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COMMUNITY & LIFESTYLE MAGAZINE



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THIS ISSUE

editor's letter



As we entered the production cycle for our December issue, I was grappling with the thought – how can it possibly be the end of the year already? 2020 reminds me of how the passing of time in old movies was illustrated, with pages rapidly flying off the calendar! As we begin the run up to Christmas, it's impossible to predict what will be happening by the middle of December, and this year, the festive season is likely to look pretty different for most people.

But sending presents to loved ones is something we can all still do, and we've loads of fantastic gift ideas in our Christmas gift guide, all from our local high streets. It's been a tough year for the retail industry, and now, more than ever, it's important to shop local. You can still ensure your home is beautifully festooned for the season. Whether you deck your halls sparingly or adorn every surface with pine boughs, nutcrackers and elves on shelves, we hope there's something on these pages to give a festive nudge to your Yuletide spirit.

For many of us, 2020 won't go down as one of our favourite years, it's been difficult and unprecedented, yet it has reminded us of what's really important in life. And Christmas is the time to celebrate this. From all of the team at Local Life, we wish you a joyous holiday season and a safe and healthy tomorrow.

Kim x

To advertise in the February | March 2021 issue please contact kim@yourlocallife.co.uk or 07768 622 378. Inclusion in the events pages is free for local events and charity fund-raisers. For the next issue, please email details of your event to info@yourlocallife.co.uk by 6th January 2021.

Editor: Kim Williams **Contributors:** Amanda Farnese-Heath, Hayley Flanagan, Victoria McArdle, Rebecca McCosh, Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Morag Readman, Bernie Rowen-Ross.

Distributed by: Johnson Distribution Services www.jdsdoor2door.co.uk

Local Life is designed, edited and published by Local Life Magazines Ltd, the Lighthouse, Heugh Road, North Berwick EH39 5PX. Whilst every effort is made to ensure accuracy in the information contained in this magazine, Local Life Magazines Ltd cannot be held liable for any errors or inaccuracies. Any opinions expressed in this magazine are not necessarily those of the publisher.



www.yourlocallife.co.uk

LOOK WHAT WE FOUND!

"A FEW THINGS THE LOCAL LIFE TEAM HAS SEEN AND LOVED THIS MONTH..."



STYLE UP THE COSY

Editor Kim Williams' favourite PJs to cosy up in...

As the nights draw in and the weather gets chillier, is there anything better than getting home and into a fresh pair of pajamas at the end of the day? And with working from home becoming the new normal, many of us have indulged in the biggest luxury: wearing pajamas all-day-long (and putting a jumper over the top for Zoom calls). So, perhaps it's time to upgrade your loungewear and pajama wardrobe? The answer – East Lothian-based Pajama Pantry. With her four children, all at home this summer, loafing around in their old holey PJs or worse, their awful trackie bottoms, Alice Meynell was inspired to create comfortable, roomy, yet incredibly stylish pajamas. Made of natural cotton and hand-printed using vegetable dyes, these gorgeous pajamas are hand-sewn with love and care by Alice and her team, locally. What's more, all the scraps go to local charities who get paid by weight for them to be recycled. Comfy, eco-conscious and stylish – what's not to love?

pajama shorts £30 | pajama pants £35

PAJAMA PANTRY
pajamapantry.co.uk



WALKING THE WALK

Bernadette Petrie's powerful video find...

Anyone can struggle with their mental health. And, during periods of change and uncertainty it's particularly important that we pay attention to our wellbeing. This has been a year of uncertainty – a worrying time for everyone, so it's more important than ever to look after our mental health. East Lothian's Dr Peter Churn created this highly-engaging mental health video offering lifestyle tips to help improve our mental health. He really is walking the walk and this mental health prescription is worth checking out.

DR PETER CHURN'S MENTAL HEALTH VIDEO

<https://youtu.be/icc4RKEYDCE>



CLEAN UP YOUR ACT

Hayley Flanagan meets a soap star...

One of the things I love most about writing my column is the amazing artisan producers I catch up with. And Helen Atherton of Dook was no exception. Dook based in Portobello, makes salt soap in small batches using organic ingredients, essential oils and natural earth based colours. Each batch is mixed and poured by hand creating a distinctive, high-quality hand and body soap. Their soaps are made with Himalayan salt, coconut oil and shea butter which create a firm, long-lasting bar and a uniquely rich, luxurious lather.

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AND OWNERS WELCOME TOO

words: kim williams

The benefits of pet ownership for health and wellbeing are well-documented, reducing loneliness and anxiety, lending daily structure, and lifting mood.



And that's in normal circumstances, and this year has been far from normal with the coronavirus lockdown tough on many. But, according to new research, owning an animal companion boosted mental health and reduced feelings of loneliness. Pets proved a lifesaver for many, providing companionship, consistency, joy and helped to keep their owners active, demanding routine and daily walks, pandemic or not!

Natalie Bruce owner of NB Dogs has always been aware of the benefits of pet ownership. Natalie began working with dogs, running a professional dog walking business and volunteering for dog rescues, whilst her children were young. She says, "I had always loved and cared for animals but there was a point in my life where I realised just how much I needed dogs, and just how much dogs need us too. Although I loved my career in social care, I always came back to working with dogs."

From humble beginnings as a pop-up shop in Whynot? on North Berwick's High Street (where it still has a presence), business quickly grew and Natalie opened East Lothian's first dog boutique at its Fenton Barns location in June last year. Stocking premium dog products, training aids, bedding and natural dog foods, the inviting and calming space is tastefully decorated with rustic handmade furniture, potted plants, sheepskin and a comfy Chesterfield sofa to relax on. Natalie says; "Our mission is to create long-lasting relationships with each of our customers. We appreciate every visit, even if it's a quick hello or you need some advice. There is never, ever any pressure to buy at NB Dogs and we are genuinely happy to just hang with you and your dog for a chat."

And with more than a fifth of UK households estimated to own at least one pet, it's no surprise Natalie and her team are kept busy. So much so, that Gullane has become home to their third store – a new Dog Boutique with a Cat Corner too. "Gullane has felt like home to us for a long time. Our children attended primary school there and we've made many good friends over the years, both humans and dog! What we love most about Gullane is that there's a real sense of community and we're really lucky to be a part of that." explains Natalie.

Which ever location you visit you'll be sure of a warm welcome, good advice and a gorgeous array of premium products. Dogs of all shapes, sizes and temperaments are welcome (and their humans too).

NB DOGS

Main St, Gullane

open: Tue to Sat 10am-4pm, Sun 11am-4pm

Unit 2, Fenton Barns Retail Village, North Berwick

open: Sat & Sun 11am-3pm

WhyNot? High Street, North Berwick

open: daily 10am-5.30pm

www.nbdogs.co.uk



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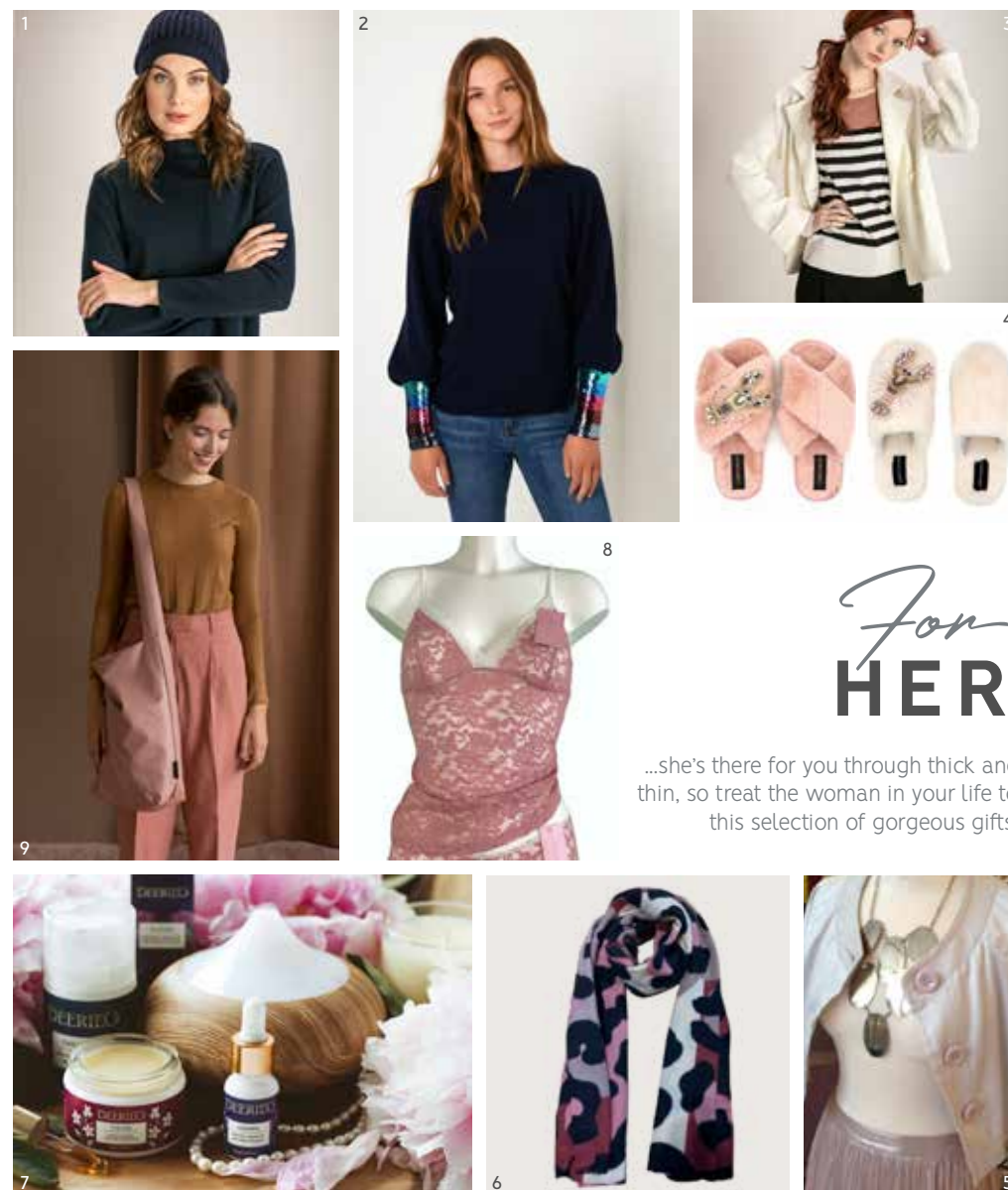
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C H R I S T M A S

Gift GUIDE

There's no denying it – 'tis nearly the season! It will come as no surprise that we love Christmas at Local Life, we also love shopping so we've had fun compiling this year's Christmas gift guide for you. From the fabulous to the fun, the stylish to the surprising – here is our choice of perfect presents to suit all budgets. All from your local high street... happy shopping!



For
HER

...she's there for you through thick and thin, so treat the woman in your life to this selection of gorgeous gifts.

1 Maria Bellentani Italian Wool Navy Sweater £109.95, Hat £29.95, **3** Maria Bellentani Italian Wool Knitted Blazer £199.95, Striped Sweater £109.95, **4** Laines London Closed Toe Slippers £39, Open Toe £35, **6** MSH Animal Print Scarf £20, all from **SECRET BOUTIQUE** Main Street, Gullane | **2** Wyse London Navy Cashmere Sweater with sequin cuff £250, **8** Ella & Me Camisole £26, Briefs £14, all from **HEART & SOLE** 60 High Street, North Berwick | **5** Vintage clothing and accessories **MADAME BUTTERFLY** 95 High Street, North Berwick | **7** Aurora Facial Oil Serum £27, The Veil Cleansing Balm £17 **DEERIEO.COM** | **9** Tinne + Mia Bags from £14.99 **NØRDEN** 82 High Street, North Berwick



For the HOME

...gorgeous and stylish treats for the home lover this Christmas.

For HIM

...treat him to some masculine, stylish and luxurious goodies.



1 Chequered Throw £69 **TIME & TIDE** 11 & 48 High Street, North Berwick | **2** Diffuser from £18.00 **LAURA THOMAS CO** Lighthouse, Heugh Road, North Berwick | **3** Blomus Nona Vase Trio £20.00, **4** Knottinger Ring Bowl £14.00, **7** Korridor Concrete Animals from £50.00, **8** Happy Lights 20 or 30 String (pick your own colours) from £30.00, **9** NØRDEN Crystal Advent Calendar £50.00, all from **NØRDEN** 82 High Street, North Berwick | **5** Pillows small £16, large £29.99 **MADAME BUTTERFLY** 95 High Street, North Berwick | **6** Recipes for Happiness £10 **STEAMPUNK** 49A Kirk Ports, North Berwick

1 Barts Beanies, **2** Arcade Belts from £20, **3** Passenger Enamel Mug £14.99, **4** Northcore Time and Tide Clock £39.99, **8** Stance socks £20, **8** Northcore Kick Back Hammock £34.99, all from **GREAT ESCAPE** 57 High Street, North Berwick
5 Wine Rack Chest Cabinet £460, **6** A Field Guide to Whisky £19.99, **7** Amber Glass Tumblers (set of 4) £40, all from **TIME & TIDE** 11 & 48 High Street, North Berwick

For the JET SETTER

...gifts for the person who is always on holiday
– maybe they'll take you with them, next time!



For the LITTLE ONE

...shop our pick of presents – simply perfect for
the little (or not so little) one.

1 Elizabeth Scarlett Velvet Every Day Pouch £28, **8** Eye Mask £25, all from **HEART & SOLE** 60 High Street, North Berwick
2 Sophie Allport Bees Umbrella £25.99, **5** Frank Green Wild Ones Ceramic Reusable Cup £27.99, all from **OLD SMIDDY** Gullane | **3** Beatitude Facial Night Oil 30ml £38, 10ml £14 **BEATITUDE** www.beatitudeproducts.co.uk | **4** Sorel Women's Whitney Flurry Boots, **9** Icepeak Addison Coat, all from **GREAT ESCAPE** 57 High Street, North Berwick | **6** ROKA Finchley Sustainable Bags from £59.95, **7** Plum & Ashby Hand Cream £12, all from **TIME & TIDE** 11 & 48 High Street, North Berwick

1 Budgies £25 a set, **8** Rocking Horse £35, all from **MADAME BUTTERFLY** 95 High Street, North Berwick | **2** Mayoral Bow Jumper £26, **3** Best Years Organic Cotton Diplodocus £13, **4** Unicorn Glitter Clips £6, **7** Plan Toys Doctors Set £33, **9** Kindness Co-op Rainbow Sweatshirt £30, all from **COASTAL KIDS** 40 High Street, North Berwick | **5** By Eloise Snowflake Hair Band £6.99, **6** Squish-a-Boo £12.99, all from **OLD SMIDDY** Gullane

KEEPING IT LOCAL

words: kim williams

Every business has a story to tell; the inspiration behind the brand, what they do, and why. And, for the local business, this story is even more important. When we shop locally – for either a product or a service – we want to engage with the business, we want someone who knows their business inside out, we want to relate to their story and we want to be treated like a friend.

This ethos certainly rings true for Emma Martin of Emma Martin Photography and Elspeth Fawcett, owner of Yummikeys. For these East Lothian-based businesses, supporting local works both ways, and by collaborating with other local companies they certainly practice what they preach.

Inspired by her children's obsession with keys, Elspeth began designing a range of stainless steel and silicone baby toys and teething rings, and in 2017, Yummikeys was born. Three years on, the business has gone from strength to strength and as well as selling online, products are stocked in many local shops. Elspeth told me product photography certainly contributed to her success. *"I needed to get both product and lifestyle shots in order to launch, so contacted Emma who was based in Gullane. Amazing photography from Emma has been absolutely essential to selling my products and growing an online business. I now have a team of five part-time freelancers and all, but one, are based in East Lothian."*

For Emma, creating a visual story is important and she uses her talent as a family and baby photographer to help many local businesses tell their own stories. Whilst product photography and head shots play a part it's branding and lifestyle photography which really help bring personalities and products to life. Emma told me she was really excited to be part of Yummikey's journey. And, both Emma and Elspeth have brought other local companies along for the ride, incorporating local products and venues in the photo shoots. Emma says; *"Working with small or start-up businesses and creating imagery to help them sell their products and services and watch them grow is one of the most satisfying parts of my job. I've loved watching Yummikeys grow and photographing each new product for online sales, as well as capturing babies interacting with the products during lifestyle photo sessions, is always great fun."*

And with Christmas just around the corner, both Yummikeys toys and Emma Martin Photography gift vouchers make great gifts – keeping it local.

IMAGE | Emma Martin Photography

TREE | East Lothian Christmas Trees at Beanston, Beanston Farm, Haddington

WOODEN LEAF TREE DECORATIONS | katemillbank.co.uk



GINGERBREAD TREE DECORATIONS
littys larder.com

WOODEN STAR TREE DECORATIONS & WRAPPING PAPER | Old Smiddy, Gullane

YUMMIKEYS

RUG
tartanblanketco.com

BABY BONNET AND JUMPER | Jane Reay Knits

LEGGINGS | bearandbabe.com



Emma in Action



Emma & Elspeth

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DECK the HALLS

With Christmas on the horizon it's time to start thinking about festive decorations, nothing beats hanging a fresh wreath on your front door, twinkling lights and a beautifully decorated Christmas tree in the window. We may not be able to party and have the huge family gatherings we're all used too, but we can take great pleasure in our decorations. Victoria McArdle from Secret Garden Events Florist gives us a step-by-step guide for making your own Christmas wreath.

YOU WILL NEED:

- A straw base
- Secateurs/scissors
- Stiff florists wire
- Binding wire
- Moss and a selection of garden foliage of your choice; holly, laurel, eucalyptus, pittosporum, conifer, ivy, box and viburnum all work well.
- Decorations such as; pinecones, dried oranges/limes, cinnamon sticks, you could spray dried seed heads or hydrangea flowers for that extra bit of sparkle.
- Ribbon

WHAT TO DO:

Step 1

Cover your straw base with the moss using the binding wire. Secure the wire at the start and carefully wind round the moss and ring until completely covered and secure.

Step 2

Cut your foliage into 4 inch lengths. Using the florist wire, group foliage into small bunches.

Step 3

On my wreath I have left half of the moss exposed and decorated with spray silver berries for a frosted look. You could cover the whole wreath with foliage if you wish.

Attach the bunches to the wreath with the binding wire. Start on the outside and work your way in. I started at 9 o'clock and finished at 6 o'clock and did the same on the other side – 3 o'clock to 6 o'clock.

Step 4

Once your foliage is all in place you can add in your decorations. Wire your decorations with the stiff florist's wire and be sure to leave a length you can either push into the straw base to secure or gently wire round a piece of foliage.

Step 5

Use a ribbon to tie round top of wreath and attach to door.

Wishing you all a healthy and happy Christmas

Victoria x



If you don't fancy going DIY this year then Secret Garden Events Florist make wreaths to order

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Festive LIVING

Christmas is just around the corner,
and transforming your home into a
winter wonderland is a great way to
embrace the festive spirit. If you fancy
giving your festive decor a refresh,
then we've got the latest looks for
dressing the tree whether you keep
it traditional or lean towards the
opulent. We know you're not going
to overhaul your entire collection of
baubles, but we've found a few twists
on our favourite trends, so you can
update your look with some special
new pieces.

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TIME & TIDE

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www.timeandtidestores.co.uk

A dusting of glitter and a sprinkle of sparkle,
brings a glamorous touch to this ultra luxe
theme. Magical doves and feather baubles,
soft to the touch in snowy white, combined with
glittery angel wings and poinsettias, makes this a
very sophisticated look.

White Feather Dove Clip On £10.95 | Gem Stone Feather Bauble £4.95 | Glitter Angel
Wings Bauble £7.50 | Poinsettia Clip On £7.50

Ultra Luxe





Whimsical Blush

Adorn your space with this year's key colour trend in blushing rose with flourishes of gold, mauve and pale pink. Feather baubles, glittering bird cages, fluttering, feather clip birds and butterflies add to the fun and whimsical Christmas setting.

Glitter & Feather Clip On Bird £3.95 | Clip Butterfly £7.95
Birdcage Bauble £3.95 | Gem Stone Feather Bauble £4.95



Traditional Twist



A traditional Christmas tree dressed in red, gold and vintage decorations is a magical sight to behold. But in amongst all the serious orb-shaped baubles and twists of foliage add a peek of personality. These pearlescent lips baubles, golden champagne bottles and metallic stag baubles are perfect for a quirky twist.

Pearlescent Lips Bauble £13.50 | Golden Champagne Bottle £3.95 | Metallic Stag Bauble £4.95 | Sven Elves from £9.95





THE Sweetest CHRISTMAS

Satisfy your sweet tooth this festive season with these two gorgeous bakes. Instead of the normal Christmas puddings we all tuck into, why not try something a bit different. This no-cook vegan mango and cardamom cheesecake, is a cheesecake without the cheese! Or quickly whip up this Nut and Dried Fruit Chocolate Delight. Perfect for giving as a homemade gift or eating after dinner with coffee.

MANGO & CARDAMOM CHEESECAKE WITH EDIBLE FLOWERS

BASE

12 Medjool dates	Pinch of sea salt
100g ground almonds	1 tbsp cocoa powder
100g ground pecan nuts	Pinch of turmeric and a
50g desiccated coconut	touch of black pepper

Put all ingredients in a food processor and blend together until a ball is formed, or you can pinch the ingredients and they stick together. If it feels a bit dry add a touch of maple syrup. Then press into a 18cm spring form cake tin lined with biodegradable cling film.

TOP

2 very ripe mangos	Agave syrup to taste
½ tsp cardamom essence	200g cashews soaked in
1 tsp cardamom powder	cold water for 5 hours
½ cup coconut oil	

Peel the mangos and remove all the flesh and squeeze with your hands to get as much of the pulp off. Drain the cashews and then mix all the ingredients together. Spread over the base and place in the fridge to set. Decorate with edible flowers.

NUT & DRIED FRUIT CHOCOLATE DELIGHT

1. Melt 300g of Lindt 75% dark chocolate over a pan of hot water.
2. Roast 200g of your choice of nuts (I use pecans walnuts and hazelnuts) in the oven (160°C) for 15 minutes, then chop.
3. Chop up your favourite dried fruit. I love Suma figs (from Earth Matters on North Berwick's high street) and undyed cherries and orange peel. I make my own by gently boiling two waxed organic oranges in sugar and water for half an hour. Remove the pith and the middle of the orange, then chop as finely as you like the peel.
4. Add the nuts and dried fruit to the chocolate. I also add a bit of cayenne pepper for a kick, a few crushed pink peppercorns and some really good vanilla essence.
5. Spread the mixture on greaseproof paper and leave to set. Once set, break into pieces.



This year has been interesting to say the least. We're in lockdown, we're not. You can eat out, you can't. Unfortunately the uncertainty goes on, and I've had little or no opportunity to discover any new foodie gems. So, here are my top ten Christmassy places to eat and shop at, if we're allowed to. All tried and tested (from years gone by).

1. **Spry Wine Shop and Bar on Leith Walk**
Biodynamic wine, champagne and beer with a great selection of sharing plates.
2. **Mainstreet Trading Company, St Boswells**
A bookshop, great café, magnificent deli and home wares. A destination store not to miss.
3. **Bross Bagels, Edinburgh**
The funky way to eat a bagel crammed full of delights such as lox and cream cheese. Fun, super tasty and good value.
4. **The Register Club, The Edinburgh Grand**
Hidden away on the fourth floor of the Edinburgh Grand this cocktail bar is a great place to hang out and try some of their works-of-art cocktails.
5. **Twelve Triangles Easter Road**
Great espresso, savoury and sweet pastries, salads and delicious sourdough. Easter Road is lucky to have you.
6. **Sri Lankan Delights**
A vegan delivery service based in East Lothian. Eating Suran's food you'll instantly feel nourished, clean and super healthy.
7. **Little Chart Room, Leith Walk.**
For something special, once they re-open, this is my 2020 place to eat. Roberta Hall creates platefuls of delicious magic.
8. **Traquair House Café, Innerleithen**
If you're visiting the Borders check out this gem. I tried a mashed potato and almond cake – one of the best heavy cakes I'd eaten that year.
9. **Ondine, Edinburgh**
If you're a fish fan then this is the place to eat. I'm giving them the gold star, dine at home during lockdown award!
10. **Fish and Chips at Newhaven Harbour**
Just the best! What more can I say.

Merry Christmas and thanks for following my column.

Amanda

AMANDA'S FOODIE FINDS

I WAKE UP...

Early doors, about 5.30am, as quietly as possible so not to wake up our three girls. Biffy our cat comes in from his nightly adventures and I have a strong black coffee while going through the orders for the day and checking the lobster count for the day ahead.

WORK STARTS...

By collecting lobsters from Seaciff before heading to our kitchen unit at The Mart in East Linton, unless I'm out fishing with Jack Dale or one of his crew, which I try to do once a week. We check the tide times and we're out at sea early. Nothing like being on the water and a blast of sea air first thing in the morning.

A TYPICAL DAY...

A busy day would begin with collecting lobsters and preparing all the seafood for the day. BBC Radio 6 keeps me company while I cook and pack all the orders ready for delivery in the afternoon. It's great to be able to get back home in the evening and see our three girls, Freya, Mia and Rowan.

BEST PART OF THE JOB IS...

When I worked on a yacht getting the freshest and finest produce, although expensive, was definitely a highlight. Now I love being able to use the same high-quality seafood that is produced right here on our doorstep and deliver it round East Lothian. We live in such a beautiful part of the world and I feel privileged to deliver amazing seafood and see how happy it makes our customers.

