

## ESSENTIAL HEALING Aromatherapy Newsletter December 2011

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments with me during recent months. My intention with this newsletter is to keep clients, customers and all readers, up to date on current promotions and stock information related to Aromatherapy & related treatments, craft products and events.

### Stamford Christmas Craft Fair

Stamford Artisans Guild is holding their Christmas Fair this coming Sunday, December 4th from 10am until 4pm. Many thanks to those who have visited previous Craft fairs, especially the recent ones at the Bull & the Haycock in the Peterborough area. Many local artists, designers and craftsmen 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, including essential oils, bath and shower products, gift sets, wheat & lavender bags and 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](http://www.stamfordartisansguild.co.uk).

### Ylang Ylang pure Essential Oil (cananga odorata)

Ylang Ylang has a strong sweet and floral fragrance; it is uplifting and sensual. It's properties include: antidepressant, antiseptic, antidepressant, aphrodisiac, euphoric, hypotensive, regulator and sedative. It has a relaxing effect on the nervous system by regulating the adrenalin flow. It may calm feelings of anger, anxiety, fear, panic and shock. It can be used for high blood pressure, abnormal breathing (fast) and insomnia. Ylang Ylang blends well with Bergamot, Grapefruit, Lavender, Orange, Patchouli, Rosewood and Sandalwood. **Safety Precautions:** *May cause headaches & nausea in high dosage. It may irritate highly sensitive skin and is best used in small quantities.* Ylang Ylang, along with range of other essential oils, are available at my practice, online in my [website shop](#) and at Stamford Christmas Fair on Sunday.

### Online Website Shop update

I have recently added Essential Oils and Healing and Inspirational books to my [On-line shop](#). In addition to these are a small supply of Nature's Sunshine Products. I will be adding a larger range of naturally made Aromatherapy products that I make and stock, in due course. Products that I have in stock that are not yet listed online include Bath & Body oils, Face & Hand creams, Hand & Body lotions, natural skincare products such as Rose Water, and Wheat & Lavender bags. I am also able to make products to order. All are most suitable for Christmas gifts, so if you have any product requests, please let me know. My contact details are listed below.

### Gift Vouchers

Gift Vouchers are available for Reconnective Healing, Aromatherapy and Detox Foot Spa treatments from me by appointment (or at treatment times), all upcoming events or by mail order via my [website](#). They make an ideal gift all-year round.

Websites: [www.janethornton.co.uk](http://www.janethornton.co.uk)

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

Email: [info@janethornton.co.uk](mailto:info@janethornton.co.uk)

Telephone: 07795 483462

### **Price changes**

From 1<sup>st</sup> Feb 2012 there will be a price increase for my services. These are as follows:

- Aromatherapy Full Body Massage £39.00
- Aromatherapy Back, Neck & Shoulders Massage £27.50
- Detox Foot Spa treatments £22.50
- Reconnective Healing £36.00

The price for block bookings are as follows:

- Aromatherapy Full Body Massage 4 treatments £140
- Aromatherapy Back, Neck & Shoulders Massage 3 treatments £70
- Detox Foot Spa - 5 Treatments £100
- Reconnective Healing 3 Sessions £99

Block booking fees are to be paid during the first appointment. Price changes are due to rising costs of materials and fuel. This is my first price change in 3 years and I continue to offer excellent value for money and provide a good service for all my clients. I have taken the festive season into consideration when calculating these changes. A full list of prices will be placed on my [website](#) nearer the time, or for further details, please phone me on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk).

### **Nature's Sunshine Product Profile - Defence Maintenance (120)**

Defence Maintenance (Immune) is a key product that provides nutrients that help to maintain a healthy immune system. The formulation contains many antioxidants, beneficial cruciferous vegetable powders and extra vitamins and minerals that support immune functions. Each capsule contains, vitamin A (500µg), vitamin C 120mg, vitamin E 60 IU (44mg), zinc (gluconate, oxide) 5mg, selenium 25µg. These nutrients are in a base of, eleuthero root, selenium, asparagus stems, acai berry concentrate, broccoli flowers, cabbage leaves, ganoderma fungus, schizandra fruit, turmeric root, zinc oxide, silicon dioxide, magnesium stearate, (herbs dried and powdered).

During the winter months, if the body is under pressure the immune system can be affected in a suboptimal way. Defence Maintenance is an excellent product to help strengthen it. It is currently available at my practice and in my [on-line shop](#). Further general information can also be found about Nature's Sunshine Products in my other [NSP webshop](#).

I'm always grateful for your feedback on services provided. If you feel that you have had a good experience and would like to write a testimonial or give feedback, please let me know, or send me an email at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk). Many thanks for your continued custom. You are receiving this because you have visited me as an Aromatherapy/Reconnective Healing client or customer. Your details are confidential and not transferred to a third party. If you would prefer not to receive them, or would like to receive it by email, please could you let me have your email address (this will only be used for newsletters and/or communication regarding your appointment.)

Best wishes for Christmas and the New Year, and I look forward to seeing you soon.

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

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

Email: [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk)

*Best Wishes, Janet*

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