

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments with me over the last few months.

#### Stamford Artisans Guild Craft Fair

The Stamford Artisans Guild is holding another Craft Fair this Sunday, 25<sup>th</sup> July. This will be, as usual, an excellent hand-made shopping event held by local Artisans. I will be attending as a stall-holder and will be providing Aromatherapy products, essential oils, gift sets, lavender bags, wheat bags and hand made jewellery. Aromatherapy and other treatment Gift Vouchers will also be available. There will also be many other unique craft items available on other stalls. It will be held at the Stamford Arts Centre at 27 St. Mary's St, Stamford, PE9 2DL. There is also a café on the premises, and would make a wonderful day out for all the family. Parking is available at the Wharf Road Car Park, which is free on Sundays. Further Craft Fairs are to be held on Sunday 25<sup>th</sup> September and Sunday 5<sup>th</sup> December. For more information, please see the attached leaflet, or visit [www.stamfordartisansguild.co.uk](http://www.stamfordartisansguild.co.uk).

#### Essential Oil Profile – Cedarwood (Juniperus mexicana)

This variety of Cedarwood oil comes from Texas and is native to south Western USA, Mexico and Central America. It has a dry, woody smell. When inhaled it has a composing effect. Its most profound quality is the effect that it has on the respiratory system; its expectorant qualities dry up phlegm, clear the chest and the respiratory tract. It is therefore excellent when used for asthma, bronchitis or catarrh. In these cases it can be useful both in an oil burner or part of a massage oil blend. Cedarwood oil is also known to be good for nervous tension, stress and has a composing effect on scattered thoughts. Cedarwood can also help bring the body back into balance. It is said to be more effective with longstanding health problems and can be extremely useful in cases of painful arthritis and rheumatism. Cedarwood is excellent for oily skin and dandruff due to its astringent and antiseptic properties and can also help dermatitis and psoriasis. A blend of Cedarwood, Cypress and Frankincense can soften the skin. Cedarwood blends with Benzoin, Lemon, Frankincense, Cypress, Jasmine, Juniper, Patchouli, Vertiver, Sandalwood and Rosemary. ***Safety Precautions:*** *Avoid in pregnancy, use in smaller quantities.*

Cedarwood is a popular essential oil that I have used regularly in my practice. I also have various sizes available for sale during treatment times; these are also available in my website shop at [www.janetthornton.co.uk/catalog/](http://www.janetthornton.co.uk/catalog/)

#### Visit the recently updated website!

Although the website is regularly updated, there have been a lot of new additions recently, including new pages and a lot more products. These include Lavender Cream, Rose Water/Witch Hazel astringent and many Nature's Sunshine products. I plan to provide the entire range of Aromatherapy products in the online shop over the coming time, including a downloadable catalogue. You can view the website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk) and the on-line shop at [www.janetthornton.co.uk/catalog/](http://www.janetthornton.co.uk/catalog/). If there are any products you wish to purchase but want to collect, please contact me on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

#### Nature's Sunshine Products (NSP)

In my last newsletter, I mentioned that I used Nature's Sunshine Products to help support a balanced diet. Nature's Sunshine produce top quality Nutritional products that really work.

They provide a vast range of nutritional and skincare products to help maintain a healthy lifestyle.

Nutritional products include the Key Body Systems range including Mega-Chel (Circulatory system), Nutri-Calm (Nervous System), Proactazyme (Digestive System) and much more. General everyday nutritional products include Zambroza (Anti-Oxidant), Syner Protein, Super Supplemental (Multi-Vitamins). Most key systems products and everyday nutritional products are available from my [on-line shop](#). I also have my own Nature's Sunshine website at [www.naturessunshine.eu/uk/essentialhealing](http://www.naturessunshine.eu/uk/essentialhealing). This includes much wider information about the entire range of products.

If you are not sure which products are best for you, you can try the NSP health test called the [Lifestyle Analysis](#) to determine which of your body systems are stronger, which are weaker and which products are best suited to help you support those weaker systems. If you don't have internet access, I have manual copies at my practice. This can sometimes be easier if there are health issues that you are unsure about. Please contact me if you are interested in any of the information or products listed above on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

Nature's Sunshine does not use synthetic ingredients, herbs that have been sprayed with pesticides or artificial flavours and additives. Each batch of products that are produced go through rigorous tests to ensure the highest possible quality. Nature's Sunshine offer a 90-day guarantee on all of their products.

#### NSP product profile – Zambroza (Antioxidants)

Zambroza is probably *the* most powerful anti oxidant product you can buy. It contains 10 delicious fruits and herbal extracts, each specifically chosen for their remarkable health benefits, and has truly exceptional properties. The benefits include:

- Clinically proven to be more than twice as effective at neutralising free radicals than other similar products.
- 300% more effective at optimising a healthy immune system than competitors products
- Increases your vitality
- Helps protect against numerous diseases
- Can be taken by people of all ages
- Zambroza was the first product of its kind to be certified for consistent quality.
- Contains NO artificial flavourings, colours or sweeteners.

Janet is an Independent Distributor for Natures Sunshine. If you are interested in health, having your own health business and website with Nature's Sunshine, please let me know. Those with an email newsletter can click on [Business Opportunity](#) for more information.

#### Gift Vouchers

These are available to purchase from me at treatment times, at Stamford Craft Fair on Sunday or by mail order via my website.

#### Final Note

Many thanks to all clients who have visited in recent times. I look forward to seeing you again soon. Best wishes to all.

Janet Thornton