

Bimble Newsletter

November 2012



Autumn Is Really Here!

Welcome to the third of our newsletters. I hope you find it interested and useful. As I've mentioned previously, I'd like these to be more of a 'magazine' style newsletter than some sort of glorified advert, so please get in touch and let me know what you'd like to read about and what sort of thing you'd find interesting or helpful.

It's your newsletter and I'd far rather write something you'd actually like to read!

I'm also planning a Q&A feature, so if you have any natural health questions, then please drop me an email with your question to info@bimble.eu and I'll do my best to give you an answer!

As I write this, the clocks

have just gone back, the first frosts are here and Autumn is definitely here with a vengeance! I've included a recipe for a natural cold remedy and a suitably 'autumnal' plant of the month.

Best Wishes and Stay Warm and Well!

Charley



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Monthly Tips:

- Is your partner's snoring getting you down? Try sewing a tennis ball into the back of their night clothes—most people only snore when they are on their backs, and the ball prevents them rolling onto their back.
- Hair a bit frazzled from over-bleaching, straightening or general abuse? Get a pot of raw coconut oil (available from most supermarkets) and massage a handful into your hair. Cover with an old carrier bag and leave as long as possible before washing out.

Talk To Us!

We want to hear from you! Your opinion is really important to us. Our products are now available on Amazon, and we've just launched 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 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.

Calling All Asthma Sufferers!

We are working on an addition to our range of herbal infusions, specifically designed for asthma sufferers. We'd like some of our customers to give it a try and give us some feedback.

If you'd like to take part in this test, then drop us an email at info@bimble.eu and let us have your name, address and a little bit about your condition—your medication, how long since were diagnosed and how severe it is. We'll then send you some to try. Thanks!



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Fabrication—Our First High Street Presence!

This month, we've opened a concession at Fabrication, an independent pop-up department store in 'The Light' shopping centre on The Headrow in Leeds City Centre.

Our range of teas, body bars, home aromatherapy and massage oils are available in the store, along with a huge range of greetings cards, art prints, ceramics, glasswear, soft furnishings, clothes,

clocks, jewellery and accessories by a wide range of independent Yorkshire-based artisan craftspeople.



A display at Fabrication

The store also runs a wide range of workshops, such as knitting and crochet for beginners. If you're shopping in

Leeds for Christmas, why not take a look? There are a lot of great unique gifts for all ages that you just won't find anywhere else on the high street.



Our concession at Fabrication



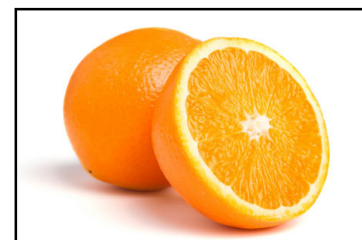
**"Whether you think you can or think you can't, you're right."
Henry Ford**



**"It wasn't raining when Noah built the ark."
Howard Ruff**

**"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."
Dr. Seuss**

**"When I hear somebody sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'"
Sydney Harris**



Competition

We have a very lively Facebook fan page which has plenty going on—there's something new added daily and which is well-used by a lot of our customers. However, it would benefit greatly from a great cover image which reflects Bimble.—It's looking a little colourless at the moment!

In order to conform to Face-

book rules, it mustn't contain any contact details in the image, it needs to fit the banner size of the Facebook image space, and we must have permission to use any images—so using the images on our website would be ideal

If you fancy designing an image for us, then please email

us at info@bimble.eu with your entry, your name and address. We'll pick a winner and the winner will receive a goodie hamper with a selection of Bimble products. The winning design will be displayed on our Facebook page. The competition closes on 20th November 2012, so get your entries in!

Dates for Your Diary

We have a pretty full diary 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:

Thursday 8th Nov: Pamper Shopping Evening, The Engine Shed, Wetherby, North Yorks

Thursday 15th Nov: Pamper Shopping Evening, Portholme Church, Selby, North Yorks

Saturday 17th Nov: Christmas Fair, St Cross & St Mary's Church, Town Street, Middleton, Leeds

Sunday 18th Nov: Christmas Market, River's Meet Craft Café, Leeds Rd, Methley, West Yorks

Thursday 22nd Nov: Christmas Craft Fair (Eve), Morley Town Hall, Morley, West Yorks

Saturday 24th November: Christmas Fair, Fairburn Church, Fairburn Village, West Yorks

If you have an event you would like us to attend, please get in touch. We also have plenty of events planned for December.



Christmas Fayre

We've recently released all our Christmas special gift offers and limited edition products in plenty of time for Christmas. The collection starts from as little as £3.50 and includes festive massage bars, mulling spices and a wide range of gift baskets and boxes for all tastes and budgets.

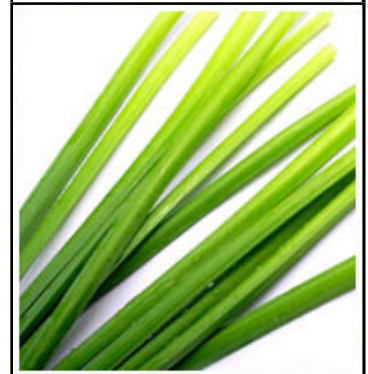
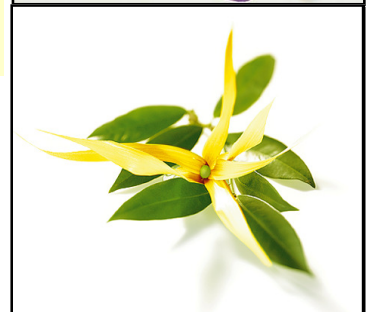
We've also provided the option to make your own gift, where you can select your own contents and then add a gift box or basket and festive wrapping, and we'll do the rest. Our favourite is the 'bath baubles', a box of 6 depth charges, each festively trimmed and ready to hang on the tree where they can fragrance your

living room. You can also use them in the bath, and 1 of the baubles in each box contains a lucky sixpence, and the only way to find it is to pop them in the tub!

We'll be accepting orders right up to Christmas subject to stock, and we'll do our best to ship as fast as possible, but we ask you to bear in mind the additional time the post office may take at Christmas to avoid disappointment.

For more information on our Christmas ranges, please visit the Christmas section of our online store.

"Great minds discuss ideas. Average minds discuss events. Small minds discuss people." Eleanor Roosevelt



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

As the Winter cough and cold season appears to be well upon us, this is a two-part recipe for a cold remedy which is both comforting and effective. The first part is optional—you can either make your own or buy it ready-made. To make a tincture of myrrh, you'll need crushed myrrh resin, available to buy online from most herbal websites, and some spirits—I use cooking brandy, but any non-flavoured spirit over 35% vol will do.

Put 3 parts brandy to 1 part myrrh in a clean jam jar. Mix thoroughly and set aside in a cool dark place (like a cupboard). Mix daily and keep for a fortnight. Strain and bottle in a dark bottle. Al-

ternatively, buy a tincture of myrrh from your local health food store, herbalists, or online.

The second part is to make the hot remedy. Mix 3 tsp raw honey, 1 tbsp. lemon juice, and 1-2 tsp myrrh tincture in a mug, and top up with hot water. Optional extras include a shot of brandy, 1-2 drops clove essential oil, 1-2 drops lemon essential oil, 1 tsp glycerine. The honey, lemon and myrrh are all antimicrobial, while the honey is also soothing for sore throats and the vitamin C helps bolster the immune system. It's basically a take on the traditional hot toddy, which seems to really work well!

New Packaging Design

We're very excited about the new packaging design, which is almost here! After our launch campaign has come many weeks of perfecting the designs, and we're now at final proofing stage before getting them all printed.

The new packaging will initially be on the massage oils, herbal infusions, aroma oils, lip balms and scrubs and some of the bath products. The

second phase of the redesign will see this grow to encompass the skincare ranges and additional products. Here's a sneak preview—we hope you like them as much as us!

A natural home fragrance for burners & diffusers. Bergamot, grapefruit, lime, mandarin, orange, lemon & lavender help reduce the impact of morning sickness (or any nausea).

Bimble

MORNING GLORY
Aroma Oil 10ml

Made in the UK by Bimble, 68, LSG 1RU. www.bimble.co

Bimble Newsletter

A New Web Experiment

A couple of customers have recently experienced problems with the Google Wallet payment system on our website. We want to make the website as user-friendly as possible, so we thought we'd give our customers a choice, and carry out a bit of an experiment.

We're currently installing PayPal payment buttons alongside our existing Google Wallet buttons, and we'll see what people use most frequently. We hope this gives people as much choice as possible. We'd also appreciate any feedback you have on the system, so please feel free to get in touch with us at info@bimble.eu if you've got any comments or suggestions on either of the website payments system, or how the ecommerce functions of the website work in general

Dependent on the feedback we get—both from customer comments and how people effectively 'vote with their feet' will determine whether we eventually migrate to a single system or keep both running alongside each other, as well as determining which system gets selected if a single system seems to be the way forward, so please let us know what you think!

Plant of the Month – Cloves

'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.

This month's feature is on the clove plant, the source of a popular culinary and medicinal spice. Native to Indonesia, but grown across South East Asia, India, Sri Lanka and Madagascar; the plant's binomial name is *Syzygium Aromaticum*, and its English name comes from the Latin 'Clavus', which means 'nail' - which the clove bud bears a strong resemblance to!

The whole cloves we are used to seeing in the UK are the unopened and dried flowers of the evergreen clove tree. The

spice gets its pungent flavour from the compound eugenol, which is a powerful phenol which makes up 75-90% of the clove's essential oil, and which is responsible for many of the clove's medicinal properties. Clove is an important spice in the flavouring of many popular seasonal dishes, including mulled wines and ciders, baked hams & Christmas cake.

In terms of herbal medicine, the first recorded use of cloves is in ancient China as a breath freshener. However, the clove is probably best known for its pain-relieving and anaesthetic properties, particularly in dental use. Chewing on a clove is an old remedy for toothache, and many toothpastes are flavoured with clove extract. A single drop of clove oil, placed on a painful tooth or mouth ulcer, can anaesthetise the area very well. This treatment has been used around the World for centuries, and many modern medicine cabinets contain a bottle of clove oil for this purpose.

Aside from its pain-relieving properties, cloves are used for several other medicinal purposes. The plant has excellent warming properties, which makes it useful in topical application for arthritis and other musculoskeletal problems (You'll find it in our 'Back for Good' and 'Smokin' Joints' blends). It is also used for stomach complaints, as it can aid digestion and act as a carminative. It's a useful anti-nausea treatment when taken as a tea, and is used in herbal medicine to treat morning sickness (including our 'Morning Guaran-Tea' for this reason. It's also both antioxidant and antimicrobial

Clove is generally considered to be safe in normal usage quantities, although eugenol can be a sensitiser if you have sensitive skin, so care should be taken and it should always be diluted. It is toxic in doses of around 5ml of pure eugenol. Whilst clove cigarettes are popular in many countries, clove smoke can cause lung irritation.



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