

# The Root and Branch

Wholesome living services

July/Aug 2022

## SMELLY TREES

Natural unisex fragrances  
capturing the scent of  
Scotland's beautiful forests

Summer  
Edition

## CALM & COOL STUDIO

Well-being classes for all

## TAYLOR MADE REFILLS

Plant based bio-degradable  
products





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# Welcome to our Summer edition



As we ease gently into the summer months we have the opportunity to make the most of sunnier days and lighter evenings. It is a beautiful time of year to connect in nature and enjoy all that it has to offer. For beach lovers it may be all about the sand between your toes, swimming in the glistening ocean and feeling vitalised. For others it could be a lovely forest walk and connecting to the amazing energy of the trees, or climbing up a mountain and being in awe of the vastness of your surroundings. Whatever it may be enjoy every moment and simply be.

We hope you enjoy all that our latest issue has to offer you. As always we have an amazing selection of wholesome living services for you to enjoy. Why not make us your holiday read. We would love it if you could send us some pics of you reading us too.

See you again in September.

Much love

*Anita x*



@rootandbranchmag



@therootandbranchmagazine

*Happy Summer*

## EDITORIAL OFFICE

Millview, Fyvie  
Aberdeenshire

[www.rootandbranchmagazine.co.uk](http://www.rootandbranchmagazine.co.uk)

**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



Refill

Reduce

Reuse



Taylor Made Refills was founded in October 2019 by myself, Carole Taylor and operates out of our workshop in the Craigeearn Business Park in Kintore. We specialise in refillable, eco-friendly, vegan society certified, household products with the aim of encouraging more sustainable choices.

A comment made by our Health Visitor a few years ago, got me thinking about my use of high street cleaning products and their negative impact on my young sons' respiratory health issues. I started researching how to make my own, eco-friendly cleaning products.

All our products are handmade in our Kintore workshop. They are plant based, bio-degradable, do not contain palm oil or synthetic fragrance and are certified by the Vegan Society. We only use essential oils in our products, which not only smell lovely, but some also add natural antibacterial and antimicrobial properties. Our suppliers and ingredients are painstakingly researched to ensure they meet our ethical standards, are cruelty free and kind to the environment.

To have a look at the whole range, you can find our online store at [www.taylormaderefills.co.uk](http://www.taylormaderefills.co.uk) or to follow our story, we are also on Facebook and Instagram. We have also been fortunate enough to be nominated for this year's Scotland's Business Awards under the category Best Eco Business!

We aim to provide a 'closed loop system' so if you're local you can drop off your containers to the workshop for refilling or even better pop in during our open times of 9.15-2.45 to refill them yourselves. We are also a Terracycle collection point for various items that cannot be currently recycled by the local councils.

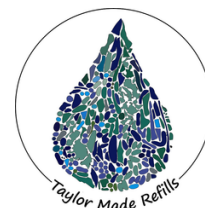
We hope to see you soon for your refills!

