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Your Free Local Magazine

DECEMBER 23' - Issue 133



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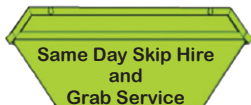
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Hello Readers,

Welcome to the December 2023 issue of Look Local Magazine.

And just like that we come to the end of another year, with Christmas just around the corner. There are LOADS of feel-good festivities going on around our lovely county. From Christmas Light Switch On's (many took place the last weekend of November) to Christmas Markets and and Santa Meet & Greets, there's something for everyone. Below is a little list of festivities that have been brought to my attention and I have also included lots more in my News & Events section on pages 16 - 19:

- *Watlington Christmas Market, Saturday 2nd December, 10:00am - 2:00pm*
- *Santa Fun Run, in conjunction with Invictus Gym and Thame Youth Projects, Saturday 6th December.*
- *Christmas Charity Tractor Run, Sunday 17th Dec at 11am from Thame Show Ground*
- *Wreath Making/Table Decoration Workshops at: Monkey Puzzle Cafe, Thame | Towersey Manor | Oakley Village Hall | Chinnor RFC, Thame | Crazy Bear Farm Shop. Contact the individual venues for more info.*
- *Waddesdon Manor Christmas Light Display*
- *Santa Steam Train Specials at Chinnor & Princes Risborough Railway*

And a very important Christmas initiative that 'd like to mention is Thame Community Christmas. Returning for the twelfth year the campaign aims to provide a lunch on Christmas Day for the isolated and vulnerable residents of the Thame area. If you know of anyone who could benefit from this or are alone at Christmas yourself, please reach out. More information can be found on their website, www.communitychristmasthame.org.uk.

I would also like to take this opportunity to thank my advertisers, readers and deliverers for supporting my magazine throughout this year. As a small, independent business I really appreciate you. So here's to a jolly good Christmas and a happy New Year!

Until 2024, enjoy reading this months edition and continue to shop and support...

Love Emma x

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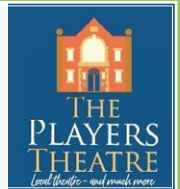
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**BOOKING DEADLINE FOR
JANUARY 2024 ISSUE:**

Tuesday 12th December

7,100 copies of Look Local Magazine are printed on a monthly basis and delivered to households in, *Aston Rowant, Chalgrove, Chinnor, Great Haseley, Great Milton, Henton, Kingston Blount, Lewknor, Little Milton, Milton Common, Stadhampton, Sydenham and Watlington*. In addition, the magazine can also be picked up from businesses in these areas and also *Thame & Wheatley*.

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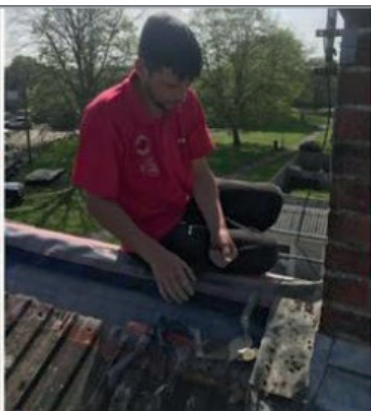
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watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

– that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9558** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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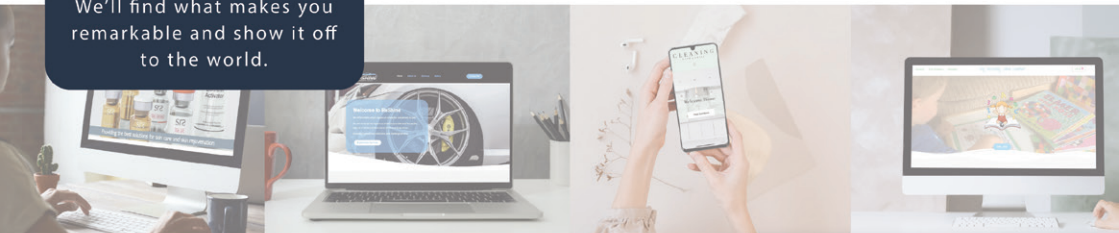
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Recognising a damaged skin barrier...

