

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.

Stamford Christmas Market

Stamford Artisans Guild is holding a Christmas Market on Sunday, December 6th from 10am until 4pm. Many local artists, designers and craftsman will be attending for Stamford's own hand-made Christmas fair of unique and original crafts. An excellent place to go for all your unique Christmas gifts! I will be attending and will be selling Aromatherapy products, treatment gift vouchers, and hand made jewellery. There are also 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. For more information, please visit www.stamfordartisansguild.co.uk.

Essential Oil Profile - Eucalyptus (Eucalyptus globulus)

Eucalyptus oil is excellent for the colder months. Its antiviral action works well on the respiratory tract, eases colds, coughs, throat infections and bronchitis. It clears the head, kills germs and can bring down a fever. Eucalyptus relieves muscular aches and pains, rheumatism, arthritis, headaches and sciatica. It blends with Benzoin, Juniper, Lavender, Lemon, Lemongrass, Pine and many others. It can be used in a massage blend, an oil burner or facial steamer. Please ensure that you follow instructions when using these methods.

Safety Precautions: Best avoided in cases of high blood pressure, epilepsy and when using homeopathic medicine. Best used in small doses and avoided late in the day due to stimulating effect.

I stock Eucalyptus oil and a wide range of Essential Oils and natural Aromatherapy bath and shower products at my practice and in my on-line shop on my website at www.janetthornton.co.uk/catalog

Reference Point Therapy (RPT) – new therapy offered

During the last couple of months I have attended a series of certified training courses in a revolutionary new healing modality called Reference Point Therapy. It is very profound and allows the clearing of key trauma (i.e. abuse, physical and emotional pain, self worth issues, etc) without the need for the client to re-live it. Reference Point Therapy (RPT) helps you get to the bottom of challenging issues in your life, by finding the Earliest Reference Point of the feeling/vibration behind the issue you wish to solve. More information can be found on my website at www.janetthornton.co.uk.

A Reference Point Therapy session lasts for approximately 1.5 hours and costs £50

If you would like to book an appointment for Aromatherapy, Reiki or RPT, please phone me on 07795 483462 or email me at info@janetthornton.co.uk

Special Offers

During January I am offering the following treatments at discount prices:

Aromatherapy Full Body £30
Aromatherapy Back Massage £20
Reiki One Hour £22.00

This offer ends on January 31st. Sometimes offers are extended, for more details about this or any other Aromatherapy, product or treatment related issue, please visit my website at www.janetthornton.co.uk. If you would like to book an appointment for Aromatherapy, Reiki or RPT, please phone me on 07795 483462 or email me at info@janetthornton.co.uk.

Working Hours

In December treatments are available between 9am and 3pm Monday to Saturday; with the last (booking) appointment at 2pm. From January I am available for treatments between 12.00 and 8pm, but can be available during morning hours on request. I am available on Saturdays from 10.00am – 5pm and Sundays on request.

Aromatherapy Products

I am still selling a whole 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 at Stamford Christmas market. More information can be found on my website on the products page.

Gift Vouchers

Gift vouchers are available for all treatments except Reference Point Therapy. They can be obtained at treatment times, by post via my website (on the Vouchers page at www.janetthornton.co.uk), or from my stand at Stamford Christmas Market this Sunday, 6th December. The details for this are overleaf.

Home visits

Home visits are also available for special situations on request. In this case, I ask that space could be made available for my treatment table prior to the appointment. If you require a Reiki treatment, it may not be necessary for me to bring my table, as Reiki treatments can also be given sitting on a comfortable chair. Please let me know if you prefer this option when booking.

End Note

I would like to thank all past, present and future clients once again. I wish everyone a happy and fulfilling festive season.