**Website:** [www.taylormaderefills.co.uk](http://www.taylormaderefills.co.uk)

**Facebook:** @taylormaderefills

**Instagram:** @taylormaderefills

**Telephone number:** 07766318036

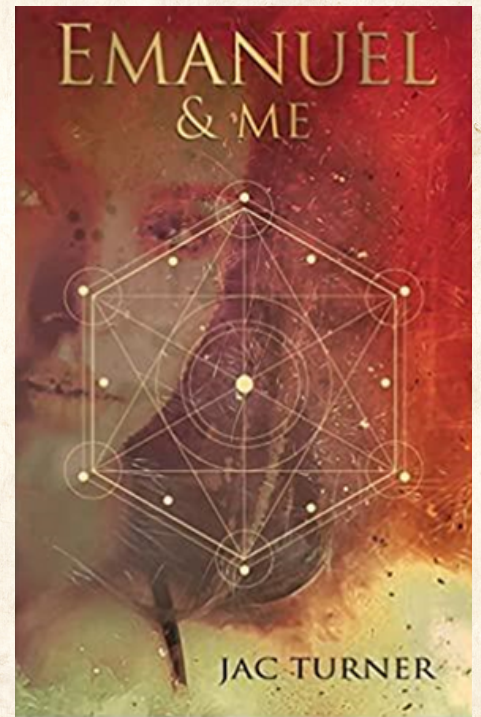


**That Guy's House presents: 'Emanuel & Me'**

**By Jacqueline Turner, and her spirit guide Emanuel**

**A story about the magic of letting go, trust, and integration**

**Available to pre-order from all good bookshops is the beautifully magical conversation between spiritual medium and intuitive healer Jacqueline (Jac) Turner, and her spirit guide Emmanuel**



Jacqueline Turner published her first book with That Guys House in March this year. Emanuel and Me is written as a conversation between Jac, her spirit guide Emanuel and you the reader. Throughout the journey of this book, Jac explores her communication with Emanuel through the practice of channelled writing and shares his teachings with you.

Emanuel's story illustrates how the soul lives on for multiple lifetimes, going back to his history as a Roman soldier, while his wisdom and the lessons of trust, self-belief and surrender are timeless.

Jac also explores her own past life and connection to Emanuel, and she discovers how the soul preserves all of the lessons from the past lives. Ultimately this is a story about the magic of letting go, trusting that spirit has a plan for you now in this lifetime, and how to integrate this into your daily life.

Jacqueline is a spiritual medium and is also an Angel Healing practitioner & Teacher. Since developing her skills through her local spiritualist centre, she has gone onto help hundreds of people with her one-to-one intuitive reading sessions. She also hosts a beginners mediumship class via zoom, with her spiritual sparks development circle.

Emanuel and Me can be purchased from Amazon and is waiting for you, should you feel so called.

**To find out more follow:**

**IG: [\\_higher.calling](#)  
FB : [@jacturnerhighercalling](#)**

**Website:**[jacturner.com](http://jacturner.com)

**Email:**[jacturner88@gmail.com](mailto:jacturner88@gmail.com)

# LEONA YOUNG COACHING

For many people, the increasing demands and pressures of daily life in today's society leaves them feeling burned out, feeling stuck in their life or feeling like they are living life on autopilot, going through the motions just to get through the day.

As a burnout coach / life coach, these are some of the most common themes I come across when speaking to people.

Burnout is so much more than being over-worked.

I truly believe that everyone can suffer these symptoms and be on the road to burnout (often without realising!) no matter what their work or home life situation is. These symptoms (amongst others) have become so normalised that people are almost accepting that it is just part of 'having a busy lifestyle' and that 'most people feel like this!'.

Not so long ago, I felt the same. I had everything I needed in life and yet I knew something was still missing but I couldn't quite put my finger on it!

Working in a job that didn't fulfil me and feeling like I was living on autopilot, I constantly felt like I never had enough time in the day to get everything done, never mind take any time to myself!

Life coaching was instrumental in changing many things in my life – my mindset, how I live my daily life, what I prioritise, how and where I spend my time and energy and how I handle different situations. I went from feeling burned out to living a balanced life that feels good to me, and learning how to prioritise my own needs without the guilt creeping in!

If you ready to create a more balanced life full of all the things that are important to you, coaching could be the answer you are looking for!



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**[hello@leonayoung.com](mailto:hello@leonayoung.com)**

**[www.instagram.com/leona.young.coaching](https://www.instagram.com/leona.young.coaching)**

**[www.facebook.com/leona.young.coaching](https://www.facebook.com/leona.young.coaching)**



# Seasplang

<https://www.seasplangbeauty.com>

Handmade soap and skincare products from Montrose focusing on natural oils, traditional ingredients and essential oils.

## Shop online to get:

Free shipping over £16,

A collection option at checkout

Limited time 20% discount voucher every month for website members.

