

ALMANAC

*Seasonal Tidings
from the Isles of Scilly*

MIDWINTER EDITION



PHOENIX & PROVIDENCE SKINCARE

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HELLO

I hope you are all keeping well in the depths of Midwinter. I am very excited to bring you our first e-zine, a downloadable magazine. My hope is that over time the Almanac will become a quarterly publication, bringing you seasonal tidings from the Isles of Scilly throughout the year. Perhaps even one day we will see a printed version, that is my dream anyway!

I hope you make yourself a comforting hot drink and take some time out of your day to enjoy our Midwinter Almanac. I wanted to share not only seasonal skincare and wellbeing inspiration but a glimpse into island life. I also reflect on highlights of the past year for Phoenix & Providence. As ever none of this would be possible without you, so thank you so much for your support. Every order, message and product review brings a huge smile to our faces and gives me the confidence to keep creating simple, effective and 100% natural skincare.

Sending you warm wishes from Scilly,

Ella x

SEASONAL AFFECTS ON OUR SKIN

Whilst winter can be a wonderful time to slow down and embrace candle lit baths, it can also be a challenging time for our skin. Cold weather and low humidity can weaken our skin's natural protective barrier allowing water to escape and irritants to enter, resulting in dry and sensitive skin.

Our seaweed infused skincare is packed with vitamins and minerals that help replenish and strengthen our skin barrier. Seaweed is also rich in minerals such as zinc, magnesium, and selenium, that can help soothe irritation and repair skin. Seaweed is also rich in iodine known to help skin cell regeneration.

Here we share a winter skincare ritual, embracing the ebb and flow of the changing seasons and our energy levels, simultaneously adapting to the needs of our skin.



A Winter Skincare Ritual

BALANCE CLEANSING OIL

Simultaneously cleanse, nourish and strengthen your skin barrier with our gentle Balance Cleansing Oil.

Massage two pumps of a Balance Cleansing Oil into your skin using small circular motions, paying attention to congested areas. Splash your face with warm water, then remove the milky oil with a warm washcloth.



NURTURE FACE OIL

As well as brightening, plumping and soothing skin, our Nurture Face Oil strengthens the skin barrier, meaning less moisture escapes and fewer irritants can enter, ensuring skin remains soft and supple.

Whilst skin is still damp, massage four drops of Nurture Face Oil into your face using upwards movements.

NOURISH BODY OIL

An indulgent oily bath is a silky and sensuous way to absorb the benefits of our Nourish Body Oil. The combination of water and oil is drawn deeper into the skin's epidermis. If you prefer to massage the oils directly onto the skin, applying to damp skin post showering or bathing also allows for more moisture to be locked into the skin. Our antioxidant and fatty acid rich Nourish Body Oil can also work at a deeper level, soothing skin and aiding recovery.

Deeply inhale and enjoy the simultaneously refreshing and relaxing aroma of the body oil, inspired by a walk along the islands' shoreline.



SHOP THE P & P SKINCARE COLLECTION

A CONVERSATION WITH
HYPNOTHERAPIST AND BREATH
WORK COACH,

Helen Kelynack

A shared love of the sea and an honest vulnerability drew me to connect with hypnotherapist and breath work coach Helen Kelynack of Senara's Sister. It was a real pleasure to find out more about the work Helen does, in this conversation she also shares some simple but powerful advice we could all do with remembering in our everyday!



**WHAT LED YOU TO TRAINING TO BECOME A HYPNOTHERAPIST
AND BREATHWORK PRACTITIONER?**

I had hypnotherapy in the past to help with anxiety and I also used hypno birthing with my twins' birth and it was amazing. After having my twins, I returned to my nursing job. I started to become more and more stressed and anxious. I had hypnotherapy again and I just knew I still wanted to help people, but nursing was becoming increasingly stressful. So I took the plunge and retrained to be and hypnotherapist to help women just like me. I attended a breathwork class a few years later and I was totally hooked. I loved the feeling of coming back into my body and so I studied breathwork to add to my tool belt for my clients too.

