

## ESSENTIAL HEALING Aromatherapy Newsletter November 2013

Hello and welcome to my latest newsletter. I wish to thank all clients that have come for treatments and healing sessions during recent months, especially those that have helped with The Emotion Code. My course is almost complete now and I look forward to introducing it into the practice soon. 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.

### Access Bars classes

Would you like to have an amazing life? Would you like to live stress free and be able to help others achieve similar? Access Bars is an amazing healing modality. It activates points on the head and releases the electrical charge to all the dysfunctional thoughts, beliefs, emotions, decisions and considerations that have ever been stored in the body. An Access Bars session is profoundly relaxing, releases stress and is often life changing in a positive way.

I have a series of workshops booked to learn this event. The workshop dates are as follows: this SUNDAY, 24<sup>th</sup> November, Sunday 8<sup>th</sup> December and Saturday 18<sup>th</sup> January 2014. All workshops are listed on my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk). If you would like a workshop on a different date, please contact me and I will arrange something.

When you attend an Access Bars 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. This workshop is suitable for therapists and lay people alike, sessions can be given to friends, family, clients and colleagues. For more information on sessions and classes, please contact me on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk). Gift vouchers are also available for workshops via the website, along with most treatments offered. To register; please visit [www.janetthornton.co.uk](http://www.janetthornton.co.uk).

### Other Upcoming Events:

I will be attending a **Ladies Pamper night on Friday 22nd November from 7.30pm until late**. It is held at: The Royal British Legion, 210 Broadway, Yaxley PE7 3NR. Treatments include manicures, pedicures, nails, lashes, spray tans, hair styling Holistic Treatments, massages, and a few product stalls. I will be attending this with Aromatherapy Massage, Reconnective Healing, Access Bars, Energetic Facelift and Reiki treatments, and a few Aromatherapy products and crystal pendants too. Please visit the facebook page [Ladies Pamper Night 22nd November](#) for more information.

**I will also be attending the following events in the run up to Christmas.** I will be offering Aromatherapy, lavender, health & beauty products & candles, wheat bags, crystal jewellery, health, wellbeing & spiritual books, Nature's Sunshine products and treatment Gift Vouchers

**Honeyhills Xmas Fair on Saturday 30<sup>th</sup> November** from 11am until 2pm. It is held at Honeyhills Childrens Centre, 150 Chadburn, Paston, Peterborough, PE4 7DH. For more information, please visit the Facebook event page at: Honeyhills Xmas Fair 30th November.

**The Voyager Academy annual Winter Fair on Saturday 7th December** from 12-4pm. Affectionately named 'Festive Freeze', there will be many attractions such as; 40ft ski slide, hot chestnuts, hot chocolate, non alcoholic mulled wine, real reindeer, rodeo reindeer, Santa's grotto, bouncy snow globe, and many craft stalls. It will be a fantastic event not to be missed. The Voyager Academy is situated on Mountsteven Avenue, Walton, Peterborough

PE4 6HX. I look forward to seeing you there. For more information, please visit the Facebook event page: [Voyager Festive Freeze Christmas Fair](#).

**Dogsthorpe Xmas Bazaar on Saturday 21st December** at Dogsthorpe Methodist Church, Birchtree Avenue, Dogsthorpe, PE1 4XP from 2 - 8pm. It will be a great day for all the family! Kids games, Raffles and Tombola's, craft stalls, free arts & crafts, tea and mince pies and lots more. Look forward to seeing you there! For more information, please visit the Facebook event page: [Dogsthorpe Xmas Bazaar 21st December 2013](#).

Many other stalls will attend these events, and make an excellent afternoon out for all the family. I look forward to seeing you there! Please check the website for updates on the events page at <http://www.janetthornton.co.uk/>

### **Frankincense (Boswellia carteri)**

Frankincense essential oil is rejuvenating and refreshing. It brings the user and those in the environment (if used in a oil fragrancener) a great sense of calm, whilst remaining alert. A useful aid to meditation, Frankincense has been used for centuries in Religious ceremonies. As it slows down breathing, it brings great relief to anxious states of mind and soothes nerves, especially worrying thoughts about the past. On a physical level it is of great benefit to the respiration system; helping to clear the lungs and easing shortness of breath. It has a soothing action on head colds and bronchitis. In skincare, it is widely used for its anti-ageing effect on mature skin and wrinkles. Its properties include: Antiseptic, Astringent, Cytophylactic, Digestive, Diuretic, and Tonic. Frankincense blends well with Geranium, Grapefruit, Lavender, Orange, Patchouli and Sandalwood. It is available from my online shop, at events listed above and at my practice by appointment. Contact details are listed below.

### **Holistic Treatments offered**

The following treatments are offered at my practice in Walton, Peterborough: Aromatherapy, Reconnective Healing, Access Bars, Energetic (non-surgical) Facelift, Crystal Healing, Reiki and Detox Foot Spa treatments. I expect to offer Emotion Code sessions by the New Year, please contact me for more information or visit my website (details listed below.) If you have received this newsletter by email, please click on the links provided. For bookings please phone 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

### **Natural Product Profile**

I make a variety of natural products using pure essential oils and natural ingredients. These include Hand and Face cream, Facial Toners, Liquid Hand soap, Bath & Shower gel, Bath Salts, Massage Oil and Roll-on blends, Talcum Powder. I also stock a wide variety of gift sets and essential oils. These can be purchased at my practice, at the events I attend, and in my [online shop](#). Products can also be made to order, so if you would like a particular product or blend, just let me know. I also have a selection of Nature's Sunshine Products.

### **Gift Voucher**

I am enclosing a special offer Gift Voucher with this newsletter. It is valid until March 2014 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. Vouchers may be used for any treatment. Full price gift vouchers are sold separately for most treatments from me by appointment (or at treatment times), all upcoming events or on-line via my [website](#). They make an ideal gift all-year round.

Many thanks once again for all your support, bookings & attendance at events etc. Wishing all of you an enjoyable festive season, and I look forward to meeting you in the near future.