

The Root and Branch

Wholesome living services

May/June 2023

HOLDING SPACE

Finding you 'soul mate' with natural
remedies

YOUR POSITIVE LIFE

Holistic wellness therapies

JULES GEMS

Crystal, gems and alternative
lifestyle gifts

HOLISTIC SOUL

Sound - Meditation - Events

The Root and Branch

Wholesome living services

Living the simple life



Anita Bell
Managing Editor

At the Root and Branch our aim is to introduce you to uplifting and inspiring healthy living services which support your wellbeing. We like to keep our articles and adverts simple to ensure that we do not overwhelm you with too much content. In this day and age we are often bombarded with an overload of information which tends to have a negative effect on our mental wellbeing. The saying 'less is more' is certainly worth keeping in mind for our daily living.

In this issue we have an awesome selection of wholesome living services that support a healthy living lifestyle. You can reach out to all of our services by contacting them direct or by visiting our website and utilising our user friendly customer enquiry form.

See you again in July.

With love and gratitude,

Anita

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JOINING US

Chtefan Photography - 4

Professional brand images for your business

Yoga by Elle - 5

The benefits of a regular yoga practise

Kalyach Yoga & Wellness - 6

Wellbeing classes for all in Ellon, Aberdeenshire

Grampian Yoga Association - 6

Membership to seminars, summer classes & GYA events

Holistic Soul - Speyside - 7

Sound.Meditation.Events

David Tyrrell - 8

High frequency pure essential oil Aura Mists

Root & Branch - 8

Social Media Management for small businesses

Laura Clark Holistic Wellness - 9

Reiki - A return to Wholeness

Crafted Comforts by Lewis - 10

Vegan friendly handcrafted bath, body & home products

Jules Healing Gems - 11

Ellon's Crystal Haven

Pearl and Peace Therapies - 12

Holistic therapies to enhance your overall wellbeing

Holding Space - 13

Finding your 'soul mate' with natural remedies

SeaSplang - 14

Natural handmade soaps & skincare products

The Kilted Fairy - 14

Eco friendly party table wear for kids

Laura Morrice Energy Healer - 15

Energy healer, Spiritual Life Coach & best selling Author

The Red Kite Reiki - 16

What's the deal with Tarot?

Your Positive Life - 17

Holistic wellness therapies - Fife

HolisticZen - 18

Natural healing therapies - Aberdeenshire



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therootandbranchmagazine

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chtefan.

Hi, I am Lana - 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!

chtefan-photography.com

chtefan.
PHOTOGRAPHY



@chtefan_brandphoto_uk

Forging Connections
Workshop with
@align.wellness &
@yoga_byelle

Sunday the 14th May 2023
1 - 5pm
Breathing Space Studio,
Huntry Str, Aberdeen

Cost for 4 hour workshop featuring
contrasting practices, passionate
teachings, home prepared ayurvedic
refreshments & snacks and a gift bag
continue your learning at home:
£75.00

Yoga | Western Science | Ayurveda



Join
Dynamic Hatha
for Body, Mind & Soul

ICPC Health, Kintore, AB51 0TG
Wednesday 1900 - 2000
01467 633444

@yoga_byelle

PAYG & Class
Pass Available

VISIT WWW.ICPCHEALTH.COM TO BOOK

icpc Health

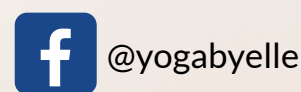
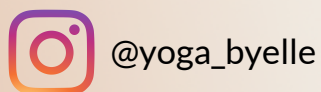
The benefits of a regular yoga practise

There are so many benefits of regular yoga practice, this is not an exhaustive list. You don't need to practice yoga for hours every day to benefit from its nourishing effects. If you can roll out your mat and move, breathe or simply observe your thoughts for 15 - 20 minutes 3-5 days a week, you are likely to witness your version of progression. Yoga is about intention and connection.

