

ESSENTIAL HEALING Newsletter October 2015

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments and attended events with me during recent months. The intention with this newsletter is to keep clients and readers up to date on current events, promotions & product information related to Aromatherapy & other services offered.

Craft Fairs and Events

I attend events regularly throughout the year and I have a number booked over the next few months. Information is also posted on my website. These are as follows:

- Ferry Meadows Craft Fair, Sunday 11th October & 8th November 2015 from 10am till 4pm
- Eye Craft Fair, Saturday 28th November 2015 from 11am–2.30pm.
- Werrington Craft & Gifts Fair, Saturday 19th December 2015 from 11am–2.30pm
- Access Bars and Energetic Facelift classes.

Ferry Meadows Craft Fair – Sunday 11th October 2015 - Monthly event (11/10, 8/11)

This is a regular event that I have attended since it started 3 years ago. I will be selling Aromatherapy, Lavender products, Essential oils and Bath/Massage oil blends and Crystal jewellery at this monthly Craft Fair at Ferry Meadows on Sunday, **11th October 2015**. This is held in The Discovery Den, Ferry Meadows, Nene Park, Peterborough, PE2 5UU. It is open to the public from 10am to 4pm, and the entrance is free. Other craft exhibitors attending provide woodcrafts, hand-made cards, jewellery, paintings, Aromatherapy products and more. These run monthly from April to November and are held on the **2nd Sunday of each month**. The final fair for the year is on **8th November 2015**. It is always a fabulous event. Ferry Meadows is a wonderful, green area for all the family. It has a café, shop and lots of wide, open space for walking the dog, cycling and enjoying a day out.

Energetic Facelift Workshops Peterborough October 25th, 31st and Sunday November 29th

Many thanks to those that have attended a workshop in the last few months, the classes have been wonderful. I have several classes planned, and also a swap day for those that have taken classes. The dates for following Energetic Facelift Classes are: **Sunday October 24th, Saturday October 31st and Sunday November 29th**, each class runs from 10am until 4pm. The Energetic Facelift™ is a wonderful way to rejuvenate the face and reverse the appearance of aging; the technique can create similar effects throughout the body. Imagine having a natural facelift instead of spending time & money on products or surgery? In this workshop you will learn to do the process. On successful completion, you will receive a manual and a Practitioner certificate. You will both give and receive the facelift. There is a good chance you will feel energised aswell, you might even leave the class skipping! Why not learn the Access Energetic Face Lift™ with a friend or two so you can give and receive the benefits of this dynamic process on a weekly basis? The price for the workshop is £110. For further information and to register, please visit: www.janetthornton.co.uk/access-energetic-facelift-workshop-registration.

Access Consciousness Bars Sessions & Workshops

Access Consciousness Bars is a gentle and relaxing energy treatment that can help release stuck patterns of behaviour; dissolves energy blocks, improve health and well-being and bring about positive change. Over the course of a session acupressure points on the head are activated and the electromagnetic charge to trillions of thoughts, feelings and emotions that the body has stored over many lifetimes, are released. Access Bars opens out the field of possibility and helps to raise consciousness. This wonderful healing modality has remarkable effects. There has been a scientific study to test it's effectiveness; this can be found at: <https://www.youtube.com/watch?v=DgGbFRjqQPk> I offer Access Bars sessions in my practice and I also teach workshops so that you can learn to use this for yourself, friends,

Many thanks, Janet

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family or holistic therapy business. Please let me know if you would like me to organise a workshop near you. Workshops are also listed on my website at www.janetthornton.co.uk.

Eye Craft Fair - Saturday 28th November & Werrington Craft Fair - Saturday 19th December

Eye Craft Fair is being held at Leeds Hall, High Street, Eye, PE6 7UP, on Saturday 28th November 2015. **Werrington Craft & Gift Fair** will be held on Saturday 19th December at Werrington Village Hall, Church Street, Peterborough, Cambridgeshire, PE4 6QE. Both fairs are being held from 11am until 2.30pm. Entrance is free and there is plenty of parking at both venues. A wide variety of stalls will attend both events, with local crafters and businesses selling crafts, gifts and natural products. I will be there with Aromatherapy and Lavender products, Essential Oils, Kinoki Detox Footpads, and a large range of Crystal jewellery, tumblestones, Candleholders (Selenite, Amethyst) and crystals of all shapes and sizes. Further information about all events are included on my website as they come up.

Therapies offered in Peterborough and Stamford

The following treatments are offered at my practice in Walton, Peterborough: Aromatherapy, Access Bars, Energetic Facelift, The Emotion Code, Reconnective Healing, Reiki and Detox Foot Spa treatments. For more information or visit my website at www.janetthornton.co.uk. I have an option to work at another venue in **Stamford at a High Street Salon called Purely You**. They are well established and do a wide variety of treatments, in the Beauty and Holistic Therapy field. Their website can be found at: <http://www.purely-you.com/>. I will be working there on Tuesdays. If you know anyone that requires any of the treatments that I offer, please pass my details on. For further information, please visit my website under the heading 'Treatment Prices, Stamford, Lincolnshire'. If you are receiving this newsletter by email, please click on the links provided. I operate on an appointment only basis. For bookings please phone me on 07795 483462. I look forward to hearing from you soon!

Crystal Profile - Anthracite (also known as Jet)

Anthracite brings a sense of peace and freshness to the bearer. It helps transform old stuck energy into vibrant new energy. Very useful in helping release periods of depression and anxiety, helping to calm nerves, protect from panic attacks and sudden drops in the mood state. Anthracite sweeps the body's energy field of negative and heavy stagnant energies almost instantly. It can be used to lift heavy headaches and migraines. Anthracite releases inner and outer smog and lifts the atmosphere; it stores and attracts positive energy and repels negative energy. Anthracite helps the being to recognise and appreciate that of beauty and marvel, no matter of its form. It also brings a very positive and determined energy that guides and supports all that is needed. As with all gemstones, cleanse regularly. I keep a supply of Jet tumblestones and pendants at my Therapy Practice & at events I attend.

Essential Oil Profile - Thyme (Thymus vulgaris)

Thyme has a sweet, herbal fragrance. Its properties include anti-rheumatic, antiseptic, antispasmodic, aphrodisiac, carminative, diuretic, emmenagogue, expectorant, stimulant and tonic. It can be used to treat colds, coughs, sore throats, bronchitis and asthma. It helps to eliminate phlegm. It is excellent for the circulation and can raise low blood pressure. It can be used for rheumatism, gout, arthritis and sciatica due to its stimulating action in removing uric acid. It can remove painful arthritic swelling when used in a compress. It is useful for sluggish digestion and can treat menstrual difficulties such as leucorrhoea and can be useful in childbirth. It blends well with Bergamot, Cedarwood, Chamomile, Juniper, Lemon, Mandarin, Rosemary and Tea Tree. **Safety precautions:** *It is very potent and strongly antiseptic. May irritate the skin. Not to be used in pregnancy or cases of high blood pressure.* I keep a supply of Thyme Essential Oil at my Therapy Practice and at events I attend.

Many thanks, Janet