

## ESSENTIAL HEALING Newsletter December 2015

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

### Gift Fairs and Events

I attend events and give workshops regularly throughout the year and have a number booked over the coming months. Further info is posted on my website. These are as follows:

- Werrington Craft & Gifts Fair, Saturday 19<sup>th</sup> December 2015 from 11am–2.30pm
- Access Bars and Energetic Facelift classes workshops and swap days for those qualified
- Online shop and Healing Practice open for Products and Healing Treatments

### Energetic Facelift Workshops Peterborough October 25<sup>th</sup>, 31<sup>st</sup> and Sunday November 29<sup>th</sup>

Many thanks to those that have attended a workshop in the last few months, the classes have been wonderful. I have several classes planned, and also a swap day for those that have taken classes. The dates for following Energetic Facelift Classes are: **Sunday October 24<sup>th</sup>, Saturday October 31<sup>st</sup> and Sunday November 29<sup>th</sup>**, each class runs from 10am until 4pm. The Energetic Facelift™ is a wonderful way to rejuvenate the face and reverse the appearance of aging; the technique can create similar effects throughout the body. Imagine having a natural facelift instead of spending time & money on products or surgery? In this workshop you will learn to do the process. On successful completion, you will receive a manual and a Practitioner certificate. You will both give and receive the facelift. There is a good chance you will feel energised aswell, you might even leave the class skipping! Why not learn the Access Energetic Face Lift™ with a friend or two so you can give and receive the benefits of this dynamic process on a weekly basis? The price for the workshop is £110. For further information and to register, please visit: [www.janetthornton.co.uk/access-energetic-facelift-workshop-registration](http://www.janetthornton.co.uk/access-energetic-facelift-workshop-registration).

### Access Consciousness Bars Sessions & Workshops

**Access Consciousness Bars** is a gentle and relaxing energy treatment that can help release stuck patterns of behaviour; dissolves energy blocks, improve health and well-being and bring about positive change. Over the course of a session acupuncture points on the head are activated and the electromagnetic charge to trillions of thoughts, feelings and emotions that the body has stored over many lifetimes, are released. Access Bars opens out the field of possibility and helps to raise consciousness. This wonderful healing modality has remarkable effects. There has been a scientific study to test it's effectiveness; this can be found at: <https://www.youtube.com/watch?v=DgGbFRjqQPk> I offer Access Bars sessions in my practice and I also teach workshops so that you can learn to use this for yourself, friends, family or holistic therapy business. Please let me know if you would like me to organise a workshop near you. Workshops are also listed on my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk).

### Eye Craft Fair - Saturday 28<sup>th</sup> November & Werrington Craft Fair - Saturday 19<sup>th</sup> December

**Eye Craft Fair** is being held at Leeds Hall, High Street, Eye, PE6 7UP, on Saturday 28<sup>th</sup> November 2015. **Werrington Craft & Gift Fair** will be held on Saturday 19<sup>th</sup> December at Werrington Village Hall, Church Street, Peterborough, Cambridgeshire, PE4 6QE. Both fairs are being held from 11am until 2.30pm. Entrance is free and there is plenty of parking at both venues. A wide variety of stalls will attend both events, with local crafters and businesses selling crafts, gifts and natural products. I will be there with Aromatherapy and Lavender products, Essential Oils, Kinoki Detox Footpads, and a large range of Crystal jewellery, tumblestones, Candleholders (Selenite, Amethyst) and crystals of all shapes and sizes. Further information about all events are included on my website as they come up.

### **Therapies offered in Peterborough and Stamford**

The following treatments are offered at my practice in Walton, Peterborough: Aromatherapy, Access Bars, Energetic Facelift, The Emotion Code, Reconnective Healing, Reiki and Detox Foot Spa treatments. For more information or visit my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk). I have an option to work at another venue in **Stamford at a High Street Salon called Purely You**. They are well established and do a wide variety of treatments, in the Beauty and Holistic Therapy field. The therapies I provide complement theirs. Their website can be found at: <http://www.purely-you.com/>. I will be working there on Tuesdays. If you know anyone that requires any of the treatments that I offer, please pass my details on. For further information, please visit my website under the heading 'Treatment Prices, Stamford, Lincolnshire'. If you are receiving this newsletter by email, please click on the links provided. I operate on an appointment only basis. For bookings please phone me on 07795 483462. I look forward to hearing from you soon!

### **Crystal Profile - Anthracite (also known as Jet)**

Anthracite brings a sense of peace and freshness to the bearer. It helps transform old stuck energy into vibrant new energy. Very useful in helping release periods of depression and anxiety, helping to calm nerves, protect from panic attacks and sudden drops in the mood state. Anthracite sweeps the body's energy field of negative and heavy stagnant energies almost instantly. It can be used to lift heavy headaches and migraines. Anthracite releases inner and outer smog and lifts the atmosphere; it stores and attracts positive energy and repels negative energy. Anthracite helps the being to recognise and appreciate that of beauty and marvel, no matter of its form. It also brings a very positive and determined energy that guides and supports all that is needed. As with all gemstones, cleanse regularly. I keep a supply of Jet tumblestones and pendants at my Therapy Practice & at events I attend.

### **Essential Oil Profile - Thyme (Thymus vulgaris)**

Thyme has a sweet, herbal fragrance. Its properties include anti-rheumatic, antiseptic, antispasmodic, aphrodisiac, carminative, diuretic, emmenagogue, expectorant, stimulant and tonic. It can be used to treat colds, coughs, sore throats, bronchitis and asthma. It helps to eliminate phlegm. It is excellent for the circulation and can raise low blood pressure. It can be used for rheumatism, gout, arthritis and sciatica due to its stimulating action in removing uric acid. It can remove painful arthritic swelling when used in a compress. It is useful for sluggish digestion and can treat menstrual difficulties such as leucorrhoea and can be useful in childbirth. It blends well with Bergamot, Cedarwood, Chamomile, Juniper, Lemon, Mandarin, Rosemary and Tea Tree. **Safety precautions:** *It is very potent and strongly antiseptic. May irritate the skin. Not to be used in pregnancy or cases of high blood pressure.* I keep a supply of Thyme Essential Oil at my Therapy Practice and at events I attend.

Many thanks, Janet