

# The Root and Branch

Wholesome living services

July/Aug 2023

## CARNIE BEES

The health benefits of Bee Pollen

## THE SUNART SOAP CO

Handcrafted natural and organic  
skincare and haircare products

## WILD WELLNESS

Our Guest writer Nicola Cook joins us  
to talk about Embracing our Wild and  
how to find Wellness and Freedom



## Welcome to our Summer issue



Managing Editor  
Advertising  
Sales  
Creative Design  
The whole shebang

I don't know about you but this is certainly my favourite time of year and what a fabulous hot Summer it has been so far across the UK too. I am in my element when it is warm and sunny, as I tend to spend much of my time at the beach (my happy place). I also get a bit ott with frappuccinos, I do love a frappe in the summer sun. What about you? ☺

As you know we like to keep things nice and simple with a minimalistic feel in the Root and Branch magazine. We purposely keep small and intimate which we hope brings a sense of calm to your day too.

In this issue we have a great selection of wholesome living services to support your overall health and wellbeing that also encourages living a mindful lifestyle. If you are looking for a little 'you time' why not checkout Urban Wellness Float who offer relaxing float therapy sessions to ease away any aches and pains.

Whilst Amanda's Podiatry simply reminds us that 'one pair of feet must last a lifetime'. If you like to use natural products for your skin and hair you are spoilt for choice as we have Thistle & Clay and The Sunart Soap Co offering a range of organic and handmade products.

We love to hear what our readers think of our magazine and services so please feel free to pop over to our social media platforms where we would be happy to answer any questions you may have.

Thank you so much for supporting small businesses, we truly appreciate it.

Wishing you a happy and healthy Summer.

With love and gratitude,

*Anita x*



therootandbranchmagazine



rootandbranchmag

### EDITORIAL OFFICE

Fyvie, Aberdeenshire

contact; [anita@rootandbranchmagazine.co.uk](mailto:anita@rootandbranchmagazine.co.uk)

[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

# CONTENTS

**04**  
**WILDLY SACRED**  
Bespoke ceremonies for  
all life's celebrations

**05**  
**AMANDA'S PODIATRY**  
One pair of feet must  
last a life time

**05**  
**ANGELIC ALTERNATIVES**  
Handmade healing crystal  
jewellery and accessories

Page 15

Jane Macdonald  
Your Positive Life

Roaming Reiki teaching  
and beautiful places

**06**  
**The Soul Place**  
Inner healing for all

**07**  
**Gillian Watt**  
Gentle healing therapies for animals

**08**  
**Thistle & Clay**  
Hand made organic soap, hair care, skincare  
and cosmetics

**09**  
**Wild Wellness Coaching**  
Embrace your wild - how to find wellness and  
freedom

**10**  
**David Tyrrell**  
High frequency essential oil aromists

**Tessa Williams**  
Eau de parfum and fragrance collection

**11**  
**Balance Fife**  
Balance starts within

**12**  
**Urban Wellness Float**  
Relax and de-stress with float therapy

**13**  
**Dancing with the Universe**  
Oracle/Tarot card readings, holistic healing  
and development workshops

**14**  
**Carnie Bees**  
Bee Pollen as an Apitherapeutic Treatment

**Back page**  
**The Sunart Soap Co**

Natural and organic skincare and  
haircare products





## Bespoke ceremonies for all life's celebrations

Hello, I am Carolanne, I am an ordained Interfaith Minister which means, for me, I am committed to serving the spiritual needs of all regardless of faith and those who have no faith. I will serve all equally, offering counsel and support regardless of race, religion, sexual orientation, ethnic background, social background and status, gender or age.

My aim is to support you to Commemorate, Celebrate and Contemplate life's journeys and milestones. It is my absolute joy to Create bespoke ceremonies for all of life's celebrations, each ceremony is written for you and as an Interfaith Minister, I am not restricted to what I can include. My focus is serving you as an individual honouring you and your beliefs.

Some ceremonies I offer are;

Wedding ceremony, Commitment ceremonies, Vow Renewals, Baby Blessing, Naming Ceremony, Celebration of Life, Rites of Passage, Birthday, Beginnings and Endings, Memorials, and indeed anything that you may want to celebrate with a bespoke Ceremony created specifically for you. I also offer New Home Blessings, Healings and Spiritual Guidance.

I love all ceremonies and celebrations and consider myself to be a little quirky, respectful, joyful and nurturing which is balanced with sensitivity. Your ceremony your way! I am flexible and adaptable. I can do formal, traditional, fun and quirky, themed, wild and wacky, relaxed and calm, the reality is it's not about me, it's all about you. So, whatever you want is exactly what you will get. There is no such thing as an average ceremony and no particular way it should be.

I work with you and get to know you, your ceremony is my passion and each individual ceremony that I offer is offered with a full commitment to you for your special day, whatever that may be.





## One pair of feet must last a life time!

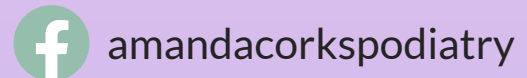
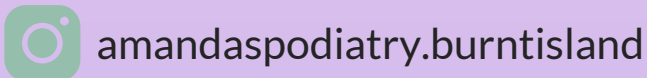
Amanda's Podiatry Established 2014.  
Based in the coastal town of Burntisland in an historic building, The Old station house.

We now have a range of services from different therapists:

Podiatrist enhancing lower limb & foot health  
Reflexology, Massage therapy and holistic therapy to help with body, mind and soul.  
Physiotherapy including laser therapy for injury rehabilitation.

We also have a variety of treatments for family well being too.

To book an appointment please contact Amanda on [www.amandaspodiatry.co.uk](http://www.amandaspodiatry.co.uk) or call 01592873073.



## Angelic Alternatives Ellon - Aberdeenshire

Offering handmade healing crystal jewellery and accessories.

Qualified practitioner in Access Bars, Angel Therapy, Crystal Healing, Past Life Regression and Reiki (Crystal; Dragon and Usui).

Event organiser for Alternatives & Wellbeing Fayres in Ellon and surrounding areas.

**Coming soon - workshops for children**



Angelic Alternatives

[www.angelic-alternatives.co.uk](http://www.angelic-alternatives.co.uk)



[angelic\\_alternatives](https://www.instagram.com/angelic_alternatives)





## Inner healing at The Soul Place

I am Carolanne the founder of The Soul Place. I am an Interfaith Minister offering spiritual guidance and support as well as accredited training courses.

I work with my authentic self to serve all who feel drawn to my offerings.

I offer Individual and Group Healing Ceremonies, Angelic Energy guidance and Laughtercise workshops, as follows:

**Healing Ceremonies 2023 – Gaudry Village Hall 10 – 4 pm cost £35 includes a light lunch**

August – Healing the Mother Wound (tbc)

24th September – Healing the Fear of Aging

22nd October – Healing Trauma

19th November – Healing Adrenal Fatigue

31st December – Letting go of 2023 and Leaping into 2024

**Laughtercise - Thursday evening 6.30 til 8.30pm – 58 Bonnygate, Cupar £10**

Laughtercise is a combination of laughter yoga, gentle exercises, socialising and meditation.

A typical session may look like;

Welcome and introduction  
Warm up with gamest  
Laughter exercises  
Gentle movement to music  
Refreshment's with Healthy snacks  
Reflection piece  
Meditation  
Feedback and finish  
This is suited to all fitness levels

The benefits are many and include;

Boosts immunity  
Lowers stress hormones,  
Decreases pain  
Relaxes your muscles  
Can prevent illness  
Adds joy and zest to life,  
Eases anxiety and tension,  
Relieves stress,  
Improves mood,  
Strengthens resilience  
Builds and Strengthens friendships!

