

ESSENTIAL HEALING Aromatherapy Newsletter May 2013

Hello and welcome to my latest newsletter. 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.

Special Offers this month – Access Bars & Energetic Facelift

In my previous newsletter I mentioned 2 amazing new treatments called Access Bars and Access Energetic Facelift. For the rest of May I am offering a one-hour treatment for £25.00. Both treatments involve pressure points on the head or face being gently touched and held, without the use of oils. Both are fabulous ways of reviving energy, regaining youthfulness, dissolve energy blockages, and may reverse the effects of ageing. At the very least, you will feel like you have had a good massage, at best, your whole life could change. This offer runs until June 13th. How does it get any better than that?

For more information about this and other treatments, please check my website at www.janetthornton.co.uk. Newsletters can be found on the Newsletters & Docs page.

Ferry Meadows Craft Fair – Sunday, May 12th 2013

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, May 12th 2013. 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 2nd Sunday of each month. The dates for the rest of the year are Sunday 12th May, 9th June, 14th July, 11th August, 8th September and 13th October. 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 and enjoying a day out.

Nagarjuna Buddhist Centre World Peace Fete Sunday 21st July 2013

There is a magnificent World Peace and Alternative Health Fete at the Nagarjuna Buddhist Centre on Sunday, 21st July. 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 a couple of miles south of Market Harborough.

Aromatherapy Product profile: Roll-on blends

I started making Aromatherapy Roll-On blends a couple of years ago and they became very popular at craft events and at my practice. After a break, I have made some new stock including a couple of new blends. My current blends include: Be Calm, In Balance, Muscle Ease, Mother Nature (pregnancy blend), Uplifting, Stress-Buster, The Morning After, First Aid, Travel Ease, Sleep Easy, Sweet Dreams and Restful Sleep. Most are appropriately named but some have dual purpose effects and most are relaxing, with the exception of 'The Morning After' This is a rejuvenating blend of Carrot Seed, Juniper and Lemon, and may help to awaken your senses, even if you haven't had a night out!

Sleep Easy, Sweet Dreams, Restful Sleep are all blends that may help you sleep, but only Sleep Easy includes Lavender. I realise that not everyone likes Lavender so I have made new

blends to suit everyone. If there is a particular blend or theme that you would like, please let me know and I will try to accommodate.

These are simple to use, just roll on the pulse points and temple when required. They are available from my practice during treatment times, at Ferry Meadows and all other craft events I am attending. If you are unsure whether a particular blend is suitable for you, please ask me for advice. An information sheet will be available for download shortly.

Essential Oil Profile - Rosemary (Rosemarinus officinalis)

Rosemary is a refreshing and energising oil. It enlivens the brain cells, clears the head and aids memory and concentration. It can relieve pain, - aches and pains aswell as migraines, and helps to stimulate the circulation. In massage Rosemary acts as a liver decongestant and can help with arthritis, gout, menstrual cramps; and can also stimulate digestion. 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. *Precautions: Due to its stimulating effect, do not use late in the evening. Not suitable for those with High Blood Pressure or Epilepsy. Not to be used in pregnancy due to its emmenagogue effect. May antidote homeopathic remedies.*

Digital Newsletters

Due to rising postal charges I am cutting down on the amount of paper newsletters that I send out by post. In this electronic age more people have email and in the last couple of years most of my newsletters are delivered this way. There are a couple of options. If you have an email address and would like to receive one (approximately 3-4 times a year), just send me an email to info@janetthornton.co.uk, and I will add you to the list. All newsletters are available to download via my website at www.janetthornton.co.uk on the Newsletter & Docs page. I will only send out paper newsletters to clients from the last 2 years without email addresses from now on. If you currently receive newsletters and would prefer not to, please let me know.

Nature's Sunshine Product Profile.

SOLSTIC ENERGY is a fabulous energy drink. It can give you the stamina you need wherever and whenever you need it! It's a fantastic alternative to Coffee, Tea, Fizzy drinks and other 'energy' drinks that provide a quick, sugar-fueled rush followed by an abrupt, vitality-sapping crash. Helps energy release from carbohydrates, the main source of fuel for the body. Your body needs to constantly replenish water-soluble Bvitamins to support energy levels and fight the draining effects of the day. It comes in sachet form in boxes of 10 or 30.

SOLSTIC SLIM are formulated to support any weight management regime in a number of ways, including helping manage cravings, thereby reducing fluctuations in blood sugar due to unhealthy snacking. Unlike many other weight management supplements, Solstic Slim contains only natural ingredients which work with your body. It is easy to carry and share, and is free from sugar, alcohol, yeast, gluten and all animal products.

For more information on all Nature's Sunshine products, please visit my website shop at http://essentialhealing.eu.nspshop.com/our_product_range.htm. All stock that I carry is available at my practice and the Alternative Health Fete at the Nagarjuna Buddhist Centre in July. Special offers are available on certain products

Gift Vouchers

Gift Vouchers are available for most services from me at all upcoming events, or by mail order via my [website](#). They make an ideal gift all-year round.

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