AND THE WORST...

It can be hard working on my own in the kitchen and not having the 'galley banter'. But there are lots of great businesses next to us at The Mart so I can pop out for a chat at any time.



A DAY IN THE LIFE OF PHIL MILL-IRVING EAST COAST LOBSTERS

CAREER HIGHLIGHT...

I've been lucky that I have a few, but living in the French Alps for nine years and being able to ski and cook in the same town was amazing. Working on MY Northern Star for eight years was also a highlight, as we travelled to incredible places such as Greenland, Norway and the Caribbean. But now being based at home and launching my own business is definitely up there.

AFTER HOURS...

Coming home after a busy day cooking and delivering, it's good to switch off with a glass of red and a good cheeseboard, and spend time with the family. Catching some of the autumn internationals in rugby has been a real stress reliever too.

IN TEN YEAR'S TIME...

I'd like to see a bigger team working with ECL so we can supply even more people with sustainably locally-sourced seafood. Working at sea for so long taught me the importance of working well within a team and the great things that can happen when good communication and team spirit comes together.

East Coast Lobsters was founded by husband and wife team, Phil and Annabel. Combining a love of seafood with culinary skills, ECL was established in 2020, after Phil was unable to return to his original job as a chef on a super yacht in America due to COVID-19. Phil has a wealth of experience in the catering industry, starting in East Lothian at the legendary Greencaigs hotel in Aberlady.

Expanding on his culinary skills, he began working as a chef on super yachts catering for a diverse range of clients with many demanding requests.

ECL delivers fresh seafood, including many delicious dishes such as North Berwick lobster, seafood platters, and half shell scallops in a choice of two sauces, to customers so they can enjoy restaurant-quality food within the comfort of their own home.

www.eastcoastlobsters.co.uk



shop online



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perfect roasts every time



delicious local produce



Christmas trimmings



bespoke hampers available



building a future



shop safely in the country

Well 2020 certainly threw us all didn't it. We've all had to adjust, so much, the way we live our lives but we've pulled together as a community and supported each other. Huge thanks go to our customers who continue to shop with us, and those who stepped in to help us as our delivery demand exceeded all expectations.

We've almost reached the end of the year and whilst we know Christmas is going to feel very different, we're still hoping to bring you some festive cheer. We continue to support an array of over 30 wonderful local producers and we'd love you to continue supporting us all too. Let's keep it local this Christmas, in every sense. Orders are now being taken for gammons and all the trimmings. We'll be delivering throughout the winter so let us help.

With our grateful thanks. Stay safe and keep looking after each other.

Jane & Grant

THE BRAND FAMILY LARDER

East Fortune Farm, East Fortune, North Berwick EH39 5BT
e:hello@brandeastfortune.co.uk | t:07785348230 | www.brandeastfortune.co.uk





Yester Farm Dairies



The Spice Witch



Gullane Glögg



Brodies

GREAT TASTE WINNERS

Four businesses from across East Lothian have been awarded much-coveted stars in Great Taste 2020, the world's most trusted food and drink awards. The four businesses, all extremely different, but each very much embodying quality artisan produce, are now able to display their stars on their product packaging.

Judged by 144 of the most discerning palates, belonging to food critics, chefs, cooks, restaurateurs, buyers, retailers and producers, as well as food writers and journalists, Great Taste is the most coveted of all food and drink awards. As well as a badge of honour, the unmistakable black and gold Great Taste label is a signpost to an outstanding product, which has been discovered through hours and hours of blind tasting.

Well known Gifford business, Yester Farm Dairies won a two-star award for its signature cottage cheese which the judges said had 'lifted cottage cheese to a new dimension.' The Spice Witch also won two stars for her flagship product, Mango and Chilli Chutney, which is still made entirely by hand in small batches in order to ensure the 'amazing aroma' that the Great Taste judges loved so much. Gullane-based By Julia won one-star with her drinks mixer Gullane Glögg – a delicious combination of orange infused with spices, which can be added to either red or sparkling wine. And last, but by no means least, Brodies, a business synonymous with the finest teas and coffees since it was founded in 1867, won two sets of one-star awards for its Kilimanjaro coffee and its Skeachan cake, which is based on a traditional treacle and ale rich fruit cake.

Rebecca Muir, Business Manager for East Lothian, Scotland's Food and Drink County said; "These four businesses should be extremely proud of what they have achieved, and they demonstrate the breadth of talent and wonderful taste coming from East Lothian's food and drink sector. The community has been so supportive of our local producers, particularly over recent months, and I'm sure that has contributed to what they've been able to achieve."

YESTER FARM DAIRIES | yesterfarmdairies.co.uk

THE SPICE WITCH | thespicewitch.com

GULLANE GLÖGG | byjulia.uk

BRODIES | brodies1867.co.uk



EAST COAST LOBSTERS

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call or email 24 hours prior to secure delivery
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www.eastcoastlobsters.co.uk



Award Winning Gullane Glögg

The answer to delicious mulled wine without the effort!



Gullane Glögg received a Great Taste Award 2020

www.byjulia.uk

also fabulous with fizz...



A WEEKEND WELL SPENT, BRINGS A WEEK OF CONTENT

Here at the Nether Abbey Hotel, we celebrate the weekends in style with our much-loved brunches and Sunday roasts. The hotel owners, Stirling and Jela Stewart, are both lovers of these two great meals and are delighted to introduce this exciting new offering to the hotel.

WEEKEND BRUNCH

Themed around all the classics you know and love, our egg-cellent menu will not disappoint the brunch fans among you! It's served between 10am and 1pm on Saturdays and Sundays so ideal for those of you who would like to fill up before a long walk along the beach, or wake up a little later and feed your hangovers! The atmosphere is relaxed and cosy with cocktails and coffees galore to kick start your day the right way. Think eggs as you like them, full Scottish breakfasts, pancakes and porridge. We've got it all covered so all you need to do is sit back, relax and enjoy.

SUNDAY ROAST

We know that cooking on a Sunday can be quite an overwhelming thought and you may wish to let someone else do the work for a change. We're proud to offer a stellar Sunday roast at the Nether Abbey Hotel, even if we do say so ourselves. Think top quality local beef, all of the sides and all of the gravy! With our relaxed bar, cosy conservatory and more formal restaurant seating, we proudly cater for all occasions with the same smiley service and top quality food regardless of where you are seated. Treat yourself with the ultimate comfort food this Christmas.



The NETHER
ABBAY HOTEL

20 Dirleton Ave, North Berwick, EH39 4BQ
t: 01620 892802 | e: bookings@netherabbey.co.uk
www.netherabbey.co.uk



NB DISTILLERY

Proudly presents...
Christmas Ginspiration in a Gin Hatter and
Ginsolation Box. Starring:

THE GIN HATTER

1x70cl gin, 1x20cl Navy Strength Gin, 2 tonics,
500ml hand sanitiser, with one glass £48.50 | two
glasses £58.50

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1x70cl gin, 4 tonics, 500ml hand sanitiser £36
(available with NB Navy Strength Gin £42.50 or
NB Samphire £46.50)

THE NB SELECTION

Choose from; NB Classic Gin £32.50, NB Navy
Strength £45, Limited Edition NB Samphire £46,
NB Light Fruity Rum £35, NB Full Bodied Rum £35,
NB Spiced Rum £35

We're also running virtual one hour taster tours via
Zoom (minimum 10 people | £35 per person)

APPEARING AT THE CELLAR DOOR, NB DISTILLERY
Mon to Fri 10am-4pm, 13&14, 19&20 December 12-4 pm
Also available at JP's Deli Cafe, North Berwick

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THE VILLAGE SCHOOL

Experiential event specialists Rogue Village took their signature feel good vibes into the world of online workshops and masterclasses with their launch of The Village School in October.

With restaurants, pubs and gyms closed during lockdown thousands of us turned to Zoom to get a creative workout, and online courses boomed. Directors of North Berwick-based Rogue Village, Peter and Jenny Maniam recognised the 'webcam-in-the-spare-room' style, that many out-of-work creatives resourcefully pivoted to. But these often felt two-dimensional and uninspiring, doing the talented workshop leader no favours. Inspired by lifestyle publications such as *The Selby*, The Village School was born. Featuring a range of beautifully-shot workshops from some of the UK's most exciting creatives, participants can learn new skills such as floristry, photography, wild cooking and calligraphy as well as gaining an insight into the lives of the mentors – all from the comfort of their own home. Workshops are pre-recorded and participants have lifelong access to the course so they can work at their own pace, and return to the workshop whenever they want.

