

Bimble Newsletter

November/December 2013



Christmas is Coming!

Well, it only feels like 5 minutes since we had glorious sunshine, but already, festive lights are appearing on high streets all over the country, and Christmas is getting pretty close! We have some great Christmas gifts for all ages and budgets, with stocking fillers starting from just £1.95. We also have a very special Christmas gift for all of you (but more of that on page 2). Also on page 2, there's a chance to win some great goodies and a guide to our

upcoming events.

In addition, the winter chills are really setting in now, so we have some winter wellness advice on page 3, along with our monthly recipe and exclusive news on a very special offer we'll be running for Small Business Saturday on 7th December.

On page 4 we have our 'Plant of the Month' feature and a focus on one of our stockists, Airy Fairy Café and Gift Shop in Sheffield.

Finally, we'll be keeping our shipping as quick as possible in the run up to Christmas and we're in the process of making sure there's plenty of extra stock on the shelves. However, there may be times where some orders may take us an extra day or so, so please bear with us. Our last posting dates for Christmas are below. So, until next time, stay warm and well!

Best Wishes
Charley



Talk To Us!

We want to hear from you! Your opinion is really important to us. Most of our products are now available on Amazon, and we've have 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 other people. If you have something to tell us, then please email us at info@bimble.eu contact us through our website, Twitter or Facebook. Equally, if there's anything you don't like, or there's something you'd like to see, please tell us so we can make things better.

Christmas Posting Dates

We'll be posting every working day as always in the run-up to Christmas, and we'll be doing our very best to keep everything in stock every day. However, please bear in mind that all our products are handmade in small batches to ensure quality and freshness so, if your order isn't in stock, it may take us an extra day or two to get your order out at the busiest of times.

We'll be posting orders right up to 23rd December but, to be sure of getting your orders in time, these are the last days we can be sure to deliver for Christmas by:

29th Nov—Operational BFP0s

4th Dec—Rest of World outside Europe & America

10th Dec—Eastern Europe, France, USA, Canada, Poland, Greece.

14th Dec—Western Europe (except France)

20th Dec—Standard UK delivery + Highlands/ Islands

23rd Dec—Express UK Delivery (mainland and NI)

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Quick Recipe: Hot Toddy

Colds are one of the less-pleasant things about this time of year, so why not make up a hot toddy to soothe the symptoms? The basic ingredients are fresh lemon juice, 3tsp honey, and a dram of scotch (or brandy, rum, bourbon, whatever you like!) in a mug topped up with hot water.

I like to add 3-5ml tincture of myrrh to mine—it's a fantastic antimicrobial agent, plus it's really soothing—you can buy it in most health food or herbalist stores, or try Napiers online. Other optional extras include substituting the hot water for an Echinacea infusion or chamomile tea.



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Christmas Gifts for Everyone -- and a free gift for you!

We recently launched our Christmas range over at our website www.bimble.co, and many of our Christmas gifts will also be available via our Etsy, Amazon, and Ebay stores and through our stockists.

The range includes tree decorations and stocking fillers from just £1.95, as well as gift bags from £6, gift baskets from £17.50 and bumper gift boxes from £27.50, so there's something for all budgets. Back by popular demand are our mulled spice gift bags and the 'Night

Before Christmas' limited edition depth charges, but we've also got some new Christmas specials, with candy cane bombs, lavender 'chill pill' gift sets and a gothic-inspired 'Nightmare Before Christmas' depth charge bauble bomb!

As well as our pre-designed gift sets, we still have the 'build a gift' option where you can select the products you want and the packaging you want, and we'll make you a custom gift so, whether you want the perfect present for a chocaholic or a

fitness fanatic, let us know!

We have an 'early bird' offer so you can treat yourself while you're treating your loved ones. We have a box full of sale stock—overstocked products, discontinued ranges, that sort of thing so, for as long as we have stock, we'll be putting a free mystery gift from the box in with every order over £20. The offer is now on (regardless of which site you use to place your order), so get your Christmas orders in and get a little something for yourself for free!