Facebook: <https://www.facebook.com/seasplang.scotland>

Instagram: <https://www.instagram.com/seasplang>

Erinn At ManaLife Pilates wants you to feel in control of your own health, focussing on aligning your mind and body with the pilates principles to help you achieve body awareness, be empowered, feel stronger and have more energy to move freely in all areas of life and sport.



Find a Session  
that works for You

In-Person & Online



Mixed Ability  
full body routine with  
adapions and modifications



1-2-1  
Tailored for you!



Children's Classes  
Fun filled and creative



Energy Pilates  
Low impact higher intensity!

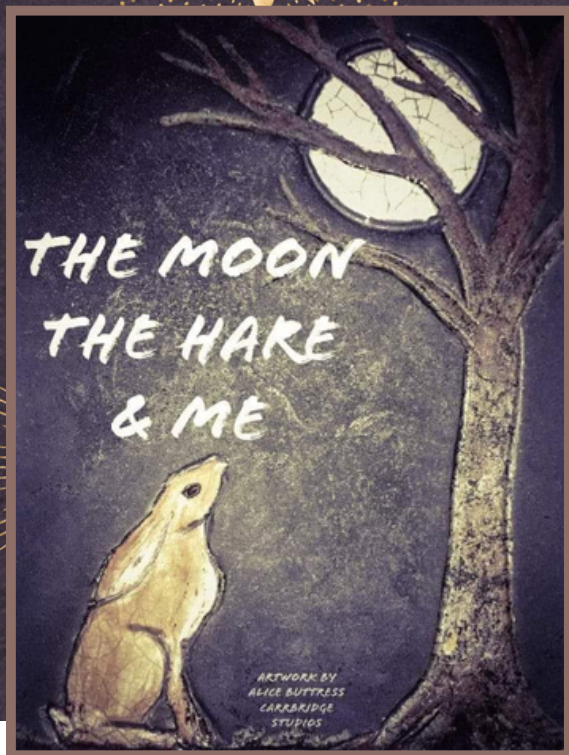


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Hi my name is Liz, I've worked professionally as a spiritual medium, tarot & rune reader and healer for the past 4 years. The aim of my work is to help people find their path forward. Truth is at the core of all I do and integrity and confidentiality are of upmost importance as there is no place for judgement in my world. No matter what your circumstances are there is always a solution!

I provide spiritual healing, working with colour, spirit animal guides and singing bowls which can help anxiety, stress and sleep issues and promote a sense of relaxation whilst removing any negative or dense energy that causes emotional or physical pain. I am also currently studying past life regression for healing in order to help clients create a more harmonious life.

I also provide teaching and workshops in mediumship, clairvoyance, divination, manifestation and wicca, as well as hosting full & new moon fire ceremonies for releasing and attracting, guided meditation groups and, more recently, I organised and hosted the Beltane Spiritual Fair at Kincardine O'Neil. We also have a healing circle group coming up shortly too.

I run workshops and undertake my work in a relaxed and where appropriate, fun manner and where energy can flow freely too. At my workshops there is always something to take home. To date we've created manifesting wish baubles, herbal bath soaks, intention setting, flower planting and spell kits.

As an eternal old soul, I'm also a follower of paganism and the old ways, enlightening and teaching the ways of wicca and hosting gatherings on the Wiccan Festivals. We have another fair coming up on Sunday 31st July for Lammass.

All and everyone are welcome in my space, no matter where you are on your path in life. Human connection and interaction are the most important aspects of living!

I regularly post 'pick a card' posts, monthly zodiac overviews and more on my social media pages.

Let's connect!

[www.facebook.com/moonhareme](https://www.facebook.com/moonhareme)

[www.facebook.com/thespiritedwitch](https://www.facebook.com/thespiritedwitch)



Organic Source was born after its owner, Shelley, who discovered the incredible healing benefits of Canabidiol (CBD) after hearing the devastating news in September 2010 that she had a month to live due to having a large benign brain tumour applying pressure to her brain stem, which would make her heart stop.

