

ESSENTIAL HEALING Newsletter March 2016

Hello and welcome to the latest Essential Healing 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 2016

Essential Healing will be attending a variety of events in Cambridgeshire and Northants in 2016. At each event, there will be many stallholders offering a wide selection of Natural products and/or Healing modalities. Some events are predominantly Craft products. We will be there with Aromatherapy and Lavender products, Crystal Jewellery and Gemstones, Nature's Sunshine & Natural Health and Wellbeing Products. Here is a list of the fairs booked so far:

- Angelic Mind Body Spirit** Event Sawtry **Saturday 12th March** – 11am until 5pm
(The Old School House, Green End Road, Sawtry, Huntingdon, PE28 5UY)
- Werrington Pamper Evening** (Cancer Research) – **Thursday 24th March** 7 - 9.30pm
(Werrington Village Hall, Church Street, Peterborough, PE4 6QE)
- Ferry Meadows** Craft Event **Sunday 10th April** – 10am until 4pm
(The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU)
- Werrington** Craft Fair **Saturday 16th April** – 11am until 2.30pm
(Werrington Village Hall, Church Street, Peterborough, PE4 6QE)
- Bull Hotel** Peterborough MBS Event **Friday 13th May** – 10.30am until 5.30pm
(Bull Hotel, Westgate, Peterborough, Cambridgeshire PE1 1RB)
- Bull Hotel** Peterborough MBS Event **Saturday 14th May** – 10.30am until 5.30pm
(Bull Hotel, Westgate, Peterborough, Cambridgeshire PE1 1RB)
- Ferry Meadows** Craft Event **Sunday 12th June** – 10am until 4pm
(The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU)
- Nagarjuna** Alternative Health Fete Kelmarsch **Sunday 3rd July** – 11am until 4pm
(Nagarjuna Buddhist Centre, The Old Rectory, Kelmarsch, Northants. NN6 9LZ)
- Huntingdon** MBS Event **Saturday 9th July** – 10.30am until 5.30pm
(Commemoration Hall, 39 High St, Huntingdon PE29 3AQ)
- Werrington** Craft Fair **Saturday 6th August** – 11am until 2.30pm
(Werrington Village Hall, Church Street, Peterborough, PE4 6QE)
- Ferry Meadows** Craft Event **Sunday 14th August** – 10am until 4pm
(The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU)
- Werrington** Craft Fair **Saturday 1st October** – 11am until 2.30pm
(Werrington Village Hall, Church Street, Peterborough, PE4 6QE)
- Ferry Meadows** Craft Event **Sunday 9th October** – 10am until 4pm
(The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU)
- Bull Hotel** Peterborough MBS Event **Saturday 12th November** – 10.30am til 5.30pm
(Bull Hotel, Westgate, Peterborough, Cambridgeshire PE1 1RB)
- Werrington** Craft Fair **Saturday 10th December** – 11am until 2.30pm
(Werrington Village Hall, Church Street, Peterborough, PE4 6QE)

The next event is a **Mind Body Spirit event this Saturday, 12th March in Sawtry from 11am until 5pm**. Many holistic practitioners and stallholders selling natural products will be attending. It is held at **The Old School House, Green End Road, Sawtry, Huntingdon, PE28 5UY**. The following event is **Werrington Pamper evening on Thursday, 24th March from 7pm until 9.30pm**, in aid of Cancer Research at the **Village Hall**. There will be therapies as well as gifts and products there. I will be attending with Access Bars, Energetic Facelift, Aromatherapy massage, Crystal Jewellery & Aromatherapy products. The Facebook event

Empowering people to live a happy healthy life

can be found here: <https://www.facebook.com/events/185672878467638/>. Entrance is £5. **Ferry Meadows is a Craft Event that is now every 2 months on the 2nd Sunday of April, June, August and October.** Entrance is free. I have attended fairs here since they started 3 years ago; they are always brilliant! Lastly, the first **Werrington Craft fair** of the year is held on **Saturday 16th April at the Village Hall**. Further info can be found on my website. If you have any further questions, please ask. Event addresses are listed above.

The Benefits of Regular Holistic Treatments

The benefits of regular holistic treatments are numerous. They can be used to aid recovery from illness, to assist with changes in lifestyle or direction in ones life and can lead to stress - reduction, improved health, outlook on life & create a greater sense of well-being. [Aromatherapy](#) Massage can help relieve painful or tired & aching muscles, cellulite prevention; removal of toxins, stress relief and relaxation. [Reconnective Healing](#) is deeply relaxing and helps to create positive changes on a cellular level. An [Access Bars](#) session will help release the unwanted thoughts, feelings and emotions in your system and give your mind, body and soul an amazing spring clean and a new lease of life. An [Energetic Facelift](#) treatment has the added advantage of lifting your whole body *and* energy levels, as well as noticeable facial improvements. After 20 sessions, benefits are said to be permanent! I also teach monthly Energetic Facelift and Access Bars [Practitioner Workshops](#). [The Emotion Code](#) uses a form of kinesiology (muscle testing) to establish the root cause of emotions that have become trapped in the body, often for many years. Feelings of fear, anxiety, grief and much more can become trapped and cause many stuck or blocked areas in one's life, pain in the body and health issues. A magnet is used to release the blocked energy. The results can be subtle and effective and numerous issues may be worked on. Further treatments and their benefits can be found on my website listed below. If you would like further information or book a treatment, please contact me by phone on 07795 483462, by email at info@janetthornton.co.uk or visit my website at www.janetthornton.co.uk.

Essential Oil Profile - Rosemary (Rosemarinus officinalis)

Rosemary is a refreshing, energising oil. It enlivens the brain cells, clears the head and aids memory and concentration. It can relieve aches and pains as well as migraines, and helps to stimulate the circulation. During massage Rosemary acts as a liver decongestant and can help arthritis, gout, menstrual cramps and digestion stimulation. Rosemary has an astringent effect and is helpful for sagging skin, it has also been known to help improve dandruff and reduce hair loss. Rosemary blends well with Cedarwood, Frankincense, Ginger, Lemongrass, Lime, and Orange. **Safety precautions:** *Due to its stimulating effect, do not use late in the evening. Not suitable for those with High Blood Pressure or Epilepsy and not to be used in pregnancy due to its emmenagogue effect. It may antidote homeopathic remedies.* I stock Rosemary and other essential oils at my practice; at events I attend and in the [online store](#).

Access Bars and Energetic Facelift Practitioner Workshops

I am currently running [Access Bars](#) and [Energetic Facelift](#) Workshops on a monthly basis. These are suitable for anyone with an interest in improving health and wellbeing. Both are super treatments and can have dynamic effects. If you wish to book a workshop or session, please contact me on the details provided. I aim to organise practice sessions and swap days for those who have attended Bars or Energetic Facelift classes in the near future.

If you have any questions about any of the events, products or services listed, please feel free to contact me on 07795 483462, email me at info@janetthornton.co.uk or view my website at www.janetthornton.co.uk. Alternatively, if you are organising any events on dates that are not listed above, particularly in September, November or December, please contact me and I may be interested. These would preferably be well advertised!

I look forward to seeing you soon!