

Bimble Newsletter

Summer 2015

Here Comes the Sun!

Now well into the summer months, and it certainly feels like we're in for some great weather, with the hottest July day since records began already.

This quarter's newsletter is packed with all the usual features, recipes and competitions, as well as some hints and tips to keep cool and stay well in the sun. Enjoy the weather, whatever you're doing and whoever you're spending it with.

Best Wishes

Charley

New Products!

We've been pretty busy over here at Bimble HQ developing some new products, and we'd really appreciate your input!

For a while, we've been asked by quite a lot of customers for a shea butter remedy balm in the style of our Brainstorm, Contraflow, Bedtime Snorey and Bite Guard balms, but using the Smokin' Joints blend of essential oils.

The reason we're often given is that, for those who don't have a willing assistant to help them rub in the Smokin' Joints massage oil, it can be tricky to use in awkward places like shoulders and backs on your own.

We've also been making an essential oil blend as a custom product for a few customers. I wouldn't go so far as to say it's a 'new product', as this is probably the only formula for a product that we haven't created ourselves.

It's called 'Thieves Oil', and the formula is hundreds of years old. A blend of cinnamon, lemon, eucalyptus, rosemary and clove, it's an incredibly powerful antimicrobial agent. A



recent University of Maryland laboratory trial in the US found that it was successful in eliminating a huge number of bacteria, including many which are traditionally difficult to combat, including C. Diff and MRSA.



It has many uses, but it's particularly successful in helping to manage the symptoms of

cystic fibrosis, asthma and the congestion side of colds, flu and hayfever.

We've also been asked about an oil to help combat stretch marks and help to heal scarring, which is suitable for use in pregnancy, so we've been working on that, too.



On a less serious note, we've also been asked for bath products with 'ALL the patchouli!!!!', and who are we to disagree?

Finally, we're thinking about updating the ever-popular lip scrub range with a couple of exciting new flavours.

So, here's where you all come in: have we missed anything that you have a burning desire to see in the range? Do you have any naming suggestions for the stretch mark/scar relief oil, or the patchouli bath products? Finally, what lip scrub flavours would you like to see?

How about chocolate orange, double espresso, raspberry ripple, blueberry muffin, or even pineapple & coconut? If your product or name idea is used, you'll get one of the first production run free!

So, let your imagination run wild, and email us at info@bimble.eu, send us a message or post on our Facebook wall, or tweet us @bimble_around, and let's make some fun and useful new stuff together!

Recipe: Hayfever Lollies

It's typical, isn't it? We wait months for that lovely summer weather and, when it finally gets here, along comes a huge stack of pollen and the hayfever symptoms that bring misery to so many.



It seems particularly cruel that, at a time where everyone wants to be outside enjoying the weather, its one thing guaranteed to make a hayfever sufferer's symptoms worse.

Now, nettle tea is fantastic at reducing the symptoms of hayfever, but it's quite bland, and not to everyone's taste, especially children. So, if the small people in your life (and not-so-small people!)



suffer from hayfever, here's an idea to get all the goodness of nettle in them (not just the natural antihistamine, but a huge stack of essential vitamins and minerals, too - nettle really is a 'superfood') without any disagreements!

You'll need:

1. Ice lolly moulds
2. A saucepan
3. Blackcurrant cordial to taste
4. 500ml Apple juice
5. Fresh fruit chunks (optional)
6. 10 nettle tea bags or 40g fresh nettles

(please wear gloves and wash the nettles well if using fresh!)

Put the apple juice in the saucepan with the nettles or nettle tea bags and bring to the boil, then reduce the heat and simmer for a few minutes.

Take off the heat, remove the tea bags or strain out the nettles, and leave to cool. When cold, add cordial to taste and pour into the lolly moulds (adding the fruit first if you're using any), then pop in the freezer until solid. The tastiest antihistamines you can get!

Hints & Tips

With the current warm weather hopefully due to stay with us for a few weeks more, here are a few tips to keep you happy, healthy and enjoying the sunshine:

1) Hot temperatures can cause an unpleasant rash known as 'prickly heat'. It's caused by sweat ducts/pores becoming blocked. Loose, light clothing, staying out of the sun during the hottest part of the day, drinking plenty of water and regular cool baths or showers will help avoid it. If you do find yourself suffering from prickly heat, then add a mugful of oats to a cool bath, and wrap some more in your washcloth and wash with them to help soothe the itch. Cold compresses, aloe vera gel or cucumber slices applied to the rash may also help soothe it.



