

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had Aromatherapy/Reiki treatments with me over the last few months.

I continue to promote good health and wellbeing through natural therapies and products. This month, I am focussing on Detoxification.

Aromatherapy and many other forms of massage help remove excessive build up of unwanted toxins in the body. Essential oils derived from Grapefruit, Lemon, Juniper and Carrot Seed are especially effective in the detoxification process. A healthy diet and good water consumption (approx 2 litres per day recommended) are also of great importance.

I have a variety of essential oils; including Carrot Seed, Grapefruit and Lemon available at my practice, and also via my website shop at www.janetthornton.co.uk. Please press the '[shop](#)' link on the left side of the web page. If you would like to collect an order, please phone me on 07795 483462 or email me on info@janetthornton.co.uk to arrange an appointment.

Essential Oil Profile: Carrot Seed (Daucus carota)

Carrot Seed is a lesser-known essential oil with many valuable properties. It has a cleansing effect on the mind and is excellent in times of stress and fatigue. It's detoxifying properties help cleanse the liver, bowels and joints. Excellent for arthritis, gout, aches and pains, fluid retention and cellulite. It is a good hormone balancer, benefits the reproductive system and is of great help to those suffering from PMS. Positive results have also been gained in treatments with Carrot Seed with tight muscles due to strenuous exercise such as marathons.

Carrot Seed regenerates the skin, strengthens red blood cells; and can be used to treat eczema, dermatitis, psoriasis, scars, corns and dry skin. It has good results with wrinkles and is commonly used in anti-ageing products. Carrot Seed blends well with Bergamot, Cedarwood, Juniper, Lavender, Lemon, Geranium, Grapefruit, Rosemary and many others. Safety precautions: Not to be used during pregnancy.

NEW Bioenergiser Detox Foot Spa treatment

I am pleased to announce that I am now offering a wonderful new treatment called a 'Bioenergiser Detox Foot Spa treatment'. Briefly, it is similar to a normal foot spa in the sense that it is relaxing and relieves tired feet but the Bioenergiser does a lot more.

It eliminates toxins from the body by way of a small electrical charge pulling toxins out through the feet. It helps relieve stress, poor skin conditions, arthritis, loss of energy, certain allergies; encourages good sleep and much more. Please see the enclosed leaflet for more details. Full information can be found on my website at www.janetthornton.co.uk. I am fully insured and qualified to give these treatments.

Detox Foot Spa treatment prices

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.

Gift Vouchers

Gift vouchers will be available soon for the Detox Foot Spa treatment. I also hope to provide vouchers of a set value to provide a choice for the recipient; these will also be available soon. Vouchers can be obtained at treatment times or by post via my website (on the Vouchers page at www.janetthornton.co.uk).

Special Offers

Many thanks to all clients that have taken advantage of the winter special offer with cut-price treatments. This offer runs until February 28th 2010. I am pleased to announce a new special offer for March, apart from my Detox Foot Spa treatment.

March Offer - Book two treatments, get 2nd half price.

This applies to all treatments (except Detox Foot Spa treatments) carried out during March. The treatment of lesser value is charged at half price. Payment must be made in full at the time of booking or at the first treatment. Payment method is via cash or cheque on the day or via credit card/PayPal by prior arrangement. This offer runs out on 31st March 2010.

Stamford Artisans Guild

After the success of the Christmas market at the Arts Centre on December 6th 2009, a group of local Artists and Craft persons have extended their interest in local handicrafts and joined the Stamford Artisans Guild. I am proud to be part of this group. The next proposed fair dates are **16 May** and **25 July 2010**, both at Stamford Arts Centre, both of which I hope to be attending. Various hand made products will be for sale at these events, including woodcraft, jewellery, stained glass products, cards, hand made toys, Aromatherapy products and much, much more. Their website at www.stamfordartisansguild.co.uk offers more information.

Aromatherapy Products

I am still selling a range of natural hand made Aromatherapy products. These include hair care, bath and shower products, liquid hand soap and essential oils. Gift sets are available with a variety of these products, and all are available on-line, at treatment times, or by appointment. More information can be found on my website at www.janetthornton.co.uk on the products page.

Wishing you all the best for 2010. Hope to see you soon.

Kind regards,
Janet