

The Root and Branch

Wholesome living services

Sept/Oct 2022

**Happy
Autumn!**

**UDNY
PUMPKINS**

Pumpkin picking for all the
family in Aberdeenshire

**INTUITIVE
LIFE HUB**

Joining us all the way from
California

**FROM SUFFOLK
WITH LOVE**

Spreading the love with
beautiful handmade gift boxes

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Wholesome living services



Anita Bell
Managing Editor

Welcome to our Autumn edition

Research suggests that the four seasons has an impact on how we feel. I tend to be at my best in the Spring, Summer and Autumn months. Winter often has a negative impact on my overall wellbeing. What seasons work best for you?

In our Autumn issue we have a lovely and varied selection of wellbeing services that supports a healthy and happy 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.

Looking forward to connecting with you again in November.

With love and gratitude,

Anita
The simple life

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Spreading the love with beautiful handmade gift boxes

We all need a bit more kindness in our lives and my gift boxes were designed with this in mind. Filled with lovely items to send to that special person for any occasion. For her, for him and even one for the kids!

The gift boxes are planet conscious and plastic free which means they are also kind to the environment too, and all items in them are handmade in my beautiful corner of the world, Suffolk.

Send them your love today.

www.fromsuffolkwithlove.co.uk

Instagram: @from.suffolkwithlove

Facebook: @fromsuffolkwithloveco

Email: fromsuffolkwithlove@gmail.com



Karina Emslie Photography



Udny Pumpkins

Udny Pumpkins, north-east Scotland's original pumpkin patch, offers autumnal fun for all ages. Pick your perfect pumpkin, meet friendly animals, leap on hay bales and relax in the polytunnel with a warming pumpkin soup.

With 8,000 pumpkins growing this year from tiny munchkins to huge whoppers, there's no better way to enjoy autumn and to get in the mood for Halloween. Make memories and take photos to treasure forever.

Udny Pumpkins is near the beautiful village of Udny Green, nine miles north of Aberdeen.

Open in the October holidays.

To book visit www.udnypumpkins.co.uk

IG: [udnypumpkins](https://www.instagram.com/udnypumpkins)

FB: [udnypumpkins](https://www.facebook.com/udnypumpkins)



RE-WRAP-IT WITH THE WRAPPER

MADE IN SCOTLAND WITH THE HELP OF THE INMATES AT KILMARNOCK PRISON

Re-Wrap-It's 'reusable sandwich wrappers' are the perfect way to avoid single use plastic bags, cling film or tin foil for wrapping up sandwiches, wraps, rolls, or toddler finger-food.

Place your sandwich in the middle and fold over 4 times, like an envelope, and seal with the velcro strip. It then opens out into a placemat so there is no more crumbs on your desk or children eating from dirty picnic tables.

INGENIOUS!

Just wipe down and use again and again.

Perfect for picnics, work, travelling or out and about hill walking. No more bulky tupperware to carry.
Also great for keeping cheese fresh in the fridge.

The sewing is done with the help of the Inmates at Kilmarnock Prison. They learn a skill, gain a qualification in Industrial Sewing and get paid for their work whilst I get them made 30 minutes from home.

A win win situation!

The wrappers come in a fabulous range of colours, so there really is something for everyone. We have a varied selection to choose from, such as; pink unicorns, dinosaurs, llamas, tartans, traditional checks and spots too.

As seen on the BBC's 'The Customer is Always Right' and featured in the Guardian and the Times.

It really is the greatest thing since sliced bread.

IG: rewrapit

www.re-wrap-it.co.uk

FB: ReWrapIt

bonding with baby



Come relax & have fun with your little one



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

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

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

www.bondingwithbabyaberdeen.com

www.facebook.com/bondingwithbaby

www.instagram.com/bondingwithbabyaberdeen



Facebook - [jgpilatesscotland](https://www.facebook.com/jgpilatesscotland)

Instagram - [jgpilates.scotland](https://www.instagram.com/jgpilates.scotland)

J . G

JG Pilates

Mixed Level and Beginners Pilates classes in Aberdeen.