WHAT DOES A DAY IN YOUR LIFE AT WORK LOOK LIKE?

Well, I have a lovely little garden cabin here in my garden in Cornwall, so I see clients face to face and on Zoom. My day can be a mixture of both. I am so lucky in that respect that I can see anyone from anywhere in the world, but I also get to work with people face to face. I love setting up the cabin, with essential oils, candles, and fresh soft blankets for clients to relax with. I really do love my work. I feel so relaxed doing it!

HOW CAN PEOPLE WORK WITH YOU?

There are a few ways people can work with me. Here in Cornwall, I hold Breathwork and group relaxation classes and mini half day retreats, so that's one way to work with me. I also work one to one with clients face to face or via Zoom to help with stress and anxiety. I also create bespoke hypnotherapy audio Mp3's for a particular thing that's perhaps causing fear or anxiety. So, something like a flight, a presentation, or maybe a medical procedure. All these ways help relax and calm the mind and body.

HAVING A BUSY HOME LIFE WITH FOUR CHILDREN, ALONG WITH BEING SELF-EMPLOYED AND SUPPORTING YOUR CLIENTS, HOW DO YOU CARVE OUT TIME FOR YOURSELF AND LOOK AFTER YOUR OWN ENERGY?

It's so important for me to practice what I preach! I do block time out in my diary for time with a friend, or to go to the beach or an exercise class. I spent so many years putting myself at the bottom of the pile, and I have learnt to let go of guilt of taking time for self-care. Boundaries are so important when it comes to conserving my energy, it took a while but it's important to look at where my energy is going. Simplicity and slowing down is key for me!

IF YOU COULD GIVE ONE PIECE OF ADVICE TO PEOPLE WHO ARE WANTING TO TAKE CARE OF THEIR OWN WELLBEING, WHAT WOULD IT BE?

Start by asking yourself what's helpful to me today. Take a pause, there is so much power in pausing, take a breath first, listen to what your body is telling you. Your body keeps the score.

WHAT DOES YOUR PERFECT DAY OFF LOOK LIKE?

My perfect day off is being by the sea, strolling along, looking for treasures and of course a dip in the sea, followed by a warm drink and a good book. There is no better place to be!

FINALLY, DO YOU HAVE A FAVOURITE P & P PRODUCT?

Yes, I do! I absolutely love the Nurture Face Oil. It feels so smooth on my skin, it's like liquid gold, so silky and gives my skin such dewy look.

Thank you so much for your time, Helen. You can find out more about Helen and her work on the Senara's Sister website.

Helen has created, exclusively for the P & P community, 'An Innis Moment'. This guided relaxation will help ease you into a state of deep rest in the 10 minutes you set aside for your Innis Face Mask Moment. Blissful. You can find the 'An Innis Moment' recording here.

An Innis Moment



SHOP

Nurture Face Oil £29

Innis Seaweed & Clay Face Mask £18

The Health Benefits of Bathing

Despite the ever evolving and changing trends in the health and wellness world, the humble bath has stood the test of time.

So what exactly are the health benefits of bathing?

1. DETOXIFICATION

By encouraging lymphatic flow, warm water stimulates detoxification through the skin, kidneys, liver and colon. This in turn supports our body's immune system.

2. DEEPLY CLEANSING

Salt baths contain nutrients and minerals such as magnesium, potassium, sodium and calcium. Warm water opens our pores for absorption, purifying and cleansing skin which helps enhance skin texture and radiance. Simultaneously, this process also helps draw out pollution, impurities, toxins and dirt.

3. EASES STRESS

Magnesium found in Epsom bathing salts raises serotonin levels. This in turn slows down of our body's stress responses, and calms our central nervous system. As well as easing inflammation and muscle soreness, magnesium also helps induce a restful nights sleep.

4. THALASSOTHERAPY

Thalassotherapy is the concept created by Frenchman Jacques de Bonnardiere in the 1860s. Thalassotherapy translates from the Greek word 'thalosso' and 'therepia' as 'sea therapy.' The addition of seaweed extract to your bath can recreate the healing and beneficial properties of seawater in your own bathroom, helping to relieve stress, muscular aches and expel toxins from your body.

