

ESSENTIAL HEALING Newsletter December 2016

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.

Mind Body Spirit events 2017 – Bull Hotel - Saturday 28th January 2017

MucMara will be organising another fabulous Mind Body Spirit event at The Bull Hotel in Peterborough on Saturday 28th January 2017 from 10.30am until 5.30pm. There will be up to 30 stalls there offering a wide selection of Healing modalities and natural products. Essential Healing will be there with Aromatherapy and Lavender products, Crystal Jewellery and Gemstones, Nature's Sunshine & Natural Health and Wellbeing Products. Various promotions are also available throughout the day, including certain Nature's Sunshine and other Products. It will be held at: The Penthouse Suite, The Bull Hotel, Westgate, Peterborough, Cambridgeshire PE1 1RB. The entrance is a couple of doors down from the main entrance of the Bull Hotel, on the 2nd floor. There is a lift, and the event will be sign-posted. The facebook event can be found at: <https://www.facebook.com/events/1760757977580221/>. Further information can also be found on their website at: <https://mucmarawebsite.wordpress.com/>. We look forward to seeing you there!

Access Consciousness Bars and Energetic Facelift workshops

The next Energetic Facelift workshop will be held on Sunday 15th January, and an Access Bars workshop will be held on Sunday 21st January 2017. Both modalities cannot be recommended highly enough; and provide ultimate relaxation, release blockages, increase energy, aid a greater balance in life and have many more benefits. Workshops enable you to become a practitioner and if you attend 3 workshops with different facilitators, you may apply to become a facilitator. Further Information about workshops, sessions and all other therapies can be found on my website at www.janetthornton.co.uk. If you would like me to arrange a class on a different date, please let me know. My contact details are at the bottom of the page. Many thanks to those who attended Access Bars and Energetic Facelift workshops with me this and in previous years. Classes are arranged on a regular basis.

Special Offers

I'm pleased to announce that there will be further Special Offers for the New Year. There will be a £5 discount on all treatments of an hour or longer, and a £2.50 discount on all other treatments. This offer runs throughout January. Access Bars, Energetic Facelift and Aromatherapy are now £40, The Emotion Code; £35, etc. There is a £10 discount on all block bookings, where you pay for 3 or 4 treatments in advance. Further information can be found on the website, listed below.

Availability over the Festive season

I am available for bookings until Christmas eve, I have some availability on Wednesday 28th and 29th December and will be available again from Wednesday 4th January 2017.

Essential Oil Profile - Bergamot (Citrus bergamia)

Bergamot is a very cheerful oil. It has a delicate, refreshing aroma and when used in a room fragrances can create a very uplifting environment. Its properties include: analgesic, anti-depressant, antiseptic, antispasmodic, deodorising, expectorant, insecticide, tonic. It is very effective for skincare complaints such as psoriasis and eczema, especially when linked to stress. On a mental and emotional level it is good for anxiety, depression and nervous tension. On a physical level it is good for respiratory infections including tonsillitis and bronchitis; it can also regulate appetite so may be useful for anorexia sufferers and convalescents recovering from illness. Bergamot blends with Chamomile, Eucalyptus, Geranium Juniper, Lavender, Lemon, Marjoram, Ylang Ylang and many others. **Safety precautions: Not**

to be used directly before going out in the sun, as it may have/has a phototoxic effect. It may irritate highly sensitive skin. Bergamot and many other essential oils are available from the webstore.

Crystal Healing, Jewellery & Tumblestones

Crystals have a variety of benefits for people in all walks of life. They have been around for millions of years and are a natural part of the Earth's formation. They are not only known for their beauty, but for their healing properties as well. I hope to provide information about Crystal Healing properties in current and future newsletters. I now stock an extensive range of Crystal Jewellery, Tumblestones, Candle Holders (Selenite, Agate, Amethyst) and crystals of different shapes and sizes. These are available at my practice, events that I attend, and on my website. My website store is updated regularly so new products are being added all the time.

Crystal Profile - Malachite

Malachite is a powerful healer and is excellent for arthritis, rheumatism, diabetes & depression. It helps aid tissue regeneration after injury and circulatory system. It balances the left & right brain activity and emotions and aids sleep, strengthens the heart, provides stability, patience, tolerance and strength. Cleanse frequently, but do not immerse in water, as malachite is a very soft stone.

Crystal Profile - Black Onyx

Onyx is a wonderful gemstone. It strengthens the nervous system and helps relieve stress. It is helpful for worriers, aids concentration and is a very useful study aid, amongst other qualities. It works well with spiritual stones such as Lapis Lazuli for protection and intuition (I found that wearing these two as a pendant whilst I was studying Aromatherapy extremely useful – it really helped me focus & remain grounded and secure.) Onyx helps give one stamina and self-confidence and makes one feel at ease with their surroundings. It also aids detachment, emotional balance and self-control. Chakra: Base

Online Webstore

I've been quite busy lately updating the online web store. It now contains most of the products that I sell at events and at my practice. It contains a good selection of Crystal Jewellery, Essential Oils, Bath and Massage Oil Blends, Aromatherapy Products, Kinoki Detox Foot Pads, Natural Health & Wellbeing Books, Nature's Sunshine Products and Gift Vouchers. You can also pay in advance for Treatments and Workshops in the store. The link to the store can be found at: www.janetthornton.co.uk/store. All products include postage. If you require multiple items, would prefer to collect your order (postage free), or would like a product that is not listed, please let me know and we can arrange an appointment, contact details are at the foot of the page.

Gift Vouchers

Whether you are stuck for a Christmas or Birthday gift, or looking for a special Gift for a friend or loved one, an Aromatherapy or Complementary Health Gift Voucher would make an amazing present. Vouchers are available for all treatments and healing sessions offered, and are also available in £5, £10 and £20 quantities. They are available from my online web store or from my practice by appointment.

Event and general information

I attend events throughout the year where I sell various products including hand-made Crystal Jewellery, Aromatherapy & Nature's Sunshine Products and Natural Health and Wellbeing books. *Information about all events that I attend or organise can be found on the home page, events page and workshops pages of my website at www.janetthornton.co.uk. This is updated regularly.*

Wishing you all the best for the festive season, and I look forward to seeing you soon.

Warmest Regards, Janet