

# A-MIA

## *Nutritional Beauty*

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### NEWSLETTER

#### SUMMER AT BEECHGROVE FARM

We have been enjoying a really good summer with lots to do in the workshop, gardens and orchards. It has all kept me really busy and has resulted in this being my first newsletter for several months. During this time Madeleine (a very old friend) has returned to the UK from Sweden and is joining me to streamline our on line communications. We are looking forward to introducing a BLOG alongside the newsletters, to maintain the close customer communication, which I so enjoy.

#### MAIL GROOMING PRODUCTS

During 2011, I have been asked to produce a range of products for Richard Anthony, the UK'S leading mail grooming expert who offers a unique "Wet-Shave & Face Treatment" service. Richard has been a leading men's hairdresser for over 20 years and originates from a long family history within the profession. He was a member of the British World Cup Team for over 10 years and was Gold Medal Winner at the World Hairdressing Championships in Japan. He also consults for the television and film media. It has been a pleasure working with Richard to create his own product range. If you would like to check these products out, visit [www.richardanthony.co.uk](http://www.richardanthony.co.uk).

#### PLANT OF THE MONTH – SOAPWORT (SAPONARIA OFFICINALIS)

Ten years ago, I planted a small packet of soapwort seeds and they have grown into several flourishing beds, which are flowering prolifically at the moment. This is a plant that has traditionally been used for cleaning. Because of its high saponin content and its gentle lathering properties, it has been used for centuries for washing clothes, other fabrics as well as the hair and body. It was also used as a compress to soothe skin complaints. I have used it in my Soapwort Shampoo and love using it. I am probably its greatest fan because, due to its virtually lather-free content, it is not everyone's "cup of tea".

#### PRODUCTS OF THE MONTH

DN-AMINO-LIGHT is the lightest cream with organic plant and liquid amino acids, in a fine nutritious form that encourages regular skin cell renewal. It is combined with coconut, peach, sesame, rosehip, apple pectin and fine plant enzymes. This is essential as part of introductory skin care for either young or oily skins. It is pure effective and fragrance free.

DN-AMINO-RICH is packed full of rich oils and plant proteins but without essential oils for fragrance, this cream is an excellent skin booster, during illness, the depths of winter or when using the VDU screen regularly. It nourishes and moisturises parched or open pores and we often hear how it has successfully cleared up eczema or psoriasis.

#### OFFER OF THE MONTH

DN-AMINO-LIGHT August Offer Price £11.00

DN-AMINO-RICH August Offer Price £11.00

TO PLACE AN ORDER FOR THE "OFFERS" PLEASE TELEPHONE ME ON 01993 822 800  
as they cannot be incorporated into the website.

*Katie May*

*1<sup>ST</sup> August, 2011.*

**WE ACCEPT THE FOLLOWING CARDS:-  
ELECTRON, SWITCH, SOLO, VISA, MASTER CARD MIDLAND BANK & DELTA**