

Bimble Newsletter

January/February 2013



New Year: New You!

Well, the craziness that was Christmas has been and gone, and we're heading towards the end of the winter season. People are undertaking all manner of healthy living changes, from taking up jogging to diets galore. If you're one of them, we hope you're doing well and didn't abandon it after the first week!

We have new stuff for Bimble, too: New products to announce, new venues for events, new stockists and new pages on our website, so read on to find out more!

You'll also find all the usual features in the next couple of pages: recipes, tips, ideas, features and competitions so, until next time, stay warm and well – if you're one of the unfortunate folks affected by the current flooding, look after yourselves and we hope things are back to normal for you soon.

Best Wishes

Charley

Web Re - Design

We've been hard at work updating the website, and we hope you'll like what we've added. As well as our new products launched later in this newsletter, we've also added some ready-made gift baskets, made some of our limited edition products a little more permanent, and added a space for frequently changing seasonal gifts and products.

As always, we'd greatly appreciate and value your feedback. Visit us at www.bimble.co and, before you leave, let us know what you think on the 'Contact' page.



Recipe: Post - Workout Rub

If you're one of the many on a fitness kick for the New Year, you might want to try this quick recipe for a home-made massage oil to help keep the heat in your muscles after a run. The benefit of this is that your muscles cool down more slowly, preventing muscle aches the following day. Don't want to make your own? Try our 'Smokin' Joints' massage oil, used on major muscle groups, to achieve a similar effect:

50ml Olive Oil (preferably cold-pressed, from your kitchen is fine)

20 Drops Clove Bud Oil (available from pharmacies, health food stores and online)

5 Drops Chamomile Oil (available from pharmacies, health food stores and online)

Shake up the ingredients in a clean bottle or jar. Rub liberally into major muscle groups after showering post-exercise. Alternatively, add the essential oils to your favourite brand of fragrance-free moisturising cream, and apply in the same way.

Our New Stockist: Amazon!

We're pleased to announce that some of our most popular products are available directly from Amazon EU – including the full range of cane sugar lip scrubs, our massage oils and some of our gift range. This means that customers will be able to get free shipping on these products, and Amazon Prime members will be able to get free 1 day delivery!





Competition: Design a Product!

Mother's Day isn't too far away, and we'd like to come up with something really nice for all those hard-working and well-deserving mums out there. This is where we need your help: give us an idea of what you'd like to see for Mother's Day, and we'll select an entry to release as a limited edition product. Have you got a nice idea for a relaxing bath product, or maybe a pampering body scrub? Let your imagination run wild and let us know what you think. The competition closes on 25th February 2014, and the lucky winner will get their product made, and will receive a set from the first batch, either shipped to them, or packed up and delivered, gift wrapped, to their chosen 'mum' with a personalised card. Please email your entries to info@bimble.eu

Forthcoming Dates

After our busiest Christmas season ever, we've taken a back-seat on events for a few weeks. However, our programme of markets and fairs will be starting again very soon, with the following events planned to date:

Sat 1st March: Leeds Steampunk Market, Armley Mills Museum, Leeds, 10am to 5pm.

Wed 5th March: Stockport Without Violence Fashion for Less Event, Alma Hotel, Stockport, 7-9.30pm.

Sun 30th March: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm.

Sat 14th Dec: Wakefield Arts Market, Cathedral Precinct, Wakefield, 10am to 4pm.

For more information on any event, please contact us at info@bimble.eu

DO Try This At Home!

Eczema Bath

We don't make bath products for eczema sufferers, because we think the best ones are easily thrown together at home with easily-available ingredients you can pick up at most large supermarkets, so here's our recipe for the ultimate bath to soothe eczema. Try it and let us know what you think!

- 30g Dried chamomile flowers
- 100g Raw coconut oil (solid)
- 100g Olive oil
- 100g Oats (ground in a food processor or pestle & mortar)
- 50g Creamed coconut
- 10 Drops Chamomile oil

Combine the creamed coconut and oils with the oats and chamomile oil to form a paste, then mix in the flowers. Place half in the bath and dissolve, retaining the other half to wash the skin with a washcloth. Take care when getting in and out of the bath, as it will get slippery!



Raise Some Cash!

We know that a lot of our BimbleBees are involved with charities, community groups, school and pre-school organisations and activism groups, and do a lot of fundraising for various good causes. If you're based in the Yorkshire area, we can help you!

We offer Bimble parties, complete with hand and head massages, aromatherapy, demonstrations and freebies. Normally our host/hostess receives 10% of all sales at the party to spend on themselves. However, for those wishing to run a party in aid of a charity or community organisation, we are happy to offer a cash donation of 15% of all party sales, and we'll also provide prizes for and run a raffle to raise further funds for your good cause. To organise a party, drop us a line at info@bimble.eu



Plant of the Month: Echinacea

'Plant of the month' is a monthly feature which explains the health related uses of a different plant each month. It explains what something is good for, how to use it, where to find it, (if suitable) how to grow it, and any safety information you might need. If you have any questions, please contact us. If you have a plant you'd like to know more about, nominate one for the next issue, using the contact details above.

