



Newsletter

Welcome and Update



FEBRUARY 2022 - CATCHUP

Welcome to my first Newsletter.

January 2022 has been a month of change for me. For most people January is a month where we would like to say, New year, New start. We can very easily get drawn back into the same old routine and away from the new start we crave to create. So I began the year looking at what I wanted to change - how do I put me back at the centre of my own life?. How do I become my own leading lady of my life story. It can feel quite selfish, thinking about just me, but as a healer I have a responsibility to look after myself so that I can help, hold space and look after and heal others.

I changed my daily routine to include more daylight - getting outside during the middle of the day to feel the sunlight on my face as I take the dogs for their daily strolls. Whilst I'm out walking, I think of as many positive affirmations as I can. Ones like 'I am Happy', 'I am Loved' and 'I am successful' always seem to crop up.



Clear Quartz Angel Earrings

January's crystal of the month was Clear Quartz. A stone that helps bring clarity, turns negative energy into positive and generally helps you to 'feel better'. I carried a clear quartz crystal in my pocket all month and wore a pair of my hand made **clear quartz angel earrings**.



Amethyst 3-drop Earrings

February Crystal of the Month

The crystal of the month for February is Amethyst. A high-vibrational and protective stone. Amethyst balances the highs and lows of life, bringing peace and understanding, and helping with anxiety and fear. It can also help you remain focussed and appreciate all the blessings around you.

There is a 15% discount on all amethyst items in **the shop** during February. Just use the code Amethyst15 at the checkout.



Treatment Room

Sharing the Love

Throughout February, all in-person appointments will receive a voucher for another in-person appointment, free of charge. Let me explain a little more.

If you **book an appointment** in February for a full Reiki Healing session, you will receive a voucher for a free Intuitive Oracle Card Reading.

If you **book an appointment** in February for an Intuitive Oracle Card Reading, you will receive a 30 minute Reiki healing session voucher.

Your voucher will be valid for 6 months



Lavender Oil

Essential Oils

Throughout December I was having trouble sleeping. Never really getting a 'good' full night sleep, being disturbed by waking up a few times each night.

I found Lavender essential oil and I haven't looked back. I use a few drops in my diffuser throughout the night and I sleep so well now. If you have trouble sleeping, give lavender oil a try, you'll be surprised at the results. I was!

You can purchase them from my **essential oils page** on my website.

Feedback - Intuitive Card Reading



'Jax was personable, relaxed and set an easy pace. The reading was enlightening, reassuring and absonlutely spot on!' - ESH



Feedback - Healing

'A wonderful healer, I would wholeheartedly recommend spending time with Jax in the beautiful space she has created.' - Sam

**Kind regards,
Jax at Waterfalls and Dragonflies**



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