

Bimble Newsletter

March/April 2014



Recipe: Monster Spray!

Spring into Action!

Well, I don't know about your part of the World, but spring has most certainly sprung in Yorkshire! The daffodils are brightening up the garden, and all the herbs are starting to poke through the soil.

With spring also comes exams for all those currently studying, and we have a new product which might be helpful if you're currently cramming. 'Brainstorm' temple balm was released a couple of weeks ago, and is a shea butter temple balm packed with rosemary to aid concentration and memory and to refresh, peppermint to ease headaches and lavender to relax, ease tension and soothe pain.

As usual, our newsletter is packed with recipes, tips, ideas, features and competitions so, until next time, enjoy the sunshine and the lighter nights!

Best Wishes

Charley

Happy Easter

We hope you had a lovely long weekend, whatever you were up to, and we hope rain didn't stop play too much where you were.



If you're one of the many parents whose small people are plagued by 'monsters' under the bed/in the cupboard/behind the door, then you'll know what a problem a disturbed night's sleep is for you and your child. This recipe is for a simple sleep-enhancing spray, but, with clever use of a plant mister and a home-made label for the bottle, it can be turned into a special 'monster repellent', to scare the bogeyman away!

- 50ml Vodka/Grain Alcohol
- 200ml Water
- 50 Drops Lavender Oil (available from Bimble, chemists, health food stores and online)
- 10 Drops Chamomile Oil (available from pharmacies, health food stores and online)

Pour the vodka into a clean spray bottle/plant mister and add the essential oils. Put your hand over the top and shake up to combine well. Add the water and put the lid on. Make a label for the bottle with 'Monster Repellent Spray' on it. You can cut and stick cartoon pictures on as well if you like!

Essential Oils

Following the popularity of the 'Tender Essence' range of essential oils we started stocking a few months ago, we're planning to expand the range. We'll be adding new oils a couple at a time. We've been really pleased with these range of oils: the quality is excellent and we think they're really good value so, whilst we don't normally stock other people's products, we're making an exception in this case! If there's a particular oil you would like to see, then please drop us a line at info@bimble.eu and we'll do what we can to get your preferred choices included.



Competition: Summertime!

It may seem like we're only just shaking off winter, but summer will be upon us before we know it! We'll be putting a seasonal summer gift basket together, and we'd love some ideas so our contest this time is very simple.

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, and let us know what your favourite 'summer' scent is. The competition closes on 25th April 2014, and the lucky winner will get a gift bag of summer Bimble favourites, including Bite Guard insect repellent shea butter balm and refreshing Morning Glory bath goodies! Good luck!

Forthcoming Dates

We'll be at the following events in the coming weeks:

Sun 27th April: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm.

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

Sat 21st May: Steampunk Doncaster, Doncaster Deaf Trust, Leger Way, Doncaster, 10am to 6pm

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

DO Try This At Home!

Hair Rinse

The scalp is naturally acidic, yet detergents like shampoo are alkaline. These rinse ideas have been used for centuries, and leave your hair soft, shiny, static-free and clear of shampoo residue:

300ml Cider or White Wine Vinegar

and:

50g Dried chamomile flowers & 1 chopped lemon for fair hair

or

50g fresh or dried sage or rosemary for dark hair

or

50g nettles for damaged/brittle hair

or

25g Calendula and 20g parsley for dandruff

Crush up the plant materials to release their oils and place in a clean kilner jar or old coffee jar. Seal and place in a warm, sunny place for 2 weeks, shaking every day and pushing the plant material down into the vinegar. Strain with an old tea towel or muslin cloth and pour into a bottle. To use, pour a cupful into a jug, top up with warm water, And use at the final rinse when washing your hair.



Wedding Bells!

