

A CELEBRATION OF NATURE, WELLBEING, SKINCARE & FAVERSHAM

WINTER 2023

The Floragist

A QUARTERLY MAGAZINE BY FLORAGY NATURAL SKINCARE

EDITION 9



THE *Chill out*
**WINTER
EDITION**

Packed with helpful skincare tips, lifestyle advice and some lovely little extras just for you Floragers.

“WINTER IS A TIME TO SLOW.” — KELSIE TURNER

WINTER EDITION 2023

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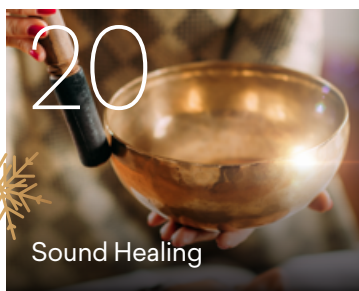
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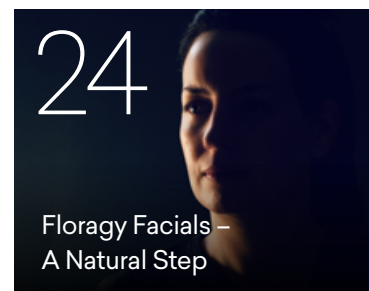
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EDITED & WRITTEN: Louisa Tidy & Paul Tidy DESIGN & ART DIRECTION: Paul Tidy
ADDITIONAL ARTICLES: Amie Poole, Bethany Birch and Ella Farahani.



A WORD FROM THE FLORAGIST

TIME TO CHILL...

I can't quite believe it's November already! With the weather being unseasonably warm in October I've not got my head into all things winter yet. I'm embracing my winter wardrobe and slowly getting around to making our Christmas Gift sets but realistically Christmas will be upon us before we know it!

I feel like I haven't stopped but at times I also feel like I'm still behind where I need to be. There's so much pressure to be busy all the time but I've promised myself that this Christmas I will stop and enjoy my time with loved ones. Writing this edition of The Floragist has inspired my Christmas spirit so I'm sharing with you some brilliant articles on sound healing, travels to Tokyo, new products coming soon to Floragy, what's on our Christmas wish list and also what I've been up to since pausing my career in August to focus on Floragy full time...

So read on to enjoy this bumper edition of The Floragist, sit back and enjoy a moment of calm.

A special thanks to Amie Poole, Elle Farahani and Bethany Birch for their contribution.

Louisa x



ONE
GATEFIELD

ONE GATEFIELD

ONE
GATEFIELD

OPENING HOURS

Mon - CLOSED
Tues - 10-3
Wed - CLOSED
Thurs - 10-3
Fri - 10-3
Sat - 10-3
Sun - 10-3



OPENING TIMES

- Monday - Closed
- Tuesday - 10-3
- Wednesday - Closed
- Thursday 10-3
- Friday 10-3
- Saturday 10-3
- Sunday 10-3



For more information scan the QR code or visit www.favershammakers.co.uk

THE FAVERSHAM MAKERS POP-UP

The Faversham Makers is a collective of local creatives offering a range of beautifully crafted goods at the pop up shop at One Gatefield Lane in the heart of the town (Just in time for Christmas!).

This is the second year the collective has rented the space to showcase and sell products such as ceramics, prints, wood work, skincare, soaps and accessories. In 2022 we had two successful months in the run up to Christmas in the pop up shop and due to popular demand we're back again this year.

It's fantastic to see so much creative talent based here in Faversham and the shop is a brilliant place to have the opportunity to talk to visitors about the makers and the variety of products available. The pop up really is a celebration of local artists and creators which we're incredibly proud of.

You can find a sneak peak of the Christmas gifts on offer in store by checking out the **Christmas Gift Guide on page 22**. We're open until 23rd December; opening hours are 10-3pm on Tuesdays, Thursdays, Fridays, Saturdays and Sundays.

Here's a little more information on the wonderful makers featured;

Naomi Stay is an incredible freelance illustrator and designer inspired by wildlife. Her work uses hand painted ink and gouache and is available in stationery, greeting cards, invitations and limited edition prints.

Lezloworks (Lesley Davies-Evans) uses natural forms to create gorgeous images from a wide range of themes including childhood, kaleidoscopes, the geometry of nature expressed onto sustainable framed prints and cards.

Lucy Rutter creates wonderful wheel-thrown stoneware pottery for the kitchen and table using shiny and matte glazes inspired by the Kent marshes and South West Coast Path.

Rosa Bond is a ceramicist creating beautiful hand thrown lifestyle pieces including vases and table ware.

Kate Clarke is an amazing graphic designer and print maker with a passion for colour and pattern. Inspired by aerial photography, drone shots and maps her work includes colourful journals, badges, sketchbooks and prints.

Dark Horse Ornament design and make beautiful accessories and jewellery with a distinctive style using modern techniques in a sustainable way.

The Dering Studio creates beautiful handmade bespoke furniture, ornaments and kitchens using naturally sourced materials.

Bohemia & Flower makes 100% natural bar soap, made by hand using vegan and plant based ingredients with a focus on sustainability and zero waste. *(Read more about Katy from Bohemia Flower on p28)*

Postcard Models create lovely miniature models and kits inspired by buildings and architecture.

The Natural Dye Works make beautiful small batch, hand dyed ribbons, accessories and homewares using 100% plant based natural and non toxic dyes. Using petals, bark, leaves, roots and seeds they dye natural fibres including linen, silk, wool and bamboo.

Latham & Neve are a British contemporary designer jewellery brand creating stunning modernist, sculptural and functional pieces.

For more information about the makers and the shop please visit www.favershammakers.co.uk



Total Honesty Bangle
by Latham & Neve - £190

WRITTEN BY AMIE POOLE

A LOVE LETTER TO YANAKA, TOKYO

Seeking small joys in the biggest city in the world. For most of us, Tokyo holds the promise of bright city lights, unrivalled pop culture and excellent sushi. But in a city that's bigger and busier than any other, can it be possible to find a way to slow the pace, relax and get a snapshot of a rather different Japan? I am delighted to say it is.

For most of us, Tokyo holds the promise of bright city lights, unrivalled pop culture and excellent sushi. But in a city that's bigger and busier than any other, can it be possible to find a way to slow the pace, relax and get a snapshot of a rather different Japan? I am delighted to say it is.

