

ESSENTIAL HEALING Aromatherapy Newsletter December 2012

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, information relating to Aromatherapy products & treatments, craft products and events.

Stamford Christmas Craft Fair

Stamford Artisans Guild is holding their Christmas Fair this coming Sunday, December 2nd from 10am until 4pm. Many local artists, designers and craftsmen will be attending for Stamford's own hand-made Christmas fair of unique and original crafts. A superb place to go for all your unique Christmas gifts! I will be attending and will be selling Aromatherapy products, including essential oils, bath and shower products, gift sets, wheat & lavender bags and treatment Gift Vouchers. There are many other unique items available on other stalls. It is held at Stamford Arts Centre, 27, St Mary's Street, Stamford, PE9 2DL. Parking is available at the Wharf Road Car Park, which is free on Sundays. If you would like more information, please visit www.stamfordartisansguild.co.uk.

New Products

I've been busy recently making some new products, including Aromatherapy shower gels, wheat bags (for aches and pains), lavender bags and lavender eye pillows for meditation and relaxation. I also have a small selection of bags and eye pillows that do not contain wheat or lavender, for those with allergies. These will be for sale at the Stamford Craft fair, and also at my practice.

Essential Oil Profile – Patchouli (pogostemon cablin)

Patchouli has a strong, earthy fragrance and can create a grounding and balancing effect on the mind, body and spirit. Its properties include: antidepressant, antiseptic, astringent, aphrodisiac, deodorant, diuretic, fungicide, sedative and tonic. It is good for water retention and cellulite. Well renowned for its use in skincare, it helps form scar tissue and is excellent for rough, cracked skin, sores and wounds. It helps treat acne, eczema, fungal infections and scalp disorders. It is a useful ingredient in many dry skin products. Patchouli blends with: Black Pepper, Frankincense, Geranium, Lavender, Lemongrass, Ylang Ylang and many other essential oils. **Safety Precautions:** *Said to be a sedative in low quantities but stimulating in high quantities. May curb appetite, and its heady fragrance may be overpowering to some.*

Treatment Profile: Detox Foot Spa

For a couple of years now I have been offering a wonderful treatment called a 'Bioenergiser Detox Foot Spa treatment'. Briefly, it is similar to a normal foot spa in the sense that it is relaxing and relieves tired feet but the Bioenergiser does a lot more. It eliminates toxins from the body by way of a small electrical charge pulling toxins out through the feet. It helps relieve stress, poor skin conditions, arthritis, loss of energy, certain allergies; encourages good sleep and more. The treatments can leave you relaxed and revitalised. They also help to detoxify the system. Please see the enclosed leaflet for more details. Full information can be found on my website at www.janetthornton.co.uk. These treatments may be used in combination with most other treatments that I offer such as [Reconnective Healing](#) and [Reiki](#). An [Aromatherapy](#) treatment can be booked alongside and would be carried out before or

after your Detox Foot Spa treatment. If you are booking a Foot Spa treatment with a massage or any other treatment, please let me know at the time of appointment, as I need to set the room up accordingly. These treatments are not suitable for home visits.

Contraindications: Detox Foot Spa treatments are **not** recommended for people with pacemakers, metal implants in the lower leg, epilepsy, deep vein thrombosis or other severe circulatory disorders, acute infectious disease, during pregnancy or if you have had an organ transplant within the last 18 months.

Nature's Sunshine product profile – Omega 3 capsules

Omega-3 is a classification of certain kinds of fatty acids that result from the breakdown of dietary fats in the body. They are used to form membranes surrounding each of our trillions of cells. Fish get omega-3 oils from the plankton they eat. The names of these omega-3 oils are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). DHA is most concentrated in the brain and retina. Both are included in this formulation-EPA 180mg and DHA 120mg, with natural d-alpha tocopherol acetate (vitamin E) to help preserve freshness. Sources for these fish oils are the flesh of cold water fish such as salmon and mackerel. This product does not contain fish liver oils.

The benefits of Omega 3 oils include:

- Omega 3 oils can help regulate the following body systems:
- Cardiovascular and kidney system function, including dilation or constriction of blood vessels and clot formation
- Digestive system function, including regulation of stomach secretions
- Immune system function, including allergy responses
- Nervous system function, including regulation of neural circuits in the brain
- Reproductive system function, including induction of labour or menstrual cramps
- Thermoregulation, or the maintenance of a constant body temperature
- Brain function optimisation

In addition, Omega 3 oils can also help the healing and repair process, including regulation of cell division, fever and pain regulation during the inflammatory process, and various other functions (including control of fluid pressure in the eyes, ears, and joints) – the list is endless.

Nature's Sunshine produce top quality Omega 3 capsules. I have a supply of these and other products at my practice but this and all their products are available through Natures Sunshine at www.naturessunshine.eu/uk/essentialhealing.

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.

Wishing you all the best for the Festive Season, and I look forward to seeing you soon.