Competition

Christmas is coming, so here's a festive competition for you. To enter, drop us a line through our Facebook page, through Twitter or to info@bimble.eu and let us know what scent reminds you most of Christmas—are you a mulled wine person, or maybe

it's the smell of baking mince pies, spruce trees, or even boiling sprouts? We'll report on the results in the next newsletter and through Facebook, and a winner will be drawn out to win a set of all 4 Christmas bauble bombs.— Christmas Tree, Candy Cane,

Night Before Christmas & it's evil twin, Nightmare Before Christmas! Please include your name and address when you send your entry. The competition closes on 27th November 2013, so get your entries in to be in with a chance of winning!

Forthcoming Events

We have a lot of great events coming up in the run-up to Christmas, all over Yorkshire. Why not pop along, save on delivery charges and pick up your Christmas goodies? You can also pre-order custom baskets and gifts to collect at any of these events by emailing us at info@bimble.eu

Sat 30th Nov: Steampunk Market, White Cloth Gallery, Aire St, Leeds LS1 4HT, 12 Noon to 5pm

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

Wed 4th Dec: RAF Linton-on-Ouse Christmas Fair, RAF Linton, North Yorks, 12 Noon to 5pm.

Tues 10th Dec: Victorian Pharmacy Illustrated Talk, Leeds Central Library, 5.30 to 7pm

Sat 14th Dec: Wakefield Christmas Market, Cathedral Precinct, Wakefield, 10am to 4pm

Fri 20th Dec: Gift Fair, McArthur Glen Retail Outlet Mall, York, YO19 4TA; times TBC

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



Winter Wellness

Winter is typically a time for sniffles, aches and other seasonal illness. Meteorologists are already predicting a harsh winter, but there are plenty of ways to keep you and your family well over the winter months. When it comes to colds, vitamin C and zinc supplements are very helpful, and anti-microbial and immune-boosting infusions with cinnamon, cloves, ginger, lemon and/or Echinacea can help speed a cold's demise (although Echinacea isn't recommended for people with conditions which affect the immune system). To ease congestion, peppermint, pine, camphor, eucalyptus, thyme, clove, cinnamon, and ginger are all good. We have our 'Contraflow' decongestant available in an easy-to-use shea butter rub, as well as a massage oil, bath products and an aroma oil to inhale, and Friar's Balsam (available from chemists and herbal stores) is good, too. For 'flu, drink plenty of fluids, try hot baths to ease the aches and ginger or peppermint for any nausea. For the more specific Christmas problem of indigestion and overindulgence, peppermint essential oil is your best friend. Gentle enough for young children, a couple of drops on a sugar lump makes a fantastic antacid and treatment for nausea and cramps, and it's very tasty, too! Alternatively, try chewing a piece of crystallised ginger—you'll be surprised how effective it is! Stay warm, well and safe, everyone!



DO Try This at Home!

Given the season, here's an idea for festively-scented natural home freshener. There's been a lot of press recently about volatile chemical compounds in scented candles made with paraffin wax and scented with artificial fragrances being released when the candle is lit. Want scented candles in your home but not the chemical nasties? Here's a really easy way to make your own! With adult supervision, it's also a great craft project for the kids for the Christmas holidays.

Take a large orange and cut it in half. Scoop out the flesh (and eat or juice, of course— that's the crafter's privilege!). Make sure you leave the centre pith strand as a 'wick'. Turn over the halves and stud them with cloves in pretty patterns, using the cloves to

make sure that the halves sit flat when turned open side-up.

Melt beeswax or an old beeswax or soy wax candle in a double boiler or a

tin can in a saucepan of water. Pour the wax into the orange halves and leave to set. When the candle burns, the heat releases the orange oil in the orange skin, while the cloves warm and release their natural volatile compounds to create a lovely warming fragrance.



Small Business Saturday and a Present for You!

Small Business Saturday is an international initiative, which encourages people to buy at least 1 gift in the run-up to Christmas from a small independent company. The initiative centres around using the 7th December as the big day to push shopping with small businesses.

