



Adore Christmas!

The Adore Naturals Guide to a Happy,
Healthy & Stress-Free Family Christmas



Contents

Merry Christmas from Adore Naturals	3
---	---

MAKE

A Three Kings Style Homemade Christmas by Andrea Mynard	6
Paper Baubles Kids' Craft Project by Maggy Woodley, Red Ted Art	13

EAT

A Locally Sourced Veggie Christmas by Denise Baker-McClearn	15
---	----

REVIVE

Beat Stress This Christmas	32
Top Tips from Natural Beauty Experts	36
Care for Winter Skin Naturally	38

SHOP

Small Business Saturday	41
Celebrating an Indie Christmas	43
Adore Naturals Gift Guide	48
Gifts for Him	49
Gifts for Her	50
Gifts for Kids	51
Exclusive Money-off Voucher	52
About Adore Naturals	54

Merry Christmas from Adore Naturals

Thank you so much for downloading your copy of Adore Christmas! Over the following pages, we'll be sharing lots of festive projects, recipes and tips to help you have a happy, healthy and stress-free festive season.

Here are some of the highlights:

- **MAKE** - Food writer Andrea Mynard shares some wonderful homemade gifts, while author Maggy Woodward of Red Ted Art shares a fun family craft project on page 13
- **EAT** - Britain's Best Dish winner Denise Baker McLearn shares an amazing menu for a Vegetarian Christmas Dinner on page 25, plus tips for sourcing local and organic produce in your area
- **REVIVE** - Top beauty bloggers and skincare makers featured on the [Adore Naturals website](#) give their top tips to keep you feeling and looking your best over the festive season
- **SHOP** – our Indie Gift Guide from page 44 has a great selection of handmade, ethical and just plain gorgeous gifts for everyone on your list

This has been an exciting year for Adore Naturals, and we are looking forward to celebrating our first Christmas online. We are thrilled to be helping people shop local and support talented British makers wherever they live in the UK, and this guide is another chance for us to do that.

We are very grateful to everyone who has contributed...and of course to you for taking the time to download it! To say thank you, you will find an exclusive voucher on the following page.

Use this voucher to shop at [Adore Naturals](http://www.AdoreNaturals.co.uk) at any time between now and Christmas, and we'll give you an extra £5 off when you spend £25 or more with us:



ADORE NATURALS
Handmade Natural Skincare



Get £5 off

when you spend £25 or more
plus FREE shipping

Use code **ADORECHRISTMAS**

Shop now:
www.adorenaturals.co.uk/christmas

Handmade natural
& organic skincare,
made in Britain with love,
including gorgeous
Christmas Gifts

We would love to hear from you if you have any comments or feedback. Please pop over to the Adore Naturals [Facebook Page](#) to let us know what you think.

Thanks again for reading, and enjoy!

Wishing you a happy, healthy and natural Christmas,

Tina Skinner,

MD, Adore Naturals

www.AdoreNaturals.co.uk



Copyright Notices

Copyright Adore Naturals 2013

All words and images contained in this guide are the copyright of Adore Naturals unless otherwise stated.

If you would like to reproduce or share any part of this guide, please contact us: sales@adorenaturals.co.uk.

Production and design by TFI Monday! on behalf of Adore Naturals:
www.tfimonday.com.

Make: A Three Kings Style Homemade Christmas

By Andrea Mynard

Adding a homemade touch to Christmas can be great fun, good for the environment, and save money.

I'd far rather be pottering around in the warmth of the kitchen, baking spiced gingerbread and gathering greenery from the garden, than getting hassled in a packed shopping centre – wouldn't you?

I love it that my daughter is as enthusiastic as I am about making home-made gifts. She started young, plopping bits of vegetables into my biggest saucepan for Christmas Chutney when she was a toddler.

With a little input from her, I labelled them up as 'Ruby's Christmas Chutney'; we often bring out paint, glitter and our Christmas stamps to add Christmas sparkle to frugal luggage labels.



We painted a cardboard box together and glued on letters spelling 'Ruby's home-made goodies' and filled it with our preserves. Ruby delved into it on Christmas day, handing out very rustic but homemade/home-grown chutney to her Aunties, Uncles and Grandparents.

The box remains, a little battered, but still in use and my daughter is still keen to get involved in our home-made Christmas. Aged 6, she does have stronger ideas about what she would like to make. Her ideas are often a tad ambitious; last year it was, "I know, let's make cups and saucers."

Hence I've been racking my brains for gifts and decorations that are easy to make for a frazzled Mum and an enthusiastic school-girl.

Inspired by the basket of just-harvested warm yellow quinces whose heady fragrance is delicious in my kitchen, this year's ideas are infused with a Three Kings eastern exoticism.

We painted a cardboard box together and glued on letters spelling 'Ruby's home-made goodies' and filled it with our preserves.



Things to do with Quince

The woolly, waxy skin of quinces prevents the fruit from withering for months, so if you have any to pick/buy, a bowl can provide a natural, no-effort centrepiece for Christmas decorations. They will scent the room with their wonderful aroma just as effectively as an expensive Christmas home fragrance.

A few of the Quince have already been used in Quince Ratafia, a golden liqueur whose wonderfully exotic name belies its ease of making – simply chop 3 quinces, cover with 1.2 litres of brandy (you can use the cheap stuff) and add 275g sugar. Shake daily until the sugar dissolves and strain the liquid after 12 weeks as you would Sloe Gin.

I'm planning to offer this as a tipple alongside the Christmas pudding that I'll make with Quince and English walnuts. Membrillo, delicious with Manchego cheese, is planned as an edible gift. And much as we think of the pairing of sweetly fragrant quince jelly and salty Spanish cheese as a contemporary food fashion, I think it fits well with a traditional Christmas.

After all, quinces, along with fruits, nuts and spices would have featured in an Elizabethan Christmas feast. Edible decorations and greenery brought in as garlands would've been a key part too.

Equally the little jars of Dukkah, an earthy Egyptian blend of nuts and spices that I'm planning to make as gifts fit in with this theme of Three Kings Eastern exoticism meets traditional English Christmas. Nuts and spices were rightly celebrated in Elizabethan times as treats worthy of Christmas feasting and as Dukkah stores well, it can be made ahead of the festivities, when hopefully all is still calm in the kitchen.

The pestle and mortar pounding is good fun but straightforward for little helpers and it's worth saving a jar for yourself to eat with Christmas leftovers; added to olive oil and dried mint if you have it, Dukkah makes a great dip.

