



Natural Cumbria directory closed down December 2022.

Here is a list of the current members of Natural Cumbria, with some links to what they are up to in 2023. There is also a list of other 'natural' businesses in Cumbria who are my friends or acquaintances.

I hope you can keep this guide and continue to choose natural and local businesses going forward.

I am now focusing on my own businesses Creative Soul Design, where I offer graphic and web design & Creative Soul Healing, where I offer flower essences consultations, healing products and workshops in my Rydal yurt. Please see both business links below.

I invite you to [JOIN MY EMAIL LIST](#) with my news from Rydal. In my newsletters I will share my seasonal inspirations from nature, as well as projects I am up to, offers on my services, new healing products and workshops from my Lake District Yurt.

Thank you for being with me on this journey
Much Love

Hatti



Creative Soul Healing

Healing essences consultations and products.
Creative and nature connection workshops in my Rydal Yurt.

<https://creativesoulhealing.com/>



Creative Soul Design

Helping creative souls express their vision through graphic design, photography and web design. Niching in businesses focused in nature connection and wellness.

<https://www.thecreativesoulstudio.com/>



A Story of Home

Interiors Rooted in Nature

Also make Fern & Fell candles (below)

<https://www.astoryofhome.com/>



Fern & Fell

Fragrance your home with nature

Candles, Diffusers & Melts handmade in The Lakes

<https://www.fernandfell.com/>



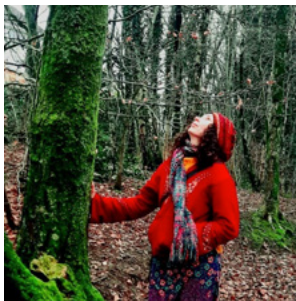
Anita Spillane

Therapist & Author

Tapping It Better - EFT Therapy based in Kendal

Anita Spillane Childrens Books

<https://www.instagram.com/anitaspillanebooks/>



Beautiful Beginnings

Pregnancy Yoga & Birth Preparation Class

Birth Doula

Homeopath

Yoga Therapy, Restorative Yoga

<https://beautifulbeginnings.org.uk/>



Delyth Johnson

Hi, I'm Delyth, I help women feel safe in their body by healing trauma and the inner child so they can experience greater love, connection & freedom.

<https://linktr.ee/DelythJohnson>



Lisa Rothwell-Young Jewellery

Making meaningful jewellery. Ethics & Sustainability Champion. Vegan. Engagement, bespoke and remodelling.

<https://lisarothwell-young.co.uk/>



Lakes Shiatsu

Unique one to one Shiatsu in The Lake District

<https://lakesshiatsu.co.uk/>



Shed 1 Gin

Andy & Zoe creating award-winning craft gin. Winner of IconsOfGin & CumbriaTourism Experience Of The Year 2022

<https://shed1distillery.com/>



At Natures Pace

Nature connectedness. Better health. Forest Bathing. Wild & Well Fell Walks & Swims in South Lakeland. New in 2023, guided Wild & Well Walks, see below.

<https://www.atnaturespace.co.uk/guided-wild-well-hikes/>



Lakeland Wellbeing

Jen Grange natural wellbeing guide. Discover the inner wild you! Based near Keswick.

<https://linktr.ee/Lakelandwellbeing>



Eden Boho Macrame

Bespoke Macrame. 100% natural fibres & vintage pieces
Recycle Rework Repurpose Reuse
Unique Backdrops to hire in Cumbria

<https://www.instagram.com/edenbohomacrame/>



Teen Whisperer

Helping you as a Mum of a teen daughter aged 11-25 to thrive in your relationship

<https://www.positivetouch.net/>



Luna Amatores

Crystals, Jewellery, Homeware & Beauty based in Cumbria

New Shop Opening at 15 Castle Street, Carlisle, CA3 8SY on Tuesday the 3rd of January 2023.

<https://www.lunaamatores.co.uk/links/>

Thank you for following and taking an interest in Natural Cumbria. On the next page is also another list of natural businesses in Cumbria.

Please continue to support local and ethical businesses as much as possible. The more we support them, the more we give the power back to local people, rather than supporting big businesses and corporations.

In my Creative Soul business I love supporting people to connect with nature and nurture their creative soul. I am based in Rydal, in the central Lakes and offer a few different things to support my mission, including yurt workshops.

I am slowly moving towards coming off social media. If you'd like to keep in touch with me please join my newsletter below.

KEEP IN TOUCH WITH CREATIVE SOUL NEWS

Here is also a list of other friends and acquaintances of mine in Cumbria with interesting natural and healing businesses.

Spiritland Foundation - <https://spiritlandfoundation.com/>

Angie Jackson - Homeopath and Flower Essence Practitioner based near Kendal
01539 824099

Healthlines - Flower and Vibrational Essences from around the world
01539 824776
<https://healthlines.co.uk/>

George Mackenzie Healer & Dowser - Offering a down-to-earth, innovative approach to health and wellbeing, I focus on forming strong physical and emotional foundations by improving the body's natural ability to heal. I use a unique fusion of bio energy wisdom and the ancient art of spiritual dowsing.
07846139674

Mother Earth - We create fascinating products from nature to heal, enhance and even transform your wellbeing.
<https://motherearth.co.uk/>

Nourish Yoga - with Emily Hoyle, Menstrual health coaching. Prenatal, birth, postpartum yoga and doula. Heal your relationship with your body. Discover your most nourished self.
<https://nourishyogauk.com/>

The Woolly Rug Co. - Specialising in the design and crafting of bespoke floor rugs, runners and tapestries made from local Herdwick wool
<https://woollyrug.com/>

Hawthorne Healing - Hello, I'm Rebecca Darbishire (married name Naimski), a Shamanic Healing Practitioner, Usui Reiki Master and a Wildflower Artist.
<https://hawthornehealing.co.uk/>

Natural Progression - Personal Training and Wild Wellness in the South Lakes.
https://www.instagram.com/naturalprogression_garf/

Rainbow Therapies at Halton Mill.
Treatments available: Indian head massage, Swedish massage, Deep Tissue massage, Thai foot & hand massage, Crystal healing, Reiki, Access Bars, Aromatouch Technique, Tropic Facials.
Please call Becky on 07974752610
www.facebook.com/rainbowtherapies777

Goodness & Grain Zero Waste shop in Cockermouth
<https://www.facebook.com/GoodnessandGrain/>

Bous Candles based in Cockermouth
<https://bouslife.co.uk/>

Feather & Wild Art
<https://www.featherandwild.co.uk/>

Monica Metsers Art
<https://www.monicametsers.com/>