Further dates and venues may be added in due course. All workshops and groups must be booked in advance.

If you feel drawn to any of my offerings or would like to know more, please get in touch.







Gillian Watt – Wellbeing Practitioner

“My puppy Finn had had a trauma with another dog and had become reactive - terrified of other dogs. Gillian and I spent almost 2 hours tapping for him and when she said we were going to help him, he stopped playing with his toys, got up and went straight to her. Amazing. He's settling well now, and I tap for him all the time.” SS

Whether there's been a traumatic event, an illness or surgery, separation anxiety or similar; Gillian helps animals and humans overcome mental and physical challenges. A general maintenance session is also a great way to look after you and your four-legged friend too!

“I highly recommend Gillian, she made me feel at ease and I had huge results from only the first EFT session, she has now treated my horse with EMMETT, again with amazing results. My horse seemed happier, moved more freely and wanted to work more afterward. If you feel stressed or like something is holding you back then give Gillian a try, EFT is truly remarkable! She is a really caring, kind person, I am glad to have met her.” PD

The toolkit includes EFT (Emotional Freedom Technique aka Tapping), a harmless, natural, non-invasive therapy to help animals heal, Mindfulness, Reiki and EMMETT 4 Horses, a gentle non-invasive muscle release therapy for horses and their humans. In addition to 1-2-1 sessions, Gillian is qualified to train others in Reiki and EMMETT 4 Horses, offering courses throughout Scotland.

Although animals don't always require clinical intervention when their humans are worried about them, always contact your vet first if you are concerned about your four-legged friend to make sure that they get any medical treatment or intervention that may be required.

**Visit [www.andbreathe123.com](http://www.andbreathe123.com) for further information.**



gillianwattwellbeing



@gillianwattwellbeing



gillianwattwellbeing



# Thistle & Clay

## Thistle & Clay

### Vegan Shampoo Bars

Goodbye plastic, hello zero waste, zero compromise Vegan Shampoo Bars with organic Cocoa and Shea Butter, Plant Keratin, Panthenol and organic essential oils. Guilt-free clean, soft, touchable hair.

**No Palm Oil. No Plastic. No Nasties. Made in Scotland.**



VEGAN



PARABEN FREE



PHOSPHATE FREE



PALM OIL FREE



SULFATE FREE



SILICONE FREE



SILICONE FREE



ORGANIC INGREDIENTS



SENSITIVE SKIN



COMPOSTABLE PACKAGING

Shop now!

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



thistleandclay



thistle\_and\_clay





## Embrace your Wild: How to Find Wellness & Freedom

Is there a longing within you to break free, to unleash your wild and free self?

In a world that often demands conformity and routine, it's not easy for you to find who you truly were before all the stuff that dimmed your shine.

But you absolutely CAN!

The foundation for embracing our wild and free selves starts with becoming aware of what we consume, physically, mentally and spiritually.

We often consume to pacify our pain! From physical things like food, alcohol and clothes, to mental things we don't realise we are over consuming, our phones, the news, even things we deem positive, like podcasts and audiobooks. Take care of your body through movement, nourishing food, chemical free products and sacred rest. It's about finding balance in all things and taking those small steps in the direction of our authentic wild selves.

Embrace your wild and free nature and seek out connection with yourself, nature and others. Set aside time each day to disconnect from devices and find things that nourish your soul.

Break away from routine and explore the unknown. Try new activities, and step outside your comfort zone. You may find your community amongst like minded souls.

Spend time in natural surroundings, whether it's hiking in the mountains or simply sitting under a tree. Connect with the rhythms of nature, be fully present in each moment, savoring the beauty and magic of life. Nature has a way of grounding us, reminding us of our wild beautiful selves.

In a world that often seeks to dim your shine, this is where I shine. I would love to help you reclaim your divine wildness and embrace your freedom and help you unlock your truest potential to create a life of peace, freedom and boundless joy.

