

The Root and Branch

Wholesome living services

Nov/Dec 2024

GINNY JONES
INTUITIVE SPIRITUAL SERVICES

Reiki Healing on Steroids
A New era of Multidimensional Wellness

JUST ASK JULIE
PROFESSIONAL ORGANISER

Decluttering to create a sense of calm
in your home

ROCKS AND ROOTS

Discover your inner peace

NOURISHED AND REFUELLED

Eat Well Stay Well

TEEN REIKI WITH
DOWN2EARTHREIKI

**HOLISTIC
LIVING
THIS WINTER**

Let's go
Christmas shopping

Treat your loved one with
a wellbeing gift this year

CONTENTS

02

Contents page

Our Services

03

Editor's Note

Rest and Rejuvenation

04

Luna Rose Books & Gifts

The perfect Christmas gift for your little-ones this year



Braco-Tv.me

The fascination of Braco's gaze
Free Livestream: Online Encounters
Mon, Tue and Wed

04

Rowan Tree therapies

Boost your overall health & wellbeing
this Winter

05

Rocks and Roots

Discover your inner peace

06

Sally Warrack

Healing generational trauma

Down2EarthReiki

Reiki healing for teens & adults

07

Karen Mae Simpson

Phototherapy Light Technology to
improve your health & wellbeing

08

Julie Ferris Quantum Parenting

Introducing HopeFullKids

09

Behna

Harmony in Health

10

Nourished and Refuelled

Eat well stay well

Root and Branch

Social Media Management for wellbeing
businesses

11

Holding Space

Stock up on your doTerra Essential Oils
& Bach Flower Remedies for Winter
wellness

12

Braco Tv.me

The fascination of Braco's gaze

13

Ginny Jones Intuitive Services

Reiki Healing on Steroids:
A New Era of Multidimensional Wellness

14

Lemon Wellmed

Detox Footbath - Improving health
through detoxification

15

Just Ask Julie - Professional Organiser

Bringing space and calm to your home

16

Jules Healing Gems

A world full of crystals

17

Kahlmah Ayurvedic

Health and wellness clinic

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The Importance of Rest



Anita Bell
Managing Editor
&
Creative Designer

Autumn! Oranges, browns, yellows and crunchiness, don't you just love it. One of my favourite times of year. I adore getting wrapped up, walking boots on and off out for a perambulation into the woods to soak up the gorgeous array of colours. Absolute bliss.

Having taken a short break for some rest and rejuvenation over the past couple of months, I have found that I really needed to spend more time in nature, with this my passion for gardening grew which resulted in bringing an inner sense of calm to my overall wellbeing. I am now 30 lavenders in and planning on growing a small wellness retreat in 2025 surrounded by these beautiful flowers. Come and check us out over on our new IG page [@prettylittlelavenders](#).

In this issue we share lots of lovely, healthy living services to help bring an inner sense of calm and peace to your overall wellbeing too. After taking a break away it made me think about how important it is for all of us to take time out for ourselves, even if it is for short periods. The benefits of getting off the rollercoaster of 'doing' and simply just 'being' are hugely therapeutic. So, if you are feeling tired and rundown, maybe its time to nurture your mind, body and soul with some rest and selfcare to bring back that inner sparkle.

As always we have a super mix of services to support your family's health this Winter, along with an opportunity to do some Christmas shopping too. We hope you enjoy what is on offer.

News for 2025 - look out for us dropping into your inbox 4 times a year as apposed to 6. Our aim is to bring you slightly larger editions with lots of helpful healthy living services to support your overall wellbeing.

Thank you so much for your continued support during 2024. We truly appreciate each and everyone of you.

