

## ESSENTIAL HEALING Newsletter December 2014

Hello and welcome to my latest newsletter. It's been a busy few months and there is a fair bit of news. 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 and product information related to Aromatherapy and all other Holistic services offered.

### **Access Energetic Facelift™ Workshop – Sunday 4<sup>th</sup> January 2015**

I'm pleased to announce that I am hosting an Energetic Facelift™ Workshop on Sunday 4<sup>th</sup> January 2015 from 1pm until 5.30pm. I've been a practitioner of this wonderful modality for nearly 2 years and seen some amazing results. 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. Imagine having a natural facelift instead of spending time & money on products or surgery? In this afternoon workshop you will learn to do the process. You will receive a manual and a certificate as a practitioner. You will both give and receive the facelift. There is a good chance you will feel energised aswell, you might even leave the class skipping! Why not learn the Access Energetic Face Lift™ with a friend or two so you can give and receive the benefits if this dynamic process on a weekly basis? The price for the workshop is £90. For further information and to register, please visit: [www.janetthornton.co.uk/access-energetic-facelift-workshop-registration](http://www.janetthornton.co.uk/access-energetic-facelift-workshop-registration).

### **Access Bars™ Workshop – Saturday 17<sup>th</sup> January 2015**

I will also be hosting another amazing Access Bars workshop on Saturday 17<sup>th</sup> January 2015 in Peterborough. The class is for anyone requiring refreshing change, healing and detoxification for mind, body and soul. It is a practitioner workshop; and upon successful completion you will receive a certificate that will allow you to treat others, and add your new skill to your therapy business if you wish. You will give and receive 2 Bars sessions during the day. The class runs from 10.00am until 6pm. Class details, including registration and payment details can be found on my [website](http://www.janetthornton.co.uk). Further information about Access Bars can be found at: <http://bars.accessconsciousness.com>. Please ring me if you have any questions on 07795 483462. If you'd like to attend a class on a different date, please let me know.

### **Online Webshop**

I've been very busy over the last couple of months upgrading the online [web store](http://www.janetthornton.co.uk/store). It now contains everything that I sell at events and at my practice. It contains a good selection of Crystal Jewellery, Essential Oils, Bath and Massage Oil Blends, Aromatherapy Products, Kinoki Detox Foot Pads, Natural Health & Wellbeing Books, Natures Sunshine Products and Gift Vouchers. You can also pay in advance for Treatments and Workshops in the store. The link to the store can be found at: [www.janetthornton.co.uk/store](http://www.janetthornton.co.uk/store). All products include postage. If you require multiple items, would prefer to collect your order (postage free), or would like a product that is not listed, please let me know and we can arrange an appointment. I can be contacted on 07795 483462 or by email at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

### **Essential Oil profile - Chamomile Roman (Anthemis nobilis)**

Chamomile is a very useful, versatile essential oil. It's soothing action is excellent to ease anxiety, tension, fear and anger. It 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 precautions:** Due to its emmenagogue effect chamomile should not be used in early months of pregnancy.

Janet keeps a supply of Chamomile Essential Oil along with many other products in her practice and in her online shop at [www.janetthornton.co.uk/store](http://www.janetthornton.co.uk/store).

### **Product Profile: Kinoki Detox Foot pads**

I now stock an amazing new health product called Kinoki Detox Foot Pads; they help detox the system, relieve aches and pains and to help promote sleep and a host of wonderful benefits. The product contains a variety of natural products, which help the detoxification process. The product is available at my practice and in the online store. They would make an excellent gift, too! The information sheet can be found on the website on the Newsletter & Docs page at [www.janetthornton.co.uk/newletter--docs](http://www.janetthornton.co.uk/newletter--docs).

### **Nature's Sunshine Product Profile – Nutri-Calm tablets (Nervous System)**

Nutri-Calm is a Key System Product designed to support a healthy nervous system during times of pressure, and for physically stressful conditions that can deplete the body of B-vitamins, helping you to stay soothed and settled. During times of pressure, the nervous system uses extra B-complex vitamins and vitamin C. Nutri-Calm provides generous amounts of these nutrients along with the herb chamomile, which herbalists recommend for its ability to soothe the nerves.

#### **BENEFITS OF NUTRI-CALM**

- Provides nutrients for the nervous system and brain
- Helps us settle when life becomes too much of a challenge
- Helps to replenish vitamins that are often depleted in times of stress
- Vitamin C and B-Vitamins contribute to a reduction of tiredness and fatigue

Yeast free, dairy free formula, suitable for vegetarians

Nature's Sunshine produce top quality food supplements. A variety of Nature's Sunshine Products can be found at my practice (please contact me for to make an appointment) and online store. All of their products and a vast store of information are available online at: [www.naturessunshine.eu/uk/essentialhealing](http://www.naturessunshine.eu/uk/essentialhealing).

### **New prices from January 2014**

- Aromatherapy Full Body Massage - £45.00
- Aromatherapy Back Neck and Shoulders - £32.50.
- Aromatherapy Multi Sessions (4) will now cost £140.
- Access Bars and Energetic Facelift are both now £50
- The Emotion Code - £40 (3 sessions are now £100)

All bookings made before January 1<sup>st</sup> will be honoured at this year's prices. To book an appointment, please contact me on **07795 483462** or by [email](mailto:janet@janetthornton.co.uk).

### **Gift Vouchers**

Whether you are stuck for a Christmas or Birthday gift, or looking for a special Gift for a friend or loved one, an Aromatherapy or Complementary Health Gift Voucher would make an amazing present. Vouchers are available for all treatments and healing sessions offered, and are also available in £5, £10 and £20 quantities. They are available from my online [web store](http://www.janetthornton.co.uk) or from my practice by appointment.

### **Event information**

I attend events throughout the year where I sell various products including hand made Crystal Jewellery, Aromatherapy & Nature's Sunshine Products and Natural Health and Wellbeing books. **Information about all events that I attend or organise can be found on the home page, events page and workshops pages of my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk).**

***Wishing you all the best for the festive season, and I look forward to seeing you soon.***