

It's this weekend!! Werrington 4th July & Nagarjuna 5th July!! Summer Fetes !! Essential Healing News Bulletin! July 2015

Werrington Craft & Gifts Fair, Saturday July 4th 2015

On **Saturday, July 4th**, I will be attending the 2nd of 4 Craft & Gift Fayres this year at Werrington Village Hall. There are a wide variety of stalls from local crafters and businesses attending selling crafts and gifts. I will be there with Aromatherapy products, Essential Oils, Kinoki Detox Footpads, Crystal jewellery and a large range of Crystal jewellery, tumblestones, Candleholders (Selenite, Amethyst) and crystals of all shapes and sizes. The events will be held at Werrington Village Hall, Church Street, Peterborough, Cambridgeshire, PE4 6QE. Entrance is free and there is plenty of parking at the venue. This year's dates are all on Saturdays on **4th July, 12th September and 19th December**. Many thanks to those who attended the last event on Saturday 2nd May. I look forward to seeing you again soon.

Nagarjuna Buddhist Centre Alternative Health Fair/Fete Sunday 5th July 2015

This year's World Peace and Alternative Health Fete at the Nagarjuna Buddhist Centre is on **Sunday, 5th July 2015**. It's a fabulous day for all and includes live bands, stalls, vegetarian food, face painting, a bouncy castle (lots of fun!), ice cream and much more! I will have a stall there with Aromatherapy products, Nature's Sunshine products, Crystals & Jewellery and a variety of Natural Health and Spiritual books. This event invites a warm, friendly atmosphere and each year seems to improve upon the last. There are also hourly guided meditation sessions throughout the day. The event is held at the Nagarjuna Buddhist Centre, The Old Rectory, Kelmash, Northants. NN6 9LZ. For more information please visit www.meditation-nagarjuna.org or phone 01604 686778. It is situated near the A14/A508 junction about 2 miles south of Market Harborough.

Ferry Meadows Craft Fair – Sunday 12th July 2015 – Monthly event (12/7, 10/8)

I attend events throughout the year and I will be selling Aromatherapy, Lavender products and Crystal jewellery at a monthly Craft Fair at Ferry Meadows on Sunday, **12th July 2015**. This is held in The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU. I have attended for the last 2 years and it is an amazing event. It is open to the public from 10am – 4pm, and the entrance is free. Other craft exhibitors attending provide woodcrafts, hand-made cards, jewellery, paintings, Aromatherapy products and more. These run monthly from April – November and are held on the **2nd Sunday of each month**. The dates for the rest of the year are 12th July, 9th August, 13th September, 11th October and 8th November 2015. Ferry Meadows is a wonderful, green area for all the family. It has a café, shop and lots of wide, open space for walking the dog, cycling and enjoying a day out.

Crystal Healing Profile - Golden Labradorite

Golden Labradorite is a stone that assists you to better manage your personal power. It gives clarity of mind, courage, revitalization and expanded thinking. Other qualities include: assertiveness, self-confidence and physical vitality. It can also assist an ability to manifest money into your life. It has a masculine vibration that will balance your male-female energy. It is really powerful when combined with Rainbow Moonstone. When placed under your pillow, it will ensure that you will wake up in the morning feeling eager to get on with your plans for your day. Chakra: Solar Plexus.

Essential Oil Profile - Tea Tree (*Melaleuca alternifolia*)

Antiseptic, anti-bacterial and anti-fungal, tea tree oil can be used for a number of medicinal purposes. It can be used to treat acne, candida, nappy rash, thrush, verucae and many other common ailments. It is an ideal natural substance to include in any first aid kit. It is a powerful immune system stimulant. Tea Tree blends well with Cypress, Eucalyptus, Ginger, Lavender, Lemon, Mandarin, Orange, Rosemary and many more. **Safety Precautions:** *May irritate sensitive skin. Best used in small quantities.* A supply of essential oils are available at all events and at my practice.

I look forward to seeing you again soon. Many thanks, Kind regards, Janet

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