2) Insects can be the bane of any picnic or barbecue. If you don't have any of our 'Bite

Guard' insect repellent balm to hand, then a few drops of citronella and/or eucalyptus essential oil in a burner or added to torch lamp oil for outdoor evening events will help keep the bugs at bay, or add a few drops to your sunscreen. Popping a couple of drops of eucalyptus oil on the back of your dog's neck will help keep ticks at bay, too.



3) Overheating at night is no fun for anyone! It's the cause of many hours of lost sleep for adults, and can lead to a miserable time with babies and children who can't sleep. A cool shower or bath can help. Why not leave the water in the tub and, if you wake up too hot in the night, go stand in the water and let the cold water on your feet cool you down.

Also, hot water bottles can work both ways – try filling one with cold water and putting it in the fridge before bed. You can even make your own air conditioning with a fan, and a bowl of iced water. Put the bowl in front of the fan, and you'll be surprised how well it works. You can even add a few drops of lavender oil or our Bedtime Snorey aroma oil to help you drift off naturally.

Competition Time

This season's competition is a chance to flex your creative muscles! Our organic, fairtrade lip scrubs are one of our most popular products, and we have a great range of flavours – all the favourites from an old-fashioned sweeties shop!

However, it's time they got a little bit of an

update, and this is where you come in! Let us know what your current favourite flavour is, and what new flavour you'd like to see. You can see all the current choices on our website at www.bimble.eu/lips.html.

We'll pick two winners, and they will each receive their favourite lip scrub from the current range, and their new suggested flavour as a custom order, which might become a permanent fixture in our range!



To enter, send us an email to info@bimble.eu, Tweet us [@bimble_around](https://twitter.com/bimble_around) or send us a message via Facebook. The competition closes on 1st August 2015. Good luck everyone!

Forthcoming Dates

Sat & Sun 25th & 26th July: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm

For more information on any event, or to enquire about us trading at your forthcoming event, please contact us at info@bimble.eu.

DO Try This At Home!

Botanical Cocktails

As its barbecue season, many of you will be looking for something tasty and refreshing to drink as the sun goes down, so why not try something a little special to create that 'wow' factor for your guests? Botanical cocktails are surprisingly easy to make, and add a little 'wow factor' to any party.

Here are a few ideas to try, but this list is by no means exhaustive – let your imagination run wild!

Start with vodka, and then go wild with your choice of botanicals:

Sour cherries, summer berries, vanilla beans, hibiscus, wormwood, chamomile, cinnamon, saffron, coriander seeds, angelica, basil,



cloves, violet petals, cinnamon, lemongrass, lavender, lime leaves, dried fruits, chilli, cardamom, ginger root, citrus peel, juniper berries, liquorice root, aniseed, rose petals, star anise, elderflowers... the options are limitless!

Leave your chosen botanicals to macerate in your vodka for a

week, then try serving with cranberry juice and soda and slices of fruit, or just tonic water and lots of ice. Why not create your own signature drink to wow your friends with?

Plant of the Month: Hops

'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, how to grow it (if possible), 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, please feel free to nominate one for the next issue, using the contact details at the back of this newsletter.

Hops are the female flowers, or seed cones, of the *Humulus Lupulus* (hop) plant, and have been used for hundreds of years to flavour beer. However, they have other uses. It is



a climbing perennial plant, native to the UK and Europe, as well as wider afield.

Hops have antibacterial qualities but their most common medicinal use is in treating insomnia, anxiety and stress, as the seed cones contain a powerful sedative. The sedative effect is so strong that it is not necessary to ingest the herb to experience this effect – back when they were harvested by hand, 'hop picker's fatigue' was a common phenomenon, where labourers would fall asleep in the fields due to inhaling the sedative aroma.

For this reason, hops are an ingredient in our 'Pyjama Par-Tea' and 'Farewell Anxie-Tea' herbal infusions, to benefit from the stress-relieving, soporific and anxiety-busting properties of hops.



Hops are readily available from health food stores and home brew shops. To use hops at home, try adding a teaspoonful to your favourite herbal tea or green tea. You can also buy herbal capsules made from hops extract. Alternatively, try making your own hops pillow: either sew a little pouch or use a ready-made small fabric bag, mix hops and lavender flowers together, place the flowers in the bag or pouch, and place under your pillow to ensure a great night's sleep, naturally.



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