

Bimble Newsletter

October 2013



Absence Makes the Heart Grow Fonder!

It's been a while since we published our last newsletter, so sorry for our absence—things have just been really busy. I promise not to leave it so long next time!

So, we have plenty of news—new products, new outlets, lots of new things! - as well as this newsletter, we also release breaking news and tips and ideas, alongside

discussions and exclusive competitions via our Twitter feed and Facebook page so, to get your regular fix, please come and see us at Bimble_Around on Twitter, and www.facebook.com/Bimble.Around on Facebook.

It doesn't feel like 5 minutes since summer was starting, but now the kids are back to school and

everyone's gearing up for harvest festivals, then Halloween, fireworks and, dare I say it, Christmas! We'll have some seasonal ideas to make life easier over the coming months.

So, thanks for bearing with us—we'll make sure our newsletters are more regular from her on!

Best Wishes

Charley



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30 Second Aromatherapy

Here's some quick tips for basic aromatherapy use:

Lavender: Relaxing, soporific

Ylang Ylang: Sensual, relaxing

Peppermint: Antispasmodic, carminative, reviving

Chamomile: Antispasmodic, relaxing, antidepressant

Bergamot: Reviving, antidepressant, antimicrobial

Rosemary: Antimicrobial, skin-care, hair care, reviving

Frankincense: Soporific, relaxing, anti-anxiety, skincare

Clove Bud: Antimicrobial, analgesic, warming, respiration

Patchouli: Sensual, skincare, reviving, de-stressing

Rosewood: Sensual, relaxing, skincare

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.

Quick Tips

Here are a couple of quick natural home and health tips:

*To soothe an upset stomach or indigestion, try a couple of drops of peppermint essential oil on a sugar cube.

* A few drops of lemon oil on a piece of kitchen roll or sponge in your fridge can eliminate food odours.

* A drop of lavender essential oil makes a great dressing for a burn or small cut, soothing and promoting healing whilst acting as an antiseptic.



"I am always doing that which I cannot do, in order that I may learn how to do it." -

Pablo Picasso



"The man who removes a mountain begins by carrying away small stones." - Chinese Proverb



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Sale!

We've decided to hold an 'end of season' sale, to make room for our new festive ranges, and to clear a range of items which might have got a little dented in transit.

We have a wide range of various products in the sale, including body bars, shea butter balms, herbal infusions, foot soaks and foot scrubs, body polishes, and a wide

selection of our 'apothecary' products, which aren't available from our website and can normally only be purchased direct from us at markets and events.

All products have anything up to 60% off, and a minimum of 40%, so there are some big savings to be made. The sale is being run via EBay so, to take a look and see if there's

anything you fancy, simple head to EBay and search of 'Bimble Sale' - all the sale products have this in the title, which should make it fairly easy to find what you're looking for.

Happy Shopping!

Competition

It's time to get those creative minds in action! We have a whole host of awesome limited edition products to create for the forthcoming months—specifically limited editions for Halloween, and Christmas (and any other fun festivals you think we should be marking!)

So, this month's competition

is to make a suggestion for a product—whether you think Bonfire Night wouldn't be complete without a popping candy bath bomb, or you want to see a spicy Christmas tea - send us an email with your ideas. Not only will we make the winning entry, we'll send it's inventor the first set off the production line.

Please send your emails to info@bimble.eu, and we'll publish a selection on our Facebook page and Twitter.

Please include your name and address. The competition closes on 10th October 2013, so get your entries in to be in with a chance of winning!

Bimble Gets Some New Homes!

Well, since we last wrote, we've got some new homes for our products! Firstly, we've opened our long-awaited Etsy store. Our shop is 'Bimble Around'. To find us, search www.etsy.com for 'Bimble', or visit www.etsy.com/uk/shop/BimbleAround. You'll find all your favourites there!

In addition, we have 2 new concessions in retail stores. The first is 'Airy Fairy', a vegan whole-food café and gift shop on London Road in Sheffield. They currently have our herbal infusions, massage oils, aroma oils, facial steamer tabs, balms, depth charges and lip scrubs on sale in the gift shop, and our Chai and some of our herbal infusions are available to drink in the café. Visit www.airyfairy.org for more information.

Finally, we have a concession at Handmade in Bradford, on Market Street in Bradford. Our massage oils, aroma oils, lip balms and scrubs, herbal teas, chai and depth charges are available there. Please see www.facebook.com/HandMadeInBradford to find out more.



Making a Tincture

Tinctures are basically fluid extracts of herbs and spices which are used as natural remedies. They can be used topically on the skin or can be taken directly or in a drink. They are readily available from health stores and larger chemists, but you can make your own at home. You can make a tincture of a single herb (such as nettle for hayfever), or a blend (for example, you could make a tincture of one of our herbal infusions). Other ideas include valerian for calming, peppermint or ginger to soothe stomachs, or comfrey to use topically for grazes, bruises and sprains.

To make a tincture, you will need a clean jar, the herbs or spices, a strainer or muslin cloth, and a solvent—brandy or vodka work well, or you can use vegetable glycerine if you don't use alcohol, although this will make a weaker solution. Place your herbs in a jar and cover with your solvent. Seal the jar and place it in a dark place. Shake it every day for a fortnight. When this is done, strain it out (wring the plant material out in the sieve or muslin to get all the good stuff out!) and bottle it in a dark glass bottle (which are available cheaply from most chemists).

Your tincture is now ready for use—try taking a teaspoonful as required!



"The more I want to get something done, the less I call it work."

— Richard Bach

Bimble Takes Gold!

We're really thrilled to announce that, as finalists in the Fu jitsu Start-Up Hub business competition, we were invited to exhibit in the Start-Up Hub at the Conservative Party Conference in Manchester last week, and pitch our vision of natural health and well-being to literally thousands of busy conference attendees!

During the exhibition day, we were pitching to delegates to secure their votes against 3 other businesses. I'm really pleased to say that we tied for 1st place on the day, so we're utterly thrilled. We'd like to thank everyone who came and visited and voted for us on the day, as well as the lovely people at Fu jitsu, the British Private Equity & Venture Capital Associa-

tion, Fingerprint Events, and of course our gracious hosts at the Conservative Party Conference, for making all of this possible. We'd also like to wish our fellow competitors Crowdcube, Off Grid Energy and Speakset for some friendly, good natured and fun competition on the day and we'd like to wish you, and all the other entrants, all the best for the future. We were up against some fantastic projects, and it was an honour to share a stand with you all!

We'll be releasing some photos and video of the competition through our Facebook page over the next week or so, so if you're not currently signed up to receive updates on there, then why not pop over and have a look?



Coming Events Update

We're very pleased to announce that, from 10th October onwards, customers will be able to pay by cards at any of the farmers markets, gift fairs and similar events we trade at, making shopping for Christmas presents much easier for everyone. We've signed up with 02 Global Payments to provide secure chip and pin payment facilities on site, no matter where we are. All major credit and debit cards can be accepted this way.

We'll have our new Christmas range out and about at Kirkstall Abbey artisan market in Leeds on 27th October & 1st December, Rivers Meet Craft Café in Methley on 20th October & 24th November, the Guild Hall in York on 16th November, and we're in the process of booking more Christmas fairs and markets. If you want us to come to an event you're organizing, email us at info@bimble.eu and we'll see what we can do!





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Bimble Newsletter

Venue Spotlight -- Kirkstall Abbey Market

As well as our website, our fantastic stockists, and our Amazon, EBay and Etsy stores, we also distribute our products through roving farmer's markets, artisan makers fairs, and craft and gift events in & around Yorkshire.

One of our most regular events is the Kirkstall Abbey Market on the Sunday of the last weekend in every month. This is a handmade/artisan fair, and is a real treat for foodies everywhere—there's fresh bread, a microbrewery, handmade chocolates and cakes, local honey, World street food—you name it, as well as handmade crafts from the local region.

The market runs from 11am to 3pm, and entry is free. There is free car parking and picnic tables to enjoy the free live music whilst tasting your purchases! The market is set in the actual ruins of the stunning Kirkstall Abbey. There are easy and regular bus links, a visitor centre, and a great pub serving Sunday Lunch just across the road. For more info, please visit www.kirkstalldelimarket.org.uk. The market is shut over the winter months, but will be open on 27th October and 1st December, so see you down there for some mulled wine and a farm-made pie!

Plant of the Month - Ginger

'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 ginger plant, a well-known source of a popular culinary and medicinal spice. Native to South Asia, but also grown in East Africa and the Caribbean; the plant's binomial name is *Zingiber Officinale*, and the part of the plant used for both cooking and medicine is the rhizome, which is a stem which grows underground like a root.

The root is used both fresh and dried, and it's fiery, warming flavour is popular in Asian dishes, as well as being a popular flavouring for cakes and biscuits all over

the World.. It is also used to make wine and cordials and eaten crystallised as a sweet. The flavour comes from the volatile oils zingerone, shogaol and gingerol, which are also responsible for many of the plant's medicinal properties.

In terms of herbal medicine, ginger has two very popular uses in both Western and Eastern herbal traditions. Topically, the essential oils is used as a counterirritant—a warming agent which helps relieve the pain of arthritic joints and aching muscles. This is why you'll find it in our Spice and Warm balm and in our 'Smokin' Joints' blend. You'll also find it in our 'Contraflow' blend for its use in aiding circulation.

Aside from its pain-relieving properties, ginger is also a very successful anti-nausea agent. Regardless of whether the nausea is caused by illness, motion sickness, morning sickness or various other similar causes, the spice is effective at

soothing stomachs. The gingerols in the spice (both fresh and dried) increase the motility of the gastrointestinal tract and have analgesic, sedative, antipyretic and antibacterial properties. This is why you'll find it in our 'Morning Guaran-Tea' anti-nausea tea. You can also get the benefits of ginger as a stomach soother through any food or drink with a reasonable ginger content—stem ginger cookies, ginger beer, ginger wine, or the candied root itself. It's also said to help relieve headaches and

Ginger is generally considered to be safe in normal usage quantities, although it can contraindicate with Warfarin and it should be avoided by people with gallstones. It can occasionally cause heartburn, and should be used in moderation by people with IBS/IBD and similar conditions.