How to make Dukkah

Toast the nuts dry in a frying pan (Hugh toasts them in the oven, which you can also try) until they are slightly coloured.

Toast the cumin and coriander seeds until they just begin to release their appetising aroma.

Ingredients:

A handful of nuts of your choice (if you have any stored, English cob-nuts or hazelnuts would be lovely)

½ tablespoon cumin seeds

1 tablespoon coriander seeds

2 tablespoons seeds such as sesame, linseed, even sunflower.

½ teaspoon dried chilli flakes

½ teaspoon sea salt



Bash them with a pestle and mortar until broken up coarsely.

Toast the seeds until golden too. Add the nuts, seeds, chilli and salt to the spice mix and bash until the nuts are broken up into small pieces. Store in air-tight jars.

Label (luggage labels are great again, inexpensive and look pretty tied with red and white baker's twine), mentioning that this blend of coarsely ground seeds and nuts is lovely on fish, with halloumi or just with olive oil and flatbread as a snack.

For both frugal and eco reasons, I save ribbons each year and they add colour to home-made gifts and decorations.

Just as I'll be using the boozy sloes decanted from my sloe gin in the Christmas cake, saving on some of the expensive, imported, dried fruit, surely it makes sense to make good use of what we have to hand in decorations?

As much as I'm partial to pretty baker's twine, I love re-using all our favourite bits of ribbon with all the memories that come with them.

The ribbon stash will be used to tie around packages of Nigella's [Cranberry and White Chocolate Cookies](#) and Hugh Fearnley Whittingstall's [White and Dark chocolate Bark](#).



For me, trying a few new things each year together with the old favourites that have become part of my own family's Christmas traditions, is part of the enjoyment of a homemade Christmas.



Making biscuits for the tree feels as much a part of these traditions as reaching for the ribbon box.

Recipe: Ginger and Cinnamon Christmas Biscuits

Preheat oven to 180C. Sieve first 4 ingredients together into bowl and rub butter into them.

Heat syrup gently until runny, add sugar and mix well.

Ingredients:

350g plain white flour

1/2 teaspoon ground ginger

1/2 level teaspoon cinnamon

1/2 level teaspoon bicarbonate of soda

150g butter

175g golden syrup

150g raw cane sugar

Add to dry ingredients and mix. Roll out (if it is too crumbly to roll you can add a spoon of milk).

Use assorted Christmas cutters to cut stars, trees, gingerbread men, snowflakes etc and lay on a baking tray lined with greaseproof paper.

Bake for 15-20 mins. Leave on tray for 2-3 minutes, then lift off with a spatula and cool on a wire tray before decorating with icing, silver balls etc.

If you want to hang them on the tree, make holes with a skewer before they cool and harden, ready to thread your bakers twine or ribbon through.

To find baker's twine for your edible gifts and decorations, see Pipii and Cox & Cox.

Cox and Cox also have some lovely willow wreaths that would be great for hanging home-made decorations from and threading ivy from the garden around.

For good value organic dried goods such as nuts and dried fruit for baking edible Christmas decorations and gifts, see Suma.

To read more about Andrea Mynard's ideas for an often imperfect but simple, homemade Christmas, see her blog, Shabby Chick.



***Andrea Mynard** lives in rural Gloucestershire with her partner Guy and 6 year old daughter Ruby.*

She works as a freelance writer and relishes growing fruit, vegetables, herbs and flowers in a chaotic but tasty manner.

You can read about her attempts at living a simple life on her blog, www.shabbychick.me.uk

Make: Paper Baubles

By Maggy Woodley, Red Ted Art

I love this paper bauble craft, simply because it is a craft that ANYONE can make.

Make it with the wee ones (get them to scribble and paint) or with the older ones, get them to cut and stick.

Materials:

Paper or card (thicker paper works a little better, as it is less likely to buckle from the wetness of the glue)

Glue (glue sticks are good for this craft)

A circular template (e.g. a glass)

Scissors and pencil, ribbon or cord for hanging



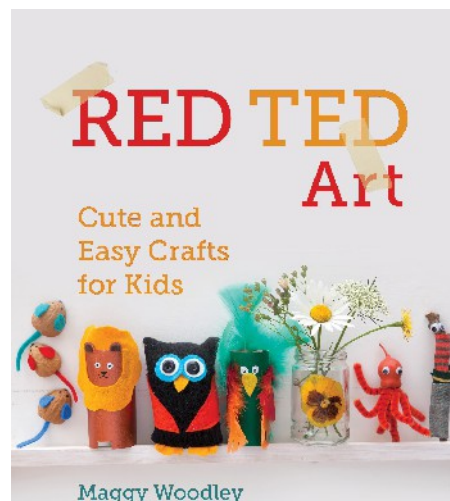
Or just make them yourself!

The run up to Christmas is a great time of year to sit down together and get crafty. Enjoy making one new Christmas decoration for the family Christmas tree every year.

These little paper baubles can be made from toddler paintings or old Christmas cards, can include family photos or can be 're-shaped' into Christmas trees.

Instructions:

- 1) Use your template to mark out 8-10 circles. If you are adding photographs, cut out photos that are approximately 2cm smaller in diameter. If you would like to try to make the trees or the eggs – follow the same instructions, but start off with a tree or egg shape, instead of the circles.
- 2) Cut your circles out as neatly as possible. (Again, if you are adding photographs, glue them on the discs now).
- 3) Fold each circles in half and make a good crease.
- 4) Glue the left side of one circle to the right side of the other. Continue until you have glued all of your circles together.
- 5) Now glue or tape in a ribbon for hanging. Finally glue the side of first circle to the last circle to create a sphere.
- 6) Even them all out a bit, if necessary add a tiny bit more glue and done!



This craft is from the fabulously popular [*Red Ted Art, Cute and Easy Craft for Kids*](#) – a hardback book containing 60 crafts to delight you and your kids over the whole year. You will find something for everyone – from wee ones to tweens! The only problem is deciding what to make first!



Maggy Woodley is a passionate crafter and loving mother to two children, known as Red Ted and Pip squeak.

Her blog Red Ted Art has weekly craft and art projects for kids, as well as how-to's for teens and adults.

*For crafty inspiration, head to redtedart.com or check out Maggy's book, *Red Ted Art: Cute and Easy Crafts for Kids* [here](#) (makes a lovely Christmas present too!).*

Eat: A Locally Sourced Veggie Christmas

By Denise Baker-McClearn

I should begin by saying I love Christmas. In fact, I don't just love it; I embrace it and happily admit to being a sentimental old traditionalist at heart. Give me Christmas trees, tinsel, presents in stockings at the end of the bed, and a house full of excited kids!