By Caroline Humphrey of The Pure Skin Studio

The skin barrier is the protective top layer of the skin. It keeps the delicate lower layers safe from harm by blocking pollution particles and free radicals from penetrating and causing skin issues. It also helps to retain moisture in the skin. Made up of lipids, fatty acids, and ceramides, when the skin barrier is in good working order, the skin looks plump, hydrated, smooth, and healthy, with no blemishes or redness.



What can damage the skin barrier?

As the first line of defence against skin threats, the skin barrier must work effectively to repel not just pollutants, but also irritants and allergens. Even if you have a flawless skincare regime, there are an array of external factors that can trigger disturbances in your skin's protective barrier.

Damaged skin barrier causes:

- Air pollution, allergens and irritants
- Alkaline detergents or soaps
- Too much sun exposure
- Extremely dry or humid environments
- Over-washing or over-exfoliating your skin
- Harsh chemicals
- Some medications (eg steroids)
- Ageing
- Psychological distress

Moreover, using skincare products that are inappropriate for your skin can strip it of moisture and disrupt the barrier function.

How can you tell if the skin barrier is damaged?

A damaged skin barrier makes the skin highly sensitive and reactive. Skin is likely to flare up with redness and itchiness when skincare products are applied. The skin may also feel uncomfortably dry, tight, and flaky. Breakouts, redness, and rashes are also very common. Fortunately, strengthening the skin barrier is very much possible and can quickly address these issues.

Which ingredients support the skin barrier?

A healthy skin barrier will retain moisture and remain hydrated throughout the day. The skin will feel soft to the touch and look plump and youthful. Moisturizing products help support the skin barrier with ceramides and oils. Ingredients that contain shea butter, inca inchi oil, and Squalane will help to restore the skin's lipid balance. We expect niacinamide to become a top trend soon, thanks to its ability to calm the skin, strengthen the skin barrier, and reduce the impact of damaging environmental factors.

So, if you're struggling with an uncomfortable, damaged skin barrier, reach out and book a skin consultation and you'll soon discover the impact of a healthy Skin barrier.

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Rescue Remedies, perfect for the festive season and beyond...

By Mandy Sharpe, Pain & Anxiety Coach at Healers Cottage

Here at Healers Cottage we are totally holistic, offering complete mind and body healing. In our last adverts we have spoken about holistic pain relief and EFT Tapping to help with anxiety. This month I would like to let you know about some of the fabulous products we have available to help with pain relief, stress, anxiety, shock and nerves to name a few.

Most of you have heard of **Rescue Remedy** but very few will of heard about the many Flower Essences that go into making it and many other remedies. They contain the unique vibrational energy of the plant they came from and this energy is held as a memory in water. When you take specific Flower remedies yourself it reminds your own personal energy how to be, helping unlearn old patterns, bringing awareness and solutions all the while re-balancing your whole being. Flower essences work deeply and gently bringing positive and effective change in our lives, shifting patterns, bringing awareness to bad habits.

You can buy pre-made essences in my ready made range listed below or you can fill out an extensive questionnaire and have a remedy made especially to suit your specific needs. All essences are completely safe to take whilst using medication as they work on an energetic level and contain no material matter. They are completely safe for children and pets but there is a small amount of alcohol to preserve the essences.

PRE-MADE REMEDIES

Stress Support: For times when you are feeling overwhelmed, recovering from long term stress or when feeling low. This remedy will help support you, give strength and courage and help you cope better, bringing light into dark places.

Unwanted Thoughts: This remedy may help to reduce the negative thoughts that can go around in your head. Helping with trauma, loss of hope etc. This remedy is not a replacement for professional help it is an aid in your armour against unwanted thoughts not a cure.

Easing Grief: Offering a gentle way to help with emotions in times of grief. Assists with the distress, guilt and shock often associated with the death of a loved one. This remedy can help to balance all of these emotions.

Sleep Potion: My sleep potion has helped many people who are not able to shut down their minds enough to be able to sleep. If this is you, this potion may help.

As Healers Cottage treats the whole, I also hand make **Aromatherapy** products to help with various ailments, they are not a replacement for anything the GP can give you but it is another thing to add to your pain toolbox (*the more you have in it the better*). Please be aware these are therapeutic strength products and a short client consultation (*at no extra cost*) would be required before purchasing any aromatherapy product. Below is a small selection of the products available to buy.

1. **Knee & Joint Pain Relief Sleep Aid Rollerball | 50ml.** Used regularly the therapeutic properties of this oil will build up to help joint pain, inflammation and sleep - a win win! Price: £12.00*
2. **Magnesium Spray | 100ml.** With Lavender and Chamomile Essential Oils. Good for muscle cramps, restless legs and can help with sleep too. Price: £7.00*.
3. **Cooling Headache Gel | 50ml.** A mix of Rosemary and Peppermint oil in Aloe Vera Gel for quick absorption. Fantastic for headaches, neck and back pain - works quick.. Price: £12.00*.
4. **Nerve Pain Rollerball | 50ml.** Can help neuropathy pain, sciatica, neurological pain, pinched nerves - just roll on where needed. Price: £12.00*.
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*There are five Thame Players' productions a year. See website for details.

NEWS & EVENTS

IN OUR REGION

Hair by Jem Wins Prestigious National Mobile Hairdresser of the Year Award at the UK Hair Awards & also named as Finalist in 2 other National Hair Awards..

Hair by Jem is proud to announce that Jemma Stevens has been awarded the highly coveted title of National Mobile Hairdresser of the Year 2023 at the esteemed UK Hair Awards. This prestigious accolade recognises her commitment to excellence and her dedication to providing top-tier mobile hairdressing services.

Jem's mobile hairdressing services bring the salon experience directly to her clients' homes, providing convenience without compromising on quality. She takes pride in offering exceptional styling, cuts, and colour services, all within the comfort of her clients' homes.

This award is a reflection of the hard work, skill, and passion she provides. Jemma is committed to continuing to raise the bar in mobile hairdressing, and this achievement motivates her to reach even greater heights in the industry.

Jemma has also earned further recognition by being placed as one of the top five talents in Oxfordshire as a finalist for the prestigious Stylist of the Year award by the Salon Awards 2023.

Jemma continues to shine in the world of hairstyling as she secured her spot as a finalist for the Stylist of the Year Mobile category at the Hair and Beauty Awards 2024, further solidifying her position as a top talent in the industry.

Stay tuned for more exciting developments from Hair by Jem.

For enquiries, appointments, or more information about her services, please contact Jem directly via FB/IG: [@hairbyjemchinnor](https://www.facebook.com/hairbyjemchinnor) or email: hairbyjemchinnor@gmail.com or website: <https://hairbyjemchinnor.wixsite.com/hairbyjemchinnor>



HO HO HO! Santa Claus is coming.....to Chinnor!

The festive season is about to get even more magical as Harris Consultancy announces the launch of a brand-new Santa Tracker, an innovative tool that allows residents of Chinnor to follow Santa as he spreads joy throughout the neighbourhood while collecting donations for the Village Centre.

Key Features of the Santa Tracker:

Real-Time Location Updates: Using state-of-the-art technology, you can now track Santa's every move in real-time. Simply visit the website <https://tracksantachinnor.harris-consultancy.co.uk/> and follow the jolly fellow's journey as he makes his way through the streets, bringing smiles to everyone he encounters.

Interactive Map: The interactive map provides a live view of Santa's location allowing you to anticipate his arrival at your doorstep. Get ready to welcome Santa with open arms as he spreads holiday cheer and goodwill.



Online Credit Card Donations: Embrace the spirit of giving without leaving the comfort of your home! The Santa Tracker links to the secure online donation platform "JustGiving", enabling you to make contributions to support the village centre's initiatives. Every donation, big or small, helps make a positive impact on our community.

Harris Consultancy believes in the power of community and giving back, and the Santa Tracker is a fun and interactive way to engage everyone in the festive spirit. All proceeds from the donations collected during Santa's journey will go directly to supporting the village centre's initiatives, ensuring a brighter and happier Christmas for all.