Just minutes away from the city's busy Ueno Park sits Yanaka, an area often touted as Tokyo's most traditional district. Unaffected by both World War II bombing and the area's numerous major fires, Yanaka offers insight into a Tokyo of days gone by. Not in a loud, Disney-esque, tourist attracting kind of way, but in a quiet, endearing, we-are-just-going-about-our-business-in-this-adorable-neighbourhood kind of way.

The main strip of Yanaka Ginza starts with steps known as Yūyake Dandan, meaning Sunset Steps, unsurprisingly a popular place to watch as the sky goes pink at dusk. This run of shops, stalls and cafes is an unpretentious but charming display of unchanging everyday life. Locals buying essential produce mix with curious tourists and while it's rarely quiet, it's also always possible to be able to look around at all the interesting low level buildings around you and take it all in - by no means a given in Tokyo.

Here you can buy delicate sweet doughnuts in the shape of cats tails, traditional Japanese pottery and Niku no Suzuki, little minced meat outlets that are the area's famous street food stars.

Beyond the steps towards Nippori station, open fronted shops boast rails of some of the prettiest-yet-cheapest Kimoni we found anywhere, sold alongside vintage treasures at prices too tempting to possibly leave behind.

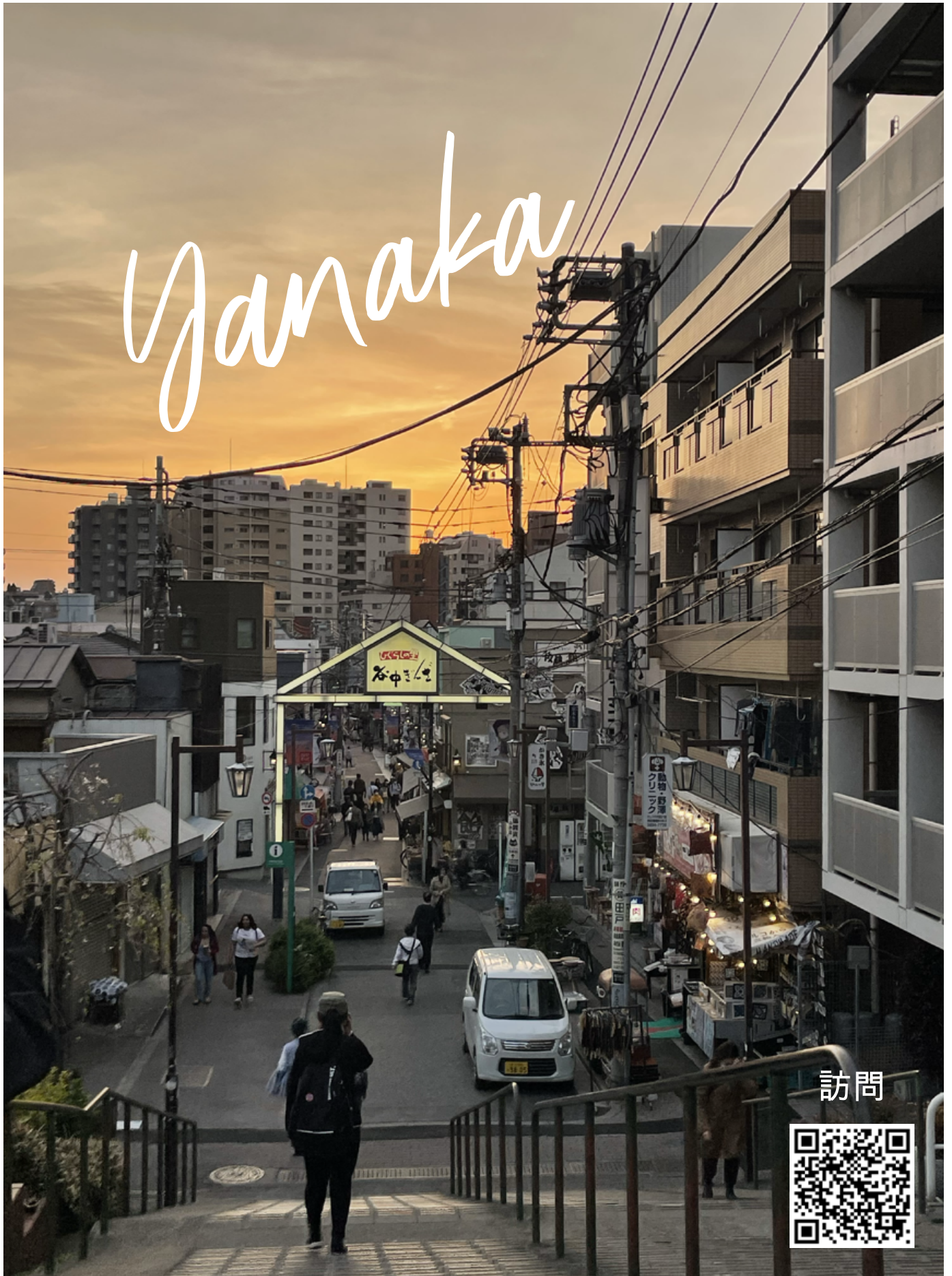
But as great as the shopping and the street food is, much of Yanaka's enchanting sense of calm comes from an altogether less obvious source, its ornamental and vast cemetery. Far from being a grey, dark and sad spot, Yanaka Cemetery features a grand cherry blossom-lined boulevard that transports you from the station either through to Yanaka Ginza or south, deeper into the district. In the vast main cemetery, simple stone tombstones backed by wooden markers bearing elegant script sit in immaculate rows, leading to numerous smaller sites, each seemingly with its own stunning dedicated temple.

In the surrounding small streets, back-packed small children return from school alone and elderly homeowners water the many plants that line their building facades, all fully unphased by the few tourists that do pass through.

Here life quietly carries on in a way that can make it feel like total madness to walk back to the station, or further onto Ueno Park, and back into the thick of it. But then who would buy all of the cute kawaii stuff and eat all that conveyor belt sushi?

To read all of my Tokyo area guides subscribe for free at <https://amieconnorpoole.substack.com>

Yanaka



訪問



THE BEAUTY OF ACTIVE BOTANICALS

In an era where the pursuit of natural and holistic well-being is on the rise, active botanicals have emerged as one of the most intriguing and sought-after ingredients in various industries, from skincare to dietary supplements. But what exactly are active botanicals, and why have they become a buzzword in the world of wellness? In this blog post, we'll delve into the fascinating world of active botanicals, shedding light on their origins, benefits, and diverse applications.

