maximum time for land regeneration while providing stable food prices and production transparency.

2023 Produce;

Veg Boxes,
Forest Raised Pork Boxes,
Winter Leaf Bags.

Please email berwickwoodproduce@gmail.com to sign up or be added to our newsletter.

FRUITSNUTSSEEDS.COM

Fruits.Nuts.Seeds are passionate about creating healthier and nutritious snacks and treats that are also indulgent and full of flavour.

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All products are made to order, produced in small batches and packaged in fully compostable and/or recyclable packaging.

Discover just how incredible plant based ingredients can be and you'll never look back.



@fruitsnutsseeds



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Bonding with Baby Parent Education Courses

'Come relax and have fun with your little one' on either of Laura Henderson's multi-award winning 'Bonding With Baby' 6 week Parent Education Courses in INFANT MASSAGE or RHYTHM KIDS and learn skills that will last a lifetime.

Laura is an IAIM Certified Infant Massage Instructor and Rhythm Kids Teacher with over 15 years experience teaching these courses to over 3,000 local families.

As an independent local business, Laura has gained the following local and national awards, as voted for by parents: **WINNER of 'BEST POST-NATAL ACTIVITY' (2015); BEST INDEPENDENT ACTIVITY FOR UNDER 5'S' (2017) & 'BEST BABY /TODDLER CLASSES' (2017)**

Courses for 2023 will run in ABERDEEN CITY on MONDAYS at Loirston Annexe in COVE and WEDNESDAYS at VIP Space in ROSEMOUNT. TUESDAYS courses are held at West Ternan Church in BANCHORY, ABERDEENSHIRE.

INFANT MASSAGE (suitable for parents with a baby from birth to pre-crawling stage) - Spend quality time bonding with your baby whilst learning life-long skills to use at home to provide pain relief and aid colic, reflux, digestion issues, congestions, colds and teething.

RHYTHM KIDS (suitable from 3 months to pre-walking) - This baby Exercise and Rhyme course supports babies physical development, aiding skills to roll, crawl, sit and walk; whilst developing language. Learn fun skills to use with your baby and gain play ideas to develop at home.

Weekly discussions enhance what is learnt in class and friendships made on the course often last much longer than either 6 week course so why don't you 'Come relax and have fun with your little one.'

More information can be found on: www.bondingwithbabyaberdeen.com.

Book online directly through www.bookwhen.com/bondingwithbaby or email Laura on bondingwithbaby@yahoo.co.uk with any queries.



@bondingwithbabyaberdeen



bondingwithbaby



HANG ON YOUR EMOTIONS!

We humans have been living with dogs for thousands of years and we've basically just taken them for granted. Recently, a 5 year study was commissioned into the dog and the results have been amazing and thought provoking. One of the major findings has been that dogs have the same emotions as us, how they experience them we don't know, as we're not dogs!

In the study the dogs were trained to lie in a MRI scanner and were shown different items where the brain was mapped. We now have a better understanding of how to view dogs and how we can teach them too. Like us, their emotions fluctuate and again like us, it affects their behaviour.

You can probably tell if your dog is happy or sad as they experience fear, rage, frustration, anger, jealousy, love and relief. Emotions drive behaviour and their environment can fuel emotions too. As an example; your dog sees another dog, he's scared of the dog so you see his behaviour change, he barks, lunges, shows his teeth and looks scary. You now may think your dog is aggressive.

So, let's look at what happened, a dog appears, the emotional response of fear is heightened in your dog, he goes through the behaviour of barking, then the dog goes away. The emotion is now one of relief for your dog, which is self-rewarding and because your dog thinks the behaviour works, it will be repeated. This is just one way in how emotions affect dogs. By understanding this we can use this information to help our dogs. Unlike us, dogs will act on their emotions unless we teach them how to deal with them.

Emotions help us all, animal or human to survive, they are a neurochemical reaction to a stimuli and are considered to be unconscious and instinctive, so when you look at your dog, what is the emotions at the time?

If you're teaching them something, are they happy to do what is asked of them? Or, do they want to do something else? What is the emotion behind it? Understanding your dogs emotions will help you to build a more rewarding and better relationship with them.

Book a 30 minute on-line consultation for advice about understanding your dogs emotions. You can find out more about our dog training classes on our website below, or email info@awesomepaws.co.uk.

I look forward to connecting with you.

Denise Shirreffs IMDT

www.awesomepaws.co.uk



@awesomepawsuk



awesomepawsuk



RACHAEL MORRICE

— Mindset Coach & Hypnotherapist —

Do you suffer from anxiety, low mood, overwhelm, stress or low confidence? These are just some of the areas that Neuro Linguistic Programming and Hypnotherapy can help alleviate. NLP looks at how our mind works and how our thoughts create feelings within us. These feelings create our behaviours and current situation therefore, if we want to make a change in our lives we must begin with changing our thoughts. Ultimately, the quality of our thoughts determine the quality of our life.