It seems only appropriate that this month's feature is on the cranberry plant, which is a popular culinary plant which also has numerous medicinal uses. Native to the USA and Canada, they were brought to Europe

in the 1800s. The plant has its own genus: *Oxycoccus*, and it was originally named 'cranberry' by early European settlers, who thought that the plant's flower looks like a crane bird.

Until relatively recently, you would only see dried cranberries available in the UK, or processed products like ready-made juice drinks and sauces, but more recently, they have been available fresh in the Autumn. The fruit is both sour and bitter and, as a result, is not eaten raw, but is sweetened and made into a variety of products, including our favourite Christmas accompaniment—cranberry sauce or jelly.

Aside from their use to accompany the festive turkey, cranberries are marketing these days as a 'superfood', as they are a rich source of the phytochemicals known as polyphenols—a group of powerful antioxidants. There are many studies concerning the potential cancer-prevention properties of this group of phytonutrients, but this is still being studied. The cranberry is probably best known for its use in treating and preventing UTIs (urinary tract infections, such as Cystitis). For this reason, you'll find the fruit in our 'Tea Pee' herbal infusion. There is a compound in the berry which plays a part in preventing bacteria adhering to the walls of the bladder and urethra, thus reducing UTI instances. The same compound's anti-adhesion properties is also said to reduce the formation of kidney stones, and the formation of dental plaque, thus discouraging tooth decay.

Aside from these primary uses, the same antioxidant complex potentially responsible for helping to prevent cancer is being studied for potential anti-aging properties, and the salicylic acid naturally present in the juice has been shown to be a successful blood thinner.

Cranberry is generally considered to be safe in normal usage quantities. However, its blood thinning properties led to the UK drug safety agency issuing a warning in 2004 recommending that patients on Warfarin (a blood thinning drug) do not drink cranberry juice in any quantity as it had been shown to interact with the drug and increase bruising and reduce blood clotting on wounds for patients.

New Product: Soothe - Ink Tattoo Aftercare Balm

After months of perfecting and testing our definitive recipe, we've finally released our long-awaited tattoo aftercare balm 'Soothe-Ink'. Named by one of our Facebook Bimblebees Nikki and selected by popular vote, we're really pleased with how it's turned out, and so were our testers.

The balm is designed to seal in colour, aid healing, ease itching and discomfort, prevent infection and keep newly-tattooed skin smooth, soft and supple the natural way. Soothe-Ink is a rich, emollient balm, enriched with luxurious shea butter, cocoa butter, jojoba oil, coconut oil, and avocado, and enriched with extracts for calendula, tea tree and lavender, and natural vitamin E. It is naturally antimicrobial and made without water so that it doesn't require any preservatives or other chemical nasties - you won't find any parabens or mineral oil here! The balm is available on our website at www.bimble.co in the shop under Skincare - Tattoo Aftercare, at £7.50 or a 50ml pot and £9.95 for 100ml.



Fashion for Less

For all our Bimblebees in the Greater Manchester and Cheshire areas, this is one for you! We're going to be exhibiting and trading at an event for a very good cause. The event is on Wednesday 5th March at the Alma Hotel in Stockport from 7 to 9.30pm, and the theme is 'Fashion For Less' - there will be live music, a catwalk show, and 'swishing', where lots of good quality nearly new clothes will be available to bring and

buy so if, like most of us, you have a regretful purchase at the back of the wardrobe you meant to take back but never got round to, then this is the perfect time to upgrade it to something you'll wear! Tickets are £3, which includes a raffle ticket to win all sorts of goodies, including some of our products!

The event is in aid of *Stockport Without Abuse*, a domestic violence victim support charity close to our hearts. To buy tickets or arrange to donate some unwanted clothes and free up some wardrobe space, contact the charity directly via email at info@stockportwithoutabuse.org.uk

Share and Win

Those who join us regularly on Facebook will have seen our monthly 'Share and Win' prize draws to win a limited edition gift box or basket selected by the Facebook group members. For those who haven't popped by, we're at www.facebook.com/Bimble.Around if you'd like to join us!

By popular demand, we're going to make these prizes also available to purchase on website each month. The first one, our January 'Little Box of Calm' gift, currently has pride of place on our new 'seasonal' page. We also have new gifts available on the website, so please feel free to come and take a look. They're in the shop section at www.bimble.co on the 'seasonal stuff' and 'gift baskets and boxes' pages.



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