Mentors include Great British Bake-Off's youngest ever runner-up and owner of ARAN Bakery, Flora Shedden; Trinidadian Calligrapher Paul Antonio – one of the Queen's four scribes and go-to scribe for the world's leading fashion brands; Ceramics with Channel 4's Great British Pottery Throwdown finalist Matt Cronshaw and Pyrus Botanicals whose locally sourced and seasonal approach to floristry and botanical installations has been lauded by US Vogue, The Telegraph, The Times and Fashionista.

Jenny explains; "We live in such a busy world, and right now, in very strange times. It's more important than ever to ensure we're taking time for ourselves and decompressing. Many of our mentors talk about the benefits of learning and being creative, have on their wellbeing and mental health. When was the last time you tried or learned something new? It can be so empowering and uplifting."

And with Christmas approaching The Village School provides a unique and thoughtful gift option with beautifully designed gift cards, whilst The Village Store offers add-ons from course mentors such as; cookbooks, wreath making kits and handmade products.

Launching with Floristry, Baking, Photography, Wild Cooking, Calligraphy and Soap Making | £35 per course
www.thevillageschool.co.uk



Flora Shedden



Hilda Carr



Jessica Elliott Dennison

Flora Shedden - Baking
Paul Antonio - Calligraphy
Matt Cronshaw - Ceramics
Pyrus Botanicals - Floristry
Nigel John - Photography
Dook - Soap Making
Ruairidh Emslie - Cooking by Fire
The Free Company - Grow Your Own
Hilda Carr - Ceramics
Jessica Elliott Dennison - Tin Can Magic
Bon Tot - Starting a Lifestyle Brand

Village School Mentors

FIDRA FINE ART MIXED WINTER EXHIBITION

5 DECEMBER 2020 TO 28 FEBRUARY 2021

Featuring work from;

Claire Beattie, George Birrell, Georgina Bown, Chris Brook, Davy Brown, Alison Burt, Dominique Cameron, Alan Connell, Jimmy Cosgrove, Matthew Draper, Michael Durning, Ronnie Fulton, George Gilbert, Andy Heald, Simon Laurie, Sarah Lawson, Steven Lindsay, Alan Macdonald, Carolynda Macdonald, Neil Macdonald, Rachel Marshall, Alice McMurrough, Alison McWhirter, Sandy Murphy, Jim Rae, Naoko Shibuya and many more.

7-8 Stanley Road, Gullane EH31 2AD

t: 01620 249389 | e: info@fidrafineart.co.uk | www.fidrafineart.co.uk

To-do LIST

things to see and do in our local area...



A COLLECTIVE CHRISTMAS

The North Berwick Art Collective have partnered up with the East Lothian Foodbank and is hosting an online Christmas shop featuring original artworks for sale created by its eight members. The collective is made up of professional and award-winning artists; Astrid Trügg, Angela Repping, Jayne Stokes, Rosie Savin Angel, Rachel Marshall, Julia Zeller Jacques, Hannah Louise Lamb and Holger Mohaupt. The aim of the project is to encourage people to support local creatives by purchasing an original artwork for Christmas, and 30% from the total sales will be used to help families in need on Christmas day by supporting the Jingle Bags project at the East Lothian Foodbank.

1-8 December 2020

shop online at: www.facebook.com/northberwickartcollective & Instagram @northberwickartcollective



NEW PUBLIC GARDEN OPENS AT THE PALACE OF HOLYROODHOUSE

A new garden at the Palace of Holyroodhouse, consisting of three distinct areas, each representing a phase in the Palace's 900-year history, has opened to the public. The garden can be freely enjoyed year round, with seasonal planting inspired by some of the earliest recorded gardens on the site. Adjacent to the new Abbey Strand Learning Centre, it will also be used by school and community groups to explore how plants have been used to improve health and wellbeing.

Public garden at the Palace of Holyroodhouse is open every day | free admission



SOCIETY OF WILDLIFE ARTISTS TOURING EXHIBITION AT THE SOC

Each year the SWLA organises an exhibition of the very best wildlife art in the UK and a subset of this annual exhibition is touring to Aberlady. Around 25 painters, printmakers and sculptors are showcased, including; Carry Akroyd, Richard Allen, Kittie Jones, Lisa Hooper, Robert Gillmor and John Threlfall. Both the SWLA and the SOC aim to generate an appreciation for the natural world through art. The exhibition offers a great range of approaches to the subject and is both thoughtful and delightful.

26 November 2020 to 10 January 2021 (Thu to Sun 10am-4pm)
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady
www.the-soc.org.uk

Christmas CHURCH SERVICES

In light of what is happening regarding COVID-19, it will come as no surprise that we've been unable to publish all Christmas service times.

Abbey Church are offering a Christmas Eve service via zoom and a Christmas Day service at 10.30am in the church. Booking is essential.
t: 01620 892800 | e: abbeychurch@abbeychurch.co.uk

There are Christmas services at **St Andrew Blackadder Church** on Christmas Eve and Christmas Day both online and in-person.

YouTube: simply enter 'St Andrew Blackadder'
Details of services and for booking:
www.standrewblackadder.org.uk

Aberlady and Gullane Parish Churches visit www.aberlady-gullaneparishchurches.org.uk for details of services

SHOP FOR INDIE CHRISTMAS GIFTS

Don't forget the local high street when doing your Christmas shopping this year. Support local and head to our high street's indie shops for the very best gifts, art design, homeware, fashion and food. What's more, you can late night shop too. North Berwick shops open late every Thursday in December and Gullane shops are open late Friday, 4th December.

WEEKEND TIDE TIMES

DEC 20		High Water		Low Water	
		AM	PM	AM	PM
4	Fri	0442	1654	1005	2245
5	Sat	0524	1736	1038	2329
6	Sun	0611	1823	1122	
11	Fri	1127	2349	0511	1728
12	Sat		1221	0606	1821
13	Sun	0042	1310	0700	1926
18	Fri	0454	1706	1046	2321
19	Sat	0545	1755	1118	
20	Sun	0637	1848	0001	1151
25	Fri	1121	2339	0500	1711
26	Sat		1214	0546	1801
27	Sun	0030	1259	0627	1846
JAN 21		High Water		Low Water	
		AM	PM	AM	PM
1	Fri	0352	1606	0916	2147
2	Sat	0433	1645	0948	2221
3	Sun	0517	1727	1021	2259
8	Fri	0951	2222	0306	1530
9	Sat	1102	2336	0415	1642
10	Sun		1207	0531	1801
15	Fri	0400	1609	0940	2208
16	Sat	0443	1650	1016	2245
17	Sun	0525	1730	1049	2330
22	Fri	0916	2133	0209	1437
23	Sat	1020	2243	0311	1544
24	Sun	1127	2350	0419	1658
29	Fri	0256	1513	0838	2106
30	Sat	0335	1550	0913	2142
31	Sun	0416	1628	0947	2216

These are predicted tide times for Fidra, given in GMT and no liability can be accepted.



THIS CHRISTMAS, CELEBRATE HUMANITY

Bernie Rowen-Ross says I'm sure, like me, you're looking forward to the end of 2020 'annus horribilis' and hoping for 'annus mirabilis', which means wonderful year, in 2021.

Today, more than any other, is not a time for spending a fortune on unwanted Christmas presents and merry parties. It is a time to reflect on the amazing work performed by the helping-professions, the service-professions and the unseen heroes of the year. So this year, let's celebrate them. How about a Christmas hamper for the nurse down the road, or the doctor who has been on duty while we sleep in our warm beds? The cleaner who has had their work doubled due to an unseen enemy, the volunteers who still do their voluntary work even if it puts their lives in danger, or for the lonely old man who cannot visit his family because it is just too risky. This Christmas, let's celebrate our common humanity.

Whatever we do this festive season, let's try to support as many local businesses as we can. It has been a really tough year for many, and we can share the cheer, by making sure everyone gets a slice of the pie. This year, try making your gifts – it will make some-one very happy. A friend of mine has 'present rules' – the gift must be either recycled or handmade. This way, the effort is rewarded with far more joy, than if the gift was delivered by an impersonal courier service.

Celebrate consciously. We saw how pollution decreased when we had to work from home. Let's

be conscious of the planet today, we all know we can make a great impact on our environment for the good. We've changed in the past year, and so much of what we have done – not taken flights and enjoyed holidays at home, spent more time with our families – has made an ecological difference. I know for some, this has been really tough, and this hasn't gone unnoticed. For others, the gift of a simple life has been rewarding. Our on-line presence has increased, so much so, that we've become screen weary and board games have become a 'thing' again. We've learnt we can have fun even in dire circumstances.

Let 2021 be a year to be celebrated as we continue to be more conscious of all that is around us? I plan to make the coming year one to be remembered for the good things in life. Blue skies, bird song, crisp mornings, seaside walks, brave little plants that survive winter and the love of my family and friends.

I take this moment to pause for those who have lost loved ones – *"We see you through your grief, we hold you in our thoughts."* Let us put our thoughts for a better future into action and celebrate the now. Wishing all our readers a very happy 2021.

Bernie Rowen-Ross is an Ayurvedic Counsellor and Psychotherapist, she consults via Zoom
t: 01620 844 321 | www.ayurveda-balance.uk



IT'S FREEZING AND I LOVE IT

Bernadette Petrie tells us, as this year we'll celebrate a very different sort of Christmas, maybe the great outdoors can provide us with a different way of celebrating the light that we are.

I'd like to tell you about my favourite swimming muse. I came across her in 2005, she must have been in her 80s. She was sitting in the sand dunes – post sea swim wrapped in a blanket, with a cup of coffee in one hand and a book in the other. She looked so content and happy. I immediately thought – I want to be like you when I'm older.

It was the 2011 North Berwick looney dook that set me on the path of swimming all-year-round. I remember clearly, that new years day, perching on the edge of the bath wrapped in my dressing gown, deliberating as to whether I was going to do this crazy, very public thing. At times of indecision, there are always a few people in the room. The inner critic fuelled by fear is there, so too is the inner child and the intuitive part of you – your inner wisdom. Picture that crowded bathroom. No wonder I had to perch on the bath!

By giving yourself a moment or two of stillness when making decisions, the quietest but most clearly heard voice is that of our inner wisdom. It's the voice which allows us to be. On that day I felt a strong knowing and my inner child's desire for fun. Knowing and desire out-voted the inner critics fear, and off to the dook I went. I was on a high for several days. I loved the feeling so much, that I set out to swim in the sea every single Saturday that year, only missing four days.

Fast forward to today, and I swim daily. As I write, I'm sitting in my cosy post-swim clothes, with a cup of coffee by my side. I never did find out my muse's name, but I remember clearly her contentment, as she gave me a beautiful smile. And her image has stayed with me and guided me on. My swimming journey continues, almost as a parallel with my spiritual journey. I've gone deeper. I've been more courageous, humbled, held and healed. Throughout my recent cancer treatment and the COVID pandemic, being barefoot and swimming in the sea has been my constant. As a woman in my fifties, I feel stronger, braver and more liberated in my imperfect body because I put on a swimming costume daily and plunge into the freezing sea in all weathers.

Like all things in life, learning to do something which scares your mind is a process. But, I'm leaning into the fear, the doubt, and having a go anyway. And now plenty of others are joining me. My mantra – 'its freezing and I love it' is more powerful than you might think. Science is now showing evidence that this activity really does help suppress depression, reduce inflammation, prevent dementia and supercharge your immunity.

Back in the day, North Berwick beaches and pools were destinations for cold water therapy, and it is, in my book, one of nature's best medicines. With love

Bernadette

The Barefoot Sanctuary relaunched in October please contact Bernadette to find out about
Barefoot Experiences (groups and 1:1) | bernadette@thebarefootsanctuary.co.uk
THE BAREFOOT SANCTUARY | 45 Melbourne Place, North Berwick | www.thebarefootsanctuary.co.uk

YOUR YOGA ROUTINE

words: sally jean rankin | pictures: lindsay scott

Some people shudder at the thought of routine, others thrive on it, whichever person you are I urge you to consider just how important simple routines are.

I've just returned from a well needed holiday in the Highlands. The scenery was beautiful, an abundance of autumn colours and the shifting light signified the change in seasons. I was so grateful for the time away, breathing in clean fresh air and going for long walks. The silence was golden, no alarms to set, and no demands to be met. Upon reflection, I realised that although holidays are essential, routines are just as important. When we don't have structure in our lives it can increase and exacerbate stress and anxiety and we can feel out of control. There is no greater time to form daily healthy habits and routines to focus on things you can control, however big or small. I encourage you to consider Yoga, even for just 20 minutes a day, and this can become part of your well-cherished routine too.

E ka Pada Adho Mukha Svanasan Three Legged Down Dog

This is a wonderful transitional asana that can bind sequences together from one pose to the next in fluid movements. After four rounds of Surya Namsakara A come to Downward Facing Dog. After five deep breaths, bring your feet together so they touch, take a deep inhale, lift your right leg up, make sure your shoulders and hips are level, exhale really ground down through your palms (Hasta Bandha), inhale and draw your navel into your spine to activate your Uddiyana Bandha, gaze to your right hand and then as you exhale step your right foot through to your right hand, windmill your arms open and come to Warrior 2 pose. Hold for five deep breaths and then stand at the top of your mat in Mountain Pose. Flow through another round of Sun Salutation A and repeat on your left side. This strengthens your arms and shoulders and helps build hip and leg flexibility. Just be mindful you don't lift your leg too high so you lose integrity with the rest of your body, keep focused and connected through your Ujjayi breathing technique.

After warming up with Sun Salutations, sit on your mat and practice Pachimottasana and Janu Sirasana A for five deep breaths each. Stay sitting and with your left leg extended keep your right heel drawn into your sit bones and your knee out to the side. Inhale, lift your right arm up and back, exhale place your right hand underneath your right shoulder, make sure your fingers are spread wide and your arm is strong. Inhale, draw your navel into your spine and lift your body up off your mat, leading with your hips, keep your right knee on the mat and your left leg extended, at the same time lift your left arm up and over your head as you gaze to your left thumb and stretch. Hold for five deep breaths. Then gently as you exhale come back to your mat and repeat on the left side starting with Janu Sirasana A, extending your right leg out with your left heel drawn in and your left knee out to the side. This opens the shoulders, chest, lungs and works with your Heart Chakra. It builds strength, flexibility and fosters focus and resilience.

C amatkarasana Wild Thing (Variation)



For further information on Yoga classes both online or in a studio, Yoga events, brunches, retreats and studio treatments including Indian Head Massage and Hand Reflexology please visit: www.kinship.studio

images ©Lindsay Scott numbereightcreative

THE BAREFOOT SANCTUARY RELAUNCHES WITH OUTDOOR FOCUS

North Berwick holistic wellbeing space, The Barefoot Sanctuary empowers through guided sea swims and barefoot sessions.



With emotional wellbeing and being outside particularly important right now, The Barefoot Sanctuary relaunched this autumn, with a focus on mindful experiences in the outdoors. The new experiences range from one-to-one or small group sessions, all run in-line with current COVID guidelines and social distancing.

Founded by life coach Bernadette Petrie, The Barefoot Sanctuary empowers people to love and cherish who they are through a range of mindful experiences and, in doing so, give themselves permission to shine. Bernadette and The Barefoot Sanctuary Collective, a team of like-minded yoga teachers, counsellors, coaches, therapists and volunteers, guide the range of experiences which take place outside in North Berwick's beautiful green spaces and beaches. Online sessions are also available.

'The Barefoot Sanctuary, The Sea & Me' and 'The Barefoot Sanctuary, The Ground & Me' are small group or one-to-one outdoor mindfulness sessions. Participants take part in guided meditation and then reconnect with nature, enjoying the benefits of cold-water immersion in the sea or a walking adventure. All outdoor experiences include some barefoot time, offering the chance to experience the mindfulness and physical benefits this practice brings.



The Barefoot Sanctuary Experiences include:

The Barefoot Coaching Journey | 'Barefoot, The Sea & Me' | 'Barefoot, The Ground & Me' | The Barefoot Sanctuary See Your Future | The Barefoot Sanctuary Circle of Light

Online weekly events programme will include: life coaching, meditation, mindfulness, restorative yoga, mindful movement, and creative drawing sessions

THE BAREFOOT SANCTUARY | 45 Melbourne Place, North Berwick | www.thebarefootsanctuary.co.uk

ALL WHITE NOW

If your teeth lack sparkle and you've thought about improving your smile, professional tooth whitening is a safe and perfect way to brighten your teeth.

Head along, this winter, to North Berwick Dental Centre or Gullane Dental Practice.

Ageing and diet, as well as some long-term medications and previous illnesses can all cause tooth discolouration. Teeth can also have white spot lesions within the surface enamel as a result of tooth developmental issues, like hypoplasia or fluorosis. Or, perhaps you may have a single dark tooth which stands out when smiling. Whether your teeth are overlapped, rotated or just a little irregular, many of us will feel more confident with a brighter, whiter smile.

At North Berwick Dental Centre and Gullane Dental Practice all clinicians provide tooth whitening – a relatively simple and unobtrusive treatment regime. The first stage before tooth whitening is to make a consultation appointment with one of the dentists who will diagnose which type of tooth discolouration is affecting your teeth, and discuss an individual treatment plan. You'll visit the dentist at least three times



BEFORE



AFTER



during your whitening journey for planning, instruction and review. Tooth whitening is carried out at home using low strength peroxide gels inserted into custom made trays, which fit closely and comfortably over your teeth. The practices only use gels which have been researched and are certified safe for you to use on your teeth.