- Yoga downregulates the stress response, reducing the overproduction of cortisol, adrenaline and noradrenaline.
- Yoga can improve emotional regulation but activating and toning the vagus nerve, the main nerve associated with the parasympathetic nervous system, this nerve is the mediator of bringing the nervous system into balance reducing hyper-arousal states.
- Promotes relaxation.
- Yoga has been shown to increase sleep quality by balancing out our circadian rhythm, the natural wake/sleep cycle that occurs at a physiological level.
- Yoga can improve the function of the following physiological systems; immune, digestive, respiratory, endocrine and nervous systems. The reason yoga elicits a positive response within these involuntary systems is the downregulation of stress response and reducing inflammatory response markers this creation of harmony within, allows the body to function optimally.
- Improves heart rate variability which is associated with better overall health and wellbeing.
- Improves perception of sensations arising from within the body known as interoception. Learning to understand this language gives rise to interpreting how we feel and observing reaction states.
- Increase eudemonic wellbeing.
- Can improve the health of your muscles, joints and organs.
- Can increase flexibility, strength, mobility, stamina and balance.

You can catch Yoga by Elle at ICPC Health, Kintore, The Garioch Sports Centre, Inverurie, or join her collaborative workshops with Align Wellness at Breathing Space Studio Aberdeen where they combine their collective knowledge of Yoga, modern science and ayurveda to forge connections within yogic concepts.

Reach out for more info: yogabyelle@outlook.com



KALYACH

Yoga & Wellness

A beautiful studio in the heart of Ellon, where we offer many different classes, therapies, events and training to supporting the communities (and beyond) mental and physical wellbeing.

Yoga
Yoga Therapy
Pilates
Somatic Movement
Sound Baths
Meditation
Monthly Workshops
Cara's women's circle & full moon Friday's with Sarah & Kelly

Our therapies are an experience - these include Pregnancy support & 'closing of the bones'.



"Kindness should become the natural way of life, not the exception"
The Buddha

CONTACT US

www.Kalyachyogawellness.com
info@kalyachyogawellness.com
[@Kalyachyogawellness](https://www.instagram.com/kalyachyogawellness)
29A Bridge Street Ellon, AB41 7TD



COMING SOON

MONTHLY CHILDREN & TEEN'S
YOGA WITH KRYSTAL



GRAMPIAN YOGA ASSOCIATION

Scottish Registered Charity
SC016624

WEBSITE

We have launched our new website, with details of memberships, events & summer classes.

We have the most extensive list of yoga classes in Grampian.

MEMBERSHIP

Ordinary Membership £15
Discounts on seminars, summer classes and GYA events

Yoga teacher membership £20
includes discounts (as above)
Bio & class schedule on the website!



SPRING SEMINAR

'Spring into Yoga' with Sandra Cook
10am - 4pm

22nd April - Queens Cross Church, Aberdeen
23rd April - Kalyach Yoga Wellness, Ellon

CONTACT US

Grampianyoga.org.uk
[@grampianyogaassociation](https://www.facebook.com/grampianyogaassociation)
GYAseminar@outlook.com



SOUND. MEDITATION. EVENTS



Welcome to Holistic Soul. I'm Emma, a qualified Sound Therapist for 6 years living in Morayshire beside the beautiful River Spey. A lover of nature, the seasons, foraging and all things wild.

I have a vision of building a community of like-minded individuals to gather, connect and grow together. I organise regular larger events to bring in this sense of community within Moray and Aberdeenshire, as well as running in person and online Sound Healing sessions too.

My upcoming offerings;

Bedtime Bliss Sound Bath

No matter where you are, you can join me for this hour of bliss and healing online.

Wednesday 3rd May 8.30pm

Fortnightly event / £6

Summer Solstice Beach Gathering

My biggest event last year with over 70 beautiful souls attending. An evening of yoga, meditation, intention setting and sea swimming as we celebrate Summer Solstice.

Wednesday 21st June 7.30pm

Roseisle Beach, Moray

Zen Festival 2023

Morays first Yoga and Wellbeing Festival. A family friendly event with a timetable of classes by local teachers included in the ticket price. There is also a kids area with yoga, nature crafts, mountain biking and more.

More intimate Cacao Ceremonies and journaling will be taking place in the bell tent spaces.

Indoors will be a range of stallholders with items for sale, angel card readings and Indian head massage.

Food, kombucha, music, face painting and more. It's set to be an amazing day in the grounds of Altyre Estate, Forres.

Saturday 15th July / 11am-4pm

Ticket Cost £35 / Under 12s go free

Available on Eventbrite

<https://www.eventbrite.co.uk/e/zen-festival-moray-tickets-554729138787>

In Person Retreat Days and Sound Baths

Dates and times available on my website for the Moray area.

Feel free to reach out on Social Media and pop me a message any time.

With love, Emma x



holisticsoul.speyside



Holisticsoul.speyside

www.holisticsoul-healing.co.uk

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

Email davidtyrrell@aol.com
Website www.davidtyrrell.com
www.davidtyrrell.com/auramists

 @davidtyrrellspiritfacilitator

 David Tyrrell Facilitator for Spirit



DE-STRESS AND HAVE US LOOK AFTER YOUR SOCIAL MEDIA MANAGEMENT



CONTACT
ANITA@ROOTANDBRANCHMAGAZINE.CO.UK
FOR MORE INFORMATION

SUPPORTING SMALL BUSINESSES ON A DAILY BASIS

Reiki – A return to Wholeness

I began my journey with Reiki 13 years ago, at a time where I had really lost myself. I found my way back from chronic anxiety and despair to living a life with intentionality and purpose. I reconnected back to myself, to nature and the world around me and developed a spiritual practice that gave me a deep contentment and happiness.

Reiki has this way of getting to the core, peeling those layers back, shedding our old skin to reveal something new. Reiki awakens your innate healing ability, something we all have within us.

Reiki works on all levels; Physical, Emotional and Spiritual. Reiki is a natural healing system founded by Mikao Usui and holds a Buddhist perspective. However, you do not have to be religious or have any spiritual beliefs to work with or learn Reiki. Reiki is the path to wholeness, healing any past hurts and allowing us to let go of anything we are holding onto that no longer serves us.

In my practice, I'm seeing huge shifts in the women I work with. After just a few sessions they notice a difference, and many tell me that it's changing their lives. I know Reiki changed mine. My life was enriched and my whole outlook on life changed.

Reiki is empowering women and men to take control of their own spiritual and emotional well-being. If you've never experienced the gentle energy of Reiki then I suggest you do. It might just be the thing you are searching for, the missing piece of your jigsaw.



Laura Clark Holistic Wellness Practitioner



lc_holisticwellness

www.lauraclarkholisticwellness.co.uk



Handcrafted bath, body & home products Crafted Comforts - Aberdeenshire

Life can be stressful, but I'm here to help!

I originally came up with the idea of making my own products when my mental health came to an all time low, I found using essential oils were effective in calming me down and helping me sleep. I began trying different blends in bath and body products, then found the perfect ones and went for it. This began back in 2018, and here I am today with my own range of bath, body and home products.

I sell and ship my products all around the UK and I also have my products in a number of different shops in Scotland, and recently, in England. This is a massive achievement for me, and it makes me happy that I am able to supply my products to those who enjoy them too.

The essential oils in my bath and body products have several different benefits. Some blends I've put together are beneficial for relaxation which brings a sense of calm and can help towards getting a good nights rest too. I have other blends that can make you feel happy and energised. Some blends are even head clearing, this is especially helpful if you're feeling blocked up or under the weather.

You can choose from a number of different blends and scents in our bath bombs & salts, body scrubs, whipped soaps, soap bars, aromatherapy shower steamers, soy scented candles and wax melts, reed and car diffusers.

Our list of products are always growing and developing to give you the best at-home spa experience.

To view our full range of products please visit - www.craftedcomforts.co.uk





Ellon's Crystal Heaven

Nestled off the main thoroughfare in the heart of Ellon, you will find within the Ellon shopping centre a charming crystal shop with a huge heart.

If you are at all interested in crystals, gems and alternative lifestyle, Jules Healing Gems is the destination point that should be in your future.

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

Ranging from the smallest tumble stones to exquisite, large, one-of-a-kind specimens, her stock is always sure to please!

If you are not able to get to Jules Healing Gems in Ellon for any reason, Jules hosts a Facebook Live every Wednesday night at 7.30pm. Jules started doing this at the start of COVID-19 and she now has a very loyal following. Due to the help, care, advice and the entertainment from Jules and her team over the pandemic she has kept it going and it is now a very important part of Jules Healing Gems.

It is going to be an exciting year for Jules Healing Gems as she is about to start Crystal Healing Courses alongside special events at her shop so keep glued to her social media.

So if it's a Facebook Live or coming to her very special shop in Ellon you will be guaranteed a warm welcome.



jules_healing_gems_ellon

www.juleshealinggems.co.uk



JulesHealingGems

Hello, I'm Rebecca and welcome to Pearl and Peace Therapies. I am fully insured with The Federation of Holistic Therapists and studied for 5 years to attain my qualifications to degree level.

I've become fully qualified in Holistic therapies in 2012, after starting Beauty. I found my passion helping people to feel better physically and emotionally and look after themselves more through a holistic approach to treatments. As well as this I'm trying to change the way people see Holistic therapies, making them more a necessity for our health and body/mental health maintenance rather than just a luxury.

I specialise in Holistic massage from Aromatherapy, to Hot stones, Deep tissue, Organic Signature facials and more. I am also a consultant for Neal's Yard Remedies where I can take orders for clients and I also use them in treatments. They help to look after the environment more and are organic with no harsh chemicals so they are much better for your skin, what's not to LOVE?!

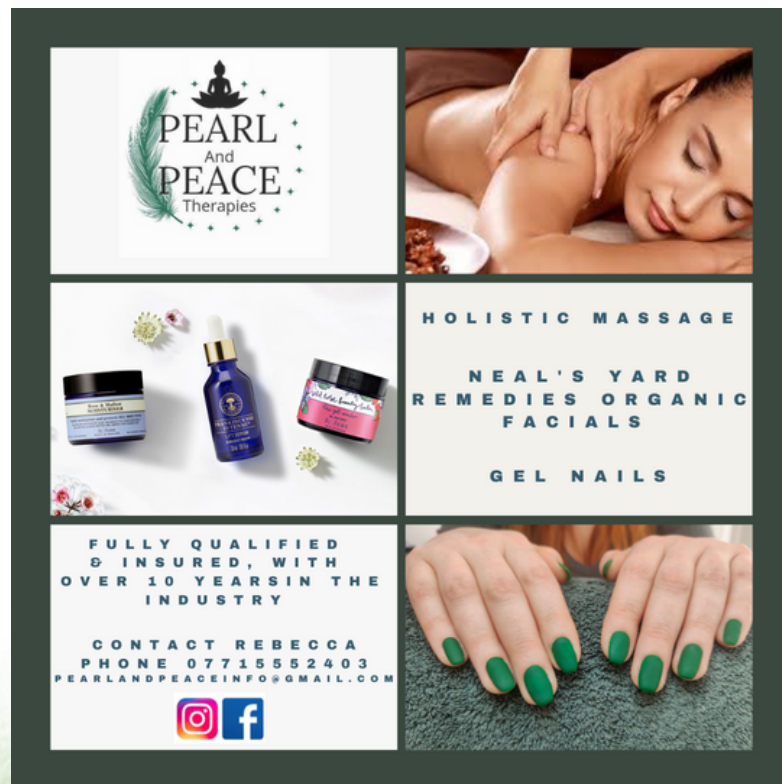
I work from 3 locations within Fife - Glenrothes area, Kirkcaldy and Burntisland, giving clients more chance to get a treatment closer to home.


My priority is helping clients to feel better, without worrying if they will be judged on their appearance or how they feel mentally. Please be assured this is a safe and non judgemental space in my treatment room, where you can take some time out from the stresses of daily life without having to worry about those things.


Please don't hesitate to contact me if you have any questions or would like to book an appointment. Also keep an eye on my social media channels for updates and offers.

I look forward to seeing you soon.

Rebecca



 @pearlandpeacetherapies

 pearlandpeacetherapies



Finding Your 'Soul Mate' with natural remedies

A soul mate is usually interpreted as someone who shares a strong connection with you, with whom you can be yourself. While you might be more compatible with some people, the same could be said when you use the Bach Flower Remedies or doTERRA essential oils, as you may resonate with some more than others.

From childhood, we learn to 'layer' our feelings with compensatory emotions and behaviours which then become the norm, hiding or forgetting who we truly are. These layers can be compared to the layers of an onion; peeling them back one at a time to get to the layer underneath. Both systems can help you gently uncover who you are, rediscovering inner peace and restoring emotional wellbeing.

When using the Bach flowers, a rebalancing can occur in the form of releasing a negative pattern. If strong feelings come up then you adjust the dose, with changes being minimal and temporary. This is positive as it shows that you are changing and healing.

doTERRA essential oils can also help release emotions that keep you stuck. This is because our sense of smell is directly linked to the limbic part of our brain, which stores and releases emotional trauma.

Each flower remedy or essential oil is associated with a particular characteristic or emotional state. As each of us is individual, a personalised blend is usually the best approach. These natural remedies can help bring clarity and strength from within, as it is only when we tap into what sets our soul on fire that we feel better aligned and happier.

To chat more about their positive potential get in touch.

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



holdingyourspace



@holdingyourspace

www.holdingyourspace.co.uk



seasplang.scotland



@Seasplang

I love hand-making soaps and skincare products in my shop/workshop using natural oils, butters and naturally derived ingredients in small batches to ensure freshness.

You can find my products in:

Myriad, Ellon
 Havens Treasures, Stonehaven
 Holly Maes, Laurencekirk
 Tweed Warehouse, Edzell
 Ashbrooks Garden Centre, Arbroath
 Hand Pict, Letham, home of Angus Crafts Association
 as well as in my shop at 63 Murray Street, Montrose

I love to meet my customers, so please do drop by the shop if you are in the area.

Seasplang

The Kilted Fairy
 Authentic eco friendly
 Celtic party cups and
 plates for your little ones
 special day



COMING SOON

Register your interest

anita@rootandbranchmagazine.co.uk



Laura Morrice Energy Healer, Spiritual Life Coach and Best Selling Author

With over 20 years of experience in energy healing, I specialise in stripping away the false layers of our human conditioning to release and heal from trauma and drama so that we can align and shine! Using a combination of healing and mindset techniques, I assist my clients to;

1. Align their energy by removing the false and outdated programming
2. Design their new life of purpose and
3. Shine their unique light of expression into the world

I am 100% committed to helping all of my clients remove the negative blocks and limitations and understand how these false programs became dominant in their energy fields. Through my experience of hardship and living out of alignment, I know how lonely and desperate life can feel. Yet, I also understand that this is not how we should experience this miraculous existence.

In short, aligning my energy healed me and saved me from a desperate existence that was sucking the very life force out of me. And that is why I am so passionate about helping others do the same. Whether working with me as a 1:1 client or in my group coaching program, I aim to help you reclaim your internal source of power so that you can unleash your true potential for a life

If you would like more information about my services, please feel free to contact me via my social media pages or email laura@lauramorrice.com.



What's the deal with Tarot?

"Tarot's scary"

"You shouldn't dabble in the occult"

"I don't want to know when I'm going to die".

These are just some of the misconceptions and fears people hold around the tarot. Popular culture has not been helpful with these stereotypes.

In truth, Tarot is a tool for personal growth, healing and self discovery. The cards are like a storybook of your life, a mirror to your soul and a key to your inner wisdom. As a reader, I can translate this sacred communication for you, assisting you in navigating your path with ease and inspiration.

Clarity is found within the symbology of the tarot, aiding connection to your intuition when you feel paralysed by choices. Decisions won't be made for you. Your future will not be predicted, for true divination is looking at the present moment and understanding how that will shape your future. Tarot provides the tools to help you move forward with confidence.

Receiving a reading is like looking into a mirror, tapping into the wisdom and answers that live inside of you. Finding that you hold the keys you need. My job is to help you discover that.

My tarot readings are supportive acts of guidance. They can identify ways in which you're keeping yourself stuck, whilst highlighting what you can do to break free.

If you're standing at a crossroads or searching for some guidance in your life then you should consider a tarot reading to help unlock your path forward.



*Welcome to our Guest Writer
Josie at The Red Kite Reiki*

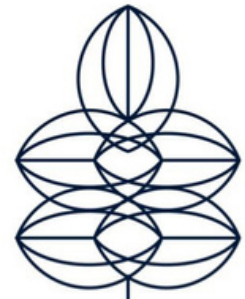


theredkitereiki

www.theredkitereiki.com



@theredkitereiki



www.yourpositivelife.co.uk
mental : emotional: physical: spiritual
Holistic Wellness Therapies, Classes, Programs & Podcast
with Jane Macdonald 0772 440 5688

In September 2020 I was promoted into my 'dream corporate job', 3 months later I resigned when I realised, I no longer fit the profile of who I thought I was. This move has led me to run my own wellness business, working with incredible women who are seeking a new way forward as they go on their own journey of self-discovery and actualisation.

My own healing story began in 2018 during a period of low mental health, I had 2 months off work. In classic fight or flight mode I found myself taking the 'flight' after being in the 'fight' for years. On that day, something snapped, I stood up from my desk, closed my laptop and left work. My full story up to that point, and my messy journey of recovery are available to download from my podcast channel, Living Your Positive Life hosted by Spotify.

At that point, I decided to live a more holistic life learning Reiki and mindfulness for my own wellbeing, little did I know it was to take me into running my own wellness business. Having already embraced my spiritual and intuitive self, it was a natural progression. I already used crystals, embraced spirituality, practiced gratitude and universal energies. I was the go-to friend for support, guidance and the occasional tarot reading.


Having now trained professionally in several healing modalities including Reiki Master Teacher, Meditation Teacher and Wellness Mentor, I successfully support women on their path. Using a simple and effective toolkit, I take the 'complicated' out of healing and provide mentorship which was missing from my own journey.


If there are tears, there will always be laughter, the output is you 'Living Your Positive Life'.

Have a peak at my website or call if you'd like to know more.

With love,

Jane

 @yourpositivelife1111

 janemacdonald1111



Natural healing therapies at Holisticzen

Are you feeling stressed? Overwhelmed? Anxious? Or are you simply craving some 'me time'?

At Holistic Zen, Lisa Sugden provides natural healing therapies to nourish your wellbeing for mind, body, spirit and soul wellness and is very passionate about supporting people to feel better in themselves by taking a natural approach to achieving better health.

Reiki is a wonderful natural healing modality that helps to balance your energy and chakra system. Reiki works on all levels; emotional, mental, physical, and spiritual. When you are feeling worn out and tired, receiving Reiki can help boost your energy levels, uplift your mood and it can benefit any aches, pains or inflammation which may be present in the body. Reiki can also be received distantly from the comfort of your own home if an in-person appointment isn't suitable.

If you are interested in learning the ancient Japanese art of Reiki healing, either for your own self-healing or to further and practice, training is also available for all degrees of Reiki at Holistic Zen.

Hopi Ear Candling is another natural treatment offered which is great for clearing sinuses, aiding hay fever symptoms, migraines, blocked ears, head colds and much more.

At Holistic Zen, you can be guaranteed a truly relaxing experience in a serene setting to simply let go of any stresses, worries and mind chatter, while being surrounded with the healing vibes of beautiful crystals for extra added bliss.

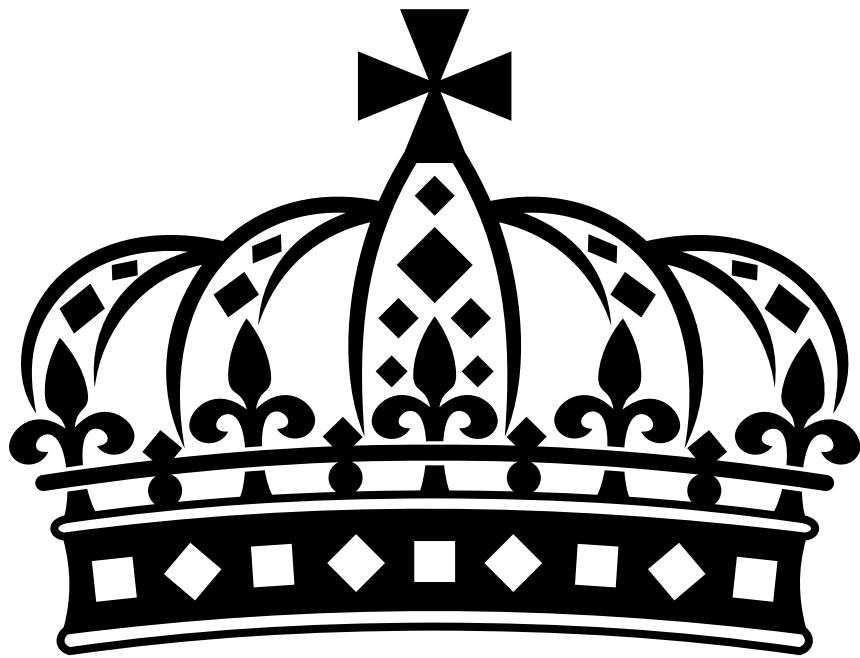
 **HolisticZen**

 **_holisticzen_**

www.holisticzen.co.uk



HIS MAJESTY KING CHARLES
CORONATION DAY
6TH OF MAY 2023



HAPPY BANK HOLIDAY