



BOTANICAL

Top to Toe Treatments

JustBe Botanicals offer treatment massage candles that can be used at home or in the spa; founder Gail Bryden tells us more...

JustBe Botanicals is a luxury artisan aromatherapy range of 100% natural products and sensory spa treatments that not only smell gorgeous but are emotionally nourishing and are packed full of therapeutic benefits. All JustBe products have been developed and are hand blended by Scottish aromatherapist Gail Bryden using purely natural, active ingredients. The company's core values are authenticity, passion and purity.

Whilst working as a holistic therapist on a retreat in Turkey, Gail recognised that the guests were looking for the same things: love, happiness and to simply be themselves. The idea of JustBe was born. Returning to Edinburgh, Gail worked on developing an oil to use in Lomi Lomi massage. The first four blends were JustBe Loved, JustBe Happy, JustBe Energised and JustBe Sweet. Following a successful trial in Armathwaite Hall Spa, set in the breathtaking Lake District, Gail was asked to develop a range of treatments that included a signature ritual taking inspiration from the surrounding elements.

Elemental massage

JustBe Elemental uses Atlantic sea salt and Scottish peat and is amazing for tackling cellulite, anti-ageing and as an aid to weight loss. The skin is prepared with JustBe Pure Salt Scrub to remove dead skin cells and boost the circulation. Warm oil is drizzled over the body, a soothing combination of mandarin and lavender, before the mineral rich peat mask is applied. Peat has numerous health benefits including: moisture retaining qualities and improving skin elasticity. Whilst relaxing in a thermal cocoon, the client receives a pressure point facial

and a nourishing scalp massage. Once the peat had been removed, warm oil is gently massaged into the skin. The soluble organic active ingredients leave the skin detoxified, purified and toned. Naturally hypo-allergenic this treatment is suitable for even the most sensitive of skins and is beneficial for healthy and problematic skin. This natural treatment boosts the immune system, stimulates the metabolism and relaxes muscular tension. Perhaps unsurprisingly, JustBe Elemental has become the number one treatment at Armathwaite. So if you'd like to really be in your element this year, treat yourself to a trip to the Lakes.

At home

If you're looking for a nourishing treatment that you can do at home, why not try a JustBe treatment candle? These 100% natural candles are designed to melt at 2°C above body temperature, so can be safely poured directly onto skin. The aromas of the essential oils are released on contact with the skin. The gift sets contain a pair of cotton rich treatment gloves. Each candle provides approximately 30 hand treatments although can safely be applied

to any part of the body. If applying to the feet, simply pop on a pair of socks after massage, to allow the essential oils to sink into the skin. The warmth of the melted waxes encourages the muscles to relax, whilst the liquid waxes are incredibly moisturising, leaving skin nourished and lightly scented. There are three varieties of treatment candles, so simply choose how you'd like to 'be': JustBe Tranquil, JustBe Active and JustBe Energised. The candles are available at a selection of spas and via the website for £24.95.

JustBe Botanicals range has been developed to appeal to all of the senses. In addition to the scent of aromatherapy oils that are used in all of the skincare and body products, the therapist touch in the two JustBe facials and four body treatments, there is a range of organic herbal tisanes (aka herbal teas), a set of inspiration cards that match each one of the massage oils for the sight and mind, and an album of music called JustBe-In-Tune to appeal to our sense of sound. The music has been written based on the DNA of the essential oils used in each one of the massage oils and is written in the same frequency as birds and bees. The combination of the range means that each treatment is truly tailored to match how you'd like to be.

Here are a few tips from Gail on being you:

- Give yourself permission to be 100% authentically you now; no need to wait, change or do anything.
- Start making conscious choices.
- Be comfortable not knowing.
- Your best is good enough.
- Enjoy the journey. 



Find out more

To find out more about Gail and JustBe visit: www.justbebotanicals.co.uk