DEFINING ACTIVE BOTANICALS

Active botanicals, also known as botanical actives are naturally derived compounds extracted from various parts of plants, such as leaves, roots, flowers, or fruits. These compounds are prized for their unique properties and potential health and wellness benefits. Unlike synthetic chemicals, active botanicals are obtained through gentle, sustainable extraction processes, preserving their potency and efficacy.

THE RICH HISTORY OF ACTIVE BOTANICALS

The use of botanicals for medicinal and therapeutic purposes dates back thousands of years across different cultures and civilisations. Traditional herbal remedies and natural plant extracts have played a crucial role in addressing various health concerns. Ancient civilisations like the Egyptians, Chinese, and Indigenous peoples have long recognised the healing properties of plants.

In recent years, modern science has started to unravel the secrets of these age-old remedies, confirming their potential benefits and understanding the active compounds responsible for their effects. This new-found knowledge has fuelled the resurgence of active botanicals in contemporary health and wellness practices.

THE BENEFITS OF ACTIVE BOTANICALS

Active botanicals offer a wide range of benefits, making them valuable in several industries:

Skincare and Beauty: Many active botanicals possess antioxidant, anti-inflammatory, and moisturising properties. Ingredients like Camellia, Squalane, and Rosehip oils are commonly found in skincare products, offering natural alternatives to synthetic chemicals.

Dietary Supplements: Active botanicals are often incorporated into dietary supplements to support various aspects of health. For example, ginseng, ginkgo biloba, and turmeric extracts are popular choices for enhancing cognitive function, energy levels, and overall well-being.

Traditional Medicine: In traditional medicine systems like Ayurveda and Traditional Chinese Medicine, active botanicals continue to be a fundamental component of treatment regimens. They are used to address a wide range of health issues, from digestive problems to stress management.

Nutrition: Active botanicals are also incorporated into culinary practices. Herbs and spices like basil, oregano, and cinnamon not only add flavour but also provide potential health benefits due to their active compounds.



SUSTAINABILITY AND ETHICAL SOURCING

The growing demand for active botanicals has raised concerns about sustainability and ethical sourcing. To address these issues, many companies are adopting eco-friendly practices and supporting fair trade initiatives. This ensures that the cultivation and harvesting of botanicals are done in a way that respects the environment and benefits local communities.



CONCLUSION

Active botanicals represent a bridge between ancient wisdom and modern science, offering a treasure trove of natural compounds with the potential to enhance our well-being. From skincare to dietary supplements and traditional medicine to pharmaceuticals, these plant-derived extracts have found their place in diverse industries. As the demand for natural and sustainable solutions continues to grow, active botanicals are poised to play an even more significant role in the future of wellness. Embracing these gifts from nature can lead us on a path towards holistic health and a deeper connection with the natural world.

Look out for the active botanicals sticker on our products online to find out how many are used in the formulation.



Lentil Benefits

Lentils are a great source of fiber and plant-based protein. They're also a decent source of iron, magnesium, and folic acid. Additionally, lentils are extremely inexpensive and last a while in dry storage.



LENTIL AND MUSHROOM STEW

Lentil and Mushroom Stew over Potato-Parsnip Mash is a hearty vegetarian meal the whole family will love. Fiber-rich and decadently delicious, this recipe will satisfy even the most devout carnivores. This lentil and mushroom stew is healthy comfort food at its FINEST. It combines rich, hearty ingredients in a real stick-to-the-bones winter warmer that both kids and adults will love. And, it's dinner party appropriate while still being totally week night-friendly. Basically, there's very little NOT to love about this one.

INGREDIENTS

- 1 lb. Yukon gold or Russet potatoes partially peeled
- 1 lb. parsnips peeled
- 2 tbsp. olive oil
- 1 yellow onion finely chopped
- 8 oz. white mushrooms sliced
- 8 oz. shiitake mushrooms stemmed
- 3 garlic cloves minced
- 3 tbsp. tomato paste
- ½ cup dry red wine
- 1 tbsp. plus 2 tsp. chopped fresh rosemary divided
- 6 thyme sprigs
- 1 tsp. kosher salt divided
- 1 tsp. black pepper
- 2 cups vegetable broth
- 2 tbsp. flour
- 1 cup cooked brown lentils
- 2 tbsp. lower-sodium soy sauce or tamari
- ½ cup milk of choice
- 2 tbsp. butter (sub vegan butter if making dairy-free)

METHOD

1. Cut the potatoes and parsnips into equal sized chunks. Place them into a large pot, cover with cold water, and add a large pinch of salt. Bring to a boil and simmer until the vegetables are fork tender, about 20 to 30 minutes.
2. Meanwhile, heat oil in a large skillet over medium-high. Add onion and mushrooms; cook until onion softens and mushrooms are golden, about 8 minutes. Add garlic and tomato paste; cook until paste turns brick red, about 4 to 5 minutes. Add wine, 1 tbsp. rosemary, thyme, ½ tsp. salt, and pepper. Cook until wine reduces by half, about 2 minutes. Whisk broth, flour, and soy sauce in a bowl, and pour into pan. Simmer until mixture thickens, about 6 to 7 minutes. Stir in lentils, and remove thyme stems from pan.
3. Drain potatoes and parsnips and place back in hot pot. Add milk, butter, remaining ½ teaspoon salt, and 2 teaspoon rosemary. Use a potato masher to thoroughly mash. Divide evenly between each of 4 plates. Spoon lentil and mushroom mixture over the top. Garnish with additional herbs, if desired. Assemble the salad: Grab a large bowl and add in your cubed avocado, chunks of fresh mango, sliced red onion, chopped jalapeño (optional), and freshly chopped coriander.



THE BLISSFUL BENEFITS OF BATHING

Do you ever find yourself longing for a little slice of heaven after a long, tiring day? Well, you're in luck because one of life's simplest and most pleasurable luxuries is just a few steps away – a soothing bath! Bathing is not just about getting clean; it's about relaxation, rejuvenation, and an overall enhancement of your well-being. In this article, we're going to dive into the wonderful world of bathing and explore the myriad benefits that come with it...