Of course, a family Christmas dinner is a big part of my perfect Christmas day. I take time to dress the table; crackers, holly from the garden, candles entwined with some fresh ivy; together they all set the mood and don't cost a fortune if you make them yourself.

Once dinner arrives, that is where my traditionalism ends. For many years, I was vegetarian and turkey and ham were not part of my Christmas diet. Although my poor mother struggled to work out what to feed me, I soon devised my own Christmas menu.

With a little experimentation, I was soon happily eating very festive meals packed full of the traditional spices and flavours of Christmas, but with a little added pizzazz and plenty of healthy, organic produce. Ditching the meat inspired adventure and the opportunity to play with ingredients and flavours rather than simply relying on a bird that let's face it, not everybody loves.

Even though I have since returned to meat eating, I still like to vary the Christmas menu and now I have a (semi) vegetarian daughter of my own, there are plenty of meat-free options back on my hit list.

British winter produce lends itself so well to a vegetarian menu. In season right now are kale, pumpkin and squash, carrots, chard, spinach, parsnips, swede, beetroot, cabbage and sprouts. Colourful, tasty and even better if you can find a local farm shop or market garden with a polytunnel, you might be lucky enough to still find a few very late tomatoes or a variety of winter salad leaves growing. Bitter and peppery they make the perfect accompaniment to a rich buttery starter like this sweet beetroot tatin topped with goat's cheese.

Starter - Beetroot Tart Tatin

If you want to open up your Christmas feast in dramatic style, you can't get better than this savoury tatin. Why not go the whole hog and make your own homemade rough puff pastry? It's easier than you might imagine; unlike puff pastry, you just add all the butter at once and roll out several times; none of that dotting on the butter bit by bit!



It takes less time than preparing and cooking a turkey and a rich buttery homemade pastry makes the perfect foil for the deep earthy flavours of beetroot and balsamic vinegar.

As an alternative, you can buy good quality all butter puff pastry in many supermarkets but it's not quite the same as one made with good quality organic butter and flour.

I like to use my local suppliers and the best of Welsh produce. Halen Mon sea salt and Calon Wen organic butter are two of my favourites.

Good ingredients produce a better result and for flour, I use organic, British milled Shipton Mill. Their online shop sells every kind of flour you could want. If you can't get this then Doves Farm or any good quality plain flour is fine.

Recipe - Beetroot Tart Tatin

This should make about six to eight small tatin's or one large one if you have a hob to oven pan that's easy to turn.

For the rough puff pastry:

- 150g Shipton Mill plain flour
- Pinch of Halen Mon sea salt and 75g cold unsalted Calon Wen butter.

Cut the butter into cubes and toss with the flour and salt until just coated. Add cold water drop by drop until the mixture comes together into a stiff dough.



Shape into a rectangle and roll out until it's about an inch thick then fold into three like I have in the picture, then give it a quarter turn so the seam is on the left... like a book.

Repeat this procedure 5 times and then wrap the pastry in cling film and place it in the fridge to rest for about half an hour.

For the tatin topping:

- 500g small beetroot scrubbed, peeled and trimmed
- Half a tablespoon olive oil
- 25g butter
- One tablespoon soft brown sugar
- One tablespoon cider vinegar
- One tablespoon balsamic vinegar
- Optional extra 100g crumbled goat's cheese or goat's cheese pearls. I use a local company called Y Cwt Caws who make beautiful creamy cheese pearls but you may be able to pick up something similar at your local market.
- Salt and pepper



Preheat the oven to gas mark 5/190 degrees C. Heat the oil and butter in a frying pan or roasting tin, add the beetroot and toss to coat. Add sugar, vinegar, salt and pepper and taste...it may need a little more sugar or vinegar. Cover the pan with foil and place in the oven for 30 to 40 minutes until tender.

Once cooked remove from the oven and arrange neatly in a large tin....if the beetroot are large they may need chopping in half, or if you are using individual tins as I did, they can be neatly sliced to fit.

Pour over any juices adding a little more balsamic vinegar if desired.

Roll out the pastry and cut a circle slightly larger than the pan (or pans). Place carefully over the pan and tuck in any excess around the sides of the beetroot.

Return to the oven and cook for 20-25 minutes or until the pastry is golden brown and crisp.

Leave to rest in the tin for a couple of minutes, then place a plate over the top of the tin, and quickly turn it over.

The tatin should come out cleanly. Stand back and admire the results...they always look so effective and have that wow factor...probably why I love them so much!



For the vinaigrette:

- 1-teaspoon whole grain English mustard
- 1-tablespoon balsamic vinegar
- 5 tablespoons olive oil
- One tablespoon finely chopped parsley
- Chopped spring onion when in season or a small shallot...finely chopped

Mix the ingredients in a clean jam jar and shake well. Trickle over the tatin and serve with some scattered goats cheese pearls, salad leaves or baby spinach leaves.

Main - Wild Mushroom and Spinach Roulade



I love the word roulade. It sounds sexy and exotic, a complicated and decadent dish that has witnessed a huge amount of skill and effort on the part of the cook and perfect for a meat-free Christmas dinner.

In reality it's simple to make, and is an impressive alternative to the ubiquitous turkey. Think of it as just a big savoury Swiss roll with filling, where the only skill required is the rolling (and even then, a few cracks in the sides simply add a rustic, festive appearance).

Minimal equipment is necessary to create your ultimate roulade: A Swiss roll tin (like a baking tray with a lip or shallow side), several sheets of silicone paper and a bit of bravery!

As for ingredients, I have opted for spinach and chard as they are at their peak now and well into December. With a high nutritional value (the leaves are packed with iron and vitamins) we can feel virtuous about getting our essential five a day, while stuffing it full of cream, butter and other exotic ingredients. This roulade combines a mixture of wild and chestnut mushrooms, dried porcini mushrooms, parmesan, cream, lemon and fresh herbs.

To serve 4 to 6 people:

Recipe - Wild Mushroom and Spinach Roulade

- 900g fresh spinach/chard: A mixture works well, but remove any woody stems before chopping coarsely.
- 25g butter
- Four large eggs separated
- 75g grated parmesan cheese
- Filling:
- One finely chopped shallot
- 250g mixed wild, chestnut, mushrooms. You can use dried porcini but make sure you soak them in water for 20 mins. until well rehydrated.
- 1-teaspoon fresh thyme
- 25g flour
- 25g butter
- 275ml single cream
- Dessert spoon finely chopped flat leaf parsley
- Sea salt and ground pepper



Preheat the oven 200 degrees C, gas mark 6, 400 degrees F.