The time for tooth colour change depends on the grade of discolouration in your teeth. Yellowing enamel is fairly responsive to treatment and can be treated in four to six weeks, while dental fluorosis can take between two and four months. In addition, the peroxide contained in the whitening gels has a very positive effect on your gum health as the oxygen component helps to eliminate unwanted gum bacteria.

Tooth whitening will improve confidence in your smile and gum health in a relatively short time, whilst being very safe and without the need for invasive treatments, ensuring you'll smile with confidence.



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ARRANGE AN APPOINTMENT

If you're interested in professional teeth whitening, speak with one of the team to arrange a consultation. Or ask to chat with the treatment coordinator who will be happy to arrange a personal call to address any initial questions you may have. Teeth whitening could also make the ideal Christmas gift for the person who has everything!



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the Hottest HAIR TRENDS IN 2021

For many, 2020 was the year we came to truly appreciate the worth of a good hairdresser. Lockdown saw us desperately improvising at home, leading to an array of questionable cuts and bodged box colours. Thankfully, hair salons are now back in business, transforming the nation's overgrown roots and split ends into glamorous styles much more befitting the party season. OK, so there might not actually be any parties to go to this Christmas, but if this year has taught us anything, it's that a little pampering can go a long way in lifting the spirits when times are tough. **With that in mind, we asked James Hoffman, senior stylist and head of education at the award-winning hair salon group, Chapter One Hair Spa, what are the key trends to look out for in 2021.**



1

SHORT HAIR | THE SOFT FINISH UNDERCUT

What's the vibe?

It's all about coupling an undercut – which creates a strong shape – with long textured layers through the top to soften the finish.

Is it high maintenance?

As undercuts start to grow out, they can become bulky so we recommend a good tidy up every four or five weeks to maintain the look.

Who can rock it and who should steer clear?

It works for those with thick hair but not so much for those with fine hair, as a good undercut requires volume on top to create that flowy texture.



2

LONG HAIR | EFFORTLESS BEACH WAVES

Describe the look for us?

There's a definite move away from blunt lines towards a softer finish, with surface layers, for example. Colour-wise, it's less about dense, full coverage and more about subtle colour placements, replicating where the sun would naturally kiss the hair.

Where has this trend come from?

It has naturally evolved from the balayage/ombré trend that has dominated for the last ten years.

How do you get the look?

Wave your hair with a set of straightening irons. That might sound like a contradiction, but wrapping sections of the hair around heated irons is actually the best way to achieve the look.

MEN'S HAIR | THE BLEACHED OUT MILITARY CUT

When did this trend take off?

We saw lots of guys experimenting with colour during lockdown. Many were working from home and, once out of the office, the idea of 'professional hair' went out of the window!

Is it easy to maintain?

It's a high maintenance look as there is no natural colour left in the hair.

What's the key to pulling it off?

It's a bold look so confidence is key.

3



Chapter One Hair Spa has salons in Eskbank, Haddington and Newtongrange | www.chapteronehairspa.co.uk

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editor's pick

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Award-winning aromatherapy brand, Beatitude's bath and body oils are designed to calm the mind, improve well-being and nourish the skin. The bath oils disperse in the water, avoiding the greasy residue often associated with traditional bath oils and your skin is left feeling silky smooth. The body oils are a brilliant way to nourish the skin and to experience the therapeutic blends of each formula. Each blend has been developed with quite different and distinctive effects. **Peace** is the perfect bedtime blend containing pure essential oils of lavender, ylang ylang, petitgrain and mandarin which help clear and quieten the mind. **Patience**, an invigorating blend of ginger, juniper berry, rosemary and lavender, is designed to help relax tight muscles and has a warming effect, wonderful after exercise or outdoor activity. One of Beatitude's most popular products, **Joy** is fondly known as 'sunshine in a bottle' due to its cheering blend of citrus oils, it really does help elevate your mood.

Bath Oils 100ml £40 | 50ml £25
Body Oils 100ml £34 | 20ml £8



COSY CHRISTMAS HOME

Candles add more than just light and fragrance to a home, they set a cosy, inviting tone, particularly during the chillier winter months. Beatitude's Winter Comfort Candle is perfect for creating an inviting, cosy ambience. Made from eco soy wax, this beautiful seasonal blend combines uplifting citrus essential oils of mandarin, bergamot and clementine with the clarifying herbal aroma of lavender and eucalyptus, together with warming, spicy notes of clove and cinnamon, and will fill your home with the most comforting and seasonal aroma.

Comfort Candle 30cl £34 | 10cl £12



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Hang a Beatitude body oil bauble on the tree, pop a Beatitude Christmas cracker in a stocking or create your own bespoke luxury gift box – giving the gift of relaxation this Christmas.

Christmas Cracker £10
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Hear the Sounds of Christmas with The Edinburgh Hearing Practice



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What to expect from a complimentary hearing assessment at The Edinburgh Hearing Practice

First and foremost, we will listen to you. Hearing loss is personal and we take the time to listen to your experience. We recommend that you bring someone with you as they can often provide useful information and support. Our hearing assessments usually take about 90 minutes.

Most hearing centres will measure the quietest sounds that you can hear and based on this will make a recommendation. Although this type of hearing test provides useful information, by no means does it provide a full picture, we hear with our ears but it is our brain that understands speech! With this in mind, we have designed our test protocol to ensure that we measure your exact individual issues.

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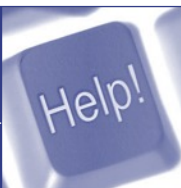


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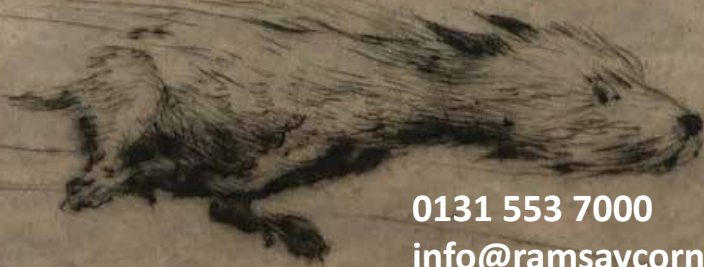
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THE CLEAN BEFORE CHRISTMAS

Morag Readman, owner of the East Lothian franchise of **Bright & Beautiful** shares her tips for sprucing up your home before the Christmas season.

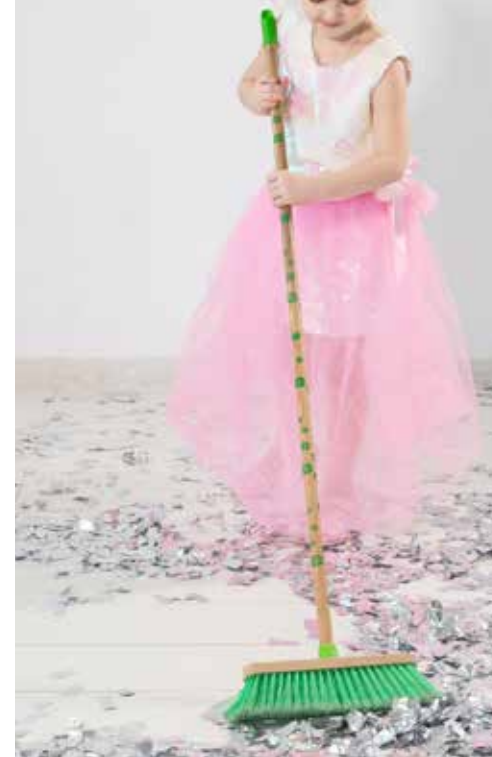
Pre-Christmas cleaning is normally all about getting ready for visitors and preparing to spend more time than usual at home. But 2020 is different. For many people, there will be fewer visitors and the guest rooms and dining rooms that normally get spruced up for Christmas have been converted into work-from-home spaces.

It might lift the spirits if we decorate our homes even more enthusiastically than ever this year. It's a good idea to have a deep clean before the decorations go up as it's difficult to clean windows and dust surfaces properly once the deccies are in place.

Another thing that makes you feel better is a declutter. Wardrobes, food storage areas and fridges are good places to start. If you have children, it's a good idea to make space for the new toys that Santa may bring. If you're taking a break from working at home over Christmas, it's the ideal time to refresh your home workstation.

January is a popular time for oven cleans, another deep clean of the fridge and many take the opportunity to have a home detox. Kitchens often need a little extra attention – after all the Christmas cooking. When the children go back to school, this is a great time to blitz their bedrooms. Really, when you think about it, the work never stops when it comes to housekeeping!

