

# The Root and Branch

Wholesome living services

Nov/Dec 2022

## THE WEE WELLBEING BOX

Wellbeing and mindful gift boxes

## HOLDING YOUR SPACE

doTERRA therapeutic-grade  
essential oils for winter wellness

## LKBABYWEARING

Babywear consultations and  
sling hire

## LET'S GET FESTIVE WITH SMELLY TREES

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





**Anita Bell**  
**Managing Editor**

Happy November beautiful R&B tribe.

We hope you are keeping well and keeping cosy during these colder months.

We have lots of lovely services to share with you in our Nov/Dec issue and some gorgeous gift ideas for Christmas presents too. I know it's a little early to mention the festive period but the opportunity to do a bit of online Christmas shopping awaits you should you be in a jingly sort of mood.

We also want to share our gratitude with you 'our subscriber and advertiser' for your continued support over the past couple of years and to those who have recently joined us too. There would be no Root and Branch without your support so we want to thank you for allowing us to continue to journey with you, it means the world to us.

Wishing you a Merry Christmas and a Happy New Year for when it arrives.

See you again in 2023

With love and gratitude,

*Anita* ❤️

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# Hands on Approach Massage Therapy

I'm Hayley Thomson, a qualified massage therapist based in Aberdeenshire.

Having trained in remedial and sports massage, Swedish massage, medical acupuncture and dry cupping, I can tailor a session just for you to help aid any injuries, aches or pains and promote muscle relaxation.

I work out of both Kingseat and Inverurie;

Sunday 11-5 & Monday 4-8: Glam Salon, Kingseat, Newmachar

Tuesday & Wednesday 10-8: Beauty Upstairs, 49C Market Place, Inverurie.

Find me on [facebook@handsonapproachmassagetherapy](https://www.facebook.com/handsonapproachmassagetherapy)  
or on the Fresha app for times and availability



## WELLBEING & MINDFUL GIFT BOXES

The Wee Wellbeing Box provide letterbox wellbeing gifts. Themed around pregnancy, motherhood, or just creating that little bit of quiet.

Each box provides exercises in breath work, mediation & journaling along with an opportunity to relax with herbal tea, an essential oil rollerball, yoga sequence & scented candle.

The Wee Mindful box provides tasters of different forms of mindfulness from mindful colouring & craft to mindful eating & meditation.

The Wee Wellbeing Box was created with love to help anyone struggling with life's pressures to take small steps towards making their wellbeing a priority.



The-Wee-Wellbeing-Box



TheWeeWellbeingBox





## Let's get festive with Smelly Trees

Smelly Trees products are made from 100% pure, sustainably harvested conifer tree oils. The aroma of Fir, Spruce and Pine form the heart of Smelly Trees unique formula, evoking the feelings and sensory experience of being immersed in a beautiful Scottish forest, combined with notes of Cypress, Juniper, Lavender and earthy Oak Moss.

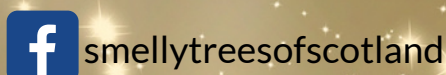
Founded by Scottish actress and yoga teacher Carina Birrell, each bottle is lovingly handmade in Fife, Scotland where Carina lives with her tree surgeon husband and their dog Ramsay.

Trees are critical in preserving oxygen for us to breath and capturing carbon dioxide from our heavily polluted air. Beyond this incredible feat of being nature's own antidote to Global Warming and Climate Change, the personal health benefits of smelling the scent of trees are vast. Trees release thousands of antimicrobial aromatic compounds (phytoncides), which protect them from germs and infestation. For humans these uplifting aromas have been shown to boost mood, improve production of natural killer cells (boosting immunity), lower blood pressure, moderate heart rate, reduce stress and anxiety, regulate the nervous system and improve our sleep and creativity. Smelly Trees products are lovingly formulated to create a fusion of these pure essential oils blended together to truly emulate being in the forest.

There are no nasty additives or synthetic perfumes and Smelly Trees is 100% committed to green business practices. As a proud partner of rewilding charity Scotland The Big Picture, Smelly Trees contributes towards regenerating ancient woodland, preserving natural wild spaces, planting trees and restoring our precious ecosystem.

Check out Smelly Trees website and social media to get your hands on some Limited Edition Festive Season special products or find out about joining Carina on an upcoming Your Wild Nature retreat incorporating Smelly Trees, Yoga, breath work, tree magic and total nature immersion.

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







## Offering Past Life Astrology and Tarot Readings

For astrology readings, I select 3 past lives from your birth chart and explain what I see.

For past life tarot readings, I explain who you were, what you did in the past life and much more.

If you would like a reading or have any questions, please email me direct or visit my website.

[www.pastlivesandplanets.com](http://www.pastlivesandplanets.com)  
Email: [pastlivesandplanets@gmail.com](mailto:pastlivesandplanets@gmail.com)

## Yoga, Breathwork & Meditation

Emma is a Hatha yoga teacher and Reiki practitioner, passionate about using yoga as a guide in our healing journey, and making it accessible for everyone.

She runs regular classes in Inverurie and Kintore, as well as retreats, workshops and other events around Aberdeen and Aberdeenshire.

Emma also offers in-person and distance reiki healing from her home in Kintore.

For more information on classes, workshop and events please contact Emma on [hello@enlighthhealing.com](mailto:hello@enlighthhealing.com)

[Instagram.com/enlight.healing](https://www.instagram.com/enlight.healing)  
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Perth PH2 8PA

Instagram: [aprilstudio107](#) Facebook: [April's Studio](#)

## LK BABYWEARING

LK Babywearing is the go to space where parents and caregivers can find support, advice and education on how to safely, easily and comfortably use slings and wraps with their children, offering babywearing consultations and sling hire.


Founder, Lucy, is a certified babywearing consultant with a special knowledge in babywearing of multiples


At LK Babywearing you can discover

- Best carrier for you
- Tandem babywearing
- Safety of babywearing
- Back carry
- Woven wraps

  
BABYWEARING



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[lkbabywearing.co.uk](http://lkbabywearing.co.uk)



## The healing benefits of Reiki

Reiki is a natural, non-invasive, therapeutic healing modality. Reiki is used by Practitioners globally and is the fastest growing complimentary therapy being taught in the world today.

Reiki works on a mental, emotional, spiritual and physical level, aiding the reduction of stress, anxiety, inflammation and physical pain within the body.

Receiving Reiki is a simple therapy. The Reiki Practitioner gently lays their hands over different points of the clients body as they lie comfortably. Energy is drawn through the Practitioner and out through their hands to the client, which helps to balance the recipients chakra system and energy to promote greater well-being.

Reiki has many benefits and is safe for everyone, including children, expectant Mums, the elderly, those who are on medication or receiving any medical treatment. Reiki can also be used on pets and animals.

The beneficial changes can be noticed after a single treatment or over a short space of time. Regular Reiki healing sessions can help to maintain wellness, aid and support the immune system and regulate energy levels.

Listed below are just some of the benefits you may feel after a treatment;

- Calmer, yet energised & content
- Manage stressful situations and people better
- The speeding up of your body's natural healing process
- Developing a clearer mind and clearer thinking
- Feeling more positive and confident

You may also feel;

- Heat or cold from the Practitioners hands
- Tingling in the body
- A deep state of relaxation
- Emotions rising
- Clearer headspace
- Feeling of floating or sinking
- Energy moving through the body
- Seeing colours

Every person and every Reiki session is unique and different. There is no right or wrong way to feel and even if you don't feel anything, do not be disheartened because Reiki always goes to where it is needed and replenishes you with what your body needs.

**To book a treatment please contact**  
**[lisa.holisticzen@aol.com](mailto:lisa.holisticzen@aol.com)/[holisticzen.co.uk](http://holisticzen.co.uk)**





## Walking in a Wellness Wonderland

As nights get darker and colder, stress levels can rise and seasonal bugs are just around the corner, so have you considered natural solutions to help you and your family stay well this winter? doTERRA therapeutic-grade essential oils can be a safe, cost-effective and powerful support. So how can they help?

**Sleep:** Our bodies renew themselves when we sleep so if we don't get enough, it can affect the natural healing process and suppress our immune system. Lavender and Bergamot are rich in linalool and linalyl acetate (relaxing properties), so diffuse them or add a couple of drops to your herbal tea before going to bed.

**Stress:** Essential oils are great for meditation and relaxation. I love doTERRA's emotional aromatherapy oils and use Balance as a pure-fume for grounding. When I'm working, Motivate or Citrus Bliss give me an uplift from that afternoon slump.

**Immunity:** A fave is doTERRA's OnGuard blend for immune support during the winter. Use it at the first sign of a sniffle or sore throat by either taking it under the tongue or applying it to feet and spine. Other immunity boosting oils can be incorporated into food - Oregano, Peppermint, and Lemon – and adding Peppermint to chocolate makes a delicious festive treat!

**Self-Care:** A little seasonal self-care makes us feel good, and I love Frankincense for promoting feelings of peace. My skin can get drier during the colder months, so I make my own serum using Frankincense, Geranium, Cypress and Rosehip as a carrier oil. I massage this into my face for 5 minutes every night to nourish my skin.

How will you incorporate essential oils into your Winter Wellness?

If you'd like to learn more, or are not sure where to start, get in touch for a courtesy consultation and sample by quoting "**Root and Branch**".

Kim is a certified doTERRA Wellness Advocate, based in Aberdeenshire.

Book your courtesy consultation at [holding.space@outlook.com](mailto:holding.space@outlook.com) / [www.holdingyourspace.co.uk](http://www.holdingyourspace.co.uk)



@holdingyourspace



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We have zero waste and refillery shops in Inverurie and Rothienorman which stock a variety of products which are cost effective, and will appeal to people who want to eliminate plastic packaging from their lives. To reduce packaging and food waste, we offer dried cupboard essentials in bulk within the refillery section of the shops. You will find flour, baking products, sugars, rice, pasta, dried fruits, cereals, herbs/spices, nuts, seeds, pulses, coffee beans, loose tea and a gluten free section. You can bring along your own containers to fill or you can use our brown bags for your products to take the quantities that you choose.

We also stock a wide range of locally sourced bakery, homebakes, household goods, cleaning products, some of which are available as refillables, personal care items, gifts and on-the-go reusables, all with sustainability in mind.

Amongst the local businesses stocked at the shops are Invercamey Dairy, From Bakery Lane, Vegan Bay Bakery, Grunny Smith's Homebakes, Col's Baking Kits, Bogmoon Bee's Honey, Aberdeenshire Bee Honey, Hungry Squirrel Nut Butters, The Raw Scullery, Taylor Made Refills, Flamingo Fluff, Mama Bella Pops Creations, Retreat Apothecary, Lily's Goat Milk Soaps, Surya Luna Naturals, Thistle & Clay, Fudge Like, Katy's Eggs, The Damn Fine Cheese Company and Crafted Comforts.

It's really important to us to work with local producers to bring quality products and choice to our customers. Our website is updated regularly with our stock lists so you can prepare for your visit, or we do offer a local delivery service or out of hours collection appointments.

We look forward to welcoming you to our shop soon.

**Main Street, Rothienorman, AB51 8UD**

**Tel No : 01651 821969**

**28 High Street, Inverurie, AB51 3XQ**

**Tel No: 01467 460468**

**Website – [www.waste-a-weigh.co.uk](http://www.waste-a-weigh.co.uk)**



Waste A Weigh



waste\_a\_weigh





## Dive into your potential

Nine years ago I fell in love with shamanic work, its magic, earthy energy and loving healing.

I was in my early 20s struggling with loss and illness when I met the first shamanic practitioner I would work with. The minute I met her, I knew shamanism would play a huge part in my recovery and in my life. Since then, I worked with other practitioners and found the precious soul pieces I was looking for, confidence, empowerment and health. Such a win, such a path.

Last year I dived even deeper and started training to become a shamanic practitioner for joy, peace and love.

Shamanism has been used for thousands of years as a healing, spiritual practice all across the globe. For the shaman, all is connected and source of teachings, may it be earth, elements or animals. A shaman is dedicated to help others reconnect to their strengths and their divinity within. As my shamanic teacher often says, shamans are here to bring the pearls and stars back into our hearts.

Thanks to drumming and dancing, the shaman shifts his/her brain waves, enters a trance in order to access spiritual realms which allows the healing journey to begin.

The shaman or shamanic practitioner is on an adventure for you. His/ her mission is to track stolen treasures, parts of our souls which have departed, find our inner strengths, and lovingly blow them back to your heart. To receive a shamanic healing is a gorgeous gift, one which allow you to step back into your power, gain clarity and enhance faith, security and completeness.

If you wish to learn more about how I work as a shamanic practitioner and the different types of healing I propose, you can visit my website or contact me via email.

I cannot wait to connect with you.

Email: [Deepintos0ul@outlook.fr](mailto:Deepintos0ul@outlook.fr)  
[www.deepintos0ul.com](http://www.deepintos0ul.com)



Deepintos0ul





## Designing a map back to yourself

Hello, I'm Gillian.

I'm a Sober Living Life Coach.

I offer support to help you finally break free from the alcohol trap so you can move forward with self-belief and confidence, make positive worthwhile changes in your life and create a brighter future.

Sober Coaching is for anyone who wonders:

- Do I drink too much?
- Why do I wake-up at 3am full of anxiety and regret?
- If I'm not a normal drinker, am I an alcoholic?
- Why do I always drink more when I've promised myself to drink less?
- What would my life be like without the booze?
- I've kicked the drink, now I'm struggling with this new version of myself. What's next for me?
- Is there a coach who understands my sober journey?



I get it, I've been there and there IS a path to freedom from alcohol. I believe there is a place for AA, but it doesn't resonate with everyone.

I've trained extensively as a Life and Sober Coach as well as being certified in The Passion Test and Mastery of Self-Love Programs to bring you a unique coaching approach so you stay strong in your commitment and create a future with clarity, energy, purpose and passion.

### Testimonial:

After years of failing to rid myself of alcohol and the misery it was causing, I realised that I needed help to succeed. Gillian has done the journey herself and knew how to support me from Day One, to now going on 4 months. Giving up alcohol is a source of great joy, but it can be hard to give up self-defeating mindsets and create a vision for the "new you". Gillian's coaching really helped me to turn my back on old habits and look forward to the future.

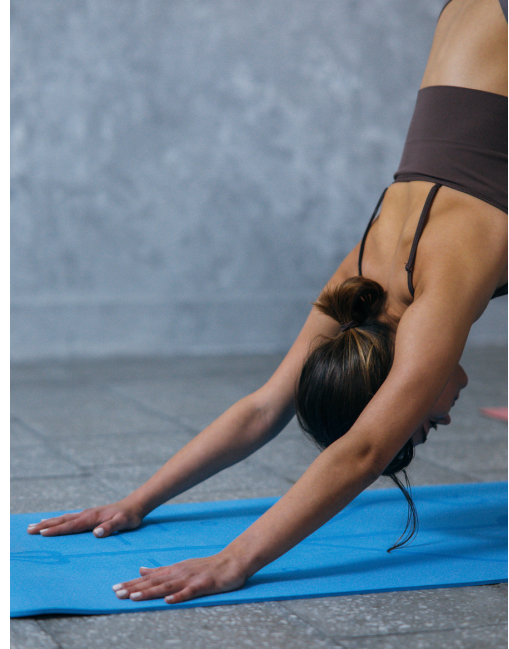
Book a Complimentary Call!

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



thesoberlivinglifecoach





## Power of Pilates

**‘Pilates is complete coordination of body, mind and spirit.’ - Joseph Pilates**

The power of pilates can be found within so many aspects of our life. Each part of us that is positively affected by the regular practice of pilates is interlinked together. The strength we build in our body through the movement of each exercise works to create peak physical fitness. The pilates method is centered around the control and strength of our core and pelvic floor muscles which are what enable the body to safely and correctly move through each exercise. Our core abdominal muscles are the center of our body and therefore strength gained here brings balance to our physical embodiment.

There is a key element of the breath within pilates. The importance of focusing on breath work comes through both the exercises and stretches alike. As a form of meditation, being aware of and using our breath helps control movement and encourage relaxation. Together the focus on the body and breath work allow for the mind to unwind from day to day stresses and routines of life.

Through the benefits to our mental and physical health an overall sense of confidence can be gained as a result of regular pilates practice. I encourage you to find the power of pilates, whether you have five or fifty minutes to dedicate to listening and moving your body. I am sure you will experience the many benefits found through the Joseph Pilates method of exercise.

To find out more about my classes and locations within Aberdeenshire, please contact me direct on [aurorafitness.chloe@gmail.com](mailto:aurorafitness.chloe@gmail.com)



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Usui Reiki II, Usui Advanced Reiki  
Usui Reiki Master



To book a therapy or course, please get in touch on 07946252183



Crystal Sanctuary Holistic Therapies



Reiki\_soundhealer

## Social Media Design Packages for Health and Wellbeing Businesses

The Root and Branch are now offering NEW social media design packages to help further support wholesome living businesses stay on track with their weekly postings

Our new service is to help businesses who are struggling for time and looking to decrease their workload

For more information about our packages and fees please get in touch on [anita@rootandbranchmagazine.co.uk](mailto:anita@rootandbranchmagazine.co.uk)

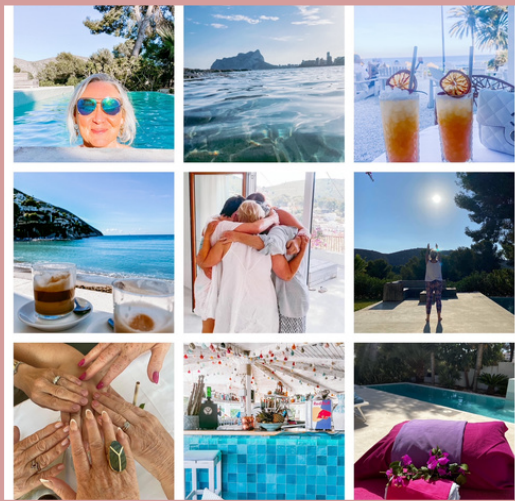


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## Senga Cree ICONIC Living & Business

Senga is a Self & Wealth Expansion Coach helping wellness business owners accelerate their purpose, their impact and their income. My mission is to put prosperity and wealth (in all its forms) into the hands of healers and feminine leaders to elevate the impact of the work we are all here to do.

With a clinical background in physiotherapy and a long career in healthcare leadership and strategy at national level I left my corporate role to grow my coaching side business into a company that is now impacting thousands of women across the globe.

Offering 1:1 Mentoring, Masterminds, Live Monthly Online Coaching Programmes and Living Intentionally Retreats in Scotland and Spain, my work is grounded in Self Leadership (leading ourself first), a regulated nervous system (once a physio always a physio) and the energetics of Masculine and Feminine growth (feminine intuition, flow, a real sense of self, matched with masculine business strategy, systems, offers creation, scaling, selling). All the outer expansion and richness that comes from inner awareness and harmony. An explosive combination!!

My most popular programmes: My 1:1 Mentor Immersives, RETREATPRENEUR® (yep I trademarked that) an online course which helps wellbeing practitioners create their OWN retreats! And PORTAL, my New Year Signature Programme that sets women up for the most fabulous year ahead. And after the launch of PORTAL last year came the creation of my PORTAL Oracle Deck a beautiful card deck to bring daily inspiration into your world.

ICONIC Living & Business is not just about creating a business that pays well but about creating a lifestyle that feels truly magical, adventurous and free! Living in the energy of "What a life, what a life, what a life".

You can best find me on Instagram or Facebook and drop me a message if you are looking for personal or business support to ACTIVATE your SELF and WEALTH expansion.

ICONIC  
*living & business*



sengacreecoaching



sengacree

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

PORTAL ORACLE DECK available on Amazon UK



Laura has reached 11 successful years of running 'Bonding With Baby', which started off as a part-time venture when her job was affected by funding cuts in her family-support role with a charity. Reflecting on the past decade, Laura has taught her Bonding With Baby 'Infant Massage' and 'Rhythm Kids' Courses to over 3000 FAMILIES; winning 3 AWARDS, locally & nationally, for Best Baby Classes, Best Post-Natal Classes and the Best Independent Activity for Under 5's.

Having worked supporting families for over 20 years, Laura became a Mummy herself in 2017 and massaged Zack from 6 days old & enjoyed the Rhythm Kids programme from 3 months old. Laura says it has been amazing to see him enjoy so much of what I've taught parents for over 15 years.

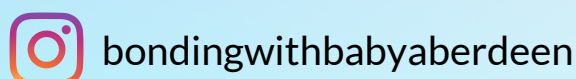
Laura invites new parents to '**Come Relax & Have Fun with your Little One**' on her multi-award winning 'Bonding With Baby' courses, in Aberdeen & Aberdeenshire, and learn skills that last a lifetime!

**\*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.

To find out more about joining a course, please contact Laura on:

**[www.bondingwithbabyaberdeen.com](http://www.bondingwithbabyaberdeen.com) or BOOK DIRECTLY on  
[www.bookwhen.com/bondingwithbaby](http://www.bookwhen.com/bondingwithbaby)**





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