After gruelling surgery resulting in many complications and a further diagnosis of Multiple Sclerosis, Shelley was on a mission, a mission to restore her health and start 'living' life fully again, she researched and discovered that not all CBD is made equal so the journey began for Organic Source.

Cannabidiol is a safe, non-addictive substance and is a naturally occurring compound found in the resinous flower of cannabis, a plant with a rich history as a medicine going back thousands of years.

Today the therapeutic properties of CBD are being thoroughly tested and confirmed by scientists and doctors around the world, as a result, praise for CBD could not be louder. There is a plethora of information available online and it can be overwhelming knowing which products to use and what sources to trust. Organic Source provides honest advice based on direct experience.

Knowing the importance of good quality CBD is the reason Organic Source works directly with farmers who grow and cultivate their crop. Every single product can be traced from seed to sale.

All products are free from chemicals, pesticides and heavy metals.

Extensive scientific research, papers published and mounting anecdotal evidence highlight CBD's potential as a treatment for a wide range of maladies, including (but not limited to):

- Autoimmune diseases (inflammatory diseases, rheumatoid arthritis)
- Neurological conditions (Alzheimer's, Dementia, Parkinson's, Multiple Sclerosis, Epilepsy, Huntington's Chorea, Stroke, traumatic brain injury)
- Metabolic syndrome (diabetes, obesity)
- Neuropsychiatric illness (autism, ADHD, PTSD, alcoholism)
- Gut disorders (colitis, Crohn's)
- Cardiovascular dysfunction (atherosclerosis, arrhythmia)
- Skin disease (acne, dermatitis, psoriasis)

For more information on Organic Source products contact Shelley direct.

**Website:** [www.organicsource.co.uk](http://www.organicsource.co.uk)  
**Instagram:** @OrganicSourceWellbeing

**Twitter:** @OrganicSourceCo  
**Facebook:** @OrganicSourceCo

# 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.

Coming out the other end of this pandemic, what better way is there to look after your emotional and physical wellbeing. Calm & Cool is a truly special space created to "connect within" to yourself and for others.

**\* See our website [www.calmcool.co.uk](http://www.calmcool.co.uk) for pricing and class schedule. \***

**IG: @calmcoolstudio FB: @calmcoolstudio**





## Crystal Healing

Today under our full moon energy, I release my fear of putting myself out to you lovely people to share about my much-loved small business Witch Crystal. I am based in Aberdeen and my aim is to help you find some sparkle to add to your mind, body & soul. I am a recently certified crystal healer practitioner having completed my level 3 diploma. I believe in excellent service and serving you with truth, passion, care and only the best quality crystals. If you're looking for some positive support, in your everyday life I am your girl. I strive to help you feel only but good, offering you the attention and support you deserve.

Okay a bit about me, I will try keep this short, I love talking! Anyway, here goes, I guess I have always been spiritual, and have always believed there is more for me to do while here on earth, so I have spent some much-needed time to explore my spiritual path. I truly believe I am here to help others; I love helping and achieving a positive in others life, especially with energy and emotion.

Having always been drawn to crystals my soul had naturally guided me to exploring this path more. I soon found out the huge positive impact they have had in my life, they have helped me find my calm and helped with stress and anxiety. They have helped me achieve goals, find my confidence, my self-belief and to trust my own intuition. They also allowed me to help my friends and family and seeing positive changes to their life, for me that was a butterfly in the tummy moment, feeling my heart jump because it filled with happiness. From then on I knew I wanted to reach out to help others in this way.

For more information on crystal healing therapy please reach out as I would love to help you too.

**Website – [www.witchcrystal.co.uk](http://www.witchcrystal.co.uk)**

**Instagram – [@Witch\\_crystal](https://www.instagram.com/Witch_crystal)**

SMELLY TREES is a natural unisex fragrance capturing the healing aromatic compounds of trees. Made with 100% pure, sustainably harvested essential oils from conifers and no synthetics.

