

# Bimble Newsletter

July 2012



## Welcome to the BimbleBees!

We'd like to give you a very warm welcome to our first ever newsletter. We'll be producing these every month, and they will be available on our website and emailed to those who subscribe. Subscription is simple, just visit our website at [www.bimble.eu](http://www.bimble.eu) and click on the newsletter sign-up button on the

front page. Every month, we'll be bringing you exclusive content, including recipes to try at home for natural health and wellbeing, competitions and offers. Whatever you like. We can be contacted at [info@bimble.eu](mailto:info@bimble.eu) or via our Twitter and Facebook pages or our website.

We'd love this to be a two-way street, so feel free to reply to any of the articles, or get in touch to tell us

Thanks for reading and we hope you enjoy the newsletters!

Best Wishes

Charley



## Tell Us What You Think!

We want to hear from you! Your opinion is really important to us. Our products are now available on Amazon, and we also have a testimonial page on our website. If there's a product you really like, then it would be great if you can help us share that with others. If you have something to say—then please email us at [info@bimble.eu](mailto:info@bimble.eu) or use the contact page on the website. Equally, if there's anything you don't like, or you have an idea for something you'd like to see, please tell us so we can make things better. We have a monthly prize draw for feedback so, if you post a review on Amazon, tell us about it so we can enter you in the draw as our way of saying thanks.

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### Monthly Tips:

- Want to bring the shine out in blonde hair? Make a cup of chamomile tea and leave it to cool, then use it as a final rinse when washing your hair.
- For those who suffer with blood sugar imbalances, get some cinnamon in your diet. It goes well with meat dishes, sprinkled on muesli, fruit or yoghurt. It's been proven to help even out blood sugar as well as reduce LDL (bad) cholesterol.



## Bimble Newsletter

### Rub-a-Dub-Dub!



*"Nature and wisdom never are at strife."*

Plutarch

We've been busy creating some new goodies—a range of delicious natural body scrubs that smell fantastic and are packed with natural ingredients to help you glow—leaving your skin smooth, re-freshed and moisturised.

Mineral-rich Epsom salts smooth lumps and bumps, while botanical extracts nourish the skin and cold-pressed olive and raw co-

conut oils moisturise and soothe.

We're hoping to release these for general sale in the next 3-4 weeks, but we'd appreciate your help to ensure that the release is a success. We'd like to do a bit of research. We have several potential combinations, and we'd like to hear what your favourite is.

The choices are:

- Lavender
- Green Tea
- Rose
- Chocolate Fudge
- Citrus Zest
- Rosemary

Email us your favourite to [info@bimble.eu](mailto:info@bimble.eu) with your names and address, and we'll draw a reply out to win a tub of your 1st choice.

### Competition

We are currently working on a range of natural skin-care for various skin types. The range will include a cleansing wash, toner and moisturiser for oily, dry and normal/combination skin. These are currently in development, with the intention

of releasing them in the Autumn.

We're looking for some attention-grabbing, witty and fun names for the products, in line with our other products.

If you have an idea for any names for the prod-

ucts, then please email us at [info@bimble.eu](mailto:info@bimble.eu) with your ideas, your name and address. We'll pick a winner and the winner/s will receive a full set of the new skincare range for their choice of skin type.



*"In all things of nature there is something of the marvellous."*

Aristotle

### Dates For Your Diary

We are planning a number of events over the Summer and in the run-up to Christmas. These are mainly centred around our local area in Yorkshire, but we are looking at some further-afield locations. The currently booked dates are as follows:

Sat 21st July: Saltaire Handmade Fair, Caroline Street Social Club, BD18 3JZ

Sat 28th July: Bronte Spirit Festival Haworth Old School Room.

Sat 30th Sept: Kirkstall Abbey Market, Kirkstall Abbey, Leeds

Sun 18th Nov: Handmade Fair, River's Meet Craft Café, Methley, West Yorks

Sat 24th Nov: Christmas Market, Fairburn Community Centre, Fairburn, West Yorks

If you have an event you would like us to attend, please get in touch.



## Crowdfunding—The Launch Campaign with Indiegogo

As a brand-new company, we have big plans to make our products widely available to everyone. However, we can't expand into shops or grow sales without a significant amount of stock, or investing in professional packaging such as glossy labels, but we can't afford to do this without big increases in sales.

This is where Crowdfunding comes in. It's a bit like being a shareholder, but instead of buying shares, you buy a limited edition 'perk', and the money raised goes into the launch campaign.

We've already raised 20% of our total, and we're very grateful for the support we've received. If you'd like to find out more about the campaign, visit Indiegogo (where the campaign is being held) at:

<http://igg.me/p/156187?a=712665>

Alternatively, follow the link from our website. We'll keep you posted on how we get on, and we'd like to encourage you to go and take a look and see if there's a limited edition treat that takes your fancy!

## "Here's One I Made Earlier" - DO Try This At Home!

Here are some ideas for enjoying a luxury facial in the comfort of your own home, using ingredients from your cupboards or fridge.

If you have oily skin, you want to clean out your pores thoroughly without stripping the skin too harshly—as this will just make your skin produce more oil in response. Try mixing a tsp of honey with a grated apple, 1/2 tsp cinnamon and a handful of oats. For a richer mask for drier skin, try mashing a banana and add-

ing some single cream and a splash of olive oil. Finally for tired or more mature skin, mash an avocado with a dollop of natural yoghurt, a tsp of honey and a squirt of lemon juice.

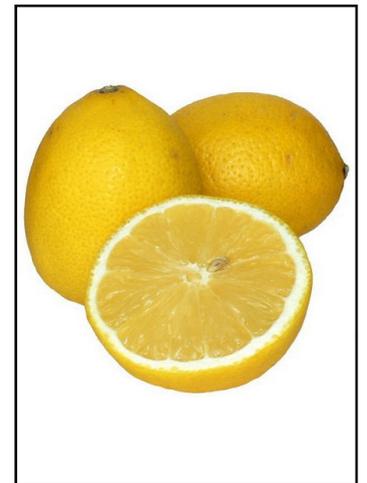
In all cases, apply and leave on for 10 minutes, then gently massage your face before removing with water, and a flannel or cotton wool. Why not follow up with one of our lovely facial sauna tablets in steaming hot water?

## Fancy a Party?

We're now offering Bimble parties, initially in the West Yorkshire area, but with the possibility of further afield. An introduction to aromatherapy with free samples for all your guests, hand and head massages, demonstrations and a free gift and 10% of total party sales to spend on yourself (or a 15% donation to your chosen charity or community group),

and (of course!) our range of safe, natural fairly traded and good enough to eat goodies available to try before you buy!

To book a party or find out more, call Charley on 07952 231105 or email [charley@bimble.eu](mailto:charley@bimble.eu)





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## Bimble Newsletter

### A Spot of Retail Therapy

We'd love to extend our range as a business and, to help us do that, we're on the lookout for retail outlets who would be interested in stocking our products. We're hoping to focus on the following types of outlet initially:

Independent Gift Shops	Natural Health Stores
Beauty Salons	Pharmacies
Farm Shops	Masseuses
Homewares Stores	Galleries
Complementary Health Practices	

If you work in any of these industries and you would like a casual chat about how we might work together, please get in touch using

### Plant of the Month

'Plant of the month' will be a monthly feature which explains the health related uses of a different plant each month. It will explain 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.

We're going to start this feature with a very common herb which nearly everyone will have tried at some point: peppermint.

Peppermint's botanical name is *Mentha x Piperita*, and it's a common plant in the mint family. It's native to the UK and Europe, and it is a green herbaceous plant which grows up to around 90cm tall.

It is very easy to grow, and can grow almost anywhere (although it prefers moist soil and shade)—to the point where it can take over if you're not careful—it's best grown in a tub for this reason! It's a bee-friendly plant, so growing a pot is good for the bee population as well as for you.

The use of peppermint as a medicinal herb almost certainly goes back thousands of years. The leaves (fresh or dried) can be used to make an enjoyable tea, which is excellent for calming indigestion and nausea. The tea also has a long history of helping to soothe headaches—both drunk and used as a cold compress on the forehead. To do this, make a strong cup of tea, chill it and pour onto a flannel before wringing out and applying to the forehead.

The oil is antiviral and antibacterial, and is a carminative and muscle relaxant with analgesic qualities. can be used in capsules or topically rubbed into the stomach to treat IBS, and topically on teeth and gums to reduce pain and inflammation. Peppermint oil is used in aromatherapy to calm nausea, promote memory improve concentration and help reduce tiredness.

The plant can also be used to treat gallstones, and its antiviral and antibacterial qualities make it an excellent treat-

ment for colds, flu and similar illnesses.

It contains menthol and is simulating so, while a cup of peppermint tea is entirely safe for anyone, the concentrated essential oil should be avoided with infants and in early pregnancy. Before use on the skin, it should be diluted to a maximum concentration of 5%.

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.

