

Bimble Newsletter

Autumn/Winter 2016

Christmas is Coming....

We haven't done a newsletter for a long time but, with Christmas almost upon us, it's high time we did!

This newsletter is packed with all the usual features, recipes and competitions, as well as some hints and tips to stay well over the festive season and throughout winter. Have a wonderful Christmas, whatever you're doing and whoever you're spending it with.

Best Wishes

Charley

New Gifts and Seasonal Specials!



We launched our Christmas range over the last couple of weeks, and it's now available on our website, as well as in our Amazon, Etsy and EBay stores, and our stockists at The Alternative in Bradford, Natural Balance in Leeds, Beautiful Spirit in Arbroath, and Airy Fairy in Sheffield also have a good selection. There are gifts starting at just £1.95, and gift packs designed for Secret Santa and token gifts. Visit our website at www.bimble.eu/seasonal.htm to check them out.

As well as our range of festive special editions, we've also completely overhauled our giftware range. We have a new selection of gift boxes,

hampers and gift bags, starting at just £14.95. We hope you like them!

Finally, to finish off the overhaul, we've arranged new photography for the 'care packages' and soap ranges. These are now on our website at

www.bimble.eu/carepackages.html and www.bimble.eu/soaps.html respectively. As well as new images and descriptions, there's also a new soap – Earl Grey Tea, which has a delicate and fresh bergamot and lemon fragrance, as well as being infused with Fairtrade organic green tea leaves.



Recipe: Hot Toddy!

Colds are one of the less-pleasant things about this time of year, so why not make up a hot toddy to soothe the symptoms? The basic ingredients are fresh lemon juice, 3tsp honey, and a dram of scotch (or brandy, rum, bourbon, whatever you like!) in a mug topped up with hot water. After the basic ingredients, it's up to you to get creative!

I like to add 3-5ml tincture of myrrh to mine—it's a fantastic antimicrobial agent, plus it's really soothing for sore throats — you can buy it in most health food or herbalist stores, or try Napiers online. Other optional extras include substituting the hot water for an Echinacea infusion to improve your immune system, or chamomile tea to ease the stomach. You can also add a slice of lemon, slices of fresh root ginger to help clear the sinuses and deal with nausea, or a few cloves to the mix to ease a sore throat.



Hints & Tips

Here are a few ideas to help keep warm and well over the winter season!

1) We all eat heavier food in the winter, but Christmas especially can put a strain on the digestive system. Fennel is great at easing trapped wind, indigestion and similar complaints. Fennel tea is a good way to use it, or simply chew fennel seeds (available from most health food stores and large supermarkets) to ease bloating and discomfort. Peppermint is equally good for this (hence the popularity of after dinner mints), so a cup of peppermint tea or a couple of drops of peppermint oil on a sugar cube will serve you equally well.

2) Skin gets a pounding in the winter, and even naturally oily skin can get dry in the winter.

Avocados, packed with monounsaturated oils and vitamin E are your friends, and can help your skin inside and out. Try mashing an avocado with a splash of lemon juice and use as a face mask. Avocados are also delicious in salads, dips, sandwiches and even smoothies, and can help keep your complexion in great condition from the inside, too!



3) Winter bugs and viruses affect a huge number of people, and garlic can really help tick them into touch. It's a powerful natural antimicrobial agent, and can kill both bacteria and viruses responsible for winter illnesses.



It works best either raw or lightly cooked, so why not try it in salad dressings?

Garlic capsules are also available if you're not a fan of the taste.

4) Central heating, winter winds and sub-zero temperatures play havoc with your hair. Here's a quick remedy that sounds a bit icky, but it really works to banish frizz and leave your hair smooth and sleek. Before you wash your hair, comb a couple of tablespoons of full-fat mayonnaise through it. Wrap your hair in a towel or plastic bag and leave for 15 minutes, before massaging in and rinsing with plenty of cool water, then shampooing as normal. Coconut oil (the solid stuff you get from the Asian foods aisle in the supermarket) works well for this, too!

Competition Time

Now, our big competition for November and December is our 'Early Bird Raffle', as usual. You'll get a ticket for every £5 you spend on products in person at events, on our website, or any of our online stores. The closing date is 10th December, after which we'll draw out a winner, who will receive a Christmas gift box, bag or hamper of their choice. For every 100 tickets we issue, we'll add an extra prize, so there's plenty of chances to win!

However, there is a way to get an extra entry. For an additional chance to win, drop us an email to info@bimble.eu, Tweet us [@bimble.around](https://twitter.com/bimble.around) or send us a message via Facebook, and let us know your favourite Christmas tradition in your family, and we'll reply with your ticket number. We need your entries by 9th December. Good luck everyone!

DO Try This At Home!

Christmas Orange Candle

This is a recipe we shared a couple of years ago, but it's the perfect season for it! It's a DIY festively-scented natural home freshener candle. There's been a lot of press recently about volatile chemical compounds in scented candles made with paraffin wax and scented with artificial fragrances being released when the candle is lit. Want scented candles in your home but not the chemical nasties?

Here's a really easy way to make your own! With adult supervision, it's also a great craft project for the kids for the Christmas holidays.

Take a large orange and cut it in half. Scoop out the flesh (and eat or juice, of course—that's the crafter's privilege!).



Make sure you leave the centre pith strand as a 'wick'. Turn over the halves and stud them with cloves in pretty patterns, using the cloves to make sure that the halves sit flat when turned open side-up.

Melt beeswax or an old beeswax or soy wax candle in a double boiler or a tin can in a saucepan of water. Pour the wax into the orange halves and leave to set. When the candle burns, the heat releases the orange oil in the orange skin, while the cloves warm and release their natural volatile compounds to create a lovely warming fragrance.

Christmas Opening

After the rush of preparing everyone's Christmas presents, we'll be taking a few days off over the festive period. We'll be closing on Friday 23rd December at 5pm as usual, and we'll be closed completely for Christmas Day, Boxing Day and New Year's Day, and the bank holidays in lieu.

In between Christmas and New Year, we will be opening on reduced hours, so we'll still be processing orders and answering queries, but please allow an extra day or so for a reply or your parcel. Have a wonderful, safe, happy and healthy Christmas!

Christmas Posting Deadlines

We'll be posting every working day as always in the run-up to Christmas, and we'll be doing our very best to keep everything in stock every day. However, please bear in mind that all our products are handmade in small batches to ensure quality and freshness so, if your order isn't in stock, it may take us an extra day or two to get your order out at the busiest of times, especially if your order is large or includes a lot of the same product.

We'll be posting orders right up to 23rd December but, to be sure of getting your orders in time, these are the last days we can be sure to deliver for Christmas by:

Monday 28th Nov: Operational BFPO Addresses

Friday 2nd Dec: Customers outside the EU, Australia/New Zealand and North America

Friday 9th Dec: Customers in the USA, Canada, Eastern Europe and Australia/New Zealand.

Thursday 14th Dec: Customers in Scandinavia and Southern Europe.

Friday 16th Dec: Customers in the rest of Europe and the Republic of Ireland

Friday 16th Dec: UK customers using our standard delivery

Thurs 22nd Dec: UK customers having a panic and needing express delivery (contact us for details).

Happy Festive Shopping!



Produced and distributed by Bimble

68 Brackenwood Drive
Leeds, LS8 1RJ
Tel: 07952 231105

E-mail: info@bimble.eu

Web: www.bimble.co

Twitter: @Bimble_Around

Facebook: /Bimble.Around