

ESSENTIAL HEALING Newsletter December 2019



Hello and welcome to my latest newsletter. I wish to thank all clients, colleagues that have had treatments and attended events throughout the year. I hope you find the following information about events, promotions & product information related to Aromatherapy & other services useful.

I travelled less this year giving more time for reflection. In April we lost our amazingly beautiful dog, Willow (a gorgeous Saluki Lurcher), some of you may remember what a loving girl she was. We still have Bailey, as charismatic and wonderful as ever.

Other than 2 trips to Holland, I have stayed in UK travelling to some self-development & training days and having a couple of much-needed short breaks.

As we go into a new decade there are many things occurring on the Essential Healing front. I continue to offer therapies and healing modalities such as [Aromatherapy](#), [The Emotion Code](#), [The Body Code](#), [Access Bars](#), [Energetic Facelift](#), [Reiki](#) and more recently, [PSYCH-K®](#) (see below). I also stock Crystals and Products, listed below.

PSYCH-K® sessions

I have recently trained in a wonderful healing modality called Psych-K, which works with transforming beliefs that are held to do with various aspects of life. For example, you may feel that you want to achieve a certain goal, and no matter how hard you try, it seems impossible. At a certain point, you may wonder; why is this? Well, the system works in funny ways. Fairly often, that goal or desire you wish to attain, is not believed to be achievable by the subconscious mind; this is where Psych-K can help improve your life for the greater good!

PSYCH-K® is:

- a non-invasive, interactive process of change with a proven record of success for over 25 years.
- a simple, yet powerful process to change subconscious beliefs that are self-limiting and self-sabotaging
- a unique blend of various tools for change, some contemporary and some ancient, derived from contemporary neuroscience research, as well as ancient mind/body wisdom
- a ground-breaking approach to facilitating change at the subconscious level where at least 95% of our consciousness operates.
- a process that transcends the standard methods of visualization, affirmations, will power, and positive thinking especially effective in the areas of behavioural/habit change, wellness and stress reduction

At this time, I am able to provide PSYCH-K® sessions at £30. For further information about PSYCH-K®, please visit: <https://psych-k.com/>. To book a session for this or any other modality, please contact me on 07795 483462, or by email at info@janetthornton.co.uk.

Get Fit Live Fitness Fair – Stanground Sports Centre – Sunday 5th January 2020

This popular fair is for sports and fitness enthusiasts and runs from 11am until 3pm. It will be held at: Stanground Sports Centre, Peterborough Road, Peterborough, PE7

3BY. Essential Healing will be attending this event with Aromatherapy & Natural Health Products, Crystal Gemstones & Jewellery, and Holistic Health information on modalities that I practice. Further information can be found on the facebook event page at: <https://www.facebook.com/events/765378903982551/> or on their website at: <https://getfitlive.co.uk/> for Peterborough and other venues nationwide.

Crystal Gemstones, Jewellery and Products

I offer a large selection of Crystals and Gemstones, Crystal Jewellery (boxed and unboxed), Aromatherapy and Health and Wellbeing products (like Kinoki detox foot patches), such as those listed at www.janetthornton.co.uk (follow the Store link on the left side.) If you would like to come and see a wide selection of these my practice in Walton, Peterborough, please contact me - details are at the foot of the page.



Crystal Profile: Selenite

Selenite is a Crystal that links you to your higher self. It helps soothe the mind and pulls toxins from the system in a very subtle way. It puts you in touch with the Angelic Realm and lightens up your magnetic field from stress and tension. Physically, Selenite is good for the brain, teeth and the spinal column. It is a cleansing and highly effective stone. Due to its softness, care needs to be taken when cleansing and must not be placed in water. It links to the Third Eye, Crown & higher chakras. I stock various forms of Selenite, including Candle Holders, Gemstones, Rods and Hearts.

Essential Oil Profile: Lemongrass (*Cymbopogon flexuosus*)

Lemongrass is a cleansing essential oil often used in the cosmetic industry, that is often used in perfumes. When used in an oil vaporizer, it can help clear negative energy around the home; and will also help lift the spirits. It helps cleanse the mind, body and spirit and it's strengthening effect helps relieve boredom and lethargy. When you are tired or overworked Lemongrass is a good oil to use (though not too late at night, as this may cause sleep issues). It helps you move forward when you are feeling stuck. On a physical level, in a massage blend for example, Lemongrass can help relieve aches and pains, aid digestion, purifies and tones the skin. It is also an excellent insect repellent. Its' properties include antidepressant, antifungal, antiseptic, deodorant, digestive, diuretic, stimulant, tonic. It blends with with Cedarwood, Eucalyptus, Geranium, Lavender, Naiouli, Neroli, Rosemary, Spearmint and Tea Tree essential oils. **Safety precautions:** *Non-toxic, though use in small doses. Do not use undiluted (use with a base oil) as it may irritate the skin if used neat. As with all essential oils, avoid spillage and wash hands if spilt.* As with other products, I have a supply off essential oils available at my practice in Walton, and on the website.

Festive opening hours: The practice will be closed between Tuesday 24th December and Friday 27th December. If you would like an appointment at any point between Christmas and New Year, or at any time; please let me know. Contact details are at the foot of the page.

Wishing you a MERRY CHRISTMAS and all the best for 2020!

With warmth and inspiration for a new decade ahead, Janet