

Bimble Newsletter

Autumn 2015

The nights are drawing in...

Well, the clocks may not quite have gone back yet, but the nights are really drawing in, you can certainly feel the chill in the morning, and most conversations seem to start with a competition for who does/doesn't have their heating on yet!

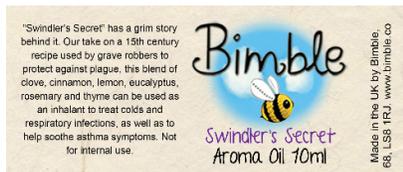
This quarter's newsletter is packed with all the usual features, recipes and competitions, as well as some hints and tips for the start of the aches and sniffles that come with the cooler weather. Enjoy the beautiful Autumn colours, and remember, it'll soon be Christmas!

Best Wishes

Charley

New Product Campaign!

In our last newsletter, we talked about a lot of the new products we've been working on. We've moved on since the summer and, as you might have seen in our recent email and social media posts, we're in the middle of a crowdfunding campaign to pre-order the new products, to help us cover the initial outlay for packaging origination and laboratory work.

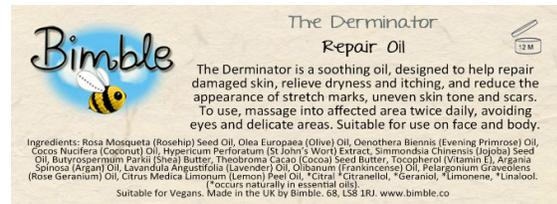


So, all the products we've been working on are in production.

To cover the upfront cost of getting all the laboratory certification work and packaging design and production done, we've set up a pre-order system over at Indiegogo. Incredibly, we hit our target within the first few days, and we're now working through our stretch goals.

So all the things we've been asked for, including our ever-popular Smokin' Joints blend in a convenient balm format, the top voted-for lip scrub flavours, 'Salted Caramel' and 'Cola Bottle', our new 'Flower Power' healing balm for eczema, dry itchy skin, windburn, cuts and grazes; 'Headrush' scalp treatment oil for dandruff and itchy scalps, clay facial cleansers, 'Swindlers' Secret' – an inhalant oil blend to stop colds and respiratory infections in their tracks, as well as help ease the symptoms of asthma and other respiratory conditions; and a new addition to the Depth Charge selection in the form of 'Hippification' – as demanded, ALL the patchouli!

Finally, our most technically advanced product to date – we've created 'The Derminator' – a serum for damaged skin, stretch marks, scare tissue and uneven skin tone, to even out and heal skin, and reduce the appearance of scars and stretch marks over time. It can also be used during pregnancy and weight loss to help prevent stretch marks appearing. It's vegan-friendly and safe for use during pregnancy.



Our testers have been raving about it, so why not take a look at the Indiegogo page and see what they have to say about it?

Head to the front page of our website at www.bimble.co, and click on the button there to visit the campaign, get some sneak peaks at the new products, or bag your own first-edition products before they're available for sale.

Thanks to everyone who has contributed so far. We couldn't have done it without each and every one of you.



Recipe: Myrrh Tincture

Tinctures are simply concentrated extracts of herbs, spices, and resins. You used to be able to buy them in every corner pharmacy and apothecary, but they're a little harder to get hold of these days, and they can be incredibly useful.



Myrrh Tincture is a brilliant antiseptic and local anaesthetic. It can be dabbed directly onto toothache, dental

abscesses and mouth ulcers; used neat on cuts and grazes and, most importantly at this time of year, it's brilliant as a gargle to stop sore throats in their tracks – put a couple of teaspoons in a shot glass with hot water and a teaspoon of honey and gargle.

To use myrrh tincture, place 50g myrrh resin in a clean old jar. You can buy Myrrh in many herbal shops, as well as online, including Amazon and EBay. Pour approx. 250ml of cooking brandy over the top (or any spirit with at least 35% alcohol).

Place the jar in a cool, dark place like a cupboard, and shake/stir every day for a fortnight or so. The myrrh will get gummy and stick to the bottom of the jar – mix it in with a skewer or knife.

Strain the liquid through a piece of clean muslin or tea towel into a clean bottle. The mixture will keep at room temperature for a year or more.

Hints & Tips

With the weather currently getting cooler by the day, plenty of folks are feeling the chill, so here are some tips to keep you and your family happy and healthy this season, whatever the weather and its associated bugs throws at you:

1) Give the first seasonal colds the boot with a good old-fashioned steam inhalation. Our 'Contraflow' aroma oil was designed for this, and our new 'Swindlers' Secret' oil is equally ideal but, if you don't have any, then menthol crystals or Friar's Balsam (available cheaply from most good chemists), and peppermint, eucalyptus, pine, thyme or camphor essential oils also work well. Put 5-10 drops of essential oil, a couple of crystals or a couple of millilitres of friars balsam in a washing-up or mixing bowl with a kettle-full of boiling water, pop a towel over your head and inhale the steam for a good 10 minutes.



2) The one thing better than ditching bugs is stopping them getting in in the first place! With people coughing and spluttering all over the place, this is easier said than done, but echinacea tea or supplements can really help (note: these are not suitable for people with auto-immune conditions), as well as tried and trusted vitamin C and zinc supplements.



3) There's nothing worse than cold feet – they just don't seem to be able to warm up once they're cold. Make sure your shoes and socks/hosiery aren't too tight, as reduced circulation can make them cold, and keeping active can help – even if it's just moving your feet around whilst seated - but why not try a soothing and warming foot soak when you come in from the cold? Fill a washing-up



bowl with hot water, add a mugful of Epsom Salts (available online or from most chemists), and add a few drops of clove, cinnamon or ginger essential oil (or a mixture of the above), and soak the cold away!

Competition Time

We launched our limited edition Halloween and Bonfire bath treats this month, and we're pleased to say they'll be around until the first week of November.

We have a range of 3 fun items, including Vanilla & Pumpkin Pie Spiced fizzy bath melts for a warming, relaxing soak and 'Spooky Surprise' – sparkly green and orange depth



charges packed with lavender, chamomile and a spooky surprise in the form of a little plastic spider novelty hidden in the centre that floats out into the water when the depth charge dissolves. The sneaky idea behind this is something that can help children want to take a bath and then, thanks to the natural soporific chamomile and lavender, want to go to bed!



As well as these two Halloween option, our 'Firework Fizz' melts are back

by popular demand after repeatedly selling out last year. With silver sparkles, purple mica, spiced toffee apple scent and nuggets of popping candy giving your tub the 'snap, crackle and pop' effect, we think these are as evocative of Bonfire Night as we can make! All of these are over at our seasonal page, as well as in our Etsy store, which is www.bimble.eu/seasonal.html

So, to mark these autumn treats, our competition this time is to win a selection of all our Hallowe'en and Bonfire specials. To

be in with a chance of winning, we'd like to hear your suggestions for Christmas products – whether it's a bath product, gift basket or even just a limited edition fragrance you'd like to see. You might want a 'rugby players special' gift basket, or you might have a great idea for a seasonal special depth charge fragrance – we'd love to hear it!

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 November 2015. Good luck everyone!

Forthcoming Dates

Sun 25th Oct: Rivers Meet Craft Café, Leeds Road, Methley, 10.30am-3,30pm

Sun 1st Nov: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm

Sun 22nd Nov: Rivers Meet Craft Café, Leeds Road, Methley, 10.30am-3,30pm

Sat & Sun 28th & 29th Nov: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm

5th Dec: Steampunk Christmas Market, Thackray Medical Museum, Beckett Street, Leeds, 11am-5pm.

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!

Soothing Bonfire Pet Toys

Firework season can be great fun for kids and adults alike, but for pets and their owners, it can be miserable. There's no explaining to pets what the noises are, so it's no wonder they get frightened.

These pet toys are easy to make, require no sewing skills, and can really help soothe nervous dogs and cats alike.

You'll need the following:

- An old pair of socks
- Dried valerian (available from herbal shops, health food stores and online, including EBay and Amazon)
- String

Take one of the socks, and put a few teaspoons of valerian into it. Ball up the sock and stuff it into the other sock. Tie the end with the string.



Valerian is a powerful sedatives herbs often used for cats, dogs and horses as well as people. It's relaxing, gentle, safe and effective, and dogs and cats equally can't get enough of the stuff! One

warning, though: it smells truly unique, and not in a good way! However, it does work incredibly well.

Plant of the Month: Frankincense

'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.

Frankincense is a resin from several trees in the Boswellia family, which can also be known as Olibanum. It is 'tapped' from the bark of the living tree in the same way as maple syrup and pine sap. It has been prized for its fragrance for over 5,000 years, and is named in the Bible as one of the gifts to the infant Jesus from the three Magi, as a gift of great value, with many ancient references of the resin being used as incense, hence the name. Frankincense was first brought to Europe by returning crusaders.

The majority of the World's frankincense is produced in Somalia, with southern Saudi Arabia and other African nations producing most of the rest.

The essential oil is made by steam distillation of the resin, and it is used in aromatherapy, skincare and the perfume industry. It is also used internally in many traditional medicine applications, often by chewing the resin.



The primary medicinal applications for frankincense include digestive complaints, arthritis – for which clinical trials have been very positive, skincare (which is why it's commonly found in many facial products, including our new 'Three King Awesome' cleanser), healing wounds and skin problems (which is why we also include it in the new 'Flower Power' healing balm), and as a sleep aid, (hence it being a key ingredient in our 'Bedtime Snorey' range). It's even been cited in recent studies for its potential cancer cell-killing properties.

Frankincense has many other uses. This website has some good ideas in terms of how to use frankincense essential oil at home: www.backdoorsurvival.com/powerful-uses-of-frankincense-essential-oil/



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