

# ESSENTIAL HEALING Newsletter May 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.

## Craft Fairs and Events

I attend events regularly throughout the year and I have a number booked over the next few months. Information is also posted on my website. These are as follows:

- Ferry Meadows Craft Fair, Sunday 10<sup>th</sup> May 2015 from 10am until 4pm
- Werrington Craft & Gifts Fair, Saturday July 4<sup>th</sup> 2015 from 11am – 2.30pm.
- Nagarjuna Buddhist Centre Fair, Kelmars Sunday 5<sup>th</sup> July 2015 (11am – 4pm)
- Access Bars and Energetic Facelift classes.

## Ferry Meadows Craft Fair – Sunday 10<sup>th</sup> May 2015 – Monthly event (14/6, 12/7)

I attend events throughout the year and I will be selling Aromatherapy, Lavender products and Crystal jewellery at a monthly Craft Fair at Ferry Meadows on Sunday, **10<sup>th</sup> May 2015**. 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 of the year are 10<sup>th</sup> May, 14<sup>th</sup> June, 12<sup>th</sup> July, 9<sup>th</sup> August, 13<sup>th</sup> September, 11<sup>th</sup> October and 8<sup>th</sup> November 2015. 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.

## Access Bars & Energetic Facelift Workshops (May & June 2015)

I've mentioned a lot about Access Consciousness The Bars and Energetic Facelift over the last couple of years, on my leaflet and newsletters. I still hold regular workshops for these 2 amazing healing modalities. The next **Energetic Facelift** workshop will be held on **Saturday 16<sup>th</sup> May** from 11am until 4pm. The next **Access Bars workshop** is on **Saturday 30<sup>th</sup> May** from 10am until 6pm. I cannot recommend either of these modalities highly enough; whether you are coming for a session or a Practitioner workshop. Both provide ultimate relaxation, more energy, release blockages and have many more benefits. Workshops are held on a regular basis. If you would like me to arrange a class on a different date, please let me know. My contact details are at the bottom of the page. Information about workshops, sessions and all other therapies can be found on my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk).

## Crystal Healing, Jewellery & Tumblestones

Crystals have a variety of benefits for people in all walks of life. They have been around for millions of years and are a natural part of the Earth's formation. They are not only known for their beauty, but for their healing properties as well. I hope to provide information about Crystal Healing properties in current and future newsletters. I now stock an extensive range of Crystal Jewellery, Tumblestones, Candle Holders (Selenite, Amethyst) and crystals of different shapes and sizes. These are available at my practice, events that I attend, and on my website. My [website store](http://www.janetthornton.co.uk) is updated regularly so new products are being added all the time.

## Crystal Healing Profile - Fire Agate

Fire Agate is a highly spiritual stone that has a powerful grounding energy. It is very calming, and it will also make you feel safe and secure. It has a powerful vibration that sharpens your desire to take action, even when you're not sure what the best course of action is; and restore vitality and passion for life. It is known for its action to create a powerful shield around the body and gives strong psychic protection. Fire

Agate takes negative energy directed at you and returns it where it came from. Placing a grid under your bed at night with fire agate for psychic protection while you sleep. Chakras: base, sacral, solar plexus.

### **New Aromatherapy products**

I have a whole range of new products, including Aromatherapy Bath & Massage oil blends and essential oils (including Juniper, Thyme, Rosemary & Carrot Seed.) Roll-on blends are also back in stock, including Sleep Easy, Be calm, In Balance and a number of other blends. I wrote about them my newsletter in May 2013, which can be found on the [newsletter & docs](#) page. (All previous newsletters can be found here.) I can make a blend up for a variety of issues and ailments; it is easy to use, just roll a small amount onto the temples & pulse points and you're good to go. For more information please email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk) or phone 07795 483462.

### **Werrington Craft & Gifts Fair, Saturday July 4<sup>th</sup> 2015**

On **Saturday, July 4<sup>th</sup>**, I will be attending the 2<sup>nd</sup> of 4 Craft & Gift Fayres this year at Werrington Village Hall. There are a wide variety of stalls from local crafters and businesses attending selling crafts and gifts. I will be there with Aromatherapy products, Essential Oils, Kinoki Detox Footpads, Crystal jewellery and a large range of Crystal jewellery, tumblestones, Candleholders (Selenite, Amethyst) and crystals of all shapes and sizes. The events will be held at Werrington Village Hall, Church Street, Peterborough, Cambridgeshire, PE4 6QE. Entrance is free and there is plenty of parking at the venue. This year's dates are all on Saturdays on **4<sup>th</sup> July, 12<sup>th</sup> September and 19<sup>th</sup> December**. Many thanks to those who attended last week's event on Saturday 2<sup>nd</sup> May. I look forward to seeing you again soon.

### **Nagarjuna Buddhist Centre Alternative Health Fair/Fete Sunday 5<sup>th</sup> July 2015**

This year's World Peace and Alternative Health Fete at the Nagarjuna Buddhist Centre is on **Sunday, 5<sup>th</sup> July 2015**. 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. This event invites a warm, friendly atmosphere and each year seems to improve upon the last. There are also hourly guided meditation sessions throughout the day. The event is held at the Nagarjuna Buddhist Centre, The Old Rectory, Kelmars, Northants. NN6 9LZ. For more information please visit [www.meditation-nagarjuna.org](http://www.meditation-nagarjuna.org) or phone 01604 686778. It is situated near the A14/A508 junction about 2 miles south of Market Harborough.

### **Essential Oil Profile - Juniper (Juniperus communis)**

Juniper has a clear, refreshing and slightly woody aroma. It is used in many industries, as well as flavouring alcoholic beverages such as gin. It is a very effective diuretic and has been used as an antiseptic for many years, including on the battlefield. It helps relieve cystitis, cellulite and fluid retention. It is well known for its detoxifying character, especially during times of overindulgence. It has a stimulating effect on the body, which is useful during times of fatigue and lethargy. Juniper works as a blood purifier and can help regulate the female monthly cycle. It also helps eliminate uric acid, aches and pains in cases of arthritis, rheumatism, gout and sciatica. Its properties include: antiseptic, anti-rheumatic, antispasmodic, astringent, carminative, depurative, diuretic, stimulating, stomachic, rubefacient, vulnerary and tonic. Juniper blends well with: Benzoin, Bergamot, Cedarwood, Cypress, Frankincense, Grapefruit, Geranium, Lavender, Lemon, Lemongrass, Orange, Sandalwood and Vetiver. **Safety precautions:** *Juniper should be avoided in pregnancy and by those who have kidney problems. It should always be used in low concentrations.* I stock Juniper pure essential oil at my practice and at events that I attend.

I look forward to seeing you soon. Warmest Regards, Janet

[www.janetthornton.co.uk](http://www.janetthornton.co.uk)  
Janet Thornton

[www.naturesunshine.eu/uk/essentialhealing](http://www.naturesunshine.eu/uk/essentialhealing)  
Aromatherapist

[info@janetthornton.co.uk](mailto:info@janetthornton.co.uk)  
07795 483 462