

ESSENTIAL HEALING Newsletter February 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.

Psychic, Holistic & Craft Fair in Sawtry nr Huntingdon, Sunday 1st March 2015

[Angelic Events](#) is a holistic organisation that holds many fairs and events throughout the year. Their next event is a Psychic, Holistic & Craft fair on Sunday 1st March 2015 from 11am until 5pm. There will be lots of stalls there, including tarot readers, clairvoyants, therapists & healers and numerous craft stands, with holistic & New Age products. I will be there with Aromatherapy and Lavender products, Essential Oils, Bath and Massage Oil Blends, Kinoki Foot Pads, Crystal Jewellery and Tumblestones, other Natural Health products and Gift Vouchers. It is held at The Old School House, Green End Road, Sawtry, Huntingdon, Cambridgeshire, PE28 5UY. I look forward to seeing you there! The flyer for this event can be found overleaf.

Access Bars™ & Energetic Facelift™ Workshops (March & April 2015)

In my [previous newsletter](#) I mentioned that I host 2 amazing workshops, Access Energetic Facelift and Access Bars. I have 2 Energetic Facelift workshops lined up in Peterborough on Saturday March 7th and Saturday 25th April from 10am–2pm, and my next Access Bars workshop is on Saturday 28th March from 10am-6pm. These workshops will be a regular occurrence, usually one per month. Without wishing to repeat information, you can find about the content of these workshops on my website at www.janetthornton.co.uk. Both workshops are highly transformational; you will also receive a manual & a Practitioner certificate. 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. The effects of an Energetic Facelift are both healing and energising; (you might even leave the class skipping!) Access Bars is like having a detox on a cellular level; the treatment helps eliminate thoughts, feelings and emotions from any lifetime that no longer serve you. In both workshops, you will give and receive a session (2 sessions each in the Bars.) If you require further information, please contact me on 07795 483462, or check the website.

Therapies offered in Peterborough and London

The following treatments are offered at my practice in Walton, Peterborough: [Aromatherapy](#), [Access Bars](#), [Energetic Facelift](#), [The Emotion Code](#), [Reconnective Healing](#), [Crystal Healing](#), [Reiki](#) and [Detox Foot Spa](#) treatments. For more information or visit my website at www.janetthornton.co.uk. From February 2015, I am also offering most of the therapies listed above at an established therapy centre near Baker Street in Central London. For further information, please visit my website under the heading '[Treatment Prices, London](#)'. If you are receiving this newsletter by email, please click on the links provided. For bookings please phone me on 07795 483462. I look forward to hearing from you or seeing you soon!

Chamomile Roman (Anthemis nobilis)

A very useful, versatile essential oil. It's soothing action is excellent to ease anxiety, tension, fear and anger. Chamomile is useful for insomnia and can help calm restless children. Incredibly effective in massage for aches and pains, headaches, neuralgia and arthritis. It also brings relief to skin complaints, especially eczema, psoriasis, burns, inflamed skin and nappy rash (especially in combination with Lavender). Its properties include: Analgesic, Anti-depressant, Anti-inflammatory, Anti-spasmodic, Digestive, Diuretic, Emmenagogue, Nervine and Tonic. Chamomile blends well with Benzoin, Bergamot, Lavender, Lemon, Patchouli and Ylang Ylang. **Safety data precautions:** *Due to its emmenagogue effect chamomile should not be used in early months of pregnancy.* I stock Chamomile and other Essential oils and bring them to events I attend throughout the year.