For further information about my services, please visit [www.wild-wellness.uk](http://www.wild-wellness.uk).



wildwellnesswithnicola



wildwellnesscoaching



nicola-cook-wild-wellness



## high frequency pure essential oil auras



I am a spiritual medium, teacher and energy healer. In the past 4 years I have been inspired to create a range of high frequency pure essential oil AuraMists to help to support and enhance your energetic well-being and intentions.

You can find the full range of over fifty on my web shop, you can also experience and purchase from a selection of my AuraMists from my official stockists The House of Gaia in Peebles, Meadows Crystal Shop, Edinburgh and Jules Healing Gems, Ellon, Aberdeenshire

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



davidtyrellspiritfacilitator



davidtyrellfacilitatorforspirit



“Summers here and a perfect time for  
Warm Sands Blue Ocean

Enjoy 15% off all Tessa Williams  
Eau de Parfum and Fragrance  
Collection  
with code R&B15”

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



# Balance Starts From Within

We often find our way to healing through our own suffering and experiences. My journey to Reiki and self-healing began in 2007 following the sudden death of my former partner. I was led to Reiki without any understanding of what it was, and though I had graduated from a psychic development course and been on a spiritual and healing journey due to previous circumstances in my life, the comfort and empowerment that Reiki brought me has led me toward being the person I am today.

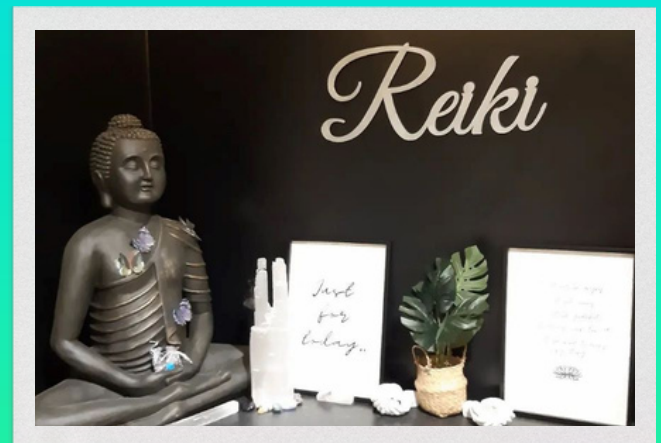
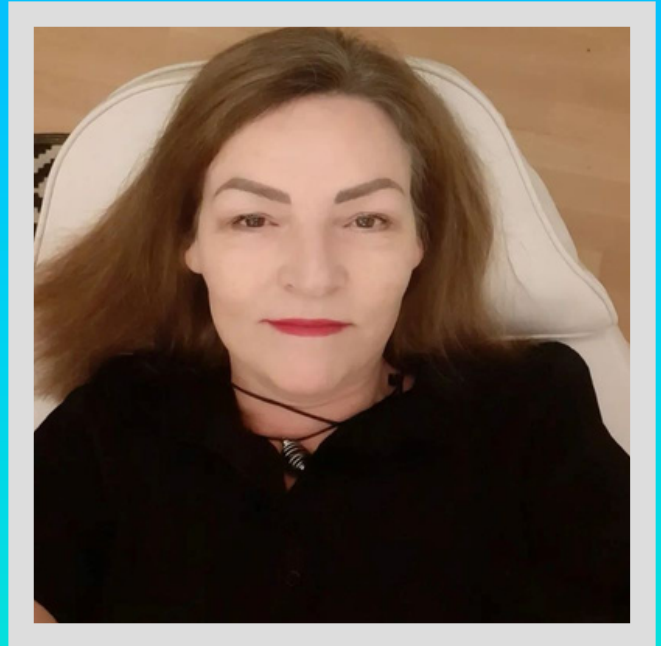
Reiki is, and always will be, about self-healing however, I was led to complete Reiki Master Teacher training in 2019 and opened a holistic shop where I practice from. It was a natural process for me having worked as a secondary teacher since 2005, mainly working with pupils with additional support needs and supporting individuals with trauma and anxiety based issues.