To get involved in this, we're offering a special Christmas present to our customers our most popular products are by far our lip scrubs, so we will be releasing a limited edition white label lip scrub, which will be sent as a free gift to all customers placing gift orders with us for Small Business Saturday. To get your hands on one of these, simply place an order with us for anything to the value of £20 or more (not including shipping costs) between the 5th and 9th of December, and you'll get a limited edition lip scrub absolutely free—call it our Christmas present to you all for supporting us! It doesn't matter where you place your order—www.bimble.co, Amazon, eBay, Etsy—so long as we deal with your order directly, it's all yours!

And now, the moment you've all been waiting for... the flavour announcement! We've scoured high and low for a unique flavour that we

thought people would like, that we were able to produce through 100% natural means (which is trickier than it sounds for some flavours!) We're really happy with the results, and we think it's one of the best we've ever made so, the limited edition flavour is going to be Black Cherry!

There is one other way to get your hands on one—we have a celebratory competition. Amazon product reviews are really helpful to us, as they improve our search rankings and promote our products so, in return, we'll be running a draw. You can get 1 draw ticket for every review you leave. Just drop us a line on Facebook or at info@bimble.eu with links to the products you reviewed, and we'll enter you. The winner will be drawn on Small Business Saturday—7th December, and will be informed by reply Facebook message or email and announced on our Facebook page!

To leave an Amazon review, simply find the product you want to review on Amazon and click on where it either says '*customer reviews*' and then 'Add your own review', or 'Be the first to review this product' if it doesn't already have a rating.



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Bimble Newsletter

Christmas Opening & Merry Christmas

After the rush of preparing everyone's Christmas presents, we'll be taking a few days off over the festive period. We'll be closing at lunchtime on Christmas Eve, and we'll be closed completely for Christmas Day, Boxing Day and New Year's Day. In between Christmas and New Year, we will be opening on reduced hours, so we'll still be processing orders and answering queries, but please allow an extra day or so for a reply or your parcel. Have a wonderful, safe, happy and healthy Christmas!



Plant of the Month - Cranberry

'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.

It seems only appropriate that this month's feature is on the cranberry plant, which is a popular culinary plant which also has numerous medicinal uses. Native to the USA and Canada, they were brought to Europe in the 1800s. The plant has its own genus: *Oxycoccus*, and it was originally named 'craneberry' by early European settlers, who thought that the plant's flower looks like a crane bird.

Until relatively recently, you would only see dried cranberries available in the UK, or processed products like ready-made

juice drinks and sauces, but more recently, they have been available fresh in the Autumn. The fruit is both sour and bitter and, as a result, is not eaten raw, but is sweetened and made into a variety of products, including our favourite Christmas accompaniment—cranberry sauce or jelly.

Aside from their use to accompany the festive turkey, cranberries are marketing these days as a 'superfood', as they are a rich source of the phytochemicals known as polyphenols—a group of powerful antioxidants. There are many studies concerning the potential cancer-prevention properties of this group of phytonutrients, but this is still being studied. The cranberry is probably best known for its use in treating and preventing UTIs (urinary tract infections, such as Cystitis). For this reason, you'll find the fruit in our 'Tea Pee' herbal infusion. There is a compound in the berry which plays a part in preventing bacteria adhering to the walls of the bladder and

urethra, thus reducing UTI instances. The same compound's anti-adhesion properties is also said to reduce the formation of kidney stones, and the formation of dental plaque, thus discouraging tooth decay.

Aside from these primary uses, the same antioxidant complex potentially responsible for helping to prevent cancer is being studied for potential anti-aging properties, and the salicylic acid naturally present in the juice has been shown to be a successful blood thinner.

Cranberry is generally considered to be safe in normal usage quantities. However, its blood thinning properties led to the UK drug safety agency issuing a warning in 2004 recommending that patients on Warfarin (a blood thinning drug) do not drink cranberry juice in any quantity as it had been shown to interact with the drug and increase bruising and reduce blood clotting on wounds for patients.