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

See you again in March 2025

With love & gratitude

Anita x



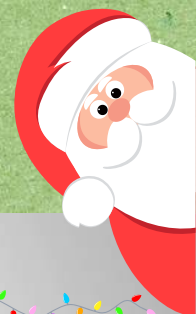
TheRootandBranchMagazine



rootandbranchmag

The perfect gift for your little-ones this Christmas

www.lunarosebookandgifts.com



To get you in the festive mood, we have a Christmas rhyme from Luna Rose Carrington's book - 'Time For Rhymes'

Available to buy on Amazon

CAN'T WAIT FOR CHRISTMAS

Christmas time is a special time of year

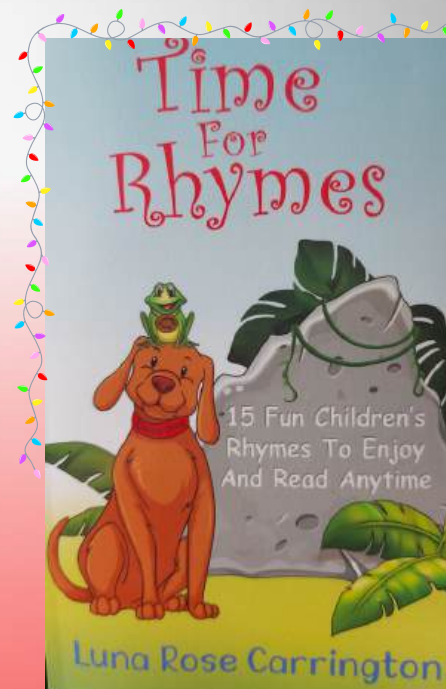
Full of fun, happiness and festive cheer

Putting up the pretty Christmas decorations and the sparkly lights

They look so beautiful when they're lit up at night

It's really exciting waiting for Santa Claus to arrive with all his reindeers

Just one more sleep until they are here



Rowan Tree Therapies Boost your overall health & wellbeing this Winter



Rowan Tree Therapies is a tranquil reflexology practice based in semi-rural Crook of Devon, Kinross-shire.

The practice is owned by Clinical Reflexologist Gillian Wilkinson MAR, who has a passion for reflexology and all the benefits it can provide. Some of the benefits include sleep improvement, better digestion, relaxation to help ease stress and tension along with boosting your overall health and wellbeing.

Gillian is trained to give reflexology to babies and children as well as adults. She is also trained in Facial Reflexology, Reflexology for Menopause, and Zone Face Lift.



rowantreetherapies



www.rowantreetherapies.uk



rowantreetherapies



Discover your Inner Peace at Rocks-and-Roots

20 High Street, Kemnay, AB51 5NB

At Rocks-and-Roots, we guide you on a spiritual journey to unlock your full potential and achieve inner harmony. Our holistic approach combines ancient wisdom with modern practices to help you find peace, clarity and purpose in your life. From crystals, holistic products, self-care tools, local crafters, therapies and events, there is something for everyone in our beautiful store based in Kemnay, Aberdeenshire.

Our Services Include:

Energy Healing; restore balance and vitality through Reiki, Crystal healing, Indian head Massage and combination treatments.

Workshops & Retreats; transformative experiences designed to deepen your spiritual practice and foster personal growth.

Women's Circles; a gathering of women who come together in a safe, supportive and nurturing environment to share, connect and empower each other. These circles can serve various purposes, from personal growth and healing to community building and spiritual exploration

Tarot & Psychic; visiting readers and mediums monthly in the shop and also 'audience with' events.

Why Choose Rocks-and-Roots?

Experienced Practitioners: Our team of certified spiritual guides and healers brings profound wisdom and compassionate care.

Customised Healing: We tailor our sessions to meet your unique spiritual needs and goals.

Sacred Space: A serene and welcoming environment designed to nurture your soul.

Community Connection: Join a supportive community of like-minded individuals on a shared journey of spiritual awakening.

SPECIAL OFFER!

Experience the transformative power of our services with a discount on your first session. Visit our website and use code **RootBranch15%** to enjoy 15% off any service.



www.rocks-and-roots.com



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



Sally Warrack
Generational Trauma, Inner Child Energy
Healer & Transformational Coach

Hi, I'm Sally, and I support women to heal from generational trauma which is playing out in their current life, holding them back and stopping them from living their best life.

I help women to break free from their trauma, heal their inner child and live their best life not only for themselves, but for their children and future generations.

For an informal chat please feel free to contact me via email – sallywarrack@yahoo.com or on my social media pages.

