

ESSENTIAL HEALING Aromatherapy Newsletter August 2012

Hello and welcome to my latest 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.

Ferry Meadows Craft Fair – Sunday August 19th 2012

I attend events throughout the year and I will be selling my Aromatherapy and Lavender products at a Craft Fair at Ferry Meadows on Sunday, August 19th 2012. This is held in The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU. It is open to the public from 10am – 4pm, and the entrance is free. Several other craft exhibitors will be there, from woodcrafters, hand made jewellery, cards, Aromatherapy products and more. These have been running monthly since April and have been hugely successful. They are held on the 3rd Sunday of each month. The following fairs are held on September 16th and October 21st. Ferry Meadows is a wonderful, green area for all the family. It has a café, shop and lots of wide, open space for taking the dog for a walk or enjoying a day out.

Aromatherapy Products

As many of you are aware, I make Aromatherapy products, that I stock at my practice. These are made with natural ingredients and include Bath & Body oils, Face & Hand creams, Hand & Body lotions and many more. I also make Lavender and Wheat heat bags, to brighten up your home and soothe aches and pains. I also supply 100% pure essential oils. These are available at my practice, craft fairs & events, and on my website at www.janetthornton.co.uk. Special orders can also be taken; please be aware that if I do not have it in stock, I will need time to prepare it. If there are any products you are interested in, please contact me on 07795 483462 or email at info@janetthornton.co.uk.

Essential Oil Profile – Lavender (Lavendula augustifolia)

Lavender is a wonderful oil and by far one of the most commonly used essential oils of modern times. It has a wide range of benefits, and can be used to treat (amongst other) following physical conditions: Arthritis, Bites, Bruises, Burns, Cuts, Dermatitis, Eczema, Exhaustion, Headaches, High Blood Pressure, Immune System Stimulant, Migraine, Swollen Joints, Muscular Aches and Pains and PMT. Furthermore, Lavender can also be used for the following psychological conditions: Fear, Hyperactivity, Insomnia, Irritability, Nerves, Relaxation, and Worry. A few drops of Lavender on your pillow at night helps to take worries away and promote a good night's sleep. Precautions – Do not use if you have (very) low blood pressure or are in the first trimester of pregnancy. As with all essential oils, do not ingest. It can be used in an oil burner when supervised, but is not to be left unattended. I sell Lavender essential oil at my practice, events and online shop at www.janetthornton.co.uk

Treatments offered

The following treatments are offered at my practice in Walton, Peterborough: Aromatherapy, Reconnective Healing, Angel Therapy, Crystal Healing, Reiki and Detox Foot Spa treatments. Please see the enclosed leaflet for more information or visit my recently updated website. If you are receiving this newsletter by email,

please click on the links provided. For bookings please phone me on 07795 483462. Special offers include: (1) A course of 4 Aromatherapy Full Body treatments costs £140. (2) A course of 3 Aromatherapy Back, Neck & Shoulders treatments costs £70. (3) A course of 3 Reconnective Healing sessions costs £99. All block bookings must be paid for on the first appointment. Prices are current from 01/02/12 and are shown on the website.

Crystal Healing

One of the new therapies that I have added to my list of services is Crystal Healing. Crystals are very valuable tools and have a wide variety of properties that can help reduce energetic blocks, soothe or enhance the energy field. I have felt a strong connection to crystals for many years and use them often in my daily life. Each crystal promotes healing and can release energetic blocks in different parts of your body, or can help create insight to a certain aspect of your life. I have attended several Crystal Healing workshops over the years and am qualified and insured to give Crystal Healing sessions. For more information, please visit the relevant page on my website. I also make crystal pendants and jewellery. These are available at my practice and at events I attend. These will soon be available on my online shop. If you would like more information or want to book a treatment, please contact me on 07795 483462, by email at info@janetthornton.co.uk or visit my website.

Optimum Nutrition – Nature’s Sunshine Products

I supply a range of Nature’s Sunshine products, at my practice, at events and in my on-line shop. Apart from the main stock list, there are two main categories of products, DAILY NUTRITION products and KEY SYSTEM products. Daily Nutrition products include fibre products such as TNT, Essential Fatty Acids such as Omega 3 and Flaxseed oil, and Syner Protein contains all the amino acids, multivitamins and minerals you need to maintain a healthy body. Key System products take care of the parts of the body that are the weakest. Mega-Chel supports the circulatory system, Nutri-Calm supports the nervous system, Proactezyme supports the intestinal system, and so on. To check which system is the weakest, you can fill out a Lifestyle Analysis Form, either at my practice or online. A larger range of products can be found at <http://www.naturessunshine.eu/uk/essentialhealing/>.

Find us on Facebook!!

A while ago I started a Business Facebook page, where I post short messages with special offers, events, new products and treatments and so on. You can visit the page at Essential Health and Wellbeing or find the link on each page of my website! If you press ‘like’, you will receive up to date messages when they are posted.

Gift Voucher

I am enclosing a special offer Gift Voucher with this newsletter. It is valid until December 2012 and can be given to friends, family and associates. Please note that only one voucher can be used per person. A downloadable version of this leaflet will be available soon from the News page of my website. Full price gift vouchers are sold separately for most treatments from me by appointment (or at treatment times), upcoming events or on-line via my website. They make an ideal gift all-year round.