

ESSENTIAL HEALING Aromatherapy Newsletter March 2013

Hello and welcome to my March newsletter. It's been a busy 3 months since the previous newsletter and there is much news to tell. 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.

New Treatment - Access Bars

I have recently added 2 new treatments to my list of services. Access Bars is a gentle energy treatment that can help release stuck patterns of behaviour and dissolve energy blockages, raise consciousness and bring about positive change. It can help the receiver move forward into a happier, more joyous and fulfilling life. Access Bars opens out the field of possibility in one's life, can improve health and wellbeing and can help bring insight and change many of life's unnecessary patterns. A 'Bars' session involves 32 points on the head being gently touched and held (without the use of oils.) The treatment lasts 60 – 75 minutes and costs £39. For more information, please visit my website at www.janetthornton.co.uk.

New Treatment – Access Energetic Facelift

The Access Energetic Facelift is a fabulous way to rejuvenate the face and skin, and can also reverse the effects of ageing. Clients have noticed clearer, healthier skin, a lessening of lines & wrinkles, improved eyesight, more energy, greater confidence and more clarity. This treatment can make you look and feel 10 years younger. How does it get any better than this? Similar to 'The Bars', it consists of energy points being gently touched and held, although this treatment focuses on the face. The treatment lasts 45 - 60 minutes and costs £39.

Holiday

Please note: Treatments are not available between March 10th and March 26th due to vacation. Email enquiries are available during this time but phone enquiries are not. I aim to answer emails within 3 days. If you ring, please leave a message on the voicemail with your name, message and email address, and I will get back to you at the earliest opportunity. Treatments are available from March 27th. Many thanks for your understanding. Happy spring! Please feel free to contact me for more information on info@janetthornton.co.uk or 07795 483462.

Ferry Meadows Craft Fair – Sunday, April 14th 2012

I attend events throughout the year and I will be selling my Aromatherapy and Lavender products and Crystal jewellery at a Craft Fair at Ferry Meadows on Sunday, April 14th 2012. This is held in The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU. It is open to the public from 10am – 4pm, and the entrance is free. Other craft exhibitors attending provide woodcrafts, hand-made cards, jewellery, Aromatherapy products and more. These run monthly from April – October and are held on the 3rd Sunday of each month. 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 or enjoying a day out.

Essential Oil Profile - Geranium (Pelargonium graveolens)

Geranium is a very balancing oil. It is strongly associated with dry skin conditions such as eczema and dermatitis, and women's issues, such as PMT, irregular menstruation and menopause and is excellent for balancing the hormones. It is very sweet smelling, floral with occasional minty undertones. Geranium helps the

circulation and lymphatic system and can relieve fluid retention, jaundice and gall stones; it helps eliminate toxins from the kidneys and is generally very cleansing. It can also help overcome addictions. Mentally and emotionally, Geranium tones the nervous system, reduces depression and uplifts the spirits. It balances the entire system and reduces stress, thus positively affecting the entire body. Its properties include: Analgesic, Anticoagulant, Anti-depressant, Antiseptic, Astringent, Diuretic, Insecticide, Styptic and Tonic. Geranium blends well with Bergamot, Carrot Seed, Grapefruit, Lavender, Orange, Rose and Sandalwood. **Safety precautions:** *Not much of this oil is needed to be effective. May irritate highly sensitive skin especially if overused. Regulates hormones so best avoided during pregnancy.*

Aromatherapy Products

I have extended the range of Aromatherapy products. These are hand made using pure essential oils and natural base ingredients. Products include Bath Salts, Hand Cream for dry skin, Shower Gel, Liquid Hand Soap, Hand & Body Lotion, Talcum Powder, Essential Oils and much more. Lavender products include eye pillows suitable for meditation & restless sleep, wheat bags for aches and pains and lavender bags for room, car and draw fresheners. Non Lavender eye pillows and bean bags are available for people with allergies. Many may be found in my website shop, and those that are not will be updated shortly. I also make and sell a range of hand-made gemstone jewellery. All are available at my practice and will soon be available online.

Nature's Sunshine Product Profile - EverFlex - Joint Health (60 tablets)

Everflex is an excellent joint supplement and offers the combined benefits of MSM, glucosamine, chondroitin in one convenient tablet. Studies suggest that glucosamine protects connective tissues and helps maintain the integrity and mobility of joints. Glucosamine also helps lubricate joints by replenishing synovial fluid, which promotes a joint's shock-absorbing abilities.

EverFlex benefits include:

- Promotes joint health and structural system function;
- Helps lubricate joints;
- May increase shock absorption in the joints;
- Enhances flexibility;
- May contribute to healthy cartilage.

Chondroitin sulfate attracts fluid and draws nutrients into the cartilage, making the cartilage more shock absorbent. It also promotes growth and normal tissue generation and keeps enzymes in balance. Methylsulfonylmethane (MSM) is a significant component of the body's proteins, hormones, enzymes and tissues. It is present in many fresh foods, but it is destroyed through cooking, processing and storage. Supplementing with this nutrient ensures an adequate supply of sulfur.

Ingredients: Glucosamine Hydrochloride (from crab shells) - 840mg; Chondroitin Sulfate - 220mg; Methylsulfonylmethane (MSM) - 840mg. Recommended Use: Take up to 2 tablets twice daily with a meal. These are available in my website shop.

Many thanks for your continued custom and I look forward to seeing you soon.

Warm Blessings, Janet