As usual Santa will be very busy delivering chocolates and needs lots of elves to help raise money for the Village Centre on his travels. Please click on the link to select any days you would like to volunteer. Please note some evenings require lots of walking in the cold weather so warm clothes and good footwear are required, we can donate the elf hats or you can bring your own.

Join us in spreading the magic of Christmas and making a difference in our community. To offer your services as a volunteer please contact the CHINNOR VILLAGE CENTRE. To track Santa, make a donation, and be a part of the festive excitement visit <https://tracksantachinnor.harris-consultancy.co.uk/>

CHINNOR COMMUNITY PAVILION PRESENTS



2023 CHRISTMAS FAYRE AND TREE LIGHTS SWITCH-ON

FREE ENTRY!

SUNDAY 3RD DECEMBER 3PM - 6PM
CHRISTMAS LIGHTS SWITCH-ON 5PM

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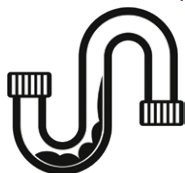

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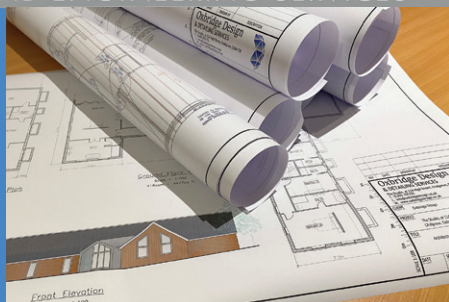
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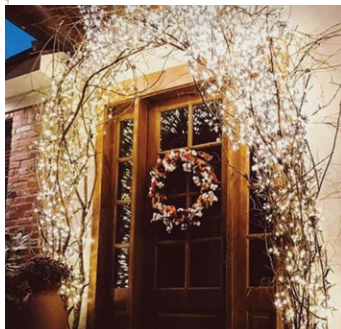


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Look locally over the garden gate with Lucie Giselle Ponsford



In our guide to transforming your garden from Mucky to Marvellous this being the last month of 2023, we will be considering decorating your winter garden and bringing in the green too!

I love festive traditions and every year I find I am adding a new one, for the most part they are rural crafts or homely baking projects, things that feel soul filled and family focused. Now with many of our local gardens installed it is lovely to see the potential for mature designed gardens dressed for Christmas with festooned pergolas and uplighters, fire pits and outdoor fireplaces.

Your home gardens can be wonderful winter retreats too, giving you just as much pleasure now as in the warmer months.

So my top tips on how can you bring some of my design tricks for Christmas to your garden planning:

Planting shrubs that will be good for fresh cut foliage to make bowers and wreaths, table decorations and even garland archways with deciduous branches. Choose interesting evergreens such as variegated holly, conifers with fun foliage and eucalyptus in the back of your borders to screen unwanted views and be a useful resource for cutting in December.

There is joy in a comfortable space to sit outside in the dark evenings and be able to see the pitch black sky sparkle with stars. But during December I think we can be forgiven for lighting up every patch of garden with garlands and artificial stars. A rear garden can be more captivating for guests than just your front porch lit up. With a light show under trees you can create a lovely place for the kids to explore. Get out the gas heaters and blankets to sit out to sup hot chocolate or a creamy cocktail. It is a real treat and an antidote to the hot family filled living room!

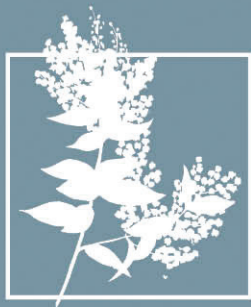
So include your garden in the schedule, light up your outdoor space and enjoy the historic tradition of bringing in the green to deck the halls with jolly holly!

Happy festive season all

With love, Lucie

For more garden tips and info visit my Facebook page [@mimosagardendesign](#)

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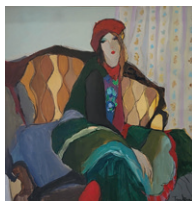
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