

Listings

Practitioners

Annie Green, Nutritional Therapist and Iridologist - Nutritional therapy can benefit many chronic health conditions. Llanidloes, tel: 01686411396, email: anniegi@hotmail.co.uk.

Barbara Guest, Advanced EFT Practitioner & Trainer: Also offers Reiki Healing & Cours- es, Psychic Healing and Mediumship. Tel: 01952 510561 www.barbaraguest.co.uk

Borders Healing , Crystal healing, Distance healing and Colour Therapy. Treatments that have stood the test of time. Mobile/SMS: 07982 869264 info@bordershealing.com

Dianne Spencer, Active Calm Therapies: Sports Massage, Reiki, Indian Head Massage, based in Welshpool, ask about home visits. Tel: 01938 556568 spencer@samybryn.freemove.co.uk

Jackie Owen, Reiki Master: Therapist in Reflexology, Hot Stone Massage, IHM, Reiki, Hopi Ear Candles, Facials, phd waxing and pamper parties available. Tel. 01938554686

Janine, Natural Clairvoyant: Tarot, Pip Cards, Crystals. Also horse healer and communicator £25 per reading. Phone and email readings. Tel: 07739842517 - let go through to land line

Julia Guswell, Crystal Healer, Counsellor and workshops: Based in Cemmaes but will travel and do home visits. Tel: 01650 511388 guswell@btinternet.com

Michelle Benjamin MSTAT, Alexander Technique teacher: Individual lessons, talks and workshops Tel: 01686 668262 michellebenjamin@hotmail.com

OASIS Complementary Therapy. A range of therapies to help with stress, depression, headaches, insomnia and more. Mobile: 07927032648

Stalight Devi, Past Life and Energy Work. Also dream interpretation, spiritual guidance and healing. Tel. 01686 668076 starlightdevi@yahoo.co.uk www.pastlifereadings.co.uk

Events (check the website for other events)

Welshpool Healing Group: Triangle House, Union Street, Welshpool. (By Library). Mondays 11.15am to 1.15pm. drop in for a chat, some gentle healing & a cup of tea.

For free entry to listings contact tony@thesimmeringcauldron.co.uk Mob 07702231272

Our Diary for December & January

Throughout this period we will be attending our regular market stalls in Welshpool and Newtown on Mondays and Tuesdays respectively except on 29th and 30th December. Events we are attending are listed below:

Sunday 30th November MBS Fair, Ramsbottom Civic Hall, Lancashire

5th - 7th December Matlock Christmas Market, Derbyshire

Friday 12th December Llanfair Caereinion Christmas Lights

14th December Mystic Alley, Montgomery Town Hall

11th & 12th January MBS Fair, Aintree Racecourse, Liverpool (tbc)

Pre Christmas market days

Newtown Market Hall 16th - 18th, 19th(?), 23rd & 24th

Welshpool Town Hall Market 15th, 20th & 22nd

The Simmering Cauldron

Stall Newsletter



Yule
2008

Full moons: December 12th & January 11th
Check our website for the current moon phase

Don't miss the 2008

Mystic Alley



Montgomery Town Hall

Sunday 14th December 10.00 - 5.00

*A magical market place with
Loads of stalls*

Music by friends of the Simmering Cauldron
Refreshments by Sue Grimes of Ivy House Cafe

Entrance £1.50 Concessions 50p

Event profits will be donated to an environmental group
Visit our website for more information, photos, posters and links

*A Merry Yuletide
to all our friends and customers
Blessed be*

Pre Christmas market days

**Newtown Market Hall
16th - 18th, 19th(?), 23rd & 24th**

**Welshpool Town Hall Market
15th, 20th & 22nd**

NB. We will not be attending the markets
on 29th and 30th December



Pool Card Offers

Until 21st December
**Free draw ticket every time you
shop at the stall**
Draw at 12.00 on Monday 22nd
December in Welshpool market

Remember to redeem you
50p vouchers
before 31st December

Light up for cheer & banish gloom

Cold, dark, wet, windy - oh and a general level of gloom and doom in the country! If ever there was a time for festive cheer it is this year.



Northern European peoples have always sought to cope with 'the dark' by generating light and generally making whoopee around the Winter Solstice. In modern times the focus tends to be on Christmas Day, the day chosen to celebrate the birth of Jesus. It is no coincidence that this takes place in mid winter when there was already an existing tradition of merriment.

One of the wonderful events that marks the start of festivities is 'switching on the lights' in large and small towns across the country. One can feel the lifting of the spirits as dismal town centre streets become a blaze of light and colour. In homes light sets are untangled and tested, candles are retrieved from drawers and kindling and logs are assembled for fires. All

All major debit and credit cards are now accepted at the stall.



these things to light and warm the festivities.

Thankfully creating light need not be an expensive activity with a few cheap candles, last year's lights and wood from the hedgerow, yet the effect can be far greater and longer lasting than all the expensive presents or heaps of exotic food and drink. Also, light is not just for Christmas, it can be enjoyed throughout the Winter dark!



Newsletter news

The TSC Newsletter is published 8 times a year and is available from the stall or directly via email. As the readership is growing significantly we are reviewing the content and style of the newsletter. Thoughts include increasing the size, introducing paid adverts and/or advertorials, including short articles by friends of the Simmering Cauldron and maybe introducing special Newsletter offers.

What do you think? Answers on a postcard (joke) or via email to tony@thesimmeringcauldron.co.uk

If you don't already receive the Newsletter by email please email Tony with the message 'Newsletter please.'

Tea Tree Oil (Melaleuca alternifolia)

Tea Tree or Ti Tree as it is sometimes spelt is another of those versatile oils that have a multitude of uses, not all of which are taken advantage of. Once again it was a comment passed by a regular customer that prompted me to write this piