

The Root and Branch

Wholesome living services

July/Aug 2021

RAPID TRANSFORMATION THERPAY

Working with the
subconscious mind

THE HEALING BENEFITS OF LAVENDER

Handmade skincare products
Royal Deeside - Aberdeenshire

PODCAST PRESENTER SERENITY SISTER

Planting Seeds for our
future wellbeing

HANDMADE CRYSTAL JEWELLERY Holistichem Wellbeing Shop

The Root and Branch

Wholesome living services

Living well in your community



Anita Bell
Managing Editor

Welcome to our 6th edition of the Root and Branch Magazine.

It is lovely to see everyone getting back to some-sort of normality again, isn't it? We hope that you are easing back gently into your day to day routines and enjoying meeting up with family and friends again too.

We bring you a selection of lovely wholesome living services that we hope will be of interest to you and your family and friends. You can contact each service direct or simply go to our website to make contact via our customer enquiry form which is simple and easy to use.

To keep up-to-date with our latest news follow us on Instagram and Facebook.

Have a happy and healthy summer.

With love, Anita





In this issue

Holistichem - 4
Wellbeing Shop

Safe.SpaceHealing - 5
Transformational Therapy

The Little Room of Calm - 6
Solar Plexus Chakra

Chloe Caustin - 7
Foraging for scrumptious
Summer Treats

Serenity Sister - 8
Planting seeds for
our future well being

Deeside Lavender - 9
Royal Deeside, Aberdeenshire

Tessa Williams - 10
Beautiful colognes, candles
and Reed Diffusers

Shona Tough of ABWR - 11
Reflexology for a restful sleep

Surya Luna Naturals - 12
Body care range

GaWell Holistic Therapies - 13
Qigong for Mind, body & Spirit

Sharon Hanton Reflexology - 14
Discover a whole new world of
reflexology

LauraLovesYoga - 15
Coaching for personal growth

EDITORIAL OFFICE

Millview, Fyvie, Aberdeenshire

www.rootandbranchmagazine.co.uk

We give thanks to the following photographers Tracey Hocking - Unsplash, Neosiam - Pexels

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



Holistichem Wellbeing Shop

Looking for a way to add some positivity into your life? You know, the kind that can provide some well-deserved self-care.

The Holistichem Wellbeing Shop is the perfect answer for you.

Here you will find handmade crystal jewellery which is created as a wearable form of crystal healing. From necklaces to bracelets, when you wear your crystals as jewellery, you make a connection with their vibration.

We also offer distance reiki with a choice of 15 or 45 minute sessions incorporating crystal healing. Our longer session also includes chakra balancing. A distance reiki session is a relaxing experience that allows you to receive the healing energy wherever you are in the world. We send it to you and all you have to do is relax and receive it. Reiki healing is ideal to help balance body, mind and soul.

And that's not all; we have a range of intuitively selected and reiki-charged crystal collections, ethically/sustainably sourced sage, Palo Santo and incense and much more.

Browse our shop at www.holistichem.com Connect with us on FB/IG: @holistichem

Holistichem



Safe Space
Healing

A SAFE SPACE TO HEAL

Rapid Transformation Therapy

The feeling of depression, anxiety, overwhelm can be all consuming at times, have you ever thought about what you would be doing, seeing and experiencing without it. Anxiety, depression and overwhelm can stop you in your tracks and also can be a barrier to enjoying and experiencing life. This is where I can help.

I am a Rapid Transformation Therapist. We work with your subconscious to get to the root cause of where the issue has emerged from and reframe it. This is done in a relaxed state to heal and move forward and enjoy the life you have always dreamt of. This type of therapy leads to permanent powerful change in 1-3 sessions; the sessions are conducted over zoom and are completely confidential.



Email: Roisin@safespace-healing.com

Mobile: 00353872561390

IG: [safe.spacehealing](https://www.instagram.com/safe.spacehealing)

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

The Solar Plexus 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 third in my series of articles focuses on the Solar Plexus Chakra, associated with feelings of self-worth, our emotions and our ability to take control of our lives.

The Solar Plexus chakra is located on the spine centrally just under the rib cage. The associated colour is yellow. The Solar Plexus Chakra can become imbalanced in times we may feel emotionally overwhelmed. Closing our eyes and meditating on this area filling with bright yellow light whilst repeating the mantra “My feelings are valid and I accept and love myself fully and unconditionally” is one way in which we can restore balance. Surrounding ourselves with loved ones who we feel emotionally connected and safe with is also very helpful in balancing this chakra. Wearing yellow clothes or jewellery, eating yellow foods such as mango, bananas, corn and sipping chamomile tea, carrying Citrine crystal and using soothing Chamomile essential oil in a burner or a bath are all wonderful additional ways to give our Solar Plexus 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



IG:@soulfoodfittie IG:@the.little.room.of.calm FB: The-Little-Room-of-Calm



Chloe Caustin shares her love of foraging for Scumptious Summer Treats

As the summer months fly in so do natures brightly coloured edible treats. Walking around rural areas lined by hedgerows and hidden in the woodlands you can now begin to find stocks of wild strawberries, favoured by many. Although much smaller than shop bought strawberries they certainly do not lack in flavour, a delicious addition to baking and even a sunny morning breakfast.

Another easy and eye-catching forage are the distinctive yellow dandelions. Dandelions have countless health benefits and contain a number of minerals, vitamins, and antioxidants.

So although they may be a gardeners nightmare, they are a treasured and healthy harvest for a forager. They are also a no waste harvest, all parts of a dandelion plant are edible, even the roots. The roots can be ground into a coffee bean alternative or you can simply use the flower to infuse for a tea. I plan to try out a little more complex recipe of dandelion honey as well as using the greens and flowers from a harvest for a nice wild topping on a homemade pizza.

Something to look out for over the coming months is the fragrant and flavoursome elderberry tree. Elder trees bloom with soft white flowers over the summer months and provide us with the delights of dark fruit berries around August time. Elderberries are a delicious addition to infuse into gin or make into a home made cordial.

For any plants, flowers or berries that you harvest, always make sure to pick away from road sides, polluted areas and make sure to leave some behind for others so everyone can enjoy the great tastes that nature has to offer.

Happy foraging. Chloe





Planting seeds for our future wellbeing

Like many personal growth journeys, I was forced to re-evaluate my lifestyle after encountering massive crashes from chronic illness. This happened at pivotal times in my 20s and 30s.

My journey entailed a huge amount of 'unlearning' of the beliefs and habits from our culture and our unique family and generational imprints. I delved in to this when I went back to education, studying Complementary Therapies. This helped me to cope with my health, heal and stimulate the healing process in others. Reflexology in particular was where I found the most passion and benefits.

I have a passion for revealing many contributory factors to disease & imbalance. These we create directly or indirectly. They combine to manifest the version of ourselves that we deal with in this present day, our present condition. To see the layers involved, having the power to change ourselves. It's revealing how everything interconnects and how subtle everyday factors can play a domino effect on many bodily systems. Gaining this can be the fuel needed for positive, sustainable change. I bring this approach with me by offering Reflexology and other holistic therapies, radio podcasts and a small social enterprise which sells Glaswegian themed self care giftboxes. I am also involved in Acting & filmmaking, an industry where Wellbeing needs much more focus.

Weegie Wellbeing aims to plant seeds of positivity into the receiver of the gift box, with a wee bit of Glesga cheek. Profits are used to offer free wellbeing workshops to youth groups, parents and community support groups. By raising awareness, stimulating change in both parents and youth, we can find ways to fill the gap and create ways to break cycles for a healthier, more content future generation.



www.serenitysister.co.uk
fb: @serenitysisterholistics



www.weegiewellbeing.co.uk
insta & fb: @weegiewellbeing



Deeside Lavender

Banchory's lavender fields were in production from 1946 to 1986 and many residents who have settled in the area since then may not be aware of the industry that once made Royal Deeside famous around the globe, one that attracted over 25,000 visitors to Banchory a year at its peak.

Having started initially from a back garden the company grew to the point of needing a factory with acres of ground where it employed dozens of people who cultivated thousands of plants and with the oil made and bottled "Dee Lavender", Hand Creams, Perfumes, Insect Repellents and Ointments which were produced to satisfy a global demand. By the mid 80's, however, Lavender had fallen out of favour, the factory was demolished and the site sold to Morrison's supermarket.

Deeside Lavender started in the same way, from a kitchen garden at our family home on Royal Deeside and, for the past three years, with the products grown we have managed to distil some oil from the lavender and create our own range of handmade, vegan products. We have lots of lovely gift ideas – Hand & Body Soaps, Shampoo Bars, Body Scrubs, Hand & Body Lotion, Linen Spray, Calming Roller Ball, Gardeners Hand Scrub and Lip Balm.

Lavender can help improve sleep, promotes calmness and wellness, reduces stress, anxiety and even mild pain in some instances. It is believed to have anti-inflammatory and antiseptic properties which can help heal minor burn and bug bites.

As well as attending local Farmers Markets we provide guest soaps and products to well-known outlets including The Fife Arms Hotel in Braemar and Raemoir House in Banchory where there is a large demand for soap themed bespoke Wedding favours for Brides as well as Corporate Gifts.

Thanks to the history of lavender farming in Banchory, and the huge benefits this amazing plant can give us all, this seemed like the ideal time to grow a much loved local business on the back of its current success and we have recently identified an opportunity to do this on a larger scale with the hope of resurrecting the factory and re-creating the visitor experience.




deeside lavender
www.deesidelavender.com

IG: deeside_lavender FB: @deesidelavendersoaps



Tessa Williams

ENJOY THE SPIRIT OF THE ELEMENTS THIS SUMMER :

Enjoy the spirit of the elements this summer with the scents of air
fire water and earth in colognes candles and now reed diffusers and
hand sanitiser sprays check out our website
tessawilliams.co.uk

Please use our code R&B30 for 30% % discount until August 15



IG:@elements_fragrance



Reflexology for a restful sleep

Have you found yourself feeling stressed or anxious and not sleeping well lately? Well you aren't alone as over the past year many people have been struggling to sleep due to all the uncertainty caused by the pandemic.

Sleep is vital for our bodies and if we aren't achieving a healthy sleep regularly it impacts our overall wellbeing. Sadly, sleep deprivation is becoming a huge problem in our society, with increasing amounts of people stating that they're experiencing poor sleep. If you're having difficulty falling asleep or you're waking up throughout the evening with a racing mind and not feeling refreshed upon waking then reflexology can help restore good sleep habits. After all when you sleep well it makes your day much easier to deal with.

Reflexology is a fantastic therapy that's deeply calming for both your mind and body. It's a great way to relax, refresh and recharge yourself. During a treatment you'll be put into a state of relaxation, which helps your body cope with any stresses you may have. The flow of energy, which is created within your body during your session, encourages the body to respond and starts to heal the imbalances within, restoring your body and bringing it back to its natural balance.

After a treatment, many people find they sleep much better and wake feeling more refreshed.

With treatment rooms open again, now is an ideal time for you to book in and unwind with reflexology.

Shona's a clinical reflexologist who runs her own practice AB Wellness and Reflexology which is based in Aberdeenshire. Her passion is in women's wellness and she's dedicated to improving women's long-term health in all areas of their wellbeing. All sessions are created to your own unique requirements.

ABWR - Fully insured. Full member of the Association of Reflexologists - found on:
www.abwr.co.uk

Facebook.com/abwellnessandreflexology
Instagram.com/abwellnessandreflexology/
Linkedin.com/in/ShonaToughABWR





Surya Luna Naturals



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.

All our products are lovingly hand-crafted in small batches and packaged using recycled materials. Each batch looks a little different and each bar is unique!

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

Find out more at www.suryaluna.co.uk



FB/IG:suryaluna70



Qigong for Mind, Body and Spirit

Qigong is an ancient Chinese mind-body-spirit exercise form that uses meditation, breathing and movement to increase energy and enable the body to heal itself. It has been around for thousands of years.

Qi (pronounced "Chi") means energy and gong means work or skill. It is therefore "Energy work/skill". Qi Gong is performed standing up, although can be done sitting. There are hundreds of systems focusing on different fields. Many are health oriented, while some come from a martial arts lineage. Qi Gong helps to relieve stress, promote physical health, improve balance and enhance mental focus.

Qi is the life force that powers you. The Universe is flowing through you at all time, we are it! There is the Qi you inherited from your parents, its uniqueness is what makes you, You.

And there is Acquired Qi: Qi coming from the food you eat, the air your breath, your sleep pattern, stress level, lifestyle. This Acquired Qi can be built up through practice like Qi gong. Qi is everywhere and always on the move. Harmonising the flow of Qi in the body keeps you as Nature intended: healthy and balanced.

In Taoist theory, it is said that the Qi follows the Shen (spirit) and the blood and body fluids then follow the Qi. Many of the body movements in Qi Gong follow the pathways of the energy meridians that run through our body. Mental focus is crucial whilst practicing, replacing all thoughts with one thought to enter a quiet state. The breath is circulating through the various meridians and it is the energy from the Air mixed from the Food Qi that creates the functional energy (Acquired Qi) of our body.

Qi Gong will bring harmony to the flow of Qi. It is much more than stretching exercises. It enables the body to strengthen and regulate internal organs, the nervous system whilst reducing stress and bringing relaxation.

Gaelle teaches online Qi gong on a Wednesday at 6pm.

FB/IG:gawellholistic

www.gawellholistic.com



Discover a whole new world of reflexology



Reflexology? That's a treatment carried out on the feet, isn't it? Well, yes, it is but did you know that the reflexes of the body are also mapped onto the face?

Worry, stress, fear and grief all take their toll on the body and often leave their mark on our faces too. Facial reflexology works on the same principle as foot reflexology, stimulating reflex points to support the body's natural healing process and promoting a deep state of relaxation - falling asleep within the first few minutes is not unheard of! It has the additional benefits of reducing tension and the appearance of stress in the face and giving your complexion a healthy, radiant glow.

As well as supporting your general health and wellbeing, it may be particularly beneficial for anyone suffering from jaw tension, teeth grinding, headaches, sinus problems and Bell's palsy.

Facial reflexology encourages blood circulation and lymphatic drainage, supporting the elimination of toxins and helping to reduce puffiness. It naturally stimulates the production of collagen and elastin. Over a series of sessions there may be a reduction in the appearance of facial lines.



During a treatment, your face will be gently cleansed before a pre-blended, nourishing facial oil is applied. I use a range of massage techniques and apply gentle pressure to stimulate the reflex points. The experience is incredibly relaxing, and most people find they drift off into a meditative state and report that they feel a greater sense of wellbeing and inner calm afterwards.

I practice the Bergman Method advanced facial reflexology, which draws on a combination of traditional reflexology, Native American techniques, and Asian body maps. I completed my training with renowned therapist and award-winning pioneer in modern facial reflexology, Ziggy Bergman.



www.sharonhantonreflexology.co.uk

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

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



Coaching for personal growth

My yoga path has led to a huge personal development journey. I'm now embarking on what feels like my life's mission; supporting others on their journey home to soul.

We wouldn't hesitate to seek medical help if we had a health concern, and we visit hairdressers and beauticians in our quest to feel good. However, to truly live our happiest and most fulfilled life we have to look within. Deep inside lie old wounds, restrictive beliefs and conditioning that can hold us back in life. This is where my work as a coach, mentor and healer comes in.

I'm first to admit that I once thought coaching was something that other people experienced, not someone like me. It was for professionals looking to climb the corporate ladder surely?

We all have limiting beliefs about ourselves and I was no different. Hiring a coach changed everything; it was liberating!

Developing my intuitive skills has been fundamental to my healing journey and I now use this to support others. My coaching method is holistic. Mind, body, soul and spirit-led. My gifts allow for a bespoke experience that goes beyond the traditional coaching methods.

Our bodies are always giving us clues to pay attention. Small niggles right through to bigger health scares can all be messages that something is out of balance in our life. These are all signs for us to go within and explore. Often we make fear-based decisions instead of trusting our inner voice.

Coaching is not a luxury. I believe everyone should have access to this transformational work. It truly is magical!

I currently have a Summer coaching offer for just £75. I'll hold a safe space for you and there's no icky sales pitch at the end! If any of this resonates, please email lauralovesyoga@hotmail.com

Follow me at www.instagram.com/laura.loves.yoga



Subscribe for free to our magazine
Share with your family and friends too



www.rootandbranchmagazine.co.uk

Sacred Feminine Goddess Retreat in the beautiful Scottish Highlands

A Weekend Retreat For Women To Reconnect With Their Sacred Feminine Inner Goddess

Come and celebrate divine femininity and our connection with Gaia (Mother Earth) for a weekend of ceremony, celebration and serenity in the picturesque Scottish Highlands.

What To Expect

A laid back yet energising weekend of celebration of our femininity and our connection with our Earth Mother. We will explore the concepts of the goddess within us and awaken this inner power through a journey of meditation, movement and sound as well as some deep inner-healing.

Your hosts Carol and Suz are excited to welcome you with a unique blend of their skills and knowledge from meditation and yoga to dance and sound energy.

The retreat takes place in the beautiful Invernauld House, Rosehill, Sutherland, IV27 4EU (scroll to the bottom for location map link). Shared accommodation, healthy, plant-based meals and all activities are included in the price so that you can relax without worrying about hidden extra costs.

Accommodation

Single beds in a large dormitory-style room with en suite facilities

A limited number of twin/double rooms with en suite facilities are also available (additional single room occupancy rate applies if booking a room for only one person)

Planned Schedule

Friday 3rd September

Arrival at the retreat from 3 pm onwards
Opening circle
Dinner
Meditation and sound bath

Saturday 4th September

Gentle morning yoga and meditation
Breakfast
Foraging and forest walk
Lunch
Relaxation time and individual reiki sessions
Shakti dance
Dinner
Sound bath meditation

Sunday 5th September

Morning movement meditation
Breakfast
Chakra chanting
Closing circle
Leave feeling rejuvenated and refreshed at around noon



FB:@sourcefulme www.sourceful.me/events IG:sourcefulme