Jenna also runs Prenatal Pilates classes, suitable for any stage of pregnancy. No prior experience is needed. Pilates is a great way to help prepare for birth and aid your postnatal recovery.

Jenna is a qualified Level 3 Pilates Matwork Instructor and Level 3 qualified in Pre and Post Natal Pilates.

To find out more or book a class visit www.jgpilates.co.uk



Kadampa Meditation Centre - 77 King St Aberdeen

classes | courses | retreats | cafe | shop



www.meditateinaberdeen.org

tel: 07483 914371

Everyone welcome



Meditation, Mental Peace & Meeting others

As many of you may have seen, there is a new Buddhist meditation centre in the heart of Aberdeen - if you have been curious to know more please read on!

Kadampa Meditation Centre Aberdeen is a charity that originally was based in Glasgow and is now dedicated to serving people in the North of Scotland. It is run by a dedicated team of volunteers, who lovingly restored the building and managed to open between lockdowns. Spread over four floors it includes volunteer accommodation, a very light and beautiful soundproof meditation room, a cafe & social space with a peaceful green oasis, and an office & kitchen in the basement.

The main teacher is Gen Tubchen, a Buddhist nun with over 20 years of meditation and retreat experience. In her words, **"With meditation, you get tools to help you relax, to recognise difficult states of mind and then actually shift them. It creates a lot of mental space, peace and happiness."**

Classes are open to everyone covering topics such as finding happiness from within, how to overcome anxiety and deal with difficult emotions. There are meditations for developing compassion and harmony in our relationships, for deepening wisdom, and to explore the nature of the mind through tantric meditation.

Events that bring people together have taken on an even greater importance since the pandemic and there are regular social events at the centre, such as the Sunday happiness hour and meditation & meal evenings. In addition there are classes in Stonehaven, Inverurie, Inverness, Nairn, Aviemore and retreat weekends in Portsoy.

On the centre website you see the extent of the benefit people have already experienced from the meditation classes on the testimonial page.

As we emerge from the pandemic, all the drop in classes are now in person only.

Everyone Welcome

www.meditateinaberdeen.org

Mobile: 07483 914 371

FB/IG meditateinaberdeen



Boho Indian clothing

Indian Head Massage

Reiki

Contact me on:

Instagram: [fromlolawithlove2](https://www.instagram.com/fromlolawithlove2)

Tel: 07767408552

Transform Your Tea Experience

Have you ever had a tea where the aroma promised so much, but the taste failed to deliver?

So have I, and I got so fed up with it, so I made it my mission to save you from poor quality mass-produced teas and blends.

Unravel Tea was born.

We're now an award-winning tea company based in the Scottish Highlands, and we source only the best teas from small scale producers all over the world.

So, grab one of our teas, get comfortable, and take time to savour the moment.



www.unraveltea.com

FB&IG: [unraveltea](https://www.facebook.com/unraveltea)



Hello I'm Verity and I teach Yoga classes in Aberdeen. I truly believe that yoga is for everybody and I love sharing my knowledge and passion for yoga with others. Yoga focuses your mind on your body, your breath and movement allowing you to begin to unwind. Yoga isn't about how your body looks, it's about appreciating your body and moving in a way that feels good.

I wasn't a sporty kid, I didn't go to dance classes or gymnastics but in my 20s I decided to try running. Before I knew it I had the bug and I signed up for the New York Marathon. Jumping into Marathon training as a new runner brought with it many injuries. I decided yoga would help my aches and pains, like many people I went to my first yoga class thinking it was purely a physical practice. I soon found that yoga was so much more than a good stretch. It involves breath work, movement and meditation. I love the feeling of clarity and lightness after a yoga class and I wanted to share that with others. So after practicing on and off for about 14 years I decided to enroll in Yoga Teacher Training. Like anything you're passionate about you always want to learn more so I went on to gain my 500 hour Teacher Training qualification and studied Yin, Vinyasa and Teen yoga.