Grease and line a Swiss roll tin (approx. 18 x 28cm), the paper should come up the sides by a couple of cm. Sprinkle 25g of the parmesan cheese over the silicone paper.

Prepare the spinach and chard by washing thoroughly, tipping in to a large pan and cooking with a lid on. Do not add any extra water as it will cook in the steam from the water remaining on its leaves; this will take 7 to 10 minutes.

Drain in a colander and allow to cool so you can press the rest of the water out by hand. It should be quite dry by the time you have finished. Either blitz in a food processor or finely chop. Mix in a bowl with the egg yolks, a little sea salt and pepper, another 25g parmesan and 25g butter, melted.

Whisk the eggs whites until they are quite stiff (firm peaks) and then gradually fold into the spinach mixture, this requires a light hand as the roulade will become flat and dense if you beat the mixture too much. You want to leave some air in it!

Spoon the mixture into the Swiss roll tin and bake for 10 to 15 minutes until well risen and springy when you touch it lightly with a finger.

For the filling:

Clean and slice the mushrooms and dry fry them with no oil over a medium heat until beginning to brown. Dry frying locks in more flavour but you need a good non-stick frying pan. In a separate pan, melt the butter then stir in the flour and cook for 30 seconds. Remove from the heat and gradually stir in the cream until you have a smooth white sauce. Return to a low heat and simmer until it begins to thicken, then add the fresh thyme, parsley, salt and pepper and finally the mushrooms. Remove from the heat and allow to cool slightly. It should not go cold or be allowed to boil.

Arrange a large piece of greaseproof paper on your counter dusted with a little more parmesan cheese. Turn the roulade onto this and gently remove the greaseproof or silicon paper. Spread the filling over the roulade, and then roll it up like a Swiss roll using the silicon paper to help you. Turn it on to a warm serving platter and place in a warm oven to heat through slightly. Serve with some smoky roast winter vegetables and a rich tomato sauce.



Recipe: Smoky Roast Winter Vegetables

Yes, we've shunned the turkey, but that doesn't mean we have to ignore the traditional Christmas vegetables.... It makes sense...it's all in season!

I like to combine small chunks of carrot, parsnip, potato, squash in a roasting tray with some good quality rapeseed oil (Cotswold Gold is my favourite), salt, pepper, a handful of chopped and crushed rosemary and for a an earthy smoky flavour a tablespoon of Halen Mon smoked water (or you could use smoked salt and omit the water). Give everything a good toss. Place in the oven at the same time as your roulade.

Once it is cooked turn up the temperature to gas mark 7 / 220 degrees C and cook for an hour or until they are tender and beginning to brown. Half way through cooking, take the roasting tin out of the oven and give everything a good shake, this helps get a nice even cook and combine all the flavours without breaking up the vegetables too much.



Tomato sauce:

- One small onion chopped
- One carrot chopped
- One stick celery chopped
- 1-tablespoon olive oil
- 1 kilo fresh tomatoes (or two tins if none available) skinned and seeds removed
- 100ml vegetable stock
- Tablespoon fresh basil
- Tablespoon fresh parsley
- One bay leaf
- Salt and pepper
- A pinch of sugar if the sauce is a little tart

Heat the oil in a saucepan and add onion, carrot and celery. Cook gently until beginning to soften but not turn brown.

Add skinned, deseeded tomatoes, bay leaf and vegetable stock and cook gently until the tomatoes have broken down and a thick sauce has formed. Add chopped herbs, salt and pepper and a pinch of sugar if the sauce is too sharp (it probably will be if you use tinned tomatoes). Remove the bay leaf and blitz the sauce in a blender, then pass through a fine sieve.

Reheat and serve with the roulade.

Dessert - Marzipan and Mincemeat Ice with Orange Cinnamon Syrup



Christmas dinner is such a heavy meal that in all honesty how many of us want to eat a big slab of Christmas pudding to finish? I usually have to wait a while before I can face dessert and then the Christmas pud goes by the wayside as the family move on to other entertainments and nibbles. Yes, I know, it is traditional. Yes, we all think we should have it, but in reality the poor unloved Christmas pudding (kids often hate it and so do plenty of adults) sits in the kitchen barely touched.

Fresh fruit is hard to come by at this time of year, so here is a light, seasonal alternative full of rich fruity flavours, nuts, spices and organic cream. Cinnamon and orange are synonymous with Christmas and this has an additional shot of brandy added to perk it up!

This dessert has proved popular with both adults and children (much to my amazement) and is reminiscent of rum and raisin ice cream...just don't tell the kids that it has marzipan and mincemeat in it until they try it!

Makes eight individual portions.

Time: approx 50 minutes to prepare and at least 3 hours to freeze. Both these and the syrup can be made the day before.

For the ice:

- 250ml sugar syrup (made with 250ml water and 250g caster sugar)
- 150g good quality marzipan
- Six egg yolks
- 150-200g / 2 tablespoons good quality mincemeat mixed with 1 tablespoon of brandy
- 500ml double cream

For the sauce:

- 250g sugar
- Juice of three oranges
- 1 cinnamon stick

To make the sugar syrup:

Put the sugar and water in a pan and heat gently until all the sugar has dissolved.

To make the ices:

Add the marzipan to the sugar syrup and heat until just coming to the boil. Place the egg yolks in a heatproof bowl and whisk together. Strain over the

sugar syrup mixture and whisk well. Place the bowl over a pan of gently simmering water; don't let it touch the bottom of the bowl!

Stir the syrup and egg mixture until it thickens, like a custard. Remove from the heat and transfer to a clean bowl and whisk (with an electric whisk preferably) until it becomes thick and almost doubles in volume. Fold in the mincemeat and brandy.

Whip the cream until it reaches the soft peak stage. Add one tablespoon to the egg mixture and mix well to lighten the mixture then fold the rest in until well combined. Pour into eight individual ramekins. Cover with cling film and place in the freezer until required.

To turn out dip the bottom of each dish briefly in hot water to loosen, then turn out on to the plate.

For the orange syrup: Place sugar, orange juice and cinnamon sticks in a small pan; heat gently until the sugar dissolves then bring to a rolling boil. Continue to boil until the mixture begins to thicken then remove from the heat. Cool slightly then pour through a fine sieve to remove pips and the cinnamon sticks.