5. 'WATER QUIETS ALL THE NOISE, ALL THE DISTRACTIONS, AND CONNECTS YOU TO YOUR OWN THOUGHTS.'

This was the opinion of Wallace J. Nichols, a US Marine Biologist who dedicated his life to understanding the effects of water on our brains. He believes that we all have a 'blue mind' triggered when we are near or in water. Nichols defines a blue mind as a 'mildly meditative state characterised by calm, peacefulness, unity and a sense of general happiness and satisfaction with life at the moment.'

Fancy a bath? Our Rejuvenate Seaweed Bath Salts are the perfect addition, salts and ground seaweed are combined with an essential oil blend that has been created to infuse calm and ease emotional overwhelm.





ISLAND INSIDER



WINTER ON THE ISLES OF SCILLY

One of the questions I get asked the most is what is it like living on the Isles of Scilly in winter? So, I thought I'd share an insight into island life at this time of year..

Most food businesses close over the winter months when the visitors to the island dwindle out. So winter is very much a time for making your own fun! But as islanders have more time, there is a very relaxed vibe. It is a quietly sociable time to catch up with friends.

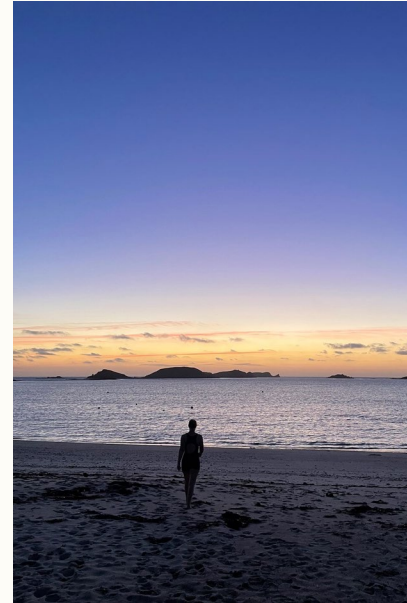


Food deliveries are affected by the weather as in stormy conditions it is not safe for the freight boat to sail. Having a full freezer is a necessity in preparation!

The peace and calm found in the natural landscape is unmatched at this time of year in my opinion. Sunrises and sunsets are more dramatic, a walk spotting whales is highly likely, and the muted colours invoke a deep sense of rest. A good set of waterproofs is essential so you can get out in all weathers!



Christmas on St. Martins is the most magical time of the year. Traditions of generations of islanders remain, such as the children's Christmas Tree Party. Christmas Eve carol singing is a special community gathering, and the school nativity performed at our local pub, The Seven Stones Inn, is always a highlight. The Christmas lights on St. Martins only add to the magic!



Whilst the islanders appear to be in hibernation from the outside, there is a hive of activity. Our friends at Fay Page are busy making jewellery, the team at Scilly Flowers are picking and posting narcissi, the distillery crew are busy bottling rum at SC Dogs, and farmers collect trailer loads of seaweed to use as fertiliser on their fields. And of course, Hannah and I are busy restocking P & P Skincare.

I continue to swim all year around; the shock of the cold water only gets easier the more regularly you go!

Elia x

Seasonal Skincare Pick



Our multi-purpose Soothe Hand & Body Balm is packed with skin-soothing seaweed, and the perfect product to protect and nourish winter-weary skin.

Our Soothe Balm was winner of “Best Balm for Dry Skin” at the Beauty Shortlist Awards 2023.

“Infused with locally-harvested seaweed extracts and organic rosehip oil, “Soothe” is a hardworking yet gentle hero that dry skin will adore, and it also doubles as a hydrating cleansing balm. Plus, it’s totally free from essential oils, making it a brilliant all-rounder for anyone with sensitive skin, too”

Fiona Klonarides, founder, The Beauty Shortlist Awards

SHOP

Soothe Hand and Body Balm £17.50





WILD RICE PURPLE SALAD

Sharing an Amelia Freer recipe that would make a delicious and healthy side-dish for Christmas leftovers, or a nutritious lunch option to brighten the darker days.