Proudly supporting rewilding charity Scotland The Big Picture, Smelly Trees is helping restore and regenerate native forests and wild spaces.

"Trees exhale for us so that we can inhale them to stay alive. Can we ever forget that? Let us love trees with every breath we take until we perish"

— Munia Khan



15% off with coupon "familytree15"

[www.smellytrees.co.uk](http://www.smellytrees.co.uk)

Instagram - @smellytreesofscotland

Facebook - smellytreesofscotland



**bonding with baby**



Come relax & have fun with your little one



Laura invites new parents to 'Come Relax & Have Fun with your Little One' on her multi-award winning 'Bonding With Baby' courses, in Aberdeen & Aberdeenshire, and learn skills that last a lifetime!

\*INFANT MASSAGE supports bonding, communication & relaxation with your baby whilst learning tools to aid pain relief, colic, digestion issues, colds & teething.

\*RHYTHM KIDS is a baby exercise & rhyme course supporting language & physical development, whilst developing your understanding of baby development and building on play ideas at home.

[www.bondingwithbabyaberdeen.com](http://www.bondingwithbabyaberdeen.com)

[www.facebook.com/bondingwithbaby](https://www.facebook.com/bondingwithbaby)

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



EMMETT4 Animals

*Horses*

## Looking After Our Four-Legged Family Members



It often surprises people to hear that our four-legged family members benefit from the same tools as we do! However, anyone who has animals knows how closely we are interlinked. How many times has your four-legged friend come up to you and provided comfort when you are unwell or sad? It's this connection that plays a part in how we work with animals.

EFT (Emotional Freedom Technique) for animals uses precisely the same technique as for humans but it doesn't always involve tapping on our pet. EFT is a harmless, natural, non-invasive therapy that can help animals heal or overcome anxiety and stress, such as bonfire night, separation anxiety and grief. Like all the tools shared in this article, it should be used in conjunction with, not in place of routine veterinary wellness exams.

Horses, dogs and other animals are unable to communicate their discomfort verbally, so it is only by exhibiting their compromised physical (and sometimes emotional) state that it will become apparent that there is a problem. This is also where EMMETT can be so helpful.

EMMETT is a very gentle muscle release technique that can also be used on both animals and humans. Animal conditions that can be successfully treated using EMMETT include injuries from sport or accidents, unbalanced gait, behaviour changes and much more. Owners who have experienced the power of EMMETT, regularly report a more relaxed, supple animal and some go as far as to say the animal seems to have undergone a personality transplant because they are so much happier. As humans we recognise how pain can distort our daily lives and without the benefit of verbal communication, the only way animals can express this discomfort is through behaviour.

Reiki is another tool that animals respond to very well and is often experienced alongside EFT and EMMETT.



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[www.facebook.com/GillianWattAnimalPractitioner/](https://www.facebook.com/GillianWattAnimalPractitioner/)

[www.instagram.com/gillianwatt\\_animalpractitioner/](https://www.instagram.com/gillianwatt_animalpractitioner/)



Hi, I am Iana - lover of milky coffee, bright colours and telling stories.  
My jam is brand photography and my goal is to help supercharge your business with visual storytelling that is quintessentially YOU.

I specialise in creating imagery that TALKS to your community.  
Beautiful storytelling brand photography will elevate your business visuals, leave the right first impression and make an unforgettable impact on your dream clients.

The images on your website and social media will likely be the first thing your potential clients see. Make sure they see your craft in the light that it deserves.  
Whether you are a social media manager, stylist, interior designer or health coach, it has never been more important to be more visible in your business - it is YOU that makes your brand stand out in the crowd, it is YOU your people want to work with.

Does getting your photos taken make you want to hide under a duvet?  
As your personal brand photographer, I will help you every step of the way - from the 'cup-of-coffee-quick' Zoom chat to help you decide whether you want to go ahead with the booking and check that we vibe on the same levels :, to the planning call, to wardrobe guidance and (crucially) making the shoot itself feel FUN, rather than like the most daunting task ever.  
I pride myself in hearing those words at the end of the shoot (even from the most reluctant of clients) "that was SO MUCH FUN!"

Imagine having a goldmine of beautiful, on-brand images of you and your business on hand and never having to worry about providing a headshot for that PR piece or sprinkling images of you at work all over your website.  
I would love to help you with that!

**instagram: @chtefan\_brandphoto\_uk**  
**web: <https://www.chtefan-photography.com/personal-branding>**



## *Mindful Meditation & Relaxation evenings*

*Every Fortnight on Fridays, 7.30pm  
at The Amethyst Cave, New Milton  
Just text/call Lisa 07890735965 to join.*



A BEAUTIFUL 45 MIN GUIDED DEEP RELAXATION, WRAPPED IN YOUR BLANKETS. BENEFITTING MIND, BODY & SOUL. 🥰 HYGGE VIBES WITH UNDERFLOOR HEATING, FAIRY LIGHTS, CRYSTALS & CANDLE LIGHT. HERBAL TEAS TO FINISH. ☕

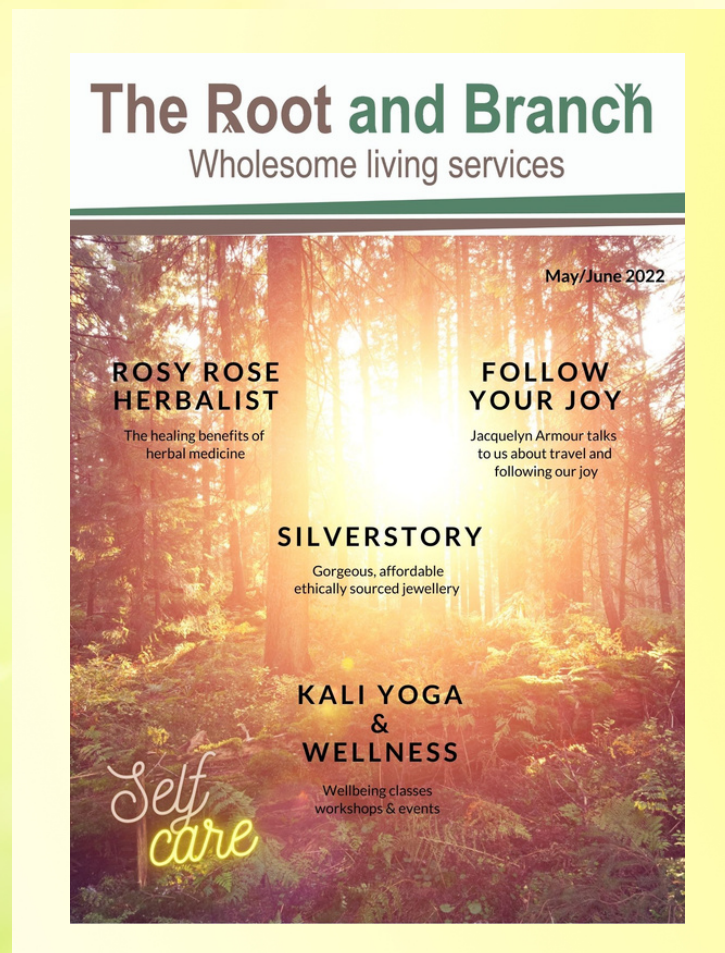
ALL WELCOME, A REALLY CHILLED WAY TO SPEND A FRIDAY EVE. COME WITH A FRIEND OR ON YOUR OWN & TAKE SOME TIME TO UNWIND & JUST BE. £10PP.



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next issue!



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SUPPORT YOUR SMALL WHOLESOME LIVING BUSINESS  
COVERING THE WHOLE OF THE UK

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