As an NLP & Hypnosis Practitioner I have helped many people work through issues that have been holding them back and help them to move forward into the life they want. I work with people one on one both in person and online and also offer group taster sessions (minimum 5 people – maximum 25). NLP explores issues on a conscious level whereas hypnotherapy deals with the issue on an unconscious level getting deep into the root of the problem.

When suffering from anxiety and overwhelm, you may experience symptoms such as panic, bad sleeping patterns or unhealthy eating habits. Hypnotherapy is a powerful tool that can be used to relieve negative symptoms quickly in a natural and relaxing way.

When experiencing negative thinking patterns, people can become stuck in the past, dwelling on things that have happened, feeling the pain of that event replay again and again. People can also become stuck in the present, unsure how to move forward, lacking motivation and confidence. Some people may become stuck in the future constantly worrying about what is to come.

Through the use of NLP & Hypnotherapy you can heal from the past, look forward to the future and enjoy the present moment. When you invest time into your mind and step out of your comfort zone amazing things happen.

For more information about my services contact me direct on info@rachelmorricecoaching.com or visit my website www.rachelmorricecoaching.com



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[rachelmorricecoaching](http://rachelmorricecoaching.com)



YOGA · PILATES SOUND BATHS WORKSHOPS HOLISTIC THERAPIES



INFO@KALYACHYOGAWELLNESS.COM
WWW.KALYACHYOGAWELLNESS.COM

Welcome to our newly re-named studio Kalyach Yoga & Wellness, based in Ellon in the north east of Scotland.

The name Kalyach is derived from the Scottish Goddess Cailleach, phonetically Kalyach. She is said to have created Scotland, the lochs, rivers, mountains and the stone circles. She is the keeper of wild animals and responsible for the snow on the mountains and the storms in the sky - the female Thor. We are delighted this Celtic goddess found us at the right time, From Samhain to Beltane, she is at her peak - Beltane to Samhain, she transforms into a maiden.

In the studio we have a mixture of yoga styles, yoga therapy, pilates, sound healing and therapies. We hope to bring childrens yoga to the studio in the new year too. Watch this space!

We would love to draw your attention to the many events we have taking place. Coming up over the next few months we have;

Monthly full moon Friday's with Sarah Mouat and Kelly Signoirni, 7th January 7-9pm,
Womens Circle's with Rebecca Murray and Cara Potts,
Menopause Cafe is coming in the Spring, a long time in the making.

In January, we are absolutely delighted to have Plant Immersion with Katrino from Yogi Oils, Sunday 15th January 12-4:30pm.

Katrino will take us through some gentle yoga movements, share knowledge about the healing properties of the plants and take us on a journey of shamanic drumming to connect us to the plants on a deeper level, before making our own magical plant salt soak. Not to be missed.

All of our events are on our website and social media pages. To make a booking please email info@kalyachyogawellness.com to secure your place.

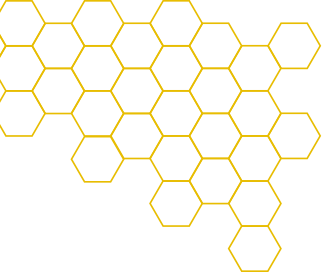
Much love from the Kalyach Team



@kalyachyogawellness



kalyachyogawellness



CarnieBees started when the resident beekeeper, my mum Anna, bought her first beehive in 2017 after she decided that I eat so much honey, it's possibly more economical to keep our own bees. After caring for the one hive, she realised how captivating beekeeping really is and started doing research into apitherapy and the benefits of using bee products for one's own health. She started using our little friends to cure symptoms of fibromyalgia, which highlighted even further the importance of maintaining the bee population.

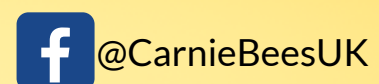
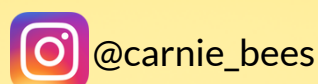
So, what is apitherapy and what are the benefits of bee products? Apitherapy has been used for thousands of years for medicinal purposes, it's a type of therapy that uses products that come directly from honeybees. It can be used to treat illnesses such as arthritis, infections, and even multiple sclerosis. It can also help treat injuries such as burns and tendonitis. Bee products, such as pollen, contain a wide variety of antioxidants that protect the body against harmful molecules that can cause cancer and type 2 diabetes. Bee pollen can also boost liver function by protecting it from toxic substances through its detoxifying abilities. So, boost your immune system by adding bee pollen to your diet!

Throughout the last few years, CarnieBees has become a small business selling a wide selection of bee products such as beeswax candles, pollen, soaps and of course, honey! But most importantly, we want to share our knowledge with others about the benefits of beekeeping and the rewards of using bee products.

