

ESSENTIAL HEALING Aromatherapy Newsletter December 2010

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments with me over the last few months. I hope that the severe winter weather conditions aren't causing any major disruptions with daily life.

Why Aromatherapy?

There are several reasons why people choose to come for an Aromatherapy treatment. Aromatherapy can be beneficial in a variety of different situations. Many people come with muscle stiffness, stress or other health issues, whilst some come for a special treat. In the west it's not generally that common to pamper yourself, but when you do look after yourself, you can live a healthier, happier lifestyle. This is especially important during times of poor health and lack of energy, as it helps to boost spirits and to generate good health and wellbeing. Like a healthy diet, it makes good sense – but is also enjoyable. For more information about the benefits of Aromatherapy, please visit my website at www.janetthornton.co.uk.

Stamford Christmas Market

Stamford Artisans Guild is holding their Christmas Market this coming Sunday, December 5th from 10am until 4pm. This is the 4th Craft Fair this year – many thanks to those who have visited on previous occasions. Many local artists, designers and craftsman will be attending for Stamford's own hand-made Christmas fair of unique and original crafts. A superb place to go for all your unique Christmas gifts! I will be attending and will be selling Aromatherapy products, treatment Gift Vouchers. There are many other unique items available on other stalls. It is held at Stamford Arts Centre, 27, St Mary's Street, Stamford, PE9 2DL. Parking is available at the Wharf Road Car Park, which is free on Sundays. I have enclosed a leaflet but if you would like more information, please visit www.stamfordartisansguild.co.uk.

Treatment Gift Vouchers

Are you stuck for ideas for Christmas presents? Gift vouchers are available for most treatments and can be purchased at treatment times, at Stamford Craft Fair on Sunday, by mail order via my [website](http://www.janetthornton.co.uk) or by appointment. If you wish to purchase one or would like more information, please contact me on 07795 483462 or email me at info@janetthornton.co.uk. What a wonderful Christmas gift!

Essential Oil profile: Mandarin (Citrus reticulata)

Mandarin is one of the safest essential oils on the market. It has a sweet tangy aroma with floral undertones. It is uplifting and can often help to banish depression and anxiety. On a physical level it can aid digestion, stimulate appetite and helps to regulate the metabolic process (by stimulating the liver.) It is particularly useful after illness or depression. Unlike the majority of essential oils, Mandarin can be used in smaller doses during pregnancy, on children and on anyone feeling a little fragile. It has a cheering action and a revitalising and strengthening effect. It is a good oil to use in an oil burner for morning sickness and a variety of other ailments. It is often used in combination with Neroli and Lavender for stretch marks.

Aromatherapy Product profile: Roll-on blends

One of the products that I have started to produce this year has been Aromatherapy Roll-On blends. These have become very popular and a little goes a long way. My current blends include: Fruit cocktail, Mother Nature, Uplifting, Be Calm, Stress-Buster, In Balance, The Morning After, First Aid, Sleep Easy, Sweet Dreams, 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 Stamford Christmas Fair and will soon be available from my [website shop](#). 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.

Product Catalogue

I've been very busy recently producing a current product brochure & price list. This is almost complete and will be available to download from the website. I will also be updating my web-shop with ideas for Christmas gifts! A copy of the catalogue will be available at my practice.

Further Qualification – Reconnective Healing

A while ago I heard about a fabulous new form of healing called Reconnective Healing. **Reconnective Healing** is a comprehensive new form of healing that is incredibly effective. It not only includes, but expands *beyond* all known forms of 'energy' healing. Discovered by successful chiropractor Dr Eric Pearl in the mid 90's, many people have had amazing healings of Cancer, ME, MS, Rheumatoid and Osteoarthritis, Cerebral Palsy, plus many mental, physical and emotional afflictions. In the last couple of months, I have experienced this method first hand and am also now qualified to give Reconnective Healing sessions. Sessions are £35 and cannot be combined with any other treatment. If you have any questions or would like to book a session, please contact me on 07795 483462 or by email at info@janetthornton.co.uk. For more information please visit www.thereconnection.com.

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

Nutri-Calm is a KEY system product and helps to maintain a healthy nervous system, especially during times of pressure. When your nervous system is run down, Nutri-calm can help you to wake up feeling refreshed. It also helps to maintain a healthy immune system.

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. One tablet provides, vitamin C 400mg, vitamin B1(thiamine) 20mg, vitamin B2 (riboflavin) 20mg, niacin 40mg, vitamin B6 (pyridoxine) 20mg, folic acid 125µg, vitamin B12 (cyanocobalamin) 33µg, biotin 0.1mg and pantothenic acid 80mg. Other ingredients include choline bitartrate, inositol, PABA, citrus bioflavonoids and chamomile flowers extract. The general recommended dosage is 1 tablet with a meal three times daily.

Nature's Sunshine has a wonderful [online health analysis](#). This helps provide clarity into which system in your body is low on energy, with recommendations for the most suitable products to suit you. This does not substitute a visit to your doctor if you are unwell, but may help provide valuable insight and product information to help you with your daily nutrition at that time. The system was devised by herbalist Steven Horne (AHG); and has provided a lot of information for Nature's Sunshine. Nature's Sunshine produce top quality food supplements. I hold a small supply at my practice but all of their products and a vast store of information is available online at: www.naturessunshine.eu/uk/essentialhealing.

General Notes

If you would prefer to not receive my newsletters, please let me know and I will remove you from my list. Your details are confidential and not transferred to a third party. If you have received this newsletter by post and would like to receive further newsletters by email, please could you let me have your email address. It will only be used for newsletters and/or communication regarding your appointment. I generally send out 4 newsletters per year. Many thanks again for your continued custom throughout the year. Merry Christmas to all!

Best wishes,

Janet