My classes are a mixture of flowing movements and stillness. I include pranayama (breath work) and meditation to allow the mind and the thoughts to quiet. I believe that strength is just as important as flexibility so I incorporate movements to strengthen as well as increase mobility and flexibility.

Sometimes yoga can be relaxing and sometimes we challenge ourselves to do new things. The mental resilience gained from this can be beneficial in day to day life not just on the yoga mat.

I'm excited to be starting a Teen Yoga Class on Mondays at The Academy of Expressive Arts on North Silver St. People say your school days are the best days of your life, but being a teenager is hard. You have the desire to fit in and be liked, you are dealing with your changing body, you are self-conscious and then there's the pressure of having to study and take exams. Yoga can help teenagers to navigate all these different situations and more. As a yoga teacher I can teach Teens to express themselves, appreciate and love their bodies, as well as allow them to begin to discover who they really are. It will also give them tools to deal with difficult situations and stress.

I teach a range of different classes in different venues around Aberdeen. You'll find my schedule on my website and social media pages. If a group class isn't for you. I also offer one to one classes and corporate classes.

Please do get in touch if you'd like to book a class or have a chat.

www.v-yoga.co.uk

IG: [v_yoga_aberdeen](https://www.instagram.com/v_yoga_aberdeen)

FB: [vyoga.co.uk](https://www.facebook.com/vyoga.co.uk)



— “ —

Hypnotherapy can help
the mind rewire
unhelpful thought
patterns and create new
neural pathways

— ” —

The Little Room of Calm

Rewiring unhelpful thought patterns with Hypnotherapy

From the moment we are born, we are learning. Everything is new and each experience is stored. All of our stored memories form part of our inner GPS for the future. Our primary need and goal is for survival.

Sometimes we may experience adverse events or trauma, whether in childhood or later in life that can cause us to feel unsafe or to learn that in order to receive our basic human needs, we need to behave in a certain way. These are stored in the brain and influence the way in which our nervous system processes our future experiences. Our primal fight/flight response is in charge of keeping us safe and is sensitive to even the smallest of details from these stored experiences. If we encounter anything that is reminiscent of an experience, our nervous system can trigger our fight/flight response to warn us to be aware. However, sometimes these responses may be related to past experiences that are no longer a threat to us in our present day. These can cause us to have unwanted feelings of anxiety, memories of past troubling events and can even create new traumatic memories if they lead to such things as panic attacks or strong physical/emotional reactions.

With a combination of bringing awareness to the pattern, normalising our nervous system responses, self-compassion, searching for evidence for the appropriateness of the response and desensitisation/mindful exposure techniques, we can create new thought patterns and build new neural pathways that enable the nervous system to reset to life in the present day.

If you would like to find out more about how Hypnotherapy may help you, I would love to hear from you. Please contact me at www.littleroomofcalm.co.uk.

With much love, Chantal





Crafted Comforts - Vegan Friendly Handcrafted Bath, Body & Home Products

Made in Macduff, Aberdeenshire

Hi my name is Lewis and I'm the owner of Crafted Comforts.

The vision to start up my own business came to me after experiencing a bout of anxiety and depression. As I struggled through my days the only thing that helped me find some peace was relaxing in a bath with a nice bath bomb, or lighting a candle to enjoy it's warm glow and scent.

I began making and testing my own products in 2018 and later that year launching my own website with our first bath bomb, bath salts and body scrub collection. It was a real success and since then I have added new blends and also home fragrance products, which have also been a huge hit too. It brings me much happiness that I can provide a range of natural handmade products for people to enjoy.

After studying horticulture for a number of years my interest in plants and their many uses grew into being fascinated not only by their appearance and smell, but also how they have a number of healing and relaxation properties too.

As well as studying horticulture, I have taken various college courses on the uses of essential oils to help expand my knowledge and to give me more ideas on how to make the perfect blend.

I hope to add more products to Crafted Comforts in the near future.

All our products are vegan friendly and our packaging is bio-degradable and recyclable.

To view our full range of products please visit our online store.

