

# ESSENTIAL HEALING Newsletter March 2014

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.

## **Certified Emotion Code Practitioner**

I am very pleased to announce that I have gained a new qualification in January as a Certified Emotion Code Practitioner. I would like to take this opportunity to thank everyone that helped out as a case study; this was immensely valuable.

Using The Emotion Code is an excellent way of safely releasing emotions that have become trapped in the body, sometimes for many years. Trapped emotions can cause stuck or blocked areas in one's life, pain in the body and often health issues. Fears, phobias, grief and so much more often become trapped due to a traumatic or memorable event at some stage during our lifetime. Some trapped emotions can go back generations. During an Emotion Code session the most important/urgent trapped emotions are released, often resulting in a release of the issue that the person came with. The results are amazing, and can really help you move forward in your life. For more information, please visit [www.janetthornton.co.uk](http://www.janetthornton.co.uk).

I now run sessions at my practice. I am currently offering an introductory price of £30 per session. A session can last up to 1.5 hours. If you would like to book a session please phone me on 07795 483462 or by email at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

## **Club 73 Pamper Fair Saturday 15<sup>th</sup> March 2014 in Millfield, Peterborough**

I will be attending a pamper fair hosted by Club '73 at Millfield Community Centre on Sat 15th March 2014 from 2 - 6pm. Club 73 is a charity run by members with learning disabilities and is free to attend. It is open to the general public from 2-6pm and mini treatments will be available throughout the day. I will also be selling Aromatherapy and Lavender products, Crystal Jewellery and a small selection of Natural Health and Spiritual books. I hope to offer The Emotion Code and Access Bars taster sessions at the event. The full address is [Millfield Community Centre](#), New England Complex Lincoln Rd, Peterborough. PE1 2PE. For more info, please visit: <https://www.facebook.com/events/196516273871303/>. I look forward to seeing you there! All further events that I will be attending will be posted on the [Events](#) page on my website as and when they are booked. Please feel free to take a regular look!

## **Access Bars classes**

I am very excited to announce that I am hosting a series of one-day workshops for Access Consciousness Bars. The workshop dates are as follows: Sunday 16<sup>th</sup> March, Saturday 22<sup>nd</sup> March and Saturday 19<sup>th</sup> April 2014.

When you attend an Access Bars workshop, you will learn how to run the bars on a classmate and have the Bars run on you. This workshop is suitable for everyone; sessions can be given to friends, family, clients and colleagues. Upon completion, you will receive a Practitioner certificate. Access Bars is an excellent healing modality for spring-cleaning the mind, body & spirit, clears your energetic space ready for a fresh start. Are you ready for that? Running the Bars helps release years worth of baggage in just one session. Imagine how much positive change you can create in a one-day workshop, and how fantastic the people that you interact with BARS will feel after a session? Amazing!

For more information on sessions and classes, please contact me on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk). Gift vouchers are also available for workshops via the

website, along with most treatments offered. To register; please visit [www.janetthornton.co.uk](http://www.janetthornton.co.uk) or on the Access Consciousness website at [Bars Class 16th March](#). I look forward to seeing you! Further classes will be updated there soon. If you would like me to arrange a class on a different date, please let me know.

### **Essential Oil Profile - Benzoin (Styrax benzoin)**

Strictly speaking, Benzoin is not an essential oil; it is a tree resin from the Styrax Benzoin tree from Thailand and neighboring countries. Like it's biblical cousins, Myrrh and Frankincense, it has been used for thousands of years as an ingredient of incense. Sweet smelling, (rather like vanilla), Benzoin is very soothing and can be used for a variety of different healing purposes. During massage, Benzoin is very useful in helping to eliminate aches and pains, it is an excellent circulatory stimulant; it warms the heart and soothes the skin, especially dry skin conditions. Benzoin is warm and cheerful, very calming on the nervous system, and can help in cases of loneliness or depression. It has a reputation for relieving symptoms of bronchitis, asthma, colds and sore throats. It also works well when inhaled in an oil burner, bath or vaporizer. Benzoin is an excellent tonic for releasing many unwanted ailments. It can give peace to an anxious mind and has a calming effect on the digestive and urinary systems. It blends well with chamomile, bergamot, frankincense, lavender, lemon, and many other oils. I stock Benzoin and many other essential oils at my practice in Peterborough. It is also available on my website and at all events I attend.

### **Special offer – 4 treatments for the price of 3**

I am currently offering 4 treatments for the price of 3 on Aromatherapy Full Body Massage, Access Bars and Access Energetic Facelift, for the special offer price of £120. Sessions are usually £40, so this is also equivalent to paying £30 per treatment, or getting the last one free. For this special offer, payment on or before the first treatment is required. Mix and match is possible, so if you would like a massage one week and an Access Bars session the next, that's perfect! Please feel free to take a look at my website for further special offers, news and events. I look forward to seeing you soon.

### **Optimum Nutrition – Nature's Sunshine Products**

I have a new supply of Nature's Sunshine products, which are available at my practice, at events and in my [on-line shop](#). If you are interested in having a detox, the **Healthy Starter Pack** is perfect for you. It contains a 10-day supply of top quality herbs to help eliminate toxins in the body. In addition to this, if you are interested in weight loss, I stock the **Weight Management Programme**. This is best used after a detox, but can also be used on it's own. **Liquid Chlorophyll** is a refreshing natural cleanser that helps balance the body pH, eliminate body odour and freshen the breath. **Syner Protein original** helps maintain the body's vitamin & energy supply and **TNT** is a great-tasting high fibre supplement that contains a balance of fibre, vitamins, minerals and antioxidants.

I also stock the **Solstic** range – **Solstic Slim**, **Solstic Energy** and **Solstic Nutrition**, in boxes of 30 and trial size packs (5.) Lastly, I have a few products on Special Offer; these include **Ever Flex**, **Vitamin D** and **Brain Protex**. If you require more information, please visit the website or call me on 07795 483462.

I will be bringing a variety of NSP products to the Club 73 Pamper Fair on Saturday and future events that I will be attending. All products are available at my practice and via my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk). Current & previous newsletters are available on the '[News & Docs](#)' page of my website. Many thanks for your continued interest and I look forward to seeing you again soon.