

## ESSENTIAL HEALING Aromatherapy Newsletter June 2011

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 stock information related to Aromatherapy treatments, Aromatherapy & craft products, Reconnective Healing and local Health and Wellbeing.

### Nagarjuna Buddhist Centre World Peace Fete Sunday 12<sup>th</sup> June

There is a magnificent World Peace Fete at the Nagarjuna Buddhist Centre this Sunday, 12<sup>th</sup> June. I attended last year and it's a great day for all. It includes live bands, stalls, vegetarian food, face painting, a bouncy castle (lots of fun!), ice cream and much more! I have a stall there with Aromatherapy products, Nature's Sunshine products and a variety of Natural Health and Spiritual books. It was a fabulous event last year with warm weather and a great atmosphere. They also run a couple of guided meditation sessions throughout the day. The event is held at the Nagarjuna Buddhist centre, The Old Rectory, Kelmarsh, 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 a couple of miles south of Market Harborough.

### Stamford Artisans Guild Craft Fair Dates

Stamford Artisans Guild hold their quarterly Craft Fairs in at the Arts Centre in Stamford. The remaining dates for the craft fairs in 2011 are 24 July, 25 September and 4 December 2011. These are all on Sundays. The fairs are packed with stalls supplying local hand-made crafts, which make ideal gifts for all. I will be attending each of these events with my Aromatherapy and other hand - made products, including wheat bags, Lavender Bags and meditation eye pillows. All of the fairs listed above are 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. For more information about the Guild please visit [www.stamfordartisansguild.co.uk](http://www.stamfordartisansguild.co.uk).

### Essential Oil Profile: Orange (Citrus sinensis)

Orange essential oil is very uplifting brings warmth and cheer to the user or environment. It is useful for those suffering from a lack of energy and brings about a feeling of radiance. It is a good skin tonic and helps eliminate toxins in both congested and dry skin, whilst eliminating waste from the body it can be used on all skin types. On a physical level, it is said to have a calming effect on the stomach, especially when caused by nerves or anxiety. It is an excellent immune system stimulant, with a high source of vitamin C for colds and flu. (Essential oils work their way through the system via the respiratory system and through the skin, whilst the fruit itself works via the digestive process.) It is also good for water retention. Its properties include: Anti-depressant, Antiseptic, Antispasmodic, Bactericidal, Carminative, Digestive, (Nervous) Sedative, (Lymphatic and Digestive) Stimulant, and Tonic. Orange blends with: Cinnamon, Frankincense, Geranium, Jasmine, Juniper, Lavender, Neroli, and Rose. *Safety Precautions: As with most citrus oils, Orange is best avoided before going out in the sun due to its possible phototoxic effect; and prolonged use or high doses may irritate sensitive skin.*

### Aromatherapy Products

I have made natural Aromatherapy products for over 3 years now. Apart from stocking and selling these products at my practice and events; I am also able to make products to order. These include Bath & Body oils, Face and Hand creams, Hand & Body lotions and many other products. If you are interested, please let me know. My contact details are listed below. I also sell a small supply of

natural health and spiritual books at my practice, including Dr Eric Pearl's 'The Reconnection'. This gives thorough information about Reconnective Healing and The Reconnection.

### Treatments and Special Offers

As an Aromatherapist and Reconnective Healing Practitioner, I am interested in many aspects of healing and wellbeing. Physical, mental and emotional challenges of daily life can often leave people feeling frazzled and stressed. All treatments on offer can promote health and wellbeing, and minimise stress and dis-ease. Apart from [Aromatherapy](#) and [Reconnective Healing](#), I also offer [Detox Foot Spa](#) treatments. These help to detoxify and re-balance the body by removing negative ions in the lymphatic system, thus creating renewed energy and a greater feeling of health and wellbeing. Further information of each of these treatments and healing modalities can be found on my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk). I am currently offering the following special offers:

I am currently offering 5 for price of 4 on Aromatherapy Full Body and Back, Neck and Shoulder treatments. This equates to £140 for 5 Full Body treatments and £100 for 5 Back, Neck and Shoulder treatments. A course of 3 [Aromatherapy](#) Full Body treatments costs £95, whilst 3 Aromatherapy Back, Neck and Shoulder treatments cost £68 (a saving of £8.) To get the benefit of these offers, they must be booked and paid for at the first appointment. Changes or cancellations may be made with a minimum of 24 hours notice. Single appointments cost £35 and £25 respectively.

One [Reconnective Healing](#) session lasts 30 minutes and costs £35. A course of 3 Reconnective Healing sessions costs £95 (a saving of £10), to be paid on the first appointment. A single [Detox Foot Spa](#) treatment costs £20. A course of 6 Detox Foot Spa treatments costs £100, to be paid on the first appointment. Alternatively, if you wish to try before you commit, £20 will be charged for the first treatment, and a remaining £80 for a further 5 treatments.

Current prices for single treatments still apply. Please respect my prices, I offer a reasonable rate and have not increased my rates during the last 3 years. Prices for single appointments are fixed and no amendments can be made.

### Nature's Sunshine Product Profile – Solstic Energy

[Solstic Energy](#) offers you a remarkable taste, packs tremendous energy and delivers health and vitality! Solstic Energy gives you a rich, smooth flavour you can enjoy anytime. You can enjoy our Solstic Energy anytime your body needs an extra boost! Solstic Energy gives you the stamina you need wherever and whenever you need it. It's a fantastic alternative to Coffee, Tea, Fizzy drinks and other 'energy' drinks that provide a quick, sugar-fueled rush followed by an abrupt, vitality-sapping crash. [Solstic Energy](#) comes in sachet form in boxes of 10 or 30. Simple to use - just add to water; and are easily carried in handbag, pocket or rucksack. 10 sachets cost £10 and 30 costs £24.50. I stock both Solstic Energy sizes and a larger range of Nature's Sunshine products at my practice. Nature's Sunshine offers an advanced form of Nutritional Support and popular products such as Syner Protein, TNT, Zambroza, Liquid Chlorophyll and Nutricalm are available from me or via the website at [www.naturessunshine.eu/uk/essentialhealing](http://www.naturessunshine.eu/uk/essentialhealing). A great deal of information can be found here. If you require any products or information, please let me know.

Many thanks for your continued custom. If you have any further enquiries; would like to make a booking or buy a product, please contact me using the contact details below.

[www.janetthornton.co.uk](http://www.janetthornton.co.uk)    [www.naturessunshine.eu/uk/essentialhealing](http://www.naturessunshine.eu/uk/essentialhealing)    [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk)