



THE MONACO TOWN CRIER

14 October 2015

Hello everyone

Much to tell you about this edition so I'll get straight to it! Don't be shocked, it's a rather long newsletter this time but full of good things, so bear with me on this one ...

**1. PRE-LOVED CHILDREN'S CLOTHING SALE AT THE QUEEN BEE –
LAST COUPLE OF DAYS!**

Guys and gals, it's the last couple of days to grab some fabulous children's clothing bargains at The Queen Bee shop in Beausoleil. All proceeds go towards the fabulous, hard-working charity, Chances For Children (created to help the children's orphanage in Uganda) so it's a win-win process for all.

Prices range from EUR1 – EUR 20 and there's a good selection of baby clothes, boys-wear, girls-wear and pre-teen.

Go along and grab yourself some great items and help support the charity at the same time! Every little bit helps. Thank you.



**PRE-LOVED CHILDREN'S
CLOTHES AND
ACCESSORIES FOR SALE
IN AID OF THE CHANCES
FOR CHILDREN
ORPHANAGE IN UGANDA**

**LAUNCH PARTY
MONDAY 12/10/15
1PM TO 4PM**

**POP UP SALE: MONDAY 12th UNTIL FRIDAY 17th
AT THE QUEEN BEE.
THE ADDRESS IS:
PLACE DE LA CREMAILLERE, BEAUSOLEIL, FRANCE
ALSO ACCEPTING DONATIONS TO BE DROPPED OFF DIRECTLY**

2. REFUGEE AID COTE D'AZUR

The wonderful Tenille Fisher, with the help of big-hearted Gilly Rosano, has been out and about collecting essential winter items for

the charity Refugee Aid Cote d'Azur this week.

Here's Tenille to tell you all about how you too can help:

"I have been working alongside the founders of the Facebook page REFUGEE AID COTE D'AZUR to aid and raise awareness for the hundreds of thousands of displaced people across the Middle East. Whilst efforts continue close to us on the Italian border, many people have reached out to the group with a desire to help those further afield. A non-profit organization called Nasraya Ad Dema is an aid organization and fully registered charity, who run a camp in Dohuk, for approximately 1000 families displaced from their home town of Mosul, Iraq's second largest city. Mosul was taken over by Islamic State militants over a year ago and has since forced hundreds of thousands of people to flee their homes. Most of the families in the camp have small children and many expectant mothers.

WHAT ARE WE DOING?

A 4 tonne truck is leaving Paris on the 1st of December driving directly to Dohuk, Iraq. The brutal Iraq winter is fast approaching so we are reaching out in the hope of claiming donations for warm winter clothing and supplies for the families and staff at the camp.

In order to get the supplies to Paris and on the truck, we need 'Pallet Sponsorship'

Each pallet will cost approximately 115€ to get to Paris. If you would like to assist us to cover the cost of one of the pallets or even some of the cost, then please message EMMA COLVIN at emmascooking@hotmail.com.

Our friends at Antibes Yacht Chandlers have kindly offered to donate the cost of the first pallet, organize the pallet deliveries and to have an account set up for us with the transport provider so as to avoid monies paid into personal accounts.

WHAT DO WE NEED: PLEASE NOTE THAT WE NEED ITEMS IN ALL SIZES FOR MEN, WOMEN, CHILDREN AND BABIES.

CLOTHING: ALL CLOTHES MUST BE WINTER, PRACTICAL CLOTHES FOR FREEZING COLD WEATHER!

HATS, SCARFS, GLOVES, COATS, SHOES, JUMPERS, SOCKS/UNDERWEAR, FOR BABIES- BABY GROWS, ALL-IN-ONE OUTSIDE SUITS

FOOD: PLEASE SEND ONLY FOOD WITH A BEST BEFORE DATE OF AT LEAST SIX MONTHS.

RICE, PASTA, COUS COUS, LENTILS, FLOUR, SUGAR/SALT, PACKET
SOUP

HYGIENE PRODUCTS: SHAMPOO, SHOWER GEL, HAND
SOAP, RAZORS, SHAVING GEL/CREAM, TOWELS, COTTON
BUDS, DEODORANT, DENTAL
FLOSS, TOOTHPASTE, TOOTHBRUSHES, HAIRBRUSHES
SANITARY TOWELS, NAPPIES OF ALL SIZES, BABY ITEMS, BOTTLES
AND TEATS,

COLLASPABLE LIGHTWEIGHT PRAMS

SMALL TOYS

FOR MORE INFORMATION...Please join our facebook page REFUGEE
AID COTE D'AZUR or message me directly tjfisher77@gmail.com for
any questions you may have.

MONACO CONTACT - TENILLE FISHER , please contact me directly to
arrange drop off or collection details.

Below is a video by Nasraya Ad Dema, please do look and share so
people can see the wonderful work they are doing.

Lastly, thank you so much for reading and more importantly
considering."

<https://www.youtube.com/watch?v=p54gfzwmaeE>

3. BLUE TREE MASSAGE

Wow, I've got to share this experience with you. I am a masseuse myself and am a believer in working alongside fellow bodyworkers rather than pitting against each other. So, when my friends at Blue Tree Massage [http://\(www.bluetree-massage.com\)](http://www.bluetree-massage.com) asked if they could come and show me what they offer, I jumped at the chance. And boy was it heavenly!