We have recently added an assortment of custom-made wedding and party favours to our range. These are highly customisable to match your colour scheme, or even the fragrance of your bouquet. Prices start from as little as £1 per favour. We can also make your favours with name tags, to double as place settings, and we offer seed paper tags, so that your guests can plant their memento to grow bee-friendly wild meadow flowers. To find out more, visit www.bimble.eu/weddingfavours.html, or email us at info@bimble.eu



Plant of the Month: Valerian

'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, nominate one for the next issue, using the contact details at the back of this newsletter.

Valerian (*Valeriana Officinalis*) is a common English flowering perennial, and the herb is made from the dried root of the valerian plant. Don't let the sweet-smelling flowers fool you, the herb smells like you left your rugby kit in a hot car for a fortnight!

Valium was named after this herb, as it works on the same centre of the brain, and has very similar effects, but without the addictive qualities. It's a strong herb and not recommended for use with under 12s. It is a sedative and anxiolytic (anti-anxiety agent). It is one of the most powerful herbal sleep agents available, as well as one of the most popular anxiety remedies.

The herb can be taken in capsules, as a tea (you'll find it in our *Pyjama Par-Tea* herbal infusion), in tincture form or the oil or herb can be inhaled (if you're feeling brave – we disguise it in our *Calmer Chameleon* blend with lots of sweet palmarosa and lavender, and in our pillow pockets with frankincense and ylang ylang!) Valerian is also used as an anticonvulsant, migraine treatment and pain reliever, as it interacts with the body's GABA neurotransmitter receptor system.

Adverse effects of using valerian are rare, but may include stomach ache, apathy, and a feeling of mental dullness or mild depression in high doses. Because of its success as a tranquiliser, it may cause dizziness or drowsiness, and so care should be taken if you intend to drive or operate heavy machinery.

WARNING! If you leave this in reach of a cat, they will go crazy for it and destroy anything in the path to get to it. It's perfectly safe for them, just treat it like catnip, but be aware that it will make your house smell quite horrific!



New Product: Brainstorm Headache Temple Balm

We've been working on this for quite some time, and we're really pleased with what we've finally come up with, and it seems to have got the vote of our testers and its first customers, too.

The balm is designed to soothe tension, ease headaches, aid memory and concentration, revive and refresh. Using our popular organic, fairtrade shea butter balm base, Brainstorm is enriched with a blend of memory-enhancing and reviving rosemary, cooling and refreshing peppermint, and relaxing and pain relieving lavender. 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 – Skin Balms, at £4.95 or a 50ml pot and £2.95 for 100ml.

To celebrate the launch of Brainstorm, all our other skin balms are now also available in 15ml travel-sized handy pots, all priced at just £2.95.

Steampunk Apothecary

For around 18 months now, we've been taking part in quite a different type of event in addition to our usual collection of farmers' markets, craft and artisan makers' fairs. In the form of 'Mrs Bimble's Apothecarium', we visit a Steampunk events across the North of England, in the style of a Victorian pharmacy.

We have a herbalist 'in character' at our booth to provide confidential, free advice on health problems - whether you want to talk seriously about a problem you're experiencing, or you want to quiz us on the weird, wonderful and macabre from our not-so-distant past! In addition to our regular Bimble range of products, we also carry several lines not normally available elsewhere, from hair pomade and moustache wax through a range of herbal remedies made to traditional Victorian recipes. We have the same standards of manufacture with these that we do all Bimble products, so no artificial ingredients or chemical nasties!

If you'd like to come and see the Apothecarium, then you'd be welcome at any of the Steampunk events we'll be visiting. Please see our events listings on page 2 of this newsletter, and our Facebook page for regular updates. To find out more about Mrs Bimble's Apothecarium, have a look on our website at www.bimble.eu/steampunk.html

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've now made these prizes also available to purchase on website each month. Currently, our 'Make Me One with Everything' bumper bath box is available on our new 'seasonal' page, with one of every bath product we make, as well as a free pack of 'Chill Pill' mini depth charges in a cute little organza gift bag.

There are lots of other gifts available on the website, as well as our ever-popular 'build your own custom gift' option, 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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