

ESSENTIAL HEALING Aromatherapy Newsletter August 2013

Hello and welcome to my August newsletter. I wish to thank all my clients that have had treatments with me during recent months. The intention with this newsletter is to keep clients, customers and readers up to date on current events, promotions and product information related to Aromatherapy and all other Holistic services offered.

The Benefits of Regular Holistic Treatments

The benefits of regular holistic treatments are numerous. They can be used to aid recovery from illness, to assist with changes in lifestyle or direction in ones life; can lead to stress reduction, improved health, outlook on life & create a greater sense of well-being. [Aromatherapy](#) Massage can help relieve painful or tired & aching muscles, cellulite prevention; removal of toxins, stress relief and relaxation. [Reconnective Healing](#) is deeply relaxing and helps to create positive changes on a cellular level. An [Access Bars](#) session will help release the unwanted thoughts, feelings and emotions in your system and give your mind, body and soul an amazing spring clean and a new lease of life. An [Energetic Facelift](#) treatment has the added advantage of lifting your whole body *and* energy levels, as well as noticeable facial improvements. After 20 sessions, benefits are said to be permanent! Further treatments and their benefits can be found on my website listed below.

Special Offers

There have been some slight price changes to single treatments although I now have very good deals on block bookings. Price changes are as follows: Aromatherapy Full Body Massage - £40, Detox Foot Spa treatment - £27.50, Access Consciousness Bars & Energetic Facelift £45 per session. Package deals include the following:

Access Consciousness Bars and/or Energetic Facelift sessions x 3 - £100

Aromatherapy Full Body Massage x 3 - £100 (3 for price of 2.5)

Aromatherapy Full Body Massage x 5 - £160 (5 for price of 4)

Aromatherapy Back, Neck & Shoulders Massage x 3 - £75

Reconnective Healing x 3 - £99 Detox Foot Spa x 5 - £120

All multiple treatments booked to be paid for on the first visit. Dates may be arranged individually. A full list of treatment prices are available on the website. I also offer the following distance healing sessions: Reconnective Healing, Access Bars & Reiki. For more information on these, please visit my website at www.janetthornton.co.uk.

Access Bars Classes

After a few months of many positive changes with the amazing assistance of Access Consciousness tools and various training workshops; I am now qualified to teach Access Bars workshops. During this workshop you will learn how to run the bars on a classmate, and have the Bars run on you. You will receive a Practitioner certificate. Access Bars is an excellent healing session for spring-cleaning your life to make room for you to receive positive experiences. Using the tools helps to clear key blocks and empowers you to know (and to be) what you know. My next class is on Saturday 21st September in Peterborough. It is suitable for therapists that wish to add this amazing modality to their list of therapies offered, and it is also useful for people that would like to use it for friends and family. Sessions can also be given in the workplace to help reduce workplace stress. The possibilities are endless. How does it get any better than that? If you wish to attend my class in September, require further information or would like me to arrange a workshop on a different date, please contact me on 07795 483462. Email and website details are listed below.

Product Overview

I make and sell a variety of Aromatherapy products at my practice. Products include: bath & shower gel, bath salts, talcum powder, hand & body creams and lotion, facial creams & astringents, and an assortment of massage oil blends. If you're interested in a particular blend, or any other products, please let me know as I can make them to order. I currently have 15 different Essential Oils, including Frankincense, Geranium, Grapefruit, Patchouli & Ylang Ylang, to name a few. I also stock a variety of oil burners. These can be used with a little

water, a couple of drops of the essential oil required and will help uplift the energy of any home or office space, and can help relieve depression, lethargy, anxiety, etc. Some products are available from my online shop at www.janetthornton.co.uk and all are available from my practice. Please contact me for more information (details are at foot of page.)

Grapefruit Essential Oil (Citrus paradisi)

Grapefruit oil is very versatile. It has a refreshing, tangy and uplifting aroma, making it a wonderful addition to any blend, oil burner or room spray. In a massage blend, it can help detoxify the body by unblocking congested skin. It is especially good for cellulite, muscle fatigue and water retention. It is excellent for acne and oily skin when used in moderation. Grapefruit can also treat the following conditions: anxiety, depression, headaches, nervous tension and stress. I find that Grapefruit in an oil burner can bring clarity and help you focus on those little jobs that are so easily put off for another day. It can help clear frustration and indecisiveness remarkably well! ***Safety Precautions:** Grapefruit is non-toxic and non-sensitizing but may be phototoxic, so it must not be used prior to going out in the sun or on a sun-bed. It also may not be used if you use certain types of Heart medication. Please check with your physician.* Using essential oils in an oil vapouriser can help lift the atmosphere in any home or office. Essential oils have numerous qualities. An essential oil information sheet can be downloaded from my website on the [Newsletters & Docs page](#).

Ferry Meadows Craft Fair – Sunday, September 8th 2013

I attend events throughout the year and I will be selling Aromatherapy and Lavender products and Crystal jewellery at a Craft Fair at Ferry Meadows on Sunday, September 8th 2013 from 10am – 4pm. Entrance is free. Other craft exhibitors attending provide woodcrafts, hand-made cards, jewellery, paintings and more. These run monthly from April – October and are held on the 2nd Sunday of each month. The dates for the rest of the year are Sunday 8th September and 13th October. It is held in The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU. Ferry Meadows lies 3 miles west of Peterborough and 2 x miles east of the A1. Look for and follow the brown tourist attraction signs for NENE PARK or the COUNTRY PARK SYMBOL. Ferry Meadows is signposted from the Oundle Road (A605). Ferry Meadows is a wonderful, green area for all the family. It has a café, shop and lots of wide, open space for walking the dog and enjoying a day out.

Emotion Code Case Studies

I have been an avid student and practitioner a variety of holistic therapies and energy healing methods for many years. I am very enthusiastic about my latest venture, The Emotion Code. This is a way of releasing emotions that may have become trapped in the body for many years. Feelings of fear, anxiety, grief, and much more can become trapped and cause many stuck or blocked areas in one's life, and even health issues. Over the coming months I require case studies that I need to submit with my work, please could anyone who is interested in helping, contact me. Releasing trapped emotions can be extremely beneficial, resulting in freedom from fears, emotional & spiritual blocks and often health issues disappearing. It can also create a major leap forward in ones life. There is no charge for case study appointments.

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Essential Health & Wellbeing is on Facebook! I generally post news, events, product information, website updates, Access Bars classes on this page. You can find us there at: https://www.facebook.com/?ref=tn_tnmn#!/EssentialHealthWellbeing.

Natures Sunshine Limited Stock available

I have a few Nature's Sunshine Products available at reduced prices. These are as follows: Solstic Energy (10's), Solstic Slim (30's), Omega 3, Vitamin B, and Vitamin D. All products are optimum quality and help to build up the body's immune and other important systems of the body. For further information about or to purchase any Nature's Sunshine products, please visit www.naturessunshine.eu/uk/essentialhealing or use the contact details below.