



Welcome



Good news! The few hundred deep blue Lavandula Angustifolia "Imperial Gem" bunches we ordered from our UK grower were cut at the end of June and were hung up to dry in their barn for a couple of weeks. They are now ready to sell, and if they go well, we hope to get more and support our British growers. These



bunches are slightly smaller than the French Angustifolia we stock, but also cheaper, and a good deep blue with a good fragrance. £4.29 each (discounted multi packs available).

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...NEWS...

...New in - Reed diffuser replacement reeds 10p each or £4.99 for a bundle of approx 100. These high quality reeds



are suitable for most diffusers. Reed diffusers are a popular new



home fragrance product. We stock Claremont and May reed diffusers in Lilac & Lavender or Champagne & Roses.

Relax with Lavender

With the school holidays fast approaching, we thought that it would be a good time for some relaxation tips! Here are my top ten ways to relax with lavender:

- 1. Put a few drops of lavender essential oil in a bath for a soak before bedtime. (The oil is not only soothing but antiseptic so if you have any minor cuts or grazes it will treat them at the same time.)
2. Use a lavender wheat bag that can be warmed in the microwave for a soothing alternative to a hot water bottle. Ours are half price (while stocks last), or if you have a ready supply of wheat, just mix with some dried lavender and a few drops of lavender oil.
3. Put a lavender bag under your pillow.
4. Hops are well known to aid sleep. Why not combine the effects of lavender and hops in a lavender hop pillow as recommended on BBC Grow Your Own Drugs. We make ours using organic dried lavender as we find this has the most soothing fragrance. Or try something similar with relaxing chamomile in place of hops.
5. Dilute a few drops of lavender oil in a massage oil for a relaxing massage.
6. Place a few drops of lavender oil on a hankie in your handbag and inhale when needed.
7. Place a few drops of lavender oil in water in an oil burner and let the relaxing aroma soothe you.
8. Make some potpourri with dried lavender to fill your house with the fresh, calming smell.
9. Decorate your home with dried lavender bunches - drip on some oil to boost the fragrance if wanted. Dry your own bunches by picking before they reach full flower and hanging to dry somewhere warm such as an airing cupboard.
10. Make some lavender tea by infusing 1 tablespoon culinary dried lavender per mug in boiling water for 5 mins (if you grow your own lavender, then use 2 tablespoons of fresh lavender flowers), strain and sweeten with honey if liked. Try as a bedtime drink.

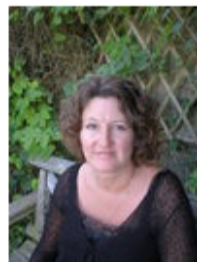
...New in - Wheat sheaf 35cm £9.99 or giant wheat sheaf 42cm £24.99 - a great Country chic table centre or seasonal decoration to celebrate the harvest.



...New in - new improved relaxing lavender potpourri. Prepared to our specification with a good lavender fragrance in shades of purple with green and turquoise accents, and a sprinkle of real dried lavender. 200g for £3.49 or 1Kg for £14.99.



[Warnings - always follow the safety instructions on any essential oil bottle. Oils may mark textiles, and damage painted, polished and synthetic surfaces.]



I am always pleased to keep in touch so do send me your comments.

With best wishes Ruth. (Director)



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