CarnieBees doesn't have a physical store at the moment, however, we do have a website and our products are available in several shops around Aberdeen. You can find us in Café Society, Highland Moss, Chloe's Kitsch Creations, and Intricate Designs in Cullen. We're currently working on expanding to more areas and reaching different shops to spread the word.

Overall, at CarnieBees we aim to increase the bee population in the UK, as they're very important to our ecosystem and over the past several years there has been a decline in their population all over the world.

www.carniebees.com





Star of Wonder, Star of Night

God created the Star of Bethlehem to guide the wise men to Baby Jesus, however he thought it too beautiful to destroy once it's job was done, and instead burst it into thousands of pieces which fell to earth. These pieces became beautiful white flowers that covered the hillside, known as Star of Bethlehem flowers.

With the festive season upon us (or just over), it is a great reminder of the comforting qualities that this Bach Remedy can bring.

Christmas and New Year are a time of excitement, but for some it is a time of reflection, remembrance and reminiscence, when we notice the absence of loved ones or the less than perfect circumstances that we may find ourselves in.

Star of Bethlehem is a beautiful plant which offers a soothing emotional blanket of warmth, supporting feelings of loss, sadness and grief. This flower essence is helpful when there has been bad news, shock or grief. Use it for sadness and for anything that makes you cry. It is one of the key ingredients in Bach's Rescue Remedy.



A useful acronym is SOB (Star of Bethlehem) or SOS (Soother of Sorrows). This remedy can reach right back to your childhood and even birth. It is soothing and can help us have a good cry when we feel numb. It is the remedy you take when feeling a sense of loss or emptiness, when someone we love has moved away or died.

The remedy can be used on its own, or blended with others, even if the situation happened years earlier. It helps a person get back to a happier state, full of comfort, forgiveness and hope.

To chat more about the positive potential of these remedies, get in touch.

Kim is a Bach Foundation Registered Practitioner (BFRP) and Certified DoTERRA Wellness Advocate, based in Aberdeenshire.

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TessaJWilliams

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CALM & COOL STUDIO

Calm & Cool is a wellness studio based in the heart of Aberdeen that offers Movement, Sound, Breath, Meditation and Energy Group Classes and Private 1-1 Treatments. The wellness studio is designed to give people the time for themselves to connect within, relax and switch off. To connect with others and to step in the studio and instantly feel better than you did outside. At Calm & Cool we are all about slowing down and feeling good about yourself.

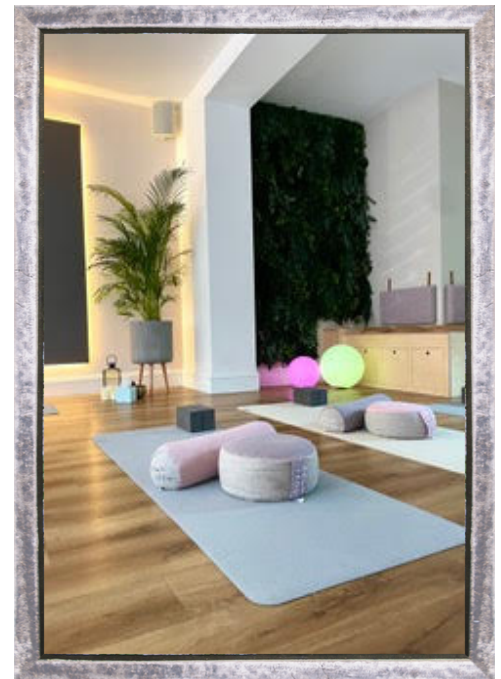
Calm & Cool is owned by mother and daughter, Donna and Sarah. We wanted to provide support in ways that considers the whole person from their physical, emotional, social and spiritual wellbeing.

Our main goal is making Yoga, Meditation, Sound Healing, Reiki, and Breathwork more mainstream and accessible for everyone in the city and shire.

Our classes are aimed to work with the flow of our breath moving from our head space into our centred heart space. Once we are centred in our heart space, we are in the present moment, the here and now. No distractions of the past and future can exist. When we can master these practices, we can move through physical and emotional blockages and find our natural rhythm to cope better with day to day lives.

As well as our Eco Wellness store inhouse, we also have a range of Tibetan Mani Bowls imported from the Himalayas to purchase. These are great and personal to have at home for you to use yourself and to connect to that present moment. A great way of self-help to move through our anxieties and fears in life.

Heading into the new year, what better way is there to look after your emotional and physical wellbeing. Calm & Cool is a truly special space created to "connect within" for yourself and for others.



By subscribing to our magazine and shopping local you were supporting these fabulous small businesses throughout 2022



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THANK YOU!