One hour of pure perfection is how I'd describe it. The attention to detail that these guys offer is second to none and definitely on the right side of luxury. I adored the massage table set up; the soft, monogrammed towels, the silky smooth blanket, the individual leg bolsters.

I loved the fact I could choose the depth of the massage I required too, and the pre-massage tea infusion I wanted to drink, and the oil that would help me fully relax, the incense that appealed to my senses at that moment in time and the background music I wanted to drift away to. It was a truly beautiful experience and Roel made me fall asleep – so good was his relaxation technique!

I can highly recommend Blue Tree Massage. They work differently to me in the sense that they will come out to your home, or private yacht, set up all their equipment and create the perfect Blue Tree ambience right there for you. It's a kind of "bringing the luxury spa to you home" service. They also offer different massage techniques to me, such as Californian, Swedish, Reflexology and Shitasu.

Try them out! Check out their lovely website: <http://www.bluetree-massage.com> and email: Roel or Joel on: info@bluetree-massage.com for more info.

Great job guys! Thank you SO much :-).



4. THE ADVANCED SKIN CLINIC



Another amazing experience I enjoyed recently was given by Stephanie at The Advanced Skin Clinic (<http://www.advanced-skin-clinic.com>). Stephanie is currently located in The English Osteopath Clinic in Beausoliel.

To give you a bit of background, Stephanie used to be the Assistant

Manger at Skin Society in Monaco and is a superbly trained, very knowledgeable and highly recommended skin therapist. She also happens to be a lovely British girl with a super-friendly demeanour.

Her fabulous new business, The Advanced Skin Clinic, offers the same scientifically backed and effective Environ skin care treatments and products that she was previously working with at Skin Society.

For those that have never tried Environ skin care products, I can honestly vouch for the fact that they are simply marvellous and worth every single euro. This is 21st century skin science at it's ultimate level. (Check out the before/after photos on Stephanie's website, you'll be amazed: <http://www.advanced-skin-clinic.com/before-after/>

So I went along last week to sample her hour-long Facial Treatment and was literally blown away! After an initial chat about my daily skin care routine, Stephanie gave my face a thorough scrutinising to see which areas that were in more need of some Environ TLC than others! She wanted to try a light peel and then some cosmetic needling with intense vitamin therapy using something called a lonzyme DF2 machine. I must confess, it didn't mean much to me

but I readily nodded my head to everything she suggested and let her get on with what she knows best.

The session was truly amazing, and so interesting! Stephanie really knows her stuff and is now an Environ mentor and advisor to other local therapists. My skin tingled with glee as dead skin was removed with the peel and the fresh, glowing skin underneath was treated to light needling which open the pores to allow for the full absorption of the famous vitamin therapy products that Environ are renowned for.

Afterwards my skin felt truly divine, and you could see the difference immediately. I promised myself that I'd be back for more very soon. It had struck home that 'having a facial' was not just a luxurious treat but an essential part of taking better care of my skin.

Go and try for yourself. Give Stephanie a call on :0630408420 or email her at: info@advanced-skin-clinic.com. You won't regret it.



5. CREATIVE WRITING WORKSHOP WITH ALICIA ANKA

My lovely friend, the highly talented Alicia Anka, is hosting a Creative Writing Workshop over six week period on Tuesdays at Yoga Shala starting on Tuesday 3rd November at 8pm–9.30pm. And, from previous Writing Club experience, I can tell you she's a great person to listen to, bounce ideas off and write alongside!

Check out the link here:

https://gallery.mailchimp.com/8fa314114fef58a2bedbdea3a/files/CREATIVE_WRITING_WORKSHOP.docx

In this course, you will explore childhood memories, play with collage, engage in word play, write from photographs, construct a 3D writing object and discover what stories are made of. No

experience is necessary, as this is a judgment-free, openhearted workshop designed to strengthen your creative muscles.

Sign me up!

Price is EUR 80. Please contact Alicia on 0678638147 or
aliciava@mac.com

6. GINGER LIME AND HONEY



gingerlimeandhoney

Lots to fun things to tell you about regarding my own business, Ginger lime and Honey, in the name of Ayurveda, massage, Trigger Point Therapy and general well-being. I'll be sending out a separate monthly GLH newsletter from now on so have a look out for that. I hope you like it, all feedback is welcome!

PHEW! That's it. If you've read until this point then a big WELL DONE!

Please excuse any typo's - I had to get this out fairly rapidly
this evening!

Until next time,

Lucy X

P.S. If you receive this email more than once (sorry!) just let me know
and I'll amend my list.

If you've had enough of seeing my name in your inbox then let me
know and I'll remove you. Please feel free to forward onto others too.
The Monaco Town Crier is created simply to share interesting
information to others and to help connect people.

*Copyright © *|2015* *|Ginger Lime and Honey|*, All rights
reserved.*

|The Monaco Town Crier| *|3 February 2015|*