How to Source Local and Organic Produce: Denise's Tips

- Find your local farm shop or produce market through the press, advertisements in shop windows or by asking at a local produce market
- To find your local produce or farmers market you can also contact your county council. They should be able to give advice on markets close to you.



- Talk to local producers; either at the farmer's market or farm shop. Many local producers are likely to have a good knowledge of where to find goods and which shops and markets stock various produce. If you get to know your producers, it might then possible to buy direct from them, which may save a penny or two.

- Local produce does not necessarily mean organic. To be certified organic costs a fair bit and the soil association have very strict regulations. Many small producers cannot afford to go through this process, but you will quite often find that they are growing to organic principles. Ask them about their growing methods, most will at least be chemical free.

If you cannot find a supplier for a local vegetable box scheme (where you receive a weekly delivery of fresh, often organic vegetables and fruit), there are a couple of organic suppliers that deliver across the country. Try:

- Riverford Organics
- Abel and Cole
- Farmaround

***Denise Baker-McClearn** is a food writer, blogger, chef and supper club host.*

Following redundancy in 2009, Denise opened a supper club (the first one in Wales) and since then her career in food and writing has grown beyond her expectations.

Featured in numerous press articles (The Western Mail, Elle Decoration, The Times and Huffington Post) and appearing on Britain's Best Dish (which she won for Wales). Her blog Moel Faban Suppers (moelfabansuppers.com) pays homage to her Welsh country life, London background and the local produce that surrounds her.

Her private catering company provides bespoke dinners for small and large events, weddings and she regularly cooks for recording artists and at festivals.



Revive: Beat Stress This Christmas

Unfortunately, in the modern world, the most wonderful time of the year can cause major stress. It's sad but true that more Brits than ever are saying they feel stressed, and the colder weather and shorter hours of daylight only make matters worse! But never fear, we've got some great natural ways to beat stress this Christmas and really make the most of the festive season.

All the Essentials

There are so many wonderful essential oils out there, each with different qualities that are beneficial to the mind, body and spirit.



One of our favourites, Lavender oil once again comes out on top for stress-busting. A few drops of the beautiful oil in your bath will help you to unwind after a long day and will promote a healthy night's sleep. For a more luxurious treat, a blend of calming and balancing essential oils can be found in the Celtic Herbal Company [Relaxing Bath Oil](#) (£9.76), available at Adore Naturals.

Happy Kids = Happy Parents



By BBrown6 Via Flickr Creative Commons

Lavender oil is also safe for kids, so add it to their bedtime bath to help them sleep and to balance their moods. The excitement of Christmas can often prove too much for children, especially once they have finished school for the holidays. Keep them busy by delegating jobs to all members of the family. Little ones will love drawing on rolls of brown paper for homemade wrapping paper and older kids and teens can help with shopping and making preparations for Christmas dinner. Not only will it keep them happy, but there will be less for you to do too!

Plan Ahead for a Clear Head

To avoid last minute stress, make a general plan (you don't have to stick to it like glue) and give yourself time to get jobs done. Plan some easy meals or some that can be made and frozen and defrosted in time for December 25th. Make sure you have a nice simple meal planned for Christmas Eve- it might even be the perfect time for a take-away treat!



Switch off

We've all seen the television adverts showing scenes of idyllic Christmas bliss. Immaculate families pulling crackers over an exquisite meal that would have Delia glowing green with envy, while Mum glides into the room in a glittering dress bearing a turkey almost as big as the dining table. It's sometimes difficult to remember that these happily acted scenarios are purely fictional and only add to the pressure put on families at Christmas time.



You don't need that new sofa "delivered in time for Christmas"- it will only be covered in wrapping paper and mince pie crumbs come the big day! So, we think it's best to take some time out every day (even if it's just half an hour) when all noisy television sets, mobile phones and computers are switched off and you

have some time to reflect on what's really important to you.

Meditation and Music

During this quiet time, meditation and yoga are a good way to relieve tension. Try listening to your favourite soothing music too- just be sure to take time for yourself. Christmas isn't all about rushing around busy shopping centres! And try to get enough sleep too.

Most of all... Enjoy it. When we look back at your favourite Christmas days, what do we remember? We remember the funny moments, things that went a bit wrong that we laughed about and simple moments like a walk in the snow. Christmas is a time for family and fun and if something doesn't go quite to plan... there's always next year!



By Dave Haygarth via Flickr Creative Commons

Revive: Top Tips from Natural Beauty Experts...



"I adore Christmas but the extra work (and play!) can be stressful. To look and feel my best I get extra sleep, vaporise calming essential oils (for seasonal smells, try sweet orange & cinnamon or silver fir & juniper berry) and stock up on quick-fix face masks. Labyrinth's Yellow Clay & Calendula mask would be a great choice for dry, sensitive winter skin." Faye (naturalbeautycabinet.com)

"Colder weather means skin can get dry, I love to layer moisture to help my skin look its best. On to cleansed skin I spritz a hydrating toner, rosewater is great for adding moisture and then I massage 4-5 drops of facial oil on to damp skin. I finish off with moisturiser to lock it all in, it makes your skin glow and protects from the cold." Ana Goes Green (anagoesgreenbeautyorganic.blogspot.co.uk)



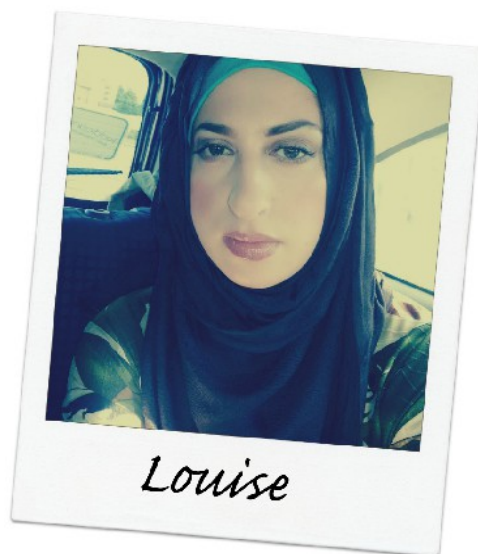
"Instead of chemical-laden artificial fragrances, why not scent your home with authentic and natural Christmassy smells. Try clove and cinnamon or frankincense and orange. Use products made with pure essential oils like candles, room sprays or natural reed diffusers to fragrance your home gently and naturally, a healthier more authentic seasonal alternative to artificial fragrances." Lisa, Aromatika