With love,
Sally x



Sally Warrack



@sally_warrack_

Hi, I'm Jenni and I started up Down2earth Reiki this year and it has been such an amazing journey so far.

I offer 1:1 Sacred self-care Reiki and Teen Reiki from beautiful spaces in Aberdeen city and shire.

It's my wee mission to make Reiki more mainstream in my local community and more accessible for our younger people.

Reiki has supported me through some challenging times in life and I'm so happy to now be able to share this gift with others.

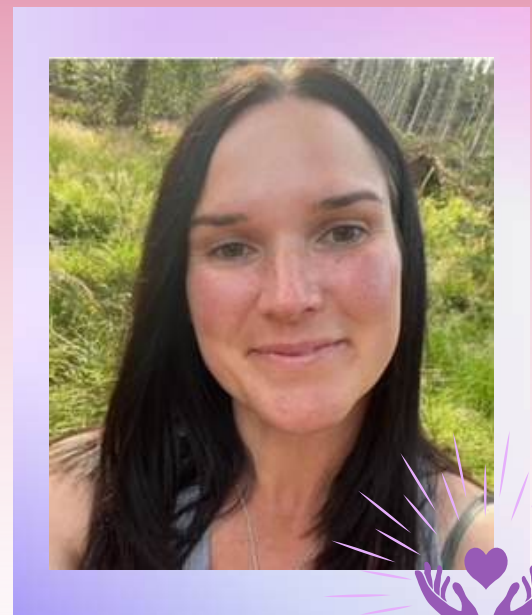
Can't wait to hear from you x



down2earth_reiki



down2earth_reiki



Groundbreaking Regenerative Healing Technology

★ Repair
★ Renew
★ Regenerate



Just some results...



Groundbreaking Regenerative Healing Technology

Many people are seeking ways to improve their health and the key to this lies in true wellness yet there is no single component. A health toolkit needs many tools available to assist overall wellbeing. Remember, it is the innate intelligence of the body that keeps us well. Everything put in it, on it, and around it needs to work in synergy with its systems.

Bodies are composed of energy, light and heat vibrating at varied frequencies. When the body is out of alignment it is not vibrating on the right frequency and so becomes ill.

There are many tools to help the body become balanced such as; food, water, light, rest, exercise and simple technologies.

Is Aging Optional?

Re-activating dormant functions helps the body repair, renew and regenerate wherever needed.

Linear aging means degeneration in systems thus limiting the abilities they had when the body was younger.

Imagine experiencing renewed vitality if there was a way to mobilise or perk up those systems to remind them of their younger, more youthful state.

Well there is!

Groundbreaking, Phototherapy Light Technology - healing in a completely new, safe non-invasive and cost-effective way.

Animals can benefit too

Animals are special and an important part of our family and they can also benefit from Phototherapy Light Technology. There is no placebo effect with animals, they do not lie and tremendous results have been seen.

To learn more about how Phototherapy Light Technology has the potential to help YOU, your family, friends and loved ones to improve overall health and wellbeing, you are invited to join one of the brief 30-minute overview zoom calls held each week. For more information, please contact me.

Karen Mae Simpson

Complementary Therapy Practitioner

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Web: www.KarenMaeSimpson.com



KarenMaeSimpsonComplementaryTherapies



karenmaesimpson



Julie Ferris

Julie Ferris Quantum Parenting

I offer in-person and online 1-1 sessions, sacred group circles, courses, and resources for parents, sensitive children and teens.

NEW! HopeFullKids

Kids Bringing Hope to Life!

Energy-coded play approaches for sensitive children and young people.

Structured and Co-creative Parent and Child Groups and Parent Sacred Serenity workshops.
Resources coded with high vibration which support children and young people to bring their potential into the Now.

HopeFullKids offer holistic and fun play approaches which:

- Nurture sensitivity
- Build resilience
- Activate potential
- Assist emotion regulation
- Support hormone balance
- Activate new layers in verbal and non-verbal communication
- Inspire self-belief and confidence
- Reduce screen reliance
- Assist with grounding and feelings of safety
- Support regulation of sensory experiences
- Deepen connection to self, to family and to others
- Contribute to the shaping of a more holistic world
- And more!