Shop with us: www.craftedcomforts.co.uk

Facebook & Instagram: [@craftedcomfortsbylewis](https://www.facebook.com/craftedcomfortsbylewis)

Email: craftedcomforts@hotmail.com



Menopaus'oil' Magic

During peri-menopause, women experience a fluctuation in hormones and mood regulation, and with more women turning to natural remedies, the Bach flowers and DoTERRA essential oils might provide the support you need. These complementary remedies are 100% natural, coming from flowers, plants and trees. They work by helping to balance your emotions, so that you are better able to deal with mood swings or feelings such as anxiety, depression or overwhelm.

Flower Remedies:

Mood Swings - Use Scleranthus when you swing from one emotion to the next and have difficulty making decisions.

Low Mood - Mustard may help depression with no known cause, one which descends without reason. A dark, gloomy, hopeless feeling which can come and go at random.

Going through change - Walnut is helpful for those who are sensitive to change. It will keep you on track and give stability and protection from outside influences.

Anger - Holly is the remedy for sudden outbursts which can be explosive, and when you get easily annoyed or aggressive. It helps to open the heart.

Essential Oils:

Pure essential oils can help with hormone support and calming relief because of their potent power.

Hot flash - Combine the cooling power of Peppermint with hormone-supporting oils such as Clary Sage or Geranium.

Better sleep - Try Roman Chamomile, Vetiver or Ylang Ylang to help you feel more peaceful and relaxed.

Energy boost / Brain fog - Increasing focus and concentration can help you feel more energised. Inhale the aroma of Peppermint and Wild Orange to clear the fog and get you back on track.

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, based in Aberdeenshire.



e: holding.space@outlook.com FB/Insta: [@holdingyourspace](https://www.facebook.com/holdingyourspace) www.holdingyourspace.co.uk

Sally Munro

Naturopathic Nutritional Therapist

If you are struggling with any niggling health issues for example IBS, sleep problems, hormone troubles etc. and don't seem to be getting to the bottom of it, let me help you.

As a Registered Nutritionist, Mindfulness and Yoga Teacher, I will give you a no-nonsense approach to figuring it all out and support you on your wellness journey.

Offering 1:1 sessions, group workshops and local community information sharing events. In-person or online appointments. 15-minute free discovery call available.

Let's get started!

Website: www.sallymunro.co.uk

Instagram: @salthewellnesswarrior

Facebook: salthewellnesswarrior



Reflexology and Wellness in the heart of Chapeltown, Aberdeenshire

abwr.co.uk

We're delighted to announce that we've moved into our new home which is based within the beautiful town of Chapeltown, Aberdeenshire, just north of Stonehaven. Our new health and wellbeing studio houses a calming treatment room along with a wellness shop filled with products to make you feel well and good.

Our wellness shop is open Wednesday - Saturday from 10am - 2pm and our reflexology sessions can be booked online via our website with day, evening and weekend appointments available.

Corporate and event packages available on request.

Sign up to our newsletter and follow us on socials to hear all our news.

Location: Unit 9, Greenlaw Road, Chapeltown, Aberdeenshire, AB39 8BS.

FB & IG: [abwellnessandreflexology](#)



Introducing Cara Potts at Kalyach Yoga Wellness

Cara Potts is one of our resident therapists at Kalyach Yoga Wellness. Cara is a massage therapist who specialises in women's wellness from menstrual support, fertility support, triple goddess massage, pregnancy massage through to postpartum massage and closing of the bones massage ceremonies. All of the therapies Cara offers have their focus on treating the whole woman seeing her as a divine being, whilst weaving the sacred feminine through-out her treatments too. Cara is a full spectrum Birth Doula who supports families in a holistic way to welcome in their bundles of joy.

Cara's passion for the remembering of the wise women within and embodying her shines through everything she offers as therapies, along with the experiential work-shops and the monthly women's circles she co-leads with Rebecca Murray, another Kalyach Yoga Teacher & therapist.