“We all know Christmas can be a stressful time! I find yoga a great help and try to practice every morning. The “squat” position, in particular, helps to ground you by rooting your feet to the floor, and it also relaxes your back (where we hold a lot of stress). They say laughter is the best medicine, and I have to agree it can work wonders. If I’m feeling that things are getting on top of me, I make the effort to call a friend and arrange drinks or a lunch date because I know that talking face-to-face (I spend a lot of my time connecting via email) and laughing with friends

and family will lighten my mood and help me to shed the stress. If all else fails, I run a nice warm bath and add some uplifting essential oils like bergamot, orange, rose or neroli. It works every time.” Sami Blackford, [Freyaluna](#)

“Use 100% natural unrefined Argan oil this Winter - it's benefits are AMAZING and it's multi-tasking for hair, skin, nails and body. Use it for oil-cleansing your face, as a moisturiser after cleansing, as a "serum" on dry ends of your hair after washing, as a cuticle oil on your nails, and for hydrating your body after bathing. Also, apply a tiny amount to eyelashes before bed to ensure lashes grow long and strong!” Louise (kinderhealthandbeauty.blogspot.co.uk)



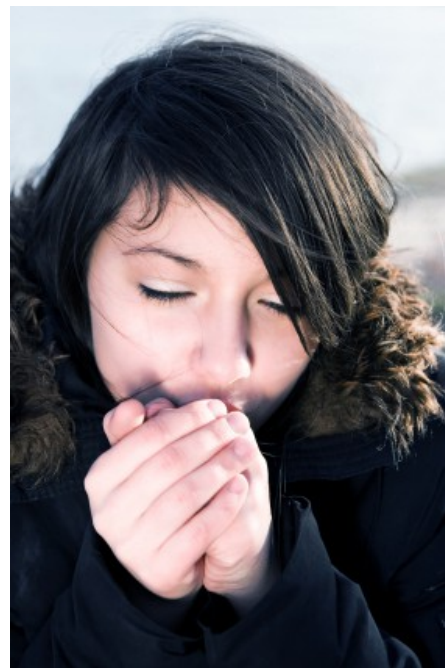
Revive: Care for Winter Skin Naturally

We Brits have an obligation to talk non-stop about the weather and here at Adore Naturals we are willing to do our bit! With storms, high-speed winds and central heating kicking-in, our skin can start to suffer.

But never fear, we have come up with some advice to help you care for winter skin, naturally.

Pocket-Friendly Skincare: Natural Balms

Natural balms are perfect for soothing chapped lips, rough cuticles and any patches of dry or sore skin. It is important to avoid balms that contain paraffin or petroleum jelly which can aggravate skin complaints such as eczema, which are often worse in the winter anyway.



A great alternative to petroleum jelly-based balms are Freyaluna's Lip, Face and Body Balms. Available in [Bergamot](#), [Rose](#) and [Lavender](#) blends, these wonderfully versatile tins of goodness have a hundred and one uses.

At just £4.50 each, they make great stocking fillers too!

Bathe Your Cares Away

Been cold, wet or just exhausted all day? A simple bath can have you feeling as good as new, especially if it's infused with natural essential oils.

We recommend winter warmers such as cinnamon, sweet orange, ginger and frankincense. These will boost circulation and give you a warm glow! For the same experience every time you wash your hands, treat yourself to the Celtic Herbal Company's Natural [Soap with Cinnamon and Orange](#) (£3.95).



Photo by Karen Roe via Flickr Creative Commons

Treat Your Feet: Natural Winter Foot Care

There is nothing worse than getting home at the end of an evening with cold damp toes! It's easy to ignore your feet when they're hidden by warm socks and tights, but give them some TLC every now and again. Soak them in a warm bowl of water infused with essential oils, or try Aromatika's [Fabulous Foot Soak](#) (£9.95)- a blend of dead sea salts and essential oils that will soothe and relax. Then dry them off and pop on your favourite slippers for toasty tootsies!



Whether you love being able to bring out your hats, scarves and gloves or you prefer to hibernate indoors with your favourite fleecy blanket, there are plenty of ways to care for your skin this winter without using harsh chemicals or artificial fragrances. All of the warming and soothing skincare goodies mentioned above can be found at www.AdoreNaturals.co.uk – don't forget to enter your exclusive discount code ADORECHRISTMAS at the checkout to claim your £5 off!

Shop: Small Business Saturday

Small Business Saturday is a grass-roots campaign that encourages people to "shop local" and support small businesses, both on December 7th and year-round.

Originally a US initiative, this is the first year that Small Business Saturday has been extensively promoted in the UK. Organisations such as the Federation for Small Business, British Chamber of Commerce and Association of Town & City Management are all supporting the campaign....as well as business champions like James Kaan, Tina Boden and Martha Lane Fox.



What we're most excited about however is the number of people who been pledging support on social media and spreading the word in their local community and beyond. The Small Business Saturday campaign is really taking off!

We started [Adore Naturals](http://www.AdoreNaturals.co.uk) because we wanted to help more people to discover high quality handmade natural skincare that just can't be found in high street or chain shops.

Sadly, not everyone lives in a thriving market town or within easy reach of local markets or craft fairs.....so being able to shop online is a must.

The internet has given a lifeline to small businesses who need to find customers outside of their immediate community to survive. But it has also made it possible for shoppers who don't have easy access to local, independent retailers in their area to support independent businesses too.

Websites like Folksy, Etsy and Adore Naturals make it easy to support small businesses wherever you happen to live. So why not pay [Adore Naturals](#) a visit on Small Business Saturday, and discover small businesses making fabulous handmade natural skincare, right here in the UK. We'll be running lots of exciting promotions and flash sales on December 7th, so keep an eye on our [Facebook page](#) for details.



Celebrate Small Business Saturday
on December 7th
- visit Adore Naturals on Facebook
for flash sales and very special offers

[Facebook.com/AdoreNaturals](https://www.facebook.com/AdoreNaturals)

Shop: Celebrating an Indie Christmas

By Clare Rayner

How to support your local economy AND purchase beautiful original gifts for your nearest and dearest!

The UK has some amazing independent boutiques which at Christmas time can provide us with fabulous, unique gifts for our nearest and dearest. Often in our rush to procure as many presents as we can, for the lowest available prices, we can overlook the hidden gems that are right on our doorsteps and spend our cash with online giants or out of town mega stores.

However, what most consumers might not know is just how valuable every £1 they spend is to our smaller, independent businesses and more importantly to their own local economy.