Reigniting the sparks of creativity, joy and soul connection in our children and young people.

If you are looking to:

Embody the Easy Way of Parenting
Empower your Children to be proud of who they are
Enjoy a deepening connection with your Children
Experience more spaciousness and enjoyment in your parenting and have time and energy for your life outside parenting.

Connect with me.

I'm an experienced Quantum Parenting Guide & Reiki Master with a degree in Psychology. I work very closely with the Angelic Realm.

For Root and Branch readers I'm offering an introductory **10% discount** on my 1-1 sessions and courses.

I look forward to connecting with you.



julieferrisquantumparenting



julieferrisquantumparenting



www.julieferrisquantumparenting.co.uk

BEHNA HARMONY IN HEALTH

*Maybe your whole energetic flow is at dis-ease.
Maybe you are on the path of self discovery.
Maybe you have lost your connection to others and nature.
Maybe you are looking for peace.*

*Through Behna we guide you gently by evaluating change with organic purpose.
Behna find ways, naturally, so that you can once again become responsible for your
health, well-being and life.
Find your harmony.*

A few words from founders Blanche & Jenna



BLANCHE

Put simply, I work with energy. I feel energy and have a deep sense of vibration. My tools are nature, homeopathy, sound, yoga and a sprinkle of intuition.

Practising for over 14 years the essence of my work is to allow stuck energy to flow thus creating a coherent vibration. Stuck energy can cause, dis-ease with the mind, emotions, spirit and soul which then cause discord in the physical body. By gently moving energy that is causing disharmony, I will help you to unravel your story, completely held, understanding the causes, and then obtaining balance and peace.

When we remove the blocked energy, the system flows and connects. In understanding your story we can together make the changes needed for health and wellbeing. This includes life in general, where you obtain your energy source. From the foods you eat, life choices, sleep patterns, stress levels and general mental health.

Bringing you back to self. I will gently guide you to finding your way whilst remembering to love, laugh and breathe.

JENNA

I guide you back to love, whilst helping you feel more confident and comfortable in your own skin.

I will work with you to ensure you are glowing from the inside, out. This is achieved with the use of different techniques such as; breathwork, movement, sound, mantra, meditation, to name a few. Being in stillness with my own mind has taught me how disconnected I was from myself prior to finding these tools and practices.

**We are all connected
Let's love, share and inspire**

OFFERINGS

YOGA, SOUND THERAPY, SOUND BATHS, ENERGY
MEDICINE, HOMEOPATHY & AROMATHERAPY



ealatherapies



www.Behna.co.uk

Eat Well Stay Well

At Nourished and Refuelled, our belief is quite simple and that is Eat Well, Eat Wise, Eat Nutritious which we believe this is where better wellness begins. If you feed your body with the right nutrition, it gives your body the best chance of leading a happy healthy life.

We aim to be your one stop shop for your nutritious diet promoting better gut and immune health. We offer a range of products and meals which will add vital nutrition to your diet. All our products and food are vegan and gluten free. Furthermore, we are able to cater a variety of events from wellness workshops, pilates and yoga retreats to corporate wellness days. We also have a full range of nutritious recipes leaving you feeling nourished and refuelled.

In addition to offering nutritional support, we offer general wellness support through regular blogs, wellness collaborations through my ever-growing amazing wellness network.



nourishedandrefuelled



nourishedandrefuelled

STAY CONNECTED WITH YOUR AUDIENCE

**SOCIAL MEDIA MANAGEMENT SUPPORT FOR
SMALL & CORPORATE WELLBEING BUSINESSES**

CONNECT, BUILD AND GROW



rootandbranchmag



TheRootandBranchMagazine



Have a Scent-sational Winter!

As seasons change, so too can our emotional and physical wellbeing. Shorter days, less natural light and cold temperatures, can bring a shift in mood, energy levels, and mental health. However, these changes also offer opportunities to prioritise our health, raise awareness and seek support, helping to nurture a sense of balance and resilience.