STRESS MELTER

Have you ever noticed how a bath can magically erase the stress of a tough day? The warm water envelops you like a comforting hug, easing tense muscles and soothing a frazzled mind. It's like a tranquil escape from the daily hustle and bustle. Bathing encourages the release of endorphins, your body's natural stress-relievers, leaving you feeling relaxed and refreshed.

SLEEP'S BEST FRIEND

If sleep often eludes you, consider making bathing a part of your bedtime routine. A warm bath before bed can help regulate your body temperature, signaling to your brain that it's time to wind down. This simple act of self-care can promote better sleep quality and help you wake up feeling rejuvenated.

SKIN LOVE

Bathing isn't just about cleansing; it's also about pampering your skin. The warm water opens up your pores, making it easier to wash away dirt and impurities. Gentle exfoliation during your bath can slough off dead skin cells, leaving your skin soft and glowing. Don't forget to add some luxurious bath oils or salts for an extra touch of skin indulgence.

ACHES AND PAINS BEGONE

For those dealing with muscle aches or joint pain, a warm bath is like a lifeline. The heat and buoyancy of the water work together to alleviate discomfort and promote relaxation. Consider

tossing in some Epsom salts, which are rich in magnesium and known for their pain-relieving properties.

MENTAL OASIS

Life can be overwhelming, and we all need a little break from time to time. Bathing offers just that – a sanctuary of solitude. It's an opportunity to disconnect from the noise of the world, clear your mind, and find mental clarity. Many people use their bath time as a peaceful escape for reading, meditation, or simply soaking in silence.

MOOD ENHANCER

Ever notice how your mood brightens after a bath? It's not a coincidence. The release of endorphins, combined with the soothing atmosphere, can uplift your spirits and leave you feeling happier and more content. It's like a mini spa day for your soul.

BONDING TIME

Bathing isn't just a solo adventure; it can also be a delightful bonding experience. Sharing a bath with your partner or child can create moments of connection and intimacy. It's a chance to relax together, chat, and strengthen your relationships.

HEART-HEALTHY

As you soak in a warm bath, your blood vessels dilate, which can help lower blood pressure and promote better heart health. So, bathing isn't just a treat for your mind and body; it's also an investment in your long-term well-being.

Stress metter

Louisa says...

"Bathing is more than a routine; it's a therapeutic experience that nourishes your body, mind, and soul. So, the next time you feel stressed, tired, or in need of self-care, run a bath, add your favorite bath salts or bubbles, and immerse yourself in the soothing embrace of relaxation. Your body and mind will thank you, and you'll wonder why you didn't embrace this simple pleasure sooner."

The Bath Range



Rejuvenate
& grow



Candles



WINTERING: A SEASON OF REST AND RENEWAL

As autumn's leaves descend and daylight dwindles, winter stretches awake, extending its own distinctive embrace. As the world outside hushes, mid-winter is often seen as a time of dormancy and struggle. But what if we lent into this period and affectionately reimagined it as a season of rest and renewal? This concept is known as "wintering", a practice that encourages us to embrace the opportunities for self-care, introspection, and growth that the winter months gift us with.

While some may find winter challenging due to its cold temperatures and reduced daylight, it can also be a time of quiet beauty and self-discovery. Wintering is not about enduring the season; it's about thriving within it, finding solace in the stillness, and using the time to rejuvenate and grow. It's a time to find the light in the dark, like realising that there are certain values that remain evergreen regardless of the time of year.

Winter is an invitation to rest, recharge, and embrace self-care. In the midst of its darkness and cold, the lost art of rest becomes rediscovered. Adequate sleep, becomes more accessible, offering a much-needed respite from the modern world's chaos. As tranquility blankets the winter landscape, it encourages mindfulness, introspection and connection. It's a time to truly lean into slow-living and deepen connections with both yourself and loved ones.

THE DANISH CONCEPT OF HYGGE

Above all else, it's a time for rest, making it the perfect opportunity to adopt the Danish concept of hygge to create a warm and inviting environment to reside in. It's a celebration of the simple joys that winter brings, a reminder to find comfort and contentment in life's small pleasures, such as the glow of candle light, well-loved blankets, a mug of warming tea. As winter also beckons us to bolster our immune systems, nourishing soups, hearty stews, and soothing herbal teas become allies in the battle against the cold's bite.

Deeply rooted in the natural world, this concept takes inspiration from nature. As with every season, nature continues to ebb and flow, faithfully thriving in the spring and summer ready to gracefully surrender come autumn and winter. Leaves bud and bloom until they meet their fateful destiny. Edging with ease into painted tawny-gold and crimson; before kissing the

ground and returning their nutrients back to the earth. Allow each bare branch and spiny tree witnessed to humble you with the knowledge that they too are braving the elements whilst hunkering down to rest and conserve energy – Knowing that in their own time, on their own terms, they too shall flourish again.

As you immerse yourself in the practice of wintering, take inspiration from the very heart of the season—the natural world. Nature, too, goes through a process of renewal during winter. It is a testament to resilience and adaptability. Listen to the whispers carried across the wild winter winds that the wisdom of nature effortlessly provides. The natural world is a visual reminder of how to act throughout each season whilst encouraging us to remain present and seeking the joy and wonderment no matter how instantly obvious.

The art of wintering takes on diverse cultural forms and traditions across the globe. From Denmark's hygge to Canada's cosy cabin culture, Sweden's fika, and Japan's forest bathing, these nations have cultivated practices that celebrate the winter season as a time of rest, well-being, and self-care. Embracing the colder months through outdoor activities, warm gatherings, and an appreciation for the beauty of winter landscapes, these countries provide inspiring examples of how to make the most of the winter season.

In the quiet, understated beauty of winter, the art of wintering unfolds. With its nurturing offerings, we discover that the season is one not to be merely endured but embraced as a time of transformation and deep renewal. Let's make the most of this time, emerging in spring with a renewed sense of purpose, inner peace, and a deeper connection to ourselves and the world around us.

If you'd like to explore more on the topic of wintering then consider reading the book 'Wintering: The Power of Rest and Retreat in Difficult Times' by Katherine May.

THE POWER OF BODY OILS

In today's fast-paced world, self-care has become an essential aspect of maintaining overall well-being. One popular and effective self-care practice involves incorporating body oils into your daily routine. Body oils offer numerous benefits for the skin, mind, and body, promoting hydration, nourishment, relaxation, and rejuvenation. In this comprehensive guide, we'll delve into the remarkable advantages of body oils and explore how they can elevate your self-care experience.

