

## **ESSENTIAL HEALING Aromatherapy Newsletter October 2012**

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 product information related to Aromatherapy and all other Holistic services offered.

### **Ferry Meadows Craft Fair – Sunday October 21<sup>st</sup> 2012**

I attend events throughout the year and I will be selling my Aromatherapy and Lavender products at a Craft Fair at Ferry Meadows on Sunday, October 21<sup>st</sup> 2012. This is held in The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU. It is open to the public from 10am – 4pm, and the entrance is free. Several other craft exhibitors will be there, from woodcrafters, hand made jewellery, cards, Aromatherapy products and more. These have been running monthly since April and have been hugely successful. This is the last fair of the year and next Craft Fairs here begin again in April 2013. Ferry Meadows is a wonderful, green area for all the family. It has a café, shop and lots of wide, open space for taking the dog for a walk or enjoying a day out.

### **Essential Oil Profile - Tea Tree (Melaleuca alternifolia)**

Antiseptic, anti-bacterial and anti-fungal, tea tree oil can be used for a number of medicinal purposes. It can be used to treat acne, candida, nappy rash, thrush, verucae and many other common ailments. It is an ideal natural substance to include in any first aid kit. It is a powerful immune system stimulant. Tea Tree blends well with Cyprus, Eucalyptus, Ginger, Lavender, Lemon, Mandarin, Orange, Rosemary and many more. *Safety Precautions: May irritate sensitive skin. Best used in small quantities.*

### **Aromatherapy Product Profile – Hand cream for dry skin**

This cream was especially formulated for dry and chapped hands. Apart from its moisturizing qualities, it can help boost circulation and may be useful in cases of Raynauds. As with all products I make, it only contains natural ingredients. It contains calendula oil, shea butter and 4 carefully selected essential oils. This is a fabulous product and a little goes a long way! 50g pots are available, but larger pots can be made to order. A more extensive list of products is available on my website and all are available from my practice, from all Craft Fairs I attend, and many are available on my website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk). A price list is available on my [website](#).

### **Treatments Available**

The following treatments are offered at my practice in Walton, Peterborough: [Aromatherapy](#), [Reconnective Healing](#), [Angel Therapy](#), [Crystal Healing](#), [Reiki](#) and [Detox Foot Spa](#) treatments. Further information can be found on my [website](#).

### **Treatment Gift Vouchers**

Are you stuck for ideas for birthday or christmas presents? Gift vouchers are available for most treatments and can be purchased at treatment times, at Ferry Meadows Craft Fair on Sunday, by mail order via my [website](#) or by appointment. If you wish to purchase one or would like more information, please contact me on 07795 483462 or email me at [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk). They make an ideal gift all-year round.

*Best Wishes, Janet*