Embracing the therapeutic benefits of doTERRA essential oils and Bach flower essences, can transform your winter experience into one of comfort and calm. These natural remedies, not only scent your space beautifully, but can support your overall well-being.

Winter Warmth

Essential oils offer powerful relief during the winter. For clearing congestion and easing respiratory discomfort, use Eucalyptus and Peppermint. Diffusing these oils helps to open airways and combat seasonal colds. And if you're looking to relieve stress or fight off the blues, Lavender and Bergamot can help bring a sense of peace and emotional balance.

If you want to create a cosy winter atmosphere, try diffusing warming oils like Cinnamon, Clove or Wild Orange. These spicy, uplifting scents will not only make your space feel inviting, but they can help strengthen your immune system and enhance your mood.

Emotional Balance

The Bach Flower Remedies work subtly to address the emotional challenges that winter can bring, allowing you to navigate life with greater resilience and inner peace. Mustard is ideal for those struggling with SAD (seasonal affective disorder), gently lifting feelings of sadness or melancholy. If you feel drained by winter, then Olive can help restore energy and vitality.

For those dealing with anxiety or restlessness, Aspen can help with feelings of unease, while Walnut offers protection for those feeling overwhelmed by the seasonal changes. Simply add a few drops to your water or tea and experience the subtle, yet profound emotional support they provide.

By incorporating essential oils and flower essences into your routine, you can enjoy a scent-sational winter full of warmth, peace and balance.

To chat more about the positive potential of these remedies, get in touch.

Kim is a Bach Foundation Registered Practitioner (BFRP) and Certified DoTERRA Wellness Advocate, and works with clients online or face-to-face.



www.holdingyourspace.co.uk



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



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



Braco in Bogota, Columbia

THE FASCINATION OF BRACO'S GAZE

"I decided to open my heart for at least five minutes to this man who just looks at people in silence. During the encounter I felt more love than I could ever have imagined - pure love. I felt loved. Exactly on that day all pain fell away from me." Ivanka (61)

A mystery of the modern age

It is impressive to stand in front of a person who just looks at the visitors of his events in silence. No gripping speech, no new teachings or wisdom - especially no new religion - just silence. For a few minutes, Braco looks at the visitors who are standing in front of him in groups – including groups of more than 1,000 people – and doesn't say a word.

The well-known Romanian neurologist and psychiatrist Prof. Dr. Dimitri Dulcan, MD, PhD did a small medical study from the testimonies of over 1500 visitors at the event with Braco in Bucharest. Most of these people saw Braco the first time in their lives. The study resulted that Braco's gaze has a real positive effect on people.

An "ordinary man with an extraordinary gift" – this is how the Croatian Braco is often described. As some scientists and doctors say, he has a special gift for improving people's lives: through his silent gaze. Since 1995, thousands have come together at events and congresses in the USA, Australia, Russia, Japan, Mexico, Columbia, Indonesia, Israel and most of Europe to experience Braco and his gaze.

You feel as if you are somehow connected to electricity. A strong flow of energy. When you come out, you feel like you see things with different eyes. Like getting a new energy level. I don't know how to explain it logically. I don't know how to explain it scientifically, but help is here." Florian (35)

"I came with no expectations, a friend told me about it. I just realized that it's incredibly good for you. You feel so full of life, have positive energy. It's like a light goes on in you." Ann (50)

Where can I experience Braco's gaze?

LIVE EVENTS: Braco will come to events in **Frankfurt, Cologne, Zurich, London and Birmingham** in November and December 2024. Tickets are already available and can be purchased through his homepage www.braco-tv.me.

Livestream: ONLINE ENCOUNTERS: Braco regularly offers his gaze as a free livestream over the internet, where visitors from up to 70 countries participate. There are always 13 live sessions per day, usually MON, TUE and WED from 4:00 pm, every 30 minutes. (BST) Dates www.braco-tv.me

www.braco-tv.me

Reiki Healing on Steroids: A New Era of Multidimensional Wellness

By Ginny Jones



As a Reiki Master Teacher, Medical Intuitive, Spiritual Healer, and higher consciousness activator, I have spent decades honing my craft and developing a profound healing modality that transcends traditional boundaries. Through my journey, I've incorporated a range of techniques that blend energy healing, sound frequencies, and spiritual insight to create what I now call Cosmic Harmonic Reiki, Reiki on steroids—an evolved form of energy work designed to bring deep, transformative healing on every level of being.