DEEP HYDRATION AND NOURISHMENT

Body oils are natural emollients that lock in moisture, providing deep hydration and nourishment to the skin. Unlike lotions or creams, oils penetrate the skin's outermost layer, forming a protective barrier that prevents moisture loss. They are rich in essential fatty acids, vitamins, and antioxidants, promoting skin health and elasticity. Body oils can effectively combat dryness, flakiness, and dullness, leaving your skin supple, smooth, and radiant.

ENHANCED SKIN ELASTICITY AND FIRMNESS

Regular use of body oils can contribute to improved skin elasticity and firmness. Certain oils, such as Rosehip Seed oil and Camellia Oil, are renowned for their high content of vitamins A and E, which support collagen production and promote skin elasticity. By incorporating body oils into your skincare routine, you can diminish the appearance of fine lines and wrinkles, providing a more youthful and toned appearance to your skin.

STRESS RELIEF AND RELAXATION

Body oils are not just beneficial for your skin; they also offer a range of mental and emotional advantages. Many oils, such as lavender, chamomile, and ylang-ylang, possess soothing properties that promote relaxation and alleviate

stress. Incorporating a gentle massage with body oil into your evening routine can create a calming ritual, reducing anxiety and promoting better sleep. The therapeutic aroma of essential oils can also uplift your mood, enhance mental clarity, and create a tranquil ambiance, allowing you to unwind and recharge after a long day.

IMPROVED BLOOD CIRCULATION

Body oils, when applied with gentle massage techniques, can enhance blood circulation throughout the body. The rhythmic movements of massage, combined with the nourishing properties of oils, help stimulate the lymphatic system, remove toxins, and improve oxygen and nutrient delivery to the skin and underlying tissues. This increased circulation promotes a healthy complexion, reduces the appearance of cellulite, and aids in the overall detoxification process.

Body oils offer a multitude of benefits for both the body and mind. From deep hydration and nourishment to stress relief and improved circulation, these versatile products can transform your self-care routine. By incorporating body oils into your daily regimen, you can achieve healthier, more radiant skin while promoting relaxation and overall well-being. Embrace the power of body oils and discover the transformative effects they can have on your self-care journey. Check out our award winning Restore Body Oil – scan the QR code opposite.



Deeply hydrating

Restore Body Oil



Epsom



Himalayan



Dead Sea



Celtic Grey

THE SALTY CHRONICLES

When it comes to skincare, nature often provides us with remarkable ingredients that stand the test of time. Four such treasures are Dead Sea Salt, Epsom Salt, Celtic Grey Sea Salt, and Himalayan Salt, each with its own unique origin and a plethora of skincare benefits. Let's delve into the stories behind these salts and discover how they can enhance your beauty routine.

DEAD SEA SALT: LIQUID GOLD FROM THE LOWEST POINT ON EARTH

Dead Sea Salt is a true skincare gem that owes its origins to the lowest point on Earth - the Dead Sea, nestled between Israel and Jordan. This hypersaline lake has been renowned for its healing properties since ancient times.

Rich in minerals like magnesium, potassium, and calcium, Dead Sea Salt is a natural exfoliator that removes dead skin cells, unclogs pores, and promotes skin renewal. The minerals also aid in hydration, making it ideal for dry and sensitive skin. Its ability to soothe skin conditions like eczema and psoriasis has earned it the nickname "nature's spa."

EPSOM SALT: A SOOTHING GIFT FROM ENGLAND

Epsom Salt, also known as magnesium sulfate, traces its roots to the English town of Epsom in Surrey. Its reputation as a therapeutic salt dates back to the 17th century, thanks to its remarkable properties.

Epsom Salt's magnesium content is a skincare powerhouse. It helps reduce inflammation, soothe sore muscles, and improve overall skin texture. A relaxing bath with Epsom Salt can ease stress and promote a radiant, healthy complexion.

CELTIC GREY SEA SALT: BRITTANY'S COASTAL TREASURE

Celtic Grey Sea Salt, also known as Sel Gris, hails from the rugged coast of Brittany, France. Its

unique grey colour is a result of the mineral-rich clay ponds used in its production.

This salt is prized by chefs for its robust flavour, but it also has skincare benefits. Celtic Grey Sea Salt can be used as a natural exfoliant, helping to remove dead skin cells and improve circulation. Its high mineral content, including magnesium, can revitalise the skin and leave it feeling refreshed.

HIMALAYAN SALT: A PINK ELIXIR FROM THE HEART OF THE MOUNTAINS

Deep within the pristine foothills of the Himalayan Mountains, Himalayan Salt, often called "pink gold," is mined from ancient salt deposits. Its distinctive pink hue comes from the trace minerals it contains.

Himalayan Salt is often used in skincare products and treatments due to its exfoliating and detoxifying properties. It can help balance the skin's pH, reduce inflammation, and leave your skin looking radiant. It's also known for its purifying and detoxifying effects when used in scrubs.

These four salts, each with their unique origin and skincare benefits, are like treasures from Mother Nature's beauty chest. Incorporating them into your skincare routine can rejuvenate and revitalize your skin, leaving you with a natural, healthy glow. Whether you choose Dead Sea Salt, Epsom Salt, Celtic Grey Sea Salt, or Himalayan Salt, you'll be harnessing the power of centuries-old wisdom and the wonders of the Earth to enhance your skincare regimen. (You can find them all in our new range of Bath Salts).

SOUND *Healing*

Sound healing is popping up everywhere, Sound healing curious you're not alone, sound healing is one of the fastest growing healing modalities in wellness spaces and for good reason. Gradually making its way from the ancient wisdom traditions to our fast paced everyday lives. One reason for sound healing's popularity especially in urban spaces is that it provides you with a guided space of relaxation in the midst of the noise and chaos outside.

It is also more accessible than other practices like mediation which the vast majority of people can't stick to for long enough to get to any of the good stuff. Sound gets you to the good stuff quicker by that I mean that it helps get you into the Theta brainwave state, think of the feeling after savasana in a yoga class or when you wake up from an afternoon nap. It's when you are in your parasympathetic nervous system the opposite of your flight and fight. It slows down your breath, your heart rate and even your brain waves. Sending a signal to your body that you are safe and can fully relax.

