

THE POWER OF CBD

This month, Emma Thompson explains the many benefits of cannabidiol, which Bee Haven products can help address menopausal hair problems and why you shouldn't get rid of dandelions from your garden.

Hello, dear readers! Welcome to my column. I am Emma Thompson, also known as @missbeehaven123 on social media. I am the founder of Bee Haven Bodycare®, a skincare entrepreneur, and an ethical beekeeper. Make sure to follow me on TikTok, Instagram, and Facebook for more updates.

If you have any skincare queries or need skincare advice, feel free to email me at info@thebeehavenbeekeepers.co.uk. I may even feature your question and my answer in next month's column!

You can explore our extensive range of handmade skin and body care products on our website, www.beehavenbodycare.co.uk, or visit our shop in Ballygowan.

In January, we launched an exciting new skincare product that has been receiving rave reviews and recommendations. Allow me to introduce it to you.

THE POWER OF CBD – ENHANCING YOUR NATURAL BEAUTY

CBD, short for cannabidiol, has taken the skincare industry by storm. This natural compound derived from the cannabis plant offers numerous benefits for the skin. Our two new products not only contain CBD but also incorporate the goodness of beeswax and honey.



Together, they create a natural powerhouse for your skin.

Please rest assured that, unlike cannabis, CBD is completely legal and does not have the same intoxicating effects. In cosmetic manufacturing, we use CBD isolate, and our formulations have been certified by a chartered cosmetic chemist.

Our Bee Beautiful Face Cream with CBD is perfect for morning use. After cleansing your skin, apply it for all-day hydration and nourishment.

The Beekeepers Intense Skin Balm with CBD is your bedtime serum. It works wonders in restoring and hydrating your skin while you sleep.

Why is CBD an excellent ingredient for topical application to the skin? CBD possesses powerful anti-inflammatory properties that can soothe and calm the skin.

Our Bee Beautiful Face Cream, infused with CBD, can provide relief for skin conditions such as redness, irritation, and inflammation caused

by environmental stressors, pollution, or UV exposure. By reducing inflammation, CBD promotes a more even skin tone and a youthful complexion. Additionally, beeswax acts as a natural skin-soother, protecting and restoring the skin's natural barrier.

CBD and honey are natural humectants, meaning they help retain moisture in the skin. When incorporated into daytime skin creams, CBD and honey enhance their moisturising properties, keeping the skin hydrated throughout the day. This is especially beneficial for individuals with dry or sensitive skin.

The Beekeepers Intense Skin Balm, infused with CBD, works wonders during the night. It deeply nourishes the skin and promotes a healthy, dewy glow as you sleep.

CBD is rich in antioxidants, which help combat free radicals and oxidative stress, major contributors to premature aging. By neutralising these harmful agents, CBD helps protect the skin from damage caused by environmental pollutants and UV radiation. Creams enriched with CBD act as a shield, preventing the appearance of fine lines, wrinkles, and age spots, effectively promoting a youthful and radiant complexion.

CBD's remarkable properties make it a game-changer in your beauty regimen. Whether you incorporate it into your morning routine, your overnight prep, or both, CBD offers you a multitude of benefits.

So, where can you get your hands on these wonderful products? You can visit my shop, Bee Haven Bodycare, based in Ballygowan, open Tuesday to Saturday. Alternatively, head over to our website, www.beehavenbodycare.co.uk, and simply search for CBD in the search bar. You can also download our app from your Android or iOS app store by searching Bee Haven Bodycare.

SKIN & BODY QUESTION OF THE MONTH:

Lynsey asks: Hi, I've been trying to find something to help my dry, menopausal hair. It's quite long, and it's thinning and shedding a lot. Do you have a shampoo and conditioner that could work for me?

Emma advises: I would definitely recommend switching from regular shop-bought shampoos to a shampoo soap and conditioner from my Hair & Bee range. The hair products you are currently using may contain ingredients that are causing irritation to your hair and scalp, exacerbating the symptoms you mentioned above. Our customers have seen amazing results after using our Hair & Bee products for thinning hair, itchy scalps, and other hair-related concerns.

Emma x

AT THE HIVES –

We are still in the over-wintering phase of the year, as I have mentioned before we do not disturb the colonies during the cold months, however they are still active within the hive and are gearing up for springtime which is just around the corner! Hive losses over winter are a common occurrence in the beekeeping world, over the last few winters we have lost very little, however, due to the



very wet summer (I have talked at length about this here) we suspect losses will be inevitable this winter as many colonies were weakened going into the treacherous colder months.

TOP TIP TO HELP BEES:

Dandelions are among the first sources of pollen and nectar for bees venturing out after winter so please do not cut them or remove them from your gardens.