At Christmas smaller retailers, and especially those with seasonal or gift product ranges, hope to achieve 30-60% of their ANNUAL sales in just 6 weeks.



Photo by Duncan via Flickr Creative Commons

The ringing of their tills determines their future for the forthcoming year... make the sales and the cash is banked to pay for rent, rates, staff and new merchandise into the New Year. Fail to make the sales and, like many have before, closure may be imminent.

Still, that's the nature of business – if you don't have the right range of products that appeal to customers, at the right prices, then sales won't be forthcoming... I guess that's not quite so interesting to shoppers... What IS interesting is how valuable our cash is when we spend locally...



Photo by Birmingham Culture via Flickr Creative Commons

Research conducted by CLES (Centre for Local and Economic Strategies) for FSB (Federation of Small Businesses) showed that every £1 spent with our local, independent shops contributes about 50-70p back into our local economy. This compares to just 5p when that £1 is spent with an online giant or an out of town megastore.

So, our hard-earned-cash is worth at least 10 times more in terms of its impact on our local community if we spend it locally. Food for thought...Our independent shops are also often the platform for new brands, showcasing product that simply can't be purchased elsewhere.

As smaller businesses they are often far more ethical in their dealings with suppliers – certainly you don't hear about independent retailers selling horsemeat or working with unsafe overseas factories... So from a personal point of view, whilst it might be marginally more expensive on the face of it to shop independent, the value they offer to the customer, the product integrity and uniqueness, passionate staff and positive economic impact, I feel it's well worth making sure we all try to invest a little more of our disposable incomes with the local business owners.

You might be wondering where the best places are to shop indie – well the fact is, almost anywhere - you just need to know where to look! In the past 2 years the mix of independent retailers to chain stores has grown from 66% to 69% - so there are plenty around. However, typically independents will cluster in larger towns, often creating an “indie quarter” where you can find all the more unique boutiques and shops together. Otherwise it might be necessary to step off the main high street as typically the rent and rates commanded by these primary locations price the smaller stores out of that market... but just around the corner, in the less prominent locations, a wealth of hidden gems are awaiting you.

Smaller, rural, and market towns also tend to have a greater proportion of independent shops – possibly due to having a lower population density and hence not attracting the bigger names. It's often worth a trip out for the day to one of the UKs beautiful and historic market towns, especially for Christmas shopping.

In many areas in the run up to Christmas there are often craft markets taking place. These supplement the local store-based retail offering and provide a platform for even tinier businesses – the designer makers – that simply don't have



the volume of goods to ever justify taking on a whole shop all year round. Often their creations are totally unique, and certainly if you buy gifts from these traders you'll never risk someone else buying your loved-one the same thing!

Last but by no means least, there are now a wealth of websites and online shops which make it easy for you to shop online whilst still supporting independent retailers. Platforms like Etsy, Folksy, Not on the High Street and of course [Adore Naturals](https://www.adorenaturals.co.uk) allow you find unique gifts and support up-and-coming makers wherever you live in the UK – which has to be a good thing!

There are over 3000 shops in the UK are listed on the Independent Shops Directory – a free tool that is offered through an unfunded campaign I lead – Support for Independent Retail. You can search by inputting your postcode or town to discover independent stores are near you. However, with almost 200,000 independent shops in the UK you won't find everyone on there yet – but it's a start! See www.independentshops.co.uk

The Support for Independent Retail campaign also is promoting a “Christmas Shopping Challenge” this year. To find out if one is taking place near you visit www.indiechristmas.co.uk/christmas-shopping. This activity is designed to make Christmas shopping fun for all the family, to help attract more families back into our towns and village centres and to encourage them to visit some of the fabulous shops that perhaps they’ve never noticed before.

Of course there’s more to the campaigns than JUST Christmas – the purpose is to reconnect the local community with the local businesses, so that step by step we can all look at how, by changing our shopping habits, we can not only benefit of our local economy but also enjoy more beautiful products and better service too!

So, on that note, I hope wish you well with your Christmas Shopping and hope that you have a very merry, indie Christmas!

Clare Rayner is one of the most well-known and respected retail experts in the UK, championing for the success and sustainability of smaller, independent retailers and suppliers to retail.

A child born into a family of retailers and entrepreneurs, she is passionate about retail and business: it is in her blood. In 2011 she was invited to launch Independent Retailer Month in the UK, a global 'Shop Local' campaign.

Following the success of this campaign she created “Celebrate an Independent Christmas”, launched in 2012, featuring nationwide “Christmas Shopping Crawls” in high streets and retail communities UK wide. For further details see www.retailchampion.co.uk and www.independentretail.co.uk.



Adore Naturals Gift Guide

Is there really anything worse than bustling round a hectic shopping centre, sifting through mass-produced gifts in the weeks leading up to Christmas?