As a Reiki practitioner, I've witnessed its incredible power to heal and transform. But as I evolved in my own spiritual journey, I realized that modern challenges require a deeper, more dynamic approach to energy healing—one that addresses not only physical ailments but also the unseen energetic and spiritual imbalances that affect our well-being.

Over the years, I have expanded my understanding of how energy moves through the body, how negative forces can disrupt our health, and how we can elevate our vibration to align with higher frequencies of healing. This led me to develop a more comprehensive healing modality that works on multiple dimensions—clearing negative energies, toxins, and other harmful influences at their root, while activating higher states of consciousness for profound transformation.

My healing process incorporates advanced techniques designed to remove deep-seated energetic blockages, including those caused by:

- **Vaccination injuries:** My modality includes a specialized process for removing "V nasties," clearing the energetic imprints they leave behind, and restoring harmony to the body's energy systems.
- **Parasites and toxins:** I clear these parasitic influences, allowing the body to reclaim its natural state of health and vitality.
- **Radiation and EMF exposure:** Radiation from devices and electromagnetic frequencies (EMFs) can have profound negative effects on our bodies. I have techniques that neutralize these harmful energies, offering protection and restoration to the body's energetic field.
- **Negative entities and energies:** Throughout my work, I've encountered individuals suffering from the influence of negative energies and entities that disrupt their lives. I am able to remove these forces, freeing clients from spiritual bondage while promoting peace, clarity, and balance.

By incorporating sound and frequency healing, I am able to restore the body's natural harmonic resonance, facilitating deep healing on a cellular level. Clients often report feelings of lightness, clarity, and peace,

FULL BODY UPLIFTMENT AND CONSCIOUSNESS ACTIVATION

Through the clearing of old wounds, traumas, and limiting beliefs, and by rebalancing the energy systems, clients experience a sense of renewal and empowerment that stays with them long after the session ends.

THE FUTURE OF HEALING IS HERE

As we move into a new era of consciousness, Cosmic Harmonic Reiki is my contribution to this evolution—a modality that not only clears the physical body but also elevates the spirit, harmonizes the mind, and empowers the soul. In this work, healing is not just a process, it's a journey toward wholeness, one that honors the multidimensional nature of who we are.

If you're ready to experience a total energy rebalance, to clear out what no longer serves you, and to step into a new level of health, vitality, and consciousness, I invite you to explore this powerful modality. Together, we can move through the blocks, release the past, and activate your highest potential for healing and transformation.

The time for profound healing is now. Let's walk this path together.

Cosmic Harmonic Reiki can be done distantly, I connect with you via zoom, messenger or Phone.

I welcome you to get in touch via my website or social media pages below.

Much Love Ginny



ginnyintuitiveservices



www.ginnyjoneshealer.com



ginny.jonesartist

DETOX FOOTBATH – IMPROVING HEALTH THROUGH DETOXIFICATION

In a fast paced world toxins silently accumulate, robbing us of vitality and wellness. Introducing **Wegamed Detox Footbath** – the **revolutionary** holistic wellness product that helps you deliver **exceptional rejuvenation**. This **painless** and **non – intrusive** method harnesses the power of the human body's bio – energetic fields, gently **eliminating toxins** in just 15/30 minutes while rebalancing its physical state.

Why Detox Through the feet?

A less well-known fact is that the feet have many nerve endings and more sweat glands than any other body parts. As the Chinese traditions teach us, removing toxins from the body via detox footbath is an **effective way** to support the major detoxification organs to achieve **more profound healing**.

What are the benefits?

- **Helps to improve and clear up skin conditions**
- **Assist other detoxification organs in supporting the elimination process**
- **Stimulates weight loss**
- **Reduces joint and muscle pain / swelling**
- **Improves quality of sleep and relaxation**

Those who present with health issues such as **pain, tiredness and feeling run down** can benefit from regular detoxification treatments. However, as this relaxing treatment is **harmless**, anyone who wishes to keep their body **in balance and optimal health** can enjoy the benefits also! Over 90% report relief from symptoms after the first session.

