

ESSENTIAL HEALING Newsletter June 2014

Hello and welcome to my latest newsletter. We're nearly half way through the year already!! I wish to thank all my clients that have had treatments with me during recent months. The intention with this newsletter is to keep clients, customers and readers up to date on current events, promotions and product information related to Aromatherapy and all other Holistic services offered.

I'm very excited to announce a series of events that will help bring even more sunshine to the summer months! This packed newsletter contains details for **Access Consciousness Bars class** 14th June; **Nagarjuna Alternative Health Fete** 22nd June; **Reiki share**, Walton, 26th June; **Ferry Meadows Craft Fair** 13th July, and **lots more**. Read on for further information.

Access Consciousness™ Bars Class Saturday June 14th

The next Access Consciousness Bars class I am hosting in Peterborough in on Saturday 14th June 2014 from 10am until 6pm. Access Consciousness Bars is an amazing healing modality. There are 32 points (or bars) on the head that, when pressed and gently held, releases the electromagnetic charge of all the thoughts, feelings and emotions that you've ever felt, in any lifetime. Similar to defragmenting your computer, having your Bars run will help detoxify and de-clutter the mind, body and spirit. In this workshop, you will run the Bars on a class participant twice, and have the Bars run twice on you. On successful completion, you will become a Bars practitioner. For further information on the Bars and/or this class, please visit the Access website at: http://www.accessconsciousness.com/fac_detail.asp?mid=1347. I also have an Access Bars workshop page on my website, this can be found at <http://www.janetthornton.co.uk/access-bars-workshop-registration.html>. If you require any further information, please contact me on 07795 483462, or on the email address listed below. If you would like a class on another date, please let me know.

Nagarjuna Buddhist Centre Alternative Health Fair/Fete Sunday 22nd June

There is a magnificent World Peace and Alternative Health Fete at the Nagarjuna Buddhist Centre on Sunday, 22nd June 2014. I have attended the previous 3 annual events. 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. It was a fabulous event last year with warm weather and a great atmosphere. They also run a couple of guided meditation sessions throughout the day. The event is held at the Nagarjuna Buddhist Centre, The Old Rectory, Kelmarsh, 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.

Reiki Share Thursday 26th June

On Thursday 26th June, I am teaming up with a friend and fellow Reiki practitioner, Jacque Shenton for a monthly Reiki share, from 7-9pm. It is suitable for those who have taken Level One Reiki or above and is for the benefit of onward self-development and self-healing. It will be held at a venue in the Walton area of Peterborough, PE4. Anyone interested in taking part, please contact me on 07795 483462. Our intention at this stage is to run the events on the last Thursday of each month. Tea, coffee and biscuits are provided. If you have any questions, please ask. We look forward to hearing from you and seeing you on 26th June!

Ferry Meadows Craft Fair – Sunday 13th July 2014 – Monthly event

I attend events throughout the year and I will be selling Aromatherapy and Lavender products and Crystal jewellery at a monthly Craft Fair at Ferry Meadows on Sunday, 13th July 2014. 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

All events, treatment and product information is listed on the website at
www.janetthornton.co.uk.

of the year are 13th July, 10th August, 14th September, 14th October and 9th November 2014. 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.

Essential Oil Profile - Cypress (Cupressus sempervirens)

Cypress essential oil has a woody yet slightly spicy fragrance that is clear and refreshing. Cypress can also be used in the treatment of varicose veins, cellulite, heavy menstruation, asthma and bronchitis. It has a cleansing and highly beneficial effect on many of the body systems, and is recognised to be a helpful aid remedy for cramp. It is calming and relaxing on both the mind and body by relieving nervous stress and anxiety, and can stimulate a happy feeling in case of anger or sadness. Its' properties include: astringent, anti-arthritis, anti-rheumatic, antiseptic, antispasmodic, deodorant, diuretic, hepatic, vasoconstrictor, respiratory tonic and sedative. Cypress blends with all citrus oils, Black Pepper, Frankincense, Juniper, Lavender, Marjoram, Pine, Rosemary and Sandalwood. *Safety Precautions: Best avoided during pregnancy.*

Access Consciousness™ Cellular Memory

The Cellular Memory body process unlocks trauma in the body by going directly to the root cause, so that it returns to its natural state. It is very effective on sore spots, sprains, scars, etc and can be used on it's own or combined with other treatments. This is a process that can be used on it's own or in conjunction with another therapy. If you would like further information on this or any other treatment, my contact details are listed at the foot of the page.

The Emotion Code

The Emotion Code is a way of releasing emotions that have become trapped in the body, sometimes 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. Please see the relevant leaflet enclosed for further information on all treatments offered, or visit my website to download it at: www.janetthornton.co.uk/newletter--docs.

Kinoki Cleansing Detox Foot Pads

Kinoki Detox Foot Pads are an amazing product that has multiple health benefits. They can: release unwanted toxins, increase your energy level, reduce aches, pains, headaches & tiredness, relieve stress, improve metabolism & blood circulation, encourage weight loss. They can also help improve sleep, clear brain fog and provide mental clarity. Simply place the pad on the adhesive sheet provided and place on the soles of your feet before you go to bed. They are totally discreet and work while you sleep. For further information you can download a leaflet from my website at: www.janetthornton.co.uk/newletter--docs. They are available in my online shop at: www.janetthornton.co.uk/natural-health-products, at my practice and at events that I attend.

Crystal jewellery

I have a wide selection of crystal pendants available at my practice. These include a variety of crystals including Amethyst, Aventurine, Citrine, Flourite, Garnet, Jet, Kyanite, Lapis Lazuli, Malachite, Moonstone, Clear Quartz, Rose Quartz, Sodalite, Sunstone, Tigers Eye, Turquoise, and more. These are also available with a box, and make an ideal gift throughout the year.

Natural Health Products at Essential Health & Wellbeing

I have a variety of natural health products at my practice and on the website. These include natural Aromatherapy Bath & Shower products, Essential Oils, Crystal Jewellery, Health, Well-being and Spiritual books, Product and Treatment Gift Vouchers and Nature's Sunshine products. Some are available in the website shop and at events I attend, and all are available at my practice during treatment times. If you are interested in a particular product or would like me to make an Aromatherapy blend, or have any questions regarding any of the topics in this newsletter, please contact me on 07795 483462 or email me on info@janetthornton.co.uk.