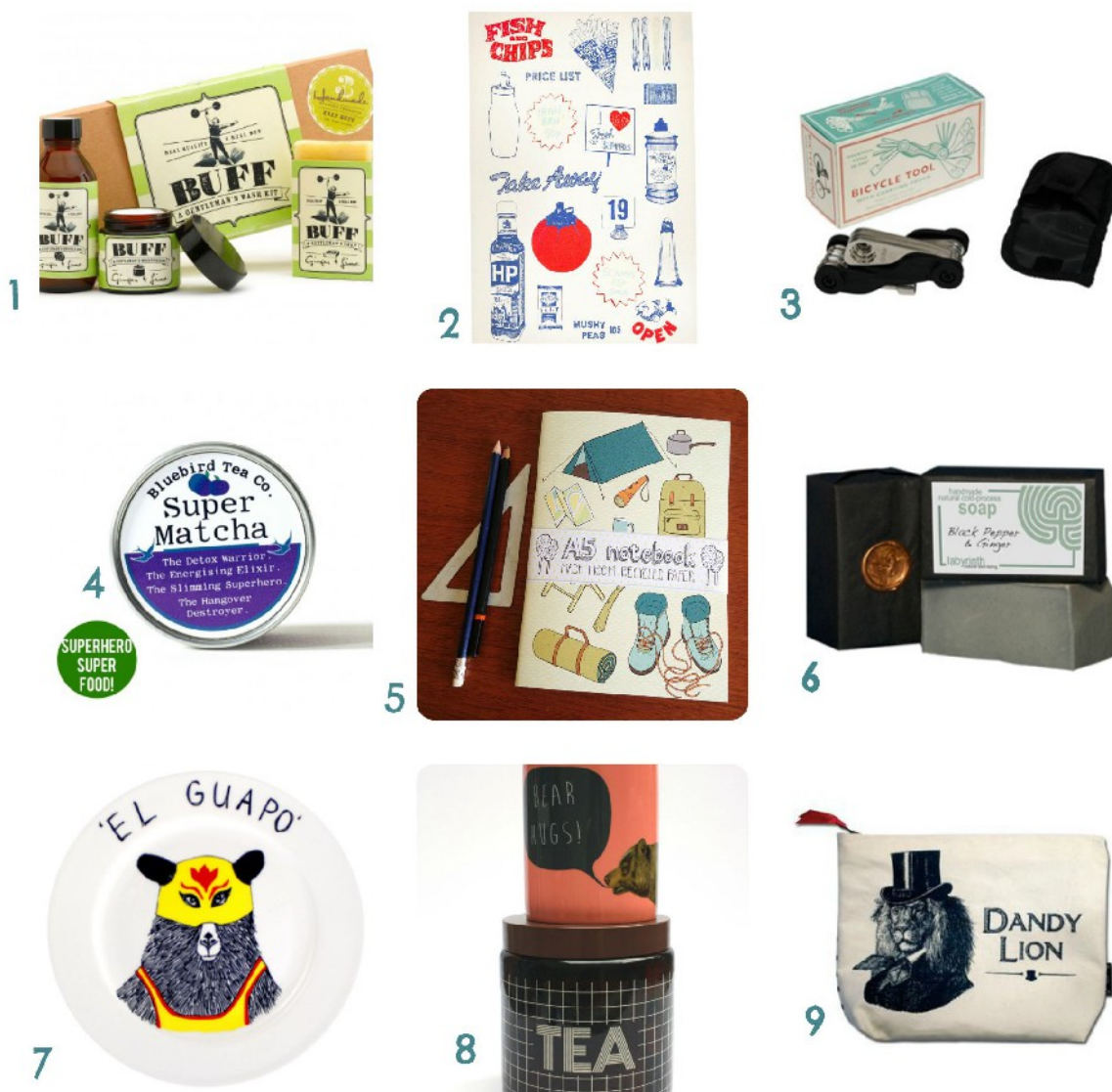
Clare Rayner has already shown us how shopping independent can benefit both you and the community but did you know you can support small, local and independent businesses online too?

Shopping online can be a great way of finding that perfect gift for a loved one- something that is unique, ethical and made with love. That's why we've scoured the internet to come up with our top handmade, eco-friendly and plain gorgeous gifts for the [Adore Naturals](#) Gift Guide.

There's something to suit every taste, need and pocket and with gifts for him, her and kids. So you can get a good portion (if not all) of your shopping done without leaving the warmth of your home... while supporting independent retailers at the same time!



Photo by cali4beach via Flickr Creative Commons



Gifts for Him

1. Buff Wash Kit
£28.00 – Adore Naturals

2. Fish & Chips Tea Towel
£9.50 – Gillian Kyle

3. Bike Multitool
£6.50 – Cox & Cox

4. Super Matcha Tea
£20.00 – Bluebird Tea Company

5. Gone Camping Notepad
£4.50 – Show Pony

6. Black Pepper and Ginger Soap
£5.95 – Adore Naturals

7. Guapo Side Plate
£22.50 – Jim Bob Art

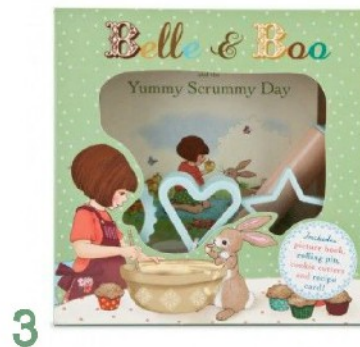
8. Bear Hugs Mug
£6.50 – Dyfal Donc

9. Dandy Lion Wash Bag
£22.00 – Chase & Wonder



Gifts for Her

- | | | |
|---|--|---|
| 1. Organic Sparrow Bag
£8.50 – Peris & Corr | 2. Recycled Leather Necklace
£15.00 – GirlWithBeads | 3. Natural Bath Oil
£9.76 – Adore Naturals |
| 4. Herbfarmacy Gift Pack
£26.75 – Adore Naturals | 5. Made in England Notepad
£12.00 – Made in These Isles | 6. iPad Case
£18.00 – ModernAndVintage on Etsy |
| 7. Handmade Note Card Set
£6.96 – MellyBee | 8. Linen Cosmetics bag
£18.00 – Seek and Adore | 9. Luxury Bath Melts
£14.00 – Adore Naturals |



Gifts for Kids

1. Lapin & Me Lamp
£60.00 – Rowdy Roddy Vintage

4. Gardening Set
£18.95 – Farm Toys Online

7. Wild Flowers Seed Set
£10.95 – Kabloom

2. Maileg Fox Soft Toy
£25.00 – Heal's

5. Organic Bear T Shirt
£13.00 – Rocket & Bear

8. Cardies Farm, £9.00 – Green Tulip

3. Yummy Scrummy Baking Set
£10.99 – Belle & Boo

6. Make your Own Molly Rabbit
£12.95 – Ella & Oscar

9. Made in Wales Reindeer Baby Shoes, £13 – Baby Pur

Get £5 off
when you spend £25 or more
plus FREE shipping



Use your exclusive code:
ADORECHRISTMAS

**Handmade natural
& organic skincare,
made in Britain with love,
including gorgeous
Christmas Gifts**

Shop now:
www.adorenaturals.co.uk/christmas

Adore Naturals is proud to sponsor UK Handmade – supporting independent retailers and designer makers in the UK



About Adore Naturals

In our wanderings through the gift and natural beauty market over the last few years, we've come to know many lovely brands producing natural and organic skincare products which are all handmade with love, care and attention.

Each producer has their own unique and secretly guarded recipes to create luxurious products using natural and/or organic ingredients. The crying shame is that not enough people know about these wonderful products.

Producers who still make all their products by hand are very creative and passionate about their products. They know them intimately and they know the benefits of each ingredient.

Small producers buy their ingredients and packaging ethically and care about their impact on the environment. They make in small batches to ensure freshness and quality. Basically, they produce wonderful products with love and care!

So we decided to bring together an amazing range of handmade brands from across the UK and provide you with a fabulous choice of natural and organic skincare products.

To find out more, please visit our website: www.adorenaturals.co.uk/about-us

Thanks again for reading – have a very Merry Christmas!