As humans we spend most of our time hanging out in Beta, that's the state of gotta do the thing, the state of busyness, the never ending to-do lists. Alpha is very relaxed and passive, think the end of the working week on a Friday night or the feeling after a Sunday roast. Theta is deeply relaxed where monks spend the majority of the day and Delta is when you are asleep.

Throughout the day you may toggle through a few states of brain waves, Sound on the other hand is instant - the resonance of any sound healing instrument which can be a crystal or tibetan bowl, a gong, a drum, a tuning fork, chimes, or your voice vibrates through your cells, your bones, through every fibre of your being. Taking you into a Theta brainwave state.

SO WHY TRY SOUND HEALING?

If you think about it, sound plays a huge role in how we feel, often dictating our mood from the uplifting beat that energises you in your spin class to the calmness induced by waves lapping the shore

whilst you're on holiday. So it makes sense that sound healing would have an impact on the body. Sound healing lowers your heart and breath rate allowing you to feel calmer and less stressed out. It encourages deep relaxation getting you into that Theta brainwave state, and can help to improve your sleep. The ultimate prescription for being a human being.

One of the most popular ways to experience sound healing for the first time is in a Sound Bath. Full Disclosure no bubbles involved. It's called a Sound Bath, because you are literally being bathed in sound, the sound and frequencies are washing over you.

What happens in a session typically you'll be laying down and be guided into a meditative state to allow you to fully receive the medicine of sound. Then your only job for 45 - 60 mins is to lay down whilst your practitioner does the work for you, which means it's for everybody. Your body temperature may lower, that's why there are usually blankets to keep you nice and cosy.

Sound healing really is one of the most accessible holistic modalities. Whether we realise it or not the whole world is sound - the first sound that you ever heard was the heartbeat of your mother. That's why sound healing can be so comforting. There are a myriad of benefits to sound healing which you can experience even after one session. Sound healing can make you feel more relaxed, calmer, reducing stress and anxiety. Over time it can support improved sleep, and increase clarity and resilience. On the more esoteric side it will unblock your chakras, clearing stagnant energy allowing you to experience more flow in your life.



EF
ELLA FARAHANI

Ella is a Sound Therapist, Reiki Master, meditation and movement guide. Ella supports people to remember who they are, who they have always been. Opening them up to their fullness and potency through Energy and Sound Healing, Meditation, Movement and Ritual to reclaim joy, power and self worth. Offering practical down to earth ways for busy people to slow down, rest and create more space. Follow Ella on instagram via [@ellafarahani](https://www.instagram.com/ellafarahani)

CHRISTMAS GIFT GUIDE

This year we've curated some of our favourite items to purchase in our home town Faversham made by some fabulous makers and stocked in our local shops. Happy shopping!



Bud Vase from £24
Rosa Bond, Faversham Makers, 1 Gatefield Lane



Eclipse clutch purse – £30
Dark Hörse Örnament, Faversham Makers, 1 Gatefield Lane



The Facial Set from £24
Floragy, Faversham Makers, 1 Gatefield Lane



Gyra Hoop Earrings in silver – £130
Latham & Neve, Faversham Makers, 1 Gatefield Lane



Candle Holder – £26
Lucy Rutter, Faversham Makers, 1 Gatefield Lane



Venus heart hoop earrings £25
Dark Hörse Örnament, Faversham Makers, 1 Gatefield Lane



Marsh & Coastal Birds' print – £60
Naomi Stay, 1 Gatefield Lane, Faversham



Woollen Socks from £27
The Natural Dyeworks, Faversham Makers, 1 Gatefield Lane



Garden Bar Soap – £6.50
Faversham Makers, 1 Gatefield Lane



Hat & Scarf
Tales on Market St. 1&2 Market Street Faversham



Prospect Cottage - £23
Postcard Models, Faversham Makers, 1 Gatefield Lane



Paella Seasoning - £2.50
East St. Deli, 3 East St, Faversham



Ceramic House - £15
No.77 Preston Street, Faversham



Angel on hemp & bamboo card - £4
Lesley Davies-Evans, Faversham Makers, 1 Gatefield Lane



Activated Charcoal Soap - £6.50
Bohemia Soap, Faversham Makers, 1 Gatefield Lane



Shepherds Hut - £23
Postcard Models, Faversham Makers, 1 Gatefield Lane



Books on Greek Myths
Tales on Market St. 1 & 2 Market Street Faversham



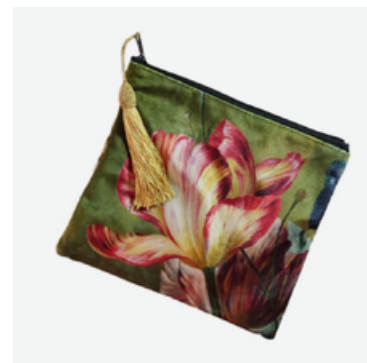
Organic cotton tea towels - £13.50
Naomi Stay, 1 Gatefield Lane, Faversham



Mug - £32
Lucy Rutter, Faversham Makers, 1 Gatefield Lane



Willie's Cacao Hot Chocolate - £5.25
East St. Deli, 3 East St, Faversham



Floral Zip Purse - £9.50
No.77 Preston Street, Faversham



A NATURAL STEP

I've spent the last 20 years of my career working in Fashion Retail as a Regional Manager. The hours were long, I travelled extensively and was always on call, even at weekends which meant I had little time to spend on Floragy. After building the business for 3 years and trying to juggle a full time career I've decided to focus solely on Floragy.

I'd always wanted to learn a new skill set and something which would compliment Floragy. Coming from a stressful job, I wanted to do something which made people feel good about themselves and also give me the opportunity to push myself out of my comfort zone. With the popularity of holistic therapies and well-being treatments becoming more prevalent, I embarked on the journey to becoming a Facialist.

THE BENEFITS OF FACIALS

I love skincare treatments, especially facials, they're a great way to keep your skin in its best condition, never underestimate the power of a regular facial!. Facials renew the skin's cell growth through exfoliation and deep cleansing of the skin. It will also help to maintain the results of other skin treatments. There's 13 steps to our signature 60 minute facial to rejuvenate the skin and treat specific skin issues, leaving you with a radiant and fresh complexion. By adding in a facial, hand and arm massage, the facial will leave you completely relaxed and naturally glowing.

There's something utterly grounding and incredibly satisfying about doing something which makes others feel good. I'm super happy that I've chosen this path.