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THE GREEN CLEAN LADY

words: kim williams | images: natalie holt

It may be the smell you like or that the colour of the bottle matches your decor. But when you choose a soap, cleaner, laundry powder or even a scented candle you probably don’t give much thought to whether the label hides a secret.



Worldwide, an estimated 500,000 animals are still suffering for cleaning products – including some in Britain. Not only that, but have you considered the impact many cleaning products have on your family and the environment? Billie Smith, owner of North Berwick-based The Green Clean Lady has.

Billie, who worked in the cosmetics industry decided to become a stay-at-home mum when her eldest son was born. Four years, another son and a pandemic later – she was spurred into opening her own business, feeling the need to do something she was passionate about and The Green Clean Lady was born – an ethical cleaning company using only products which are cruelty-free. The journey began with Billie’s lifestyle and her conscious approach to the health and well being of her family. It was only natural she incorporated this into the business and shared her passion, starting in people’s homes. Billie explains; “I changed to a vegan diet around three years ago and that was a massive part of the business, my inspiration and ethos. I’m hugely against animal cruelty.”

And for Billie this meant, finding clever ways to get client’s houses sparkling using only ethically-sourced cleaning products and a mixture of her own bicarbonate and citric acid recipes with blends of essential oils. “Clients were always telling me how much they loved the natural products.” says Billie, “So the next step was to create my own range of products, starting with making toilet bombs in my kitchen.” She then turned her hand to creating beautiful handmade products for the home; ranging from hand-poured candles made with sustainable, biodegradable and vegan-friendly soy wax to paraben free reed diffusers with scents carried in 100% almond oil. And with the environment, very much in mind, all products are packaged in natural recycled brown paper.

But for Billie, an ethical cleaning company and the creation of gorgeous handmade products was not enough. Billie laughs; “My favourite moment of launching my business was meeting people. I’m a people person, and I’m also obsessive about architecture, interiors and lighting, and I wondered how I could make this work in my business.” The result – the home staging and interior styling arm of The Green Clean Lady. Billie uses her flair in home-styling to work her magic on clients homes. She optimises the home’s appearance through furniture, mirrors, artwork and soft furnishings – perfect for those looking at selling their home, or perhaps simply a style update for your current home.

So, whether it be a clean home, a styled home or simply beautiful handmade products for your home, The Green Clean Lady is the natural choice.

products available from
www.thegreencleanlady.com



We love this candle's blend of oud wood laced with the finest cognac, sweet aromatic tobacco and the smoky aroma of a warm, crackling log fire.

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'TIS THE Season FOR CANDLES

A wintry scented candle is the easiest way to make your home feel just a little bit festive – and, this year in particular, it seems we're all ready to embrace the cosy comfort of Christmas. There's no better time to get into the seasonal spirit by filling your home with a scent that will evoke all the festive feels.

From warming woody notes, to light and fresh pine, the signature Christmassy aromas will give your space a cosy, warm feeling. Whether you prefer cinnamon, pine or berry scents, here's our selection of the most gorgeous scents around this Christmas...



With notes of pine needles, woodland lily, musk and aged leather, **SKOG** is warming, magical and unmistakably Christmassy. from £18 | **NØRDEN** 82 High Street, North Berwick

Warm, tangy and with a hint of spice, this **St Eval Orange and Cinnamon Scented Tin Candle** is not just for Christmas! £12.50 | **MADAME BUTTERFLY** 95 High Street, North Berwick



The **LT CO Christmas Candle** with orange, cinnamon, cedarwood and clove is almost edible and evokes memories of Christmas past. £25 | **LAURA THOMAS CO** Lighthouse, Heugh Road, North Berwick

Beatitude's Winter Comfort Candle has everything seasonal all wrapped into one: mandarin, bergamot, clove and cinnamon. 30cl £34, 10cl £12 | **BEATITUDE** www.beatitudeproducts.co.uk

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CLEVER CHILDREN'S SPACES

At times, having a clean and tidy house with children can feel unimaginable – if you're not badgering the kids to clean up, you're on your hands and knees in the playroom at 10.30pm trying to find every last piece of plastic! There has to be a better way – and there is. Encouraging children to tidy up their toys and clothes is so much easier when you have storage solutions designed with them in mind. Forever Spaces share their favourite ideas for kid-friendly storage solutions, designed to help keep the house tidy and everybody happy.



Clever Wardrobe Space

We're experts at designing and fitting creative wardrobe solutions. But, there are a number of things to consider when choosing the right wardrobe for a child's bedroom. Ask your child how they feel about their closet. It can be a big and scary place for a small child. If they fear it houses monsters, perhaps having an open storage solution without doors might work best? Having an easily accessible hanging rail and drawers will make it easier for your child to choose their own clothing and put garments away. If your child sees their wardrobe as a place for adventure, consider making it even more fun with built-in nooks, hideaways and bookshelves. Let your child's imagination run wild as they read, hide and play.



Floating Shelves

Floating shelves are a great way of showcasing your child's favourite decorative items and artistic creations, plus they can be used to create an easily-accessible mini library at their bedside or reading nook.



Simply Storage

Baskets and crates are perfect for storing toys and books, and when kept on the floor or at low levels, are easy for children to access. Turn crates on their side and stack them to create small bookshelves (ensuring they are safely secured and anchored).

Clever Cubbies

Cubbies are one of our favourite child-friendly storage ideas. These neat and tidy pull-out boxes provide the perfect, easily accessible storage solution for children. Keep the boxes lightweight and easy for little hands to pull out and designate specific boxes to each of your children and for specific items.



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DRY FUSION CARPET CLEANING FOR CHRISTMAS

There's more to cleaning a carpet than just a once over with the vacuum cleaner. Every so often you need to give them a deep clean, and with Christmas fast approaching, it's time to call in the professionals.



Our carpets have to cope with a lot – mud, food, pet hair and worse! Nothing that a quick vacuum can't sort out, or so you may think! But, carpet is notorious for becoming a home for allergens, dust particles and bacteria, which can put some people at greater risk of skin and breathing problems. And, although vacuuming does help to remove dust mites, dirt and bacteria, it doesn't completely remove these things and over time they accumulate, increasing the risk of health problems. According to a recent survey, 41% of Brits don't ever wash their carpets, and the same survey suggests that over 80% of us, don't even realise our carpets are dirty. David Koch, Managing Director of Dry Fusion Scotland and with 26 years experience in the business agrees; *"Simply vacuuming your carpet isn't enough, you need to reach deep into the carpet pile, where all the embedded dirt and germs lurk. And this is where a professional carpet cleaner can help – not only will professional cleaning help to extend the life of your carpet, but it can help with improved airflow and reduce the risk of colds and other health problems."*

With four vans on the road, Dunbar-based Dry Fusion has never been busier. This is because their system has been developed for today's carpets and offers a new standard of cleaning. David explains; *"There have been big changes in the construction of carpet and carpet fabrics over the last few years, most notably commercial and domestic carpet has become shorter. Because of the denser packed pile, airflow is reduced and the carpet is left wetter after traditional cleaning methods. Dry Fusion has been designed to maximise cleaning performance on these new carpets. It works because it doesn't rely on airflow to clean or to dry."*

The Dry Fusion system hot cleans, deodorises, stain protects then heat dries every type of carpet. David adds; *"It's all in the same process, and because it is patented, nobody else can use this amazing system. By taking all the best features of hot water extraction, the best features of dry cleaning and combining them together with the patented hot cleaning pad system that constantly heats the fibres as they are being cleaned – you have some of the most outstanding results ever seen."*

The great thing about having your carpets cleaned is that they not only smell fresh but look new once again. With the Dry Fusion system there are two unique mechanisms which work to keep carpets virtually stain free and that just-cleaned look for longer. And, with a system that cleans and dries at the same time Dry Fusion guarantee your carpets will be dry in 30 minutes, just in time for the festive season!

DRY FUSION

call for a free no obligation quotation
t: 01368 863 500 | www.dryfusionscotland.co.uk



Love Clean Carpets this Festive Season...

Developed in Australia and Germany the Dry Fusion System gives a new standard of cleaning never before available. This carpet care system uses an innovative and patented rotary cleaning machine that heats the activator solution to provide an amazing action.

STAIN & SOIL PROTECTION BUILT IN

Notice how your carpets "dull off" after steam or conventional cleaning. That is because dust and grime is gripping the carpet. Our built in stain protection allows dust and grime to be vacuumed away and spills to be wiped away.

NO WETNESS

The system has its own heat drying system, it cleans and dries at the same time.



CALL NOW FOR A FREE
NO OBLIGATION QUOTATION

t: 01368 863 500
www.dryfusionscotland.co.uk



*we've got
Christmas all
wrapped up*



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