Rebecca & Cara both know and see the value of a safe, nurturing space where women can come to be witnessed, valued, heard and seen, free of judgement and shame. Only love & compassion can exist in these sacred of spaces, no woman is devoid of this need for connection and understanding. We also laugh and cry a lot of healing tears and finish up with some Ceremonial cacao as a glorious hug in mug heart opener for all.

New to the studio is a monthly Sunday dance open floor space, where all are invited to participate in a 90 minute free style body movement and self expression class. There is a chosen music set list which is designed to allow us all to free ourselves up and dance off any heaviness, consciously cast off any inhibitions and feel more joy and zingy-ness to boot !

Kalyach Yoga Wellness studio has something for everyone. We believe magic and transformation happens when women gather in circle, or make themselves a priority to come for therapies to nourish their mind, body and soul.

Individuals, families and society do not flourish when our women are depleted, under nourished and lack joy and connection to themselves, their bodies and hearts.

Kalyach Yoga Wellness is a collective of motivated, heart-led women who hold a vision of healing & community for women and men. We offer men only circles and workshops too.

To book a class please visit us on www.kaliyogawellness.com

FB: [kalyachyogawellness](https://www.facebook.com/kalyachyogawellness)

www.kaliyogawellness.com

IG: [kalyachyogawellness](https://www.instagram.com/kalyachyogawellness)

We welcome Nicole all the way from California



Happiness Activation

Are you living in the 4 – 6 Happiness Zone? Getting up every day, going to work with very little pleasure or joy? Moving through your day just to get to the end of it, and then repeating it all again tomorrow?

This was me just two years ago. Living in complete misalignment. Always feeling busy and never having enough energy to finish all the tasks on my to-do list.

I was in complete burnout, in the worst physical and mental shape of my life.

How did I let it get that bad? The answer was - conditioning.

Work harder, be successful, make more money, buy more things, they will make you happy. These are all the stories and beliefs I had bought into over the years that led me to unhappiness.

As a Happiness Activator, I help you achieve happiness in all areas of your life. My definition of happiness might be different than the one you are used to. Happiness isn't about achieving joy in every moment; it is a deep awareness of where you are out of balance. Remaining curious about that unhappiness you feel and then regulating it so you can be empowered to take small, aligned and inspired actions.

Many of us have completely erased our innate gifts to recalibrate our nervous system. If you desire to learn more about how to have more balance and regain your innate gifts for achieving happiness, you can download our FREE Happiness Handbook on our website. I would love to hear what comes through for you.

Connect with me at nicole@intuitivelifehub.com or book your FREE 15 minute Happiness Evaluation. I truly care about you because your spirit and my spirit have a soul contract!

***Credit given to Collin O'Brady on Rich Roll's Podcast for the Happiness Zone information**



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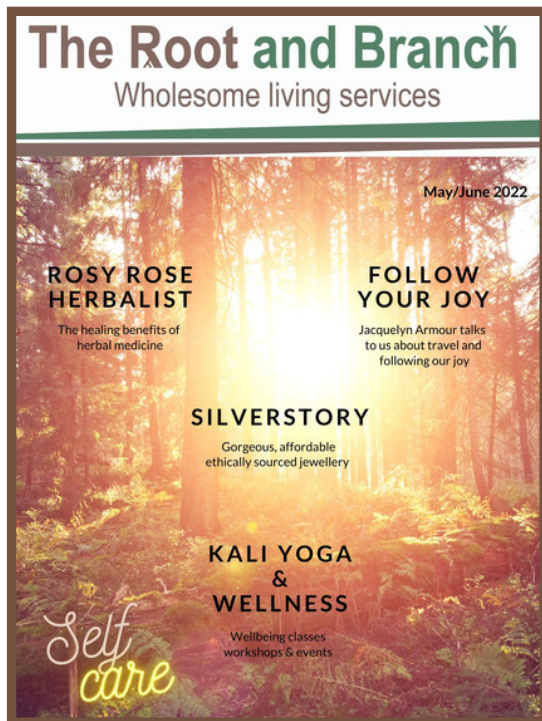
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