Now that I've mastered the basics by completing my first qualification I want to start adding in other treatments such as **The Natural Face Lift** and more advanced treatments.

BESPOKE TREATMENTS

The beauty of being able to offer facials to my customers means that I will be using my own Floragy products enabling me to customise each treatment to each client. It's also a great way to give clients a real understanding of how and when to apply the products in their own skincare routine.

AVAILABLE MID NOVEMBER

So keep a lookout for '**Floragy Facials**', we'll be offering express 30 minute facials and a 60 minute Signature Facial from mid November onwards in Apotheca, West Street, Faversham, with more treatments to come in the new year.

Follow us on instagram via @floragy_facials or come over to our website <https://www.floragy.co.uk/pages/facials> and find facials in the menu for more information and how to book plus we have gift cards available too.

★★★★★

I've been using Floragy products for a few years now and was so excited to try the facial. Lou checked my skin beforehand and used specific products to compliment that, the ambience of the room was lovely, low lighting, relaxing music and it smelt beautiful. The facial was the perfect balance of pressure during the massage, gentle pressure points that I didn't even know needed attention! I left feeling relaxed and refreshed and my skin looked radiant. Thank you, thank you!

Emma

Floragy
Facials

ENHANCE YOUR NATURAL BEAUTY

BOOK HERE



THE MAKING OF THE RETREAT

The inception of the Retreat Collection finds its roots in Floragy's fundamental philosophy: the utilisation of nature's potency to elevate overall well-being. At the core of the Retreat Collection lies the aspiration to transcend the ordinary and heighten the at-home spa experience. It's a ritual crafted to surpass the superficial, offering a moment of self-care that nourishes both the skin and the soul.

In a time dominated by hectic and stressful lifestyles, there arises a genuine need for moments of self-care and tranquility. The Retreat Collection emerged as a response, providing our customers with a haven from their bustling schedules—an opportunity to unwind and partake in a luxurious home spa encounter. Our focus rested heavily on sensory pleasure, incorporating elements of aroma, texture, and sound to curate a lavish moment of relaxation.

SCENTED MEMORIES AND CALM: THE CANDLE COLLECTION

Among the initial products featured in the collection are our candles, carefully designed to evoke memories and instill calm. Sea Mist transports you to beach days, fresh and light with a hint of salt. Midnight Peony combines sweet floral notes with the heady scent of oud, while Fig Tree exudes a warm, sweet, and earthy essence reminiscent of Mediterranean summers.

LAYERED AROMAS: BATH SALTS IN FOUR NEW SCENTS

Our bath salts, intricately layered to provide a lasting aroma, come in four scents: Awaken, Grove, Forest, and Maroc, all elegantly presented in 500ml miron aromatherapy jars. The assortment extends

to include a choice of one of four clay face masks, housed in a new, larger 100ml jar. Each set comes with a mask brush and a ceramic mixing bowl crafted by local artisans Riv & Read.

To personalise the experience, we offer customers the ability to select background sounds, creating three distinct playlists of grounding and uplifting music to complement each moment.

ECO-CONSCIOUS CHOICES: REFILLABLE AND SUSTAINABLE

Mindful of environmental impact, the Retreat Collection is designed with eco-consciousness in mind. The collection is refillable, offering customers an eco-friendly alternative that minimizes single-use packaging. Initial purchases feature beautifully crafted, thoughtfully designed, and durable miron apothecary jars. For replenishment, customers can opt for a refill pouch, reducing the need for additional packaging. This approach not only fosters a circular economy but also encourages customers to actively participate in reducing their environmental footprint.

The end result is an immersive, rejuvenating gift box—a retreat and relaxation moment wherever you find yourself. The Retreat Collection serves as an ideal gift or a personal indulgence, embodying a commitment to holistic well-being.



The Retreat
Collection





Q&A WITH KATY PLIMLEY

We caught up with the fabulous Katy Plimley, founder of the wonderful natural soap brand Bohemia & Flower to find out her inspiration behind the brand and the rewards of running your own business, we also asked her about her work on the Haven project, read all her answers below and do follow her on Instagram.

1. WHAT INSPIRED YOU TO START BOHEMIA & FLOWER?

My business is really close to my heart, it was born out of many seemingly unrelated things all thrown in a pot and simmered down! My love of plants and their uses, an interest in self sufficiency and living a lower impact life, mindfulness as a daily practice and a complete obsession with cooking. I'm a mix of practical and creative, so I was drawn to the process of soap making, it's a bit like magical cooking with essential oils, and of course the end result is so pleasingly functional. It's really important that what I make is beautiful too, so each bar is inspired by a place in nature and has it's own story, all with the intention of elevating the everyday, those private moments of self care we all do daily.

2. WHAT'S THE MOST CHALLENGING PART OF RUNNING YOUR OWN BUSINESS?

Starting a small business can mean becoming every department that you'd find in a larger company. From the website to product development, marketing, accounts, soap production, order packing and delivery - I do it all. This can be really challenging, no one is good at everything, so I learn as I go, or, I have learnt to ask for help, building a strong skill set and personal resilience is all part of the journey.

3. WHAT ARE YOU LOOKING FORWARD TO THE MOST AT CHRISTMAS?

I love December, candles, carols, cooking festive flavours, making cards, presents (spoiler alert, soap and jam always feature!) and decorations.

For the past few years I've challenged myself to buy, make and wrap presents with zero plastic, it's actually really do-able with a bit of creativity. It's a busy time of year for Bohemia & Flower but I always celebrate the winter solstice with a fire, burning a light in the darkness is an important part of my festive season.

4. WHAT'S THE MOST REWARDING THING ABOUT RUNNING YOUR OWN BUSINESS?

I do a few makers market events in the lead up to Christmas and this is a great time to meet my customers in real life, some I see in person just once a year, everyone is so positive and encouraging, the feedback they give me about Bohemia & Flower soap is just amazing and I am so thankful to all my customers. My favourite is a customer who messaged me to say the scent of the essential oils in the Grove bar reminds her of days spent at her Grandma's house in Greece. That is powerful stuff, unlocking memories through scent is magical!

