

Aromatherapy Newsletter

May 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.

New Product – Lavender Wheat Bags - Coming Soon

As an addition to the Bath and Shower products that I produce with natural ingredients and essential oils, a couple of new products will soon be available.

- Lavender and Geranium Hand and Body Lotion
- Lavender Hand and Body Lotion
- Lavender and Geranium Hand and Liquid Soap 250ml
- Wheat Bags – Lavender and Plain

All products are hand made with natural ingredients and are available at treatment times, by appointment or via my website at www.janetthornton.co.uk/catalog/. Products can also be made to order on request.

Stamford Artisans Guild Craft Fair

Just a quick reminder that Stamford Artisans Guild is holding a craft fair this Sunday, 16th May. Many local crafts-persons will be attending. And you will have a choice of many gifts to buy. I will have a stand there, and will be providing aromatherapy products, essential oils, gift sets, lavender bags, wheat bags and hand made jewellery. There will also be much more to offer from the other Artisans. It will be held at the Stamford Arts Centre at 27 St. Mary's St, Stamford, PE9 2DL. There is also a café on the premises, and would make a wonderful day out for all the family. More information can be found on the website at www.stamfordartisansguild.co.uk.

Essential Oil Profile - Bergamot (Citrus bergamia)

Bergamot is a very cheerful oil. It has a delicate, refreshing aroma and when used in a room fragrancener can create a very uplifting environment. Its properties include: analgesic, anti-depressant, antiseptic, antispasmodic, deodorising, expectorant, insecticide, tonic. It is very effective for skincare complaints such as psoriasis and eczema, especially when linked to stress. On a mental and emotional level it is good for anxiety, depression and nervous tension. On a physical level it is good for respiratory infections including tonsillitis and bronchitis; it can also regulate appetite so may be useful for anorexia sufferers and convalescents recovering from illness. Bergamot blends with Chamomile, Eucalyptus, Geranium Juniper, Lavender, Lemon, Marjoram, Ylang Ylang and many others. **Safety precautions:** *Not to be used directly before going out in the sun, as it may have/has a phototoxic effect. It may irritate highly sensitive skin.*

Therapies offered.

I am currently offering the following therapies:

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| • Aromatherapy Full Body Massage | £35 |
| • Aromatherapy Back, Neck & Shoulder Massage | £25 |
| • Reiki Healing Half Hour Session | £15 |
| • Reiki Healing One Hour Session | £25 |
| • Body Detox Therapy – Detox Foot Spa treatment | £20 |
| • Body Detox Therapy – Detox Foot Spa treatment x 6 | £100 |

More information about all treatments provided can be found on my website at www.janetthornton.co.uk.

Nature's Sunshine Products (NSP)

For a while now I have been using Nature's Sunshine Nutritional Supplements to support a balanced diet. Nutrition is important, and in this day and age we rarely get the total nutritional support that we need. Nature's Sunshine produce top quality products and have an extensive range to suit most nutritional requirements. If you require more information about these products, please contact me or visit their website, as listed below. I have recently become more involved with the company and am now equipped to supply Nature's Sunshine products. This can be done through me during treatment times or online in my NSP web shop at www.naturessunshine.eu/uk/essentialhealing.

Nature's Sunshine product profile – Omega 3 capsules

Omega-3 is a classification of certain kinds of fatty acids that result from the breakdown of dietary fats in the body. They are used to form membranes surrounding each of our trillions of cells. Fish get omega-3 oils from the plankton they eat. The names of these omega-3 oils are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). DHA is most concentrated in the brain and retina. Both are included in this formulation-EPA 180mg and DHA 120mg, with natural d-alpha tocopherol acetate (vitamin E) to help preserve freshness. Sources for these fish oils are the flesh of cold water fish such as salmon and mackerel. Does not contain fish liver oils.

The benefits of Omega 3 oils include:

- Omega 3 oils can help regulate the following body systems:
- Cardiovascular and kidney system function, including dilation or constriction of blood vessels and clot formation
- Digestive system function, including regulation of stomach secretions
- Immune system function, including allergy responses
- Nervous system function, including regulation of neural circuits in the brain
- Reproductive system function, including induction of labour or menstrual cramps
- Thermoregulation, or the maintenance of a constant body temperature

In addition, Omega 3 oils can also help the healing and repair process, including regulation of cell division, fever and pain regulation during the inflammatory process, and various other functions (including control of fluid pressure in the eyes, ears, and joints) – the list is endless.

Nature's Sunshine produces a top quality Omega 3 oil. I have a small supply at my practice but this and all their products are available through Natures Sunshine at www.naturessunshine.eu/uk/essentialhealing.

Gift Vouchers

These are available to purchase from me at treatment times, at Stamford Craft Fair on Sunday or by mail order via my website.

Final Note

Many thanks once again to all clients that have visited in recent times. Best wishes to all.