This is a stunning winter grain salad with nutty wild rice. If the bitter radicchio or chicory are hard to find, red cabbage works very well too. Give the rice a thorough rinse before soaking.

Eating a rainbow of colours from your food is important for maximising your intake of healthy 'polyphenols' (compounds that are found naturally in many plants). These have been shown to have many beneficial effects once metabolised in the body. Often, ingredients that are deep purple or blue (such as the radicchio, pomegranate and dark coloured rice here) contain some of the highest concentrations of polyphenols in our food.

INGREDIENTS

*300g black or Carmargue rice –
pre-soaked 12-24 hours*
1 red onion, halved and sliced
Juice of half a lemon
1 radicchio, or 2 red chicory
*1 pink grapefruit (+ one more for
dressing)*
1 pomegranate (the kernels)
Red amaranth sprouts – optional

FOR THE DRESSING:

1 tbsp apple cider vinegar
2 tsp balsamic vinegar
3 tbsp extra virgin olive oil
2 tsp wholegrain mustard
*2 tbsp fresh pink grapefruit juice
(roughly half a grapefruit)*
1 tsp salt

STEP-BY-STEP

Whisk the dressing ingredients together and set aside.

In a small bowl, toss the sliced onion in lemon juice and set aside for 10 minutes. It should become a gorgeous pink.

If you have your own perfect way to cook rice, use that. Otherwise, rinse the rice well, then cover in ample water, bring to the boil, lower and simmer for 20-25mins (this will depend on how long the rice was soaked).

Thoroughly drain in a sieve, put back in the hot pan for 30 seconds to burn off any remaining liquid, turn off the heat cover and leave to steam for 5-10 minutes.

Allow to cool before tossing with the rest of the ingredients and dressing. Enjoy!

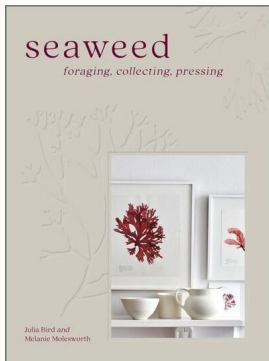
2023 Highlights



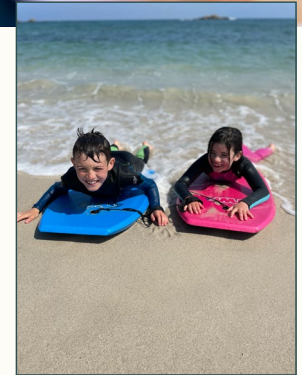
REFLECTING ON THE YEAR JUST GONE...

In Spring, Phoenix & Providence won FIVE awards at The Beauty Shortlist, amazing recognition for our little brand who featured alongside some of the biggest names in the natural skincare industry.

I created some DIY Seaweed Skincare Recipes to feature in the beautiful Seaweed book released by Julia Bird & Melanie Molesworth. It is such a privilege to be included in a creative project of two women I admire immensely. *You can find the book here.*



I worked with the head therapist to create a bespoke treatment exclusively for Tresco Spa. "The Phoenix & Providence Experience" is a 90-minute treatment featuring a selection of our products. I have had so much positive feedback about this treatment, including a mention in The Daily Telegraph. *You can find out more here.*



Whilst reflecting on the big achievements of the year, it is of course the everyday moments that really count. This ethos is at the core of Phoenix & Providence, taking time out for a little self-care to reconnect and nourish inside and out. For me being able to fit my P & P work around my children, (Marcus 10, and Olivia 8) is the number one highlight for me. The seed for P & P was sewn when Marcus was tiny and I was pregnant with Olivia, so I am only too aware of how quickly these precious years pass. A HUGE thank you to all of you for your custom and support, it means the world to be able to run my business alongside being a mum.

A PLAYLIST FOR YOU
TO ENJOY IN THE DARK
WINTER EVENINGS

*Listen on Spotify
here*





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