

noticeable results. All PHB products are certified vegan and cruelty-free.

**Rose Brown**

**Q “I’m cooking vegan Christmas dinner for the first time, and for added pressure I’ve non-vegans coming too. Do you have advice on keeping everyone satisfied?”**



This is great news! Assuming your guests are aware what’s on the cards, it’s wonderful that they’re happy to eat vegan on Christmas day. That’s a real step forward, which many people wouldn’t opt for lightly. However, if your guests aren’t aware they won’t be getting a traditional Christmas meal, best to make sure they are before the day rolls around. Because that could get awkward.

Guests usually want to bring something with them, so it could be a good idea to give them a few ideas to ensure they don’t bring anything non-vegan by accident. There’s nothing worse than seeing someone’s face fall when they realise their kind gesture has backfired.

When it comes to the food, I think it’s the sides that make the meal. Plus, these are the bits your friends will be familiar with, so putting in effort to make sure they’re top notch will go a long way. Think maple-glazed roasted carrots, plenty of roast potatoes and enough gravy to float a small boat. You could also chuck in a few sprouts, if you really have to.

When it comes to the main, there are plenty of ideas online from shop-bought options to pies, tarts and homemade nut roasts. If you’re a newbie chef, why not give it a whirl a few days before the main event to see how it goes? And make sure you make as much as you can in the days beforehand to minimise stress.

Lastly, remember that, as much as we may try, nothing and no one is ever perfect, and expecting perfection is only setting yourself up to fail. There may be the odd thing that doesn’t go to plan, but that’s life. Whatever happens, focus on the difference you’re making to the animals, and have a good time!

**Elena Orde**

**Q “I want to try making beauty products to give as gifts for Christmas, but I want to use natural ingredients. Any ideas for how I can get started please?”**



Bath bombs can be a great way to relax and warm up on a cold winter’s night and they make a lovely gift, which can be presented beautifully, too. You’ll need to invest in a bath bomb mould, which is a round mould like a tennis ball that opens in two halves. You can also have fun experimenting with essential oils to see what scents you like best. Make sure you use good quality essential oils, though, not fragrance



oils which can be full of toxic nasties. Try this simple recipe, for which you will need:

#### DRY INGREDIENTS

**115g (4oz) Epsom salts**

**225g (8oz) bicarbonate of soda**

**115g (4oz) citric acid**

**dried lavender or rose petals can be added if you want to get fancy!**

#### WET INGREDIENTS

**1 tsp water**

**3 tsp oil – Argan, almond, hemp or olive**

**2 tsp total of your choice of essential oil:**

**lavender or chamomile is soothing and suits all skin types**

**patchouli and sandalwood are traditionally considered to be more ‘masculine’ scents**

**peppermint and lemon are reviving and refreshing**

**orange and geranium are purifying and uplifting**

#### TO MAKE

- 1 Thoroughly mix the dry ingredients.
- 2 In a separate bowl or jug, mix the wet ingredients together.
- 3 Add the wet ingredients to the dry ingredients slowly with a whisk.
- 4 Once combined you have to work quickly as the mixture will dry out.
- 5 Press your mixture into each half of the bath bomb mould, then press together.
- 6 When removed from the mould, allow the bath bomb to stand and dry.

Other ideas for making products that will keep include foot balms. Coconut oil is very rich and nourishing and will stay firm in the cooler months. Decant some into small gift jars from a larger jar of organic coconut oil (you may need to stand the jar in warm water until it liquefies), pour into your gift jars and add 10 drops of peppermint essential oil per 30ml, for a lovely treat for the feet.

**Gemma Hurditch**

## EXPERT ADVICE

### OUR EXPERTS



#### CHARLOTTE WILLIS

Charlotte is a student researcher of nutrition and human disease. Studying to become a Doctor of Human Nutrition, she is

particularly interested in wholefood, plant-based nutrition and healthful lifestyle intervention in the prevention and reversal of chronic human diseases. She is a part-time nutritional journalist and writes for The Vegan Society and online publications.



#### ELENA ORDE

Elena is The Vegan Society’s Communications and Campaigns Officer and Editor of *The Vegan* magazine, which shares inspiring

stories of vegans all over the world, and keeps members up to date with society’s latest projects and campaigns. Elena regularly contributes vegan news, stories and opinion pieces to mainstream press.

[www.vegansociety.com](http://www.vegansociety.com)



#### ROSE BROWN

Rose is the founder of PHB Ethical Beauty. She founded the company as she believes everyone should be able to enjoy ethical, conscious

and effective beauty products. Along with partner John and his mom Sally, they have created a range of beauty products inspired by nature and made by hand using natural formulas and ethically sourced ingredients. The range comprises more than 200 products.

[www.phbethicalbeauty.co.uk](http://www.phbethicalbeauty.co.uk)



#### GEMMA HURDITCH

Naturopath Gemma Hurditch lectures at CNM (College of Naturopathic Medicine). CNM trains students for careers in natural

therapies, including as Vegan Natural Chefs. Their range of additional Short Courses includes one in Natural Skincare.

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)