5. DO YOU HAVE PLANS FOR ANY NEW PRODUCTS/SCENTS ON THE HORIZON?

Yes and I am so excited to share them. This year I've been working with Aimee of Sans Souci Creative on packaging for Bohemia & Flower soap on a rope bars. They are gorgeously functional & are for everyone who wants to move away from shower gel and elevate their morning shower. I've also collaborated with Rachael of Cocoon natural dye house for a new look on the Furoshiki soap bundles (two bars of soap wrapped Japanese style in fabric). Rachael makes the most beautiful shibori plant dyed fabrics, using botanicals like indigo.



6. TELL US ABOUT THE GREAT WORK YOU'VE BEEN DOING TO SUPPORT THE HAVEN PROJECT AND HOW CAN PEOPLE GET INVOLVED?

CTiW Haven Project is an amazing initiative run by Whitstable churches, it provides support to homeless and vulnerable people in Whitstable with a dedicated space in the heart of Whitstable to eat, wash, access clean clothes, bedding & speak to a support worker. I donate surplus soap which their guests can use in the shower, Bohemia & Flower is all about enjoying simple pleasures, whatever the everyday may look like & giving where I can is part of this ethos. There are a number of ways you can help support the project including; volunteering your time, donating some money, donating items. They are open for drop in sessions (& donations) every Monday, Wednesday and Friday afternoon from 2pm to 4pm at St John's Methodist Church Wesley Hall, Argyle Road, Whitstable. <https://haven-project.org/>

7. YOUR BRAND ETHOS IS GROUNDED IN SUSTAINABILITY AND ZERO WASTE, HOW CAN PEOPLE BE MORE CONSCIOUS IN THEIR EVERYDAY PURCHASES?

This is a big subject, I would say start small & change will come, no one is perfect but that shouldn't stop us from trying, just making one change this week is empowering. I tried living plastic free for a week in 2019 and it was a real catalyst for change, at first it led to cutting out all the hand soap, shower gel & shampoo in plastic

bottles. I don't view leading a more sustainable life as a tick box exercise or even as it being what you need to buy, I think it's actually a change of mindset that you can nurture within yourself, being thoughtful in the way you choose to live. On a practical level I think about where things come from and then where they end up, so I stopped buying new clothes, started growing organic veg on my allotment and started home composting as much household waste as possible. And then I started making natural soap...

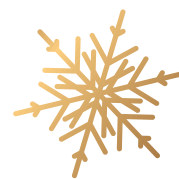
8. WHERE CAN PEOPLE BUY YOUR PRODUCTS?

Bohemia & Flower soap is available via www.bohemiaandflower.co.uk where I run a soap subscription, with options for monthly, bi-monthly or quarterly deliveries, closer to home in Kent I'm one of the Faversham Makers in the Gatefield Lane pop up shop in Faversham which runs till Christmas. You can also find me at events; Lewes Artists & Makers Fair on the 2nd December at Lewes Town Hall, Kent Creative Designers & Makers Market 2 & 3rd December at Turner Contemporary Margate & the Winter Market 7-10th December at Kindred House Margate. Not forgetting my amazing bricks and mortar stockists, Londoners head to The Courtauld gallery shop at Somerset House, if you're coastal bound then Harbour & Tide in Margate, Frank in Whitstable & Workshop No.29 in Sandgate. There's also my collaborative soap bars with Grain & Hearth Bakery & Edible Culture Plant Nursery. Full list of stockists is on the website.





WINTER UPDATES



FLORAGY NEWS

We've got a lot to be thankful for this Autumn and as always we love being a part of new opportunities and being able to share with you all the highlights from the past few months.

In our last edition we featured Donna May, celebrity Make-up Artist and brand entrepreneur who we've been lucky enough to collaborate with on her Christmas Beauty Box. Our best selling Revive Face Oil is featured in her skincare must have curated box which we couldn't be happier about! Having our products celebrated by experts is very humbling.

Another 'pinch me moment' is being asked to feature our Refresh Clay Mask in Anthropologie's Christmas Advent Calendar! We jumped at the chance to be part of something this big! Beauty Advent Calendars are the perfect way to discover new brands and try a variety of products and make the ideal gift.

For those of you who are local to Faversham you may have noticed that we're part of the pop up shop again at One Gatefield Lane. It's such a lovely

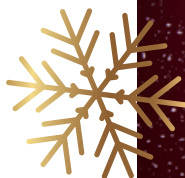
shop with products from a variety of Faversham based makers, you can browse our range of products as well as those from Lucy Rutter, Rosa Bond, The Natural Dye Works, Dark Horse Star, Dering Studio, Abbie Walsh, Bohemia and Flower, Postcard Models, Kate Clarke Studio, Emily Symons, Latham and Neve and Lesley Davies-Evans. You'll find lots of gifting ideas for Christmas as the shop is open now until December 23rd, 10-3pm on Tuesdays, Thursdays, Fridays, Saturdays and Sundays, so pop in and say hi!

We've also had a few new products launched recently, Our Retreat Collection is part of our new premium range bringing the spa experience into your home; a gorgeous gift box with your choice of one of our new blends of bath salts and a clay face mask both presented in a beautiful miron apothecary jar which can be reused afterwards as a stunning edition to your bathroom. One of our new scented candles is also part of the set together with a locally crafted clay bowl and mask application brush, this really is the optimum treat for that someone special.

Not only have we launched The Retreat Collection we've introduced our 4th clay face mask to the range called Glow; a Middle Eastern inspired formula with Turkish Clay, Rose Petals and Açai berry to boost collagen production and reduce inflammation.

Our 3 flavours of lip balms have been popular since launching them in September and our new Hyaluronic Face Cream 'Rejuvenate' is now available to purchase! This is an exciting one as we've had constant requests for a face cream over the past year.

Finally, the biggest personal news to announce is I've just retrained as a Facialist and will be offering facials locally in Faversham using Floragy products. This is a huge step change for me but one I'm incredibly excited about!





- ☑ HYDRATES
- ☑ MOISTURISES
- ☑ PLUMPS

(and it's organic)

floragy.com

Introducing Nature's Secret to Youthful Radiance: Organic Anti-Aging Face Cream Enriched with Hyaluronic Acid and Raspberry Extract

Rejuvenate your complexion with our luxurious anti-ageing face cream. Formulated with hyaluronic acid and raspberry extract, it helps to rehydrate, nourish and plump your skin to reveal a brighter and naturally glowing appearance. Organic and gentle on your skin, use the cream daily to help keep your skin looking smooth and healthy.

Purchase here



Floragy