

## ESSENTIAL HEALING Aromatherapy Newsletter October 2011

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments with me during recent months. My intention with this newsletter is to keep clients, customers and all readers, up to date on current promotions and stock information related to Aromatherapy treatments, craft products and events.

### Hand Made Craft Markets in Peterborough – The Bull Hotel and The Haycock

There are a couple of craft events coming up soon in the Peterborough area, organised by the Stamford Artisans Guild, of which I am a member. Firstly, this Saturday at The Bull Hotel at Westgate, Peterborough PE1 1RB; from 10am until 4pm. It is situated directly opposite the entrance to Queensgate Shopping Centre. The second event is held at The Haycock Hotel, Wansford, on Sunday 13<sup>th</sup> November; also from 10am until 4pm. It is situated near the A1/A47 junction. Each event hosts a variety of hand made products and unique Christmas gifts made by local artists, designers and makers. For more information, please visit [www.stamfordartisansguild.co.uk](http://www.stamfordartisansguild.co.uk) or see the enclosed flyer. I will be attending both events with my Aromatherapy and lavender products.

### Stamford Hand Made Christmas Craft Market

I will also be attending the Christmas Craft Market at our regular venue, at Stamford Arts Centre on Sunday 5<sup>th</sup> December 2011. Further details will be sent nearer the time, but if you require more information, please let me know. My contact details are at the foot of the page.

### Lemon Essential Oil (Citrus limon)

Lemon is a refreshing oil that helps bring life to the most sluggish of systems. Well known for its antiseptic qualities; it is known for banishing warts, verucae and treating insect bites. The essential oil is produced from the rind of the fruit. Lemon has a tonic effect on the circulatory system, heart and blood; it can be used to ease varicose veins and can also lower high blood pressure. An excellent oil for muscular aches and pains, mental clarity, colds, sore throats, oily skin and hair, warts, wrinkles, fluid retention and *cellulite*. It is refreshing and cooling when feeling hot and bothered and can be very useful when studying or when concentration is needed as Lemon provides clarity of thought. **Safety precautions:** *Not to be used prior to going out in the sun due to possible photosensitivity, also may irritate sensitive skin. If you have extremely low blood pressure it is advisable not to use this oil. Not to be used within 4 – 6 hours of going to bed.* Lemon essential oil will soon be available in my online shop and at all events that I will be attending in the near future.

### Aromatherapy Products

As many of you are aware, I make my own range of Aromatherapy products, that I stock at my practice. These include Bath & Body oils, Face & Hand creams, Hand & Body lotions and many other natural Aromatherapy products. I also make Lavender and Wheat heat bags, to brighten up your home and soothe aches and pains. I will be selling these products at the events listed above, and they will shortly be available on-line. I am also able to make products to order, so if you have any product requests, or ideas for Christmas gifts, please let me know. My contact details are listed below.

### Updated website shop

After a long awaited break, the website shop is now up and running. It currently only holds Nature's Sunshine Products, but will soon hold a wide variety of stock, including essential oils, Aromatherapy bath and shower products, lavender products and much more. The current prices on the website include postage, if you would like to purchase anything directly (at treatment times or by appointment at my practice), there will be no postage costs, so prices will be cheaper. You can browse the shop by clicking the on-line shop link. This newsletter is available on my website on the News page. Downloadable copies of previous newsletters can also be found here.

### Gift Vouchers

Gift Vouchers are available for Reconnective Healing, Aromatherapy and Detox Foot Spa treatments from me by appointment (or at treatment times), all upcoming events or by mail order via my website. They make an ideal gift all-year round.

### Nature's Sunshine Product Profile – NutriCalm

Nutri-Calm is a key product designed to support a healthy nervous system during times of pressure. During these times, the nervous system uses extra B-complex vitamins and vitamin C. Nutri-Calm provides generous amounts of these nutrients along with the herb chamomile which herbalist recommend for its ability to soothe the nerves. One tablet provides, vitamin C 400mg, vitamin B1(thiamine) 20mg, vitamin B2 (riboflavin) 20mg, niacin 40mg, vitamin B6 (pyridoxine) 20mg, folic acid 125µg, vitamin B12 (cyanocobalamin) 33µg, biotin 0.1mg and pantothenic acid 80mg. Other ingredients include choline bitartrate, inositol, PABA, citrus bioflavonoids and chamomile flowers extract.

Nutri-Calm is currently on special offer in my on-line shop and at my practice. If you choose to buy direct (in person), please contact me on 07795 483462 (This method saves you P&P charges.) RRP is £19.95, On-line price including postage is £16.50, Practice price is £13.00. Nutri-calm is an excellent product using only top quality natural ingredients. I keep a variety of Nature's Sunshine Products in my website shop at [www.janetthornton.co.uk](http://www.janetthornton.co.uk). A full range of their products can be found at [www.naturessunshine.eu/uk/essentialhealing](http://www.naturessunshine.eu/uk/essentialhealing).

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. If you are interested in health, and having your own health business and website, then please click on Business Opportunity for more information. Nature's Sunshine offer a 30% discount on all products if you are a Preferred Customer or Distributor for NSP. If you have any questions regarding this or anything else in this newsletter, please contact me on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

Many thanks for your continued custom. You are receiving this because you have visited me as a Aromatherapy/Reconnective Healing client or customer. Your details are confidential and not transferred to a third party. If you would prefer not to receive them, or would like to receive it by email, please could you let me have your email address (this will only be used for newsletters and/or communication regarding your appointment.) I look forward to seeing you soon.

Websites: [www.janetthornton.co.uk](http://www.janetthornton.co.uk)

[www.naturessunshine.eu/uk/essentialhealing](http://www.naturessunshine.eu/uk/essentialhealing)

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*Best Wishes, Janet*

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