



# A-Mia

The Science of skin care does not have to be chemically derived

## NEWSLETTER

### FACE BOOK, TWITTER AND THE BLOG

At last our FACEBOOK STORE is live on line. Predictably, there were lots of last minute technical hitches, which Madeleine has been looking after. Now it is up to me to get busy with daily bulletins on FACEBOOK and TWITTER. You can tune in by clicking onto the logos right at the bottom of the page, so do keep in touch that way. TWEETING is rather fun because you cannot ramble on. In the next few weeks, I will TWEET a little about each product and any responses to these would be received with interest and give me the opportunity to reply daily. I have just done a couple of posts directly from the products in the store but cannot see them on the Site - I will persist, so do not be put off by my novice attempts – I shall persevere to keep in touch! I am sure Madeleine will sort me out as I do like to move with the times and latest communications!

### PLANT OF THE MONTH – SAGE

This year, despite my holly still being covered with berries, I have decided to use various sages for my Christmas decorations. Despite being a very powerful and useful herb (being both medicinal and tasty) it is subtly beautiful and comes in many types and colours. It loves our Cotswold habitat, so despite it being (for a number of powerful reasons) inappropriate for collective skin care, I grow much of it. For centuries sage has been known from its Latin name Salvia as “the healing plant”. The Romans considered sage to be a sacred herb that not only had the ability to save life but also to create it. The plant presents with complex uses connected with the hormonal cycles which is why I respect it so much. Perhaps this is a useful subject for some discussions on FACEBOOK.

### CHRISTMAS GREETINGS

**It seems impossible that we approach Christmas yet again. At least we are not covered in snow, as we were at this time last year! Indeed, it was that snow which set me off with buying my necessities on line from Sainsbury's. This has revolutionised my life – everything delivered right to my door, never late (just occasionally 5 minutes before my “SLOT”). This has given me more time for enjoying doing things with my 2 dogs and appreciating the herbs, roses and orchards. We will be taking a break from Tuesday, 21<sup>st</sup> December until the 4<sup>th</sup> January. Christmas is a good opportunity for us all to recharge the batteries and enjoy the festivities – so do have a lovely time with your families and look forward to a great 2012. Happy New Year.**

Katie May  
14<sup>th</sup> December, 2011

Beechgrove Farm, Fulbrook, Oxfordshire OX18 4DE  
Tel: 01993 822 800

Email: [sales@a-miabeauty.co.uk](mailto:sales@a-miabeauty.co.uk)

Website: [www.a-miabeauty.co.uk](http://www.a-miabeauty.co.uk)



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