Everything is about our energy and how we care for it as it impacts our health on every level: physically, mentally and emotionally. Reiki is at the forefront of how I work with energy, whether you choose to come to me for Reiki healing/training, EFT, Silent Counseling, Natural facial massage or breath work and meditation techniques. Listening to your needs and giving you self-care tips and tools to care for your energy is all part of the workshop or personal session that I provide.

Life is a journey of happiness and sadness and ultimately we are responsible for how we choose to show up in this world. Healing is a big part of that and through our personal journeys we can make the changes to improve our holistic health and happiness.

Contact me for information about private appointments, workshops or corporate courses.

Love & blessings  
Wendy



 Balance Fife

 Balance.fife

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



# U R B A N W E L L N E S S F L O A T



*Need some time to yourself? Come and visit us in Bridge Of Don for over 1 hour of relaxation*

**Aberdeen's Premier Float Room (aka sensory deprivation room), allows your body and mind, to let go, destress, and float the tension and busy thoughts away in our spacious float room.**

**Floating supports a variety of conditions including:**

**Anxiety ~ Sports recovery/performance**

**Muscle tension ~ Stress ~ Arthritis**

**Insomnia ~ MS ~ Fibromyalgia**

**Injury recovery/prevention ~ Menopause symptoms**

**Great for getting out of your head, mindfulness and visualisation practice, soothing general aches and pains, and supporting your overall mind health and wellbeing**

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

**For 10% OFF your 1st Float enter : FLOAT1**





## Oracle/Tarot Card Readings, Holistic Healing & Development Workshops

Hi! I'm Billie Jo Watt, creator of Dancing with the universe. My business launched in 2022, bringing together many different things that have helped me on so many levels in recent years while I was healing from PTSD/anxiety/depression.

I discovered Oracle/Tarot cards in 2018 and a new world opened up for me. After reading for myself for six months, I started reading for others, and the feedback was incredible!

I had my first experience of connecting to someones loved one in spirit in 2019. During the same year I started to channel information whilst reading cards for people and doing higher self and third eye activations/meditations. When clients book in for a reading I use my channelling abilities and intuition to bring through information. My readings are much more than just a card reading as they bring comfort, healing and hope to my clients which in turn brings me much joy too.

I now run 'Learn to read Oracle card' workshops to teach people how to empower themselves and become their own reader.

I got attuned to Reiki in 2019, studied Sound Healing in 2020 and now use both in my work. Each therapy offers a powerful healing experience. I am also about to start hosting group Sound Baths in Aberdeen which I will be posting about soon. I'm so excited!

You'll find me over on Facebook where you are welcome to join my group 'Ripples of Light'. You can also connect with me on Instagram too.

I also run online Womens Circles and I am a co-author in a book coming out in August called Voices of Impact, volume 3.

I truly believe the most challenging times we go through can turn out to be the catalyst for great change and by sharing your story you can start a ripple effect of inspiration and remind others there is no shame in experiencing mental health struggles.



**Dancing with the universe**



**Dancingwiththeuniverse22**





## Bee Pollen as an Apitherapeutic Treatment

In the eternal quest to discover the next "superfood" bee pollen is capturing the attention of health enthusiasts and nutritionists alike. Carniebees, a dedicated beekeeping business specialising in everything bee, can attest, bee pollen has emerged as a powerhouse ingredient with a myriad of potential health benefits. From its rich nutrient profile to its potential immune-boosting properties, bee pollen is quickly gaining popularity as a natural supplement worth exploring.

Traditional medicinal practitioners use bee products, such as pollen, as a form of medicine, this is known as apitherapy. Bee pollen is used in the apitherapeutic treatment for its antifungal, antimicrobial, antiviral, anti-inflammatory, and immunostimulant activities. Some research also shows that it can help promote wound healing.

In the composition of the bee pollen, there are about 250 substances including amino acids, lipids, vitamins, macro- and micronutrients, and flavonoids. There are also proteins, carbohydrates, fatty acids phenolic compounds, flavoenzymes, and coenzymes as well as bio elements.

On average, pollen contains 22.7% of protein, including 10.4% of life-essential amino acids such as methionine, lysine, threonine, and tryptophan. Among lipids (5.1%), are essential fatty acids. Other phenolic compounds include flavonoids (1.4%) and phenolic acids (0.2%).

Bee pollen is a quite significant source of vitamins such as provitamin A, E, D, B1, B2, B6, and C and acids such as biotin, rutin and inositol. This superfood also includes bio elements such as calcium, magnesium, sodium, and potassium and micronutrients like iron, zinc, and copper.

The nutrients in bee pollen such as vitamins, minerals, and antioxidants are crucial for immune function. Studies suggest bee pollen enhances immune response and regulates cells. Compounds like flavonoids and steroids in bee pollen may alleviate allergies' effects on immunity. The antioxidants and other compounds may reduce damage in cells from free radicals and oxidative stress. These protect cells from damage caused by free radicals linked to chronic diseases. Its anti-fungal, antimicrobial, antiviral, and anti-inflammatory properties can help aid in the healing of burns.

Overall, bee pollen as a functional food can be used daily to protect against heart muscle diseases and the harmful impact of food toxins. Long-term bee pollen consumption can help improve health, foster blood circulation, delay ageing, enhance immunity and increase physical and mental activities.



Carnie Bees UK



carnie\_bees

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







## Roaming Reiki Teaching & beautiful places

During a meditation at Callanish IV circle of stones, I was guided to live my dream of running retreats home and abroad. After successfully completing a wonderful wellness weekend in 2020 and many day events since, I knew this was a key aspect of my business and bringing in reiki teaching was to be the next step forward.

In May this year, three of my students and I flew out to Malaga to a stunning Casita in the hills where we embraced the teachings of Reiki II. The students felt they could truly switch off giving them space and time to be immersed in deeper learning and practice. Their attunements took place with stunning views across the pool and hills where we connected deeply with midnight energy exercises, followed by treatments in the low-lit therapy space with sounds of nature all around. As well as the daytime teachings and meditations, creative arts activities were also included to support everyone's personal journey. Add in an onsite massage therapist and a wonderful circle of like-minded practitioners locally, everyone was able to embrace the full self care experience. Here's what one of the students said;

**"What a wonderful experience. thank you from every ounce of me. Still processing, but I'm ready with my toolkit to begin my deeper journey and with new found lifelong friends".**

One week later I was heading to the Isle of Lewis to teach a group of friends who wished to learn Reiki II. An incredible experience was had once again and although this wasn't a retreat, it was a joy to teach friends who are all on the journey together.

Join me in beautiful Casita in May 2024 for Reiki Teachings, levels I, II, or simply enjoy a deeply relaxing wellness retreat.

If you are a group of friends looking to train together, reach out to discuss the possibility of me coming to you.

I look forward to connecting with you soon.

**Jane Macdonald, Usui Shiki Ryoho Reiki Master  
Teacher & Professional Practitioner  
Registered with UK Reiki Federation and CNHC**



jane macdonald1111



yourpositivelife1111



yourpositivelife.co.uk





# The Sunart Soap Co.

Sunart - where ancient forest meets the Atlantic Ocean

Founded in Sunart, West Highlands, our exclusive collection of natural and organic skincare and haircare ranges are hand crafted, and hand packaged in eco-friendly, recyclable materials.

We also provide to the hospitality and retail sectors, with refill bottles available to reduce waste. Email [contact@sunartsoap.co.uk](mailto:contact@sunartsoap.co.uk) for more information and wholesale prices.



**15% EXCLUSIVE DISCOUNT**  
Enter **RAB15** at checkout to receive  
**15% off ALL PRODUCTS**



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