The Wegamed Detox Footbath does not occupy a lot of space being compact, neat and easy to maintain. It is ideal for a **profitable investment** for businesses such as **holistic health clinics, spas and wellness centres** but also it being user friendly it is suitable for **at home pamperers to easily release toxins and revive your inner biological balance**.

For more information on the device and to purchase it please visit our website <https://lemonwellmed.co.uk/health-products/product/ionic-detox-foot-bath/>



Hello, I'm Julie, a Professional Organiser based in Aberdeen. I help busy people who are time poor, who feel overwhelmed by clutter and struggle to stay on top of things. I offer gentle, practical support to help you reclaim your space, time, and fall back in love with your home.



Bringing space and calm to your home

My passion for decluttering and organising started young. As a teenager, I frequently reorganised our family home, making rooms more spacious and functional. My parents would come home to find everything transformed and in perfect order. Over time, this love for organisation grew and I realised how much I enjoy helping others find calm in the midst of chaos.


It wasn't until I discovered Dilly Carter of Declutter Dollies and the TV show 'Sort Your Life Out' that I realised this could be a career. Inspired by her work, I completed her "How to Be a Professional Organiser" course, and Just Ask Julie was born.


Now I share my skills and passion to help others feel more at ease in their own homes. Whether it's a wardrobe that needs sorting, a living room that feels overwhelming, or a kitchen that requires better flow, I work with you to create systems that fit your lifestyle and bring calm to your space.

Home organising isn't about perfection, it's about creating spaces that bring peace, calm and help you live the life you want. Imagine living in a clutter free home where everything has its place, and you no longer feel stressed by your surroundings. I can help make that a reality, giving you back time, energy and a sense of calm.

For more information about my services please feel free to get in touch.



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

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



www.justaskjulieprofessionalorganiser.co.uk

A WORLD FULL OF CRYSTALS

www.juleshealinggems.com

I'm Jules, the heart and soul behind Jules Healing Gems in Ellon.

"As a certified Reiki Practitioner and Master Crystal Teacher, my journey has been a tapestry woven with the threads of spirituality, positivity, and a deep connection with crystals.

I have spent many years as a crystal healer and supplier, carrying only the highest quality items, sourced from all over the world. Each piece has been personally chosen, not only for its superior appearance but also for its energetic properties.

All of my customers, whether coming into the shop or popping online for some time-out from their often busy and stressed days, are quickly absorbed in the beautiful offerings we have on sale. I often find customers become part of the crystal family that I have spent many years creating and crafting to ensure the whole experience leaves them feeling energetically refreshed and connected.

I am dedicated to providing the highest quality products and services. I am passionate about what I do and I believe that every interaction, no matter how small, can make a difference.

I invite you to explore our online store and discover the transformative power of healing crystals for yourself.

Much love
Jules x

Join us live on
Facebook
every Wednesday
7.30pm



 **JulesHealingGems**

 **jules_healing_gems_ellon**



KAHLMAH AYURVEDIC HEALTH AND WELLNESS CLINIC ABERDEEN

Ayurveda is composed of two Sanskrit words joined together “ayu” (life) and “veda” (knowledge). It is an art, a science and a philosophy of maintaining a well-balanced life.

The Ayurvedic approach to wellness is holistic and personalised. One fundamental treatment offered by Ayurveda is making food be medicine, finding a balance of flavour and nutrition. It teaches how food affects our Individual constitution and uses food to manage an imbalance.

Other treatments at Kahlmah include Ayurvedic massage, Shirodhara and herbal medicine.

To book an appointment please email:
info@kahlmah.com



Kahlmah



www.kahlmah.com

By subscribing to our magazine and shopping local you
have been supporting our fabulous small businesses
throughout 2024



Get in touch with our wellbeing services direct via our
online customer enquiry form
www.rootandbranchmagazine.co.uk

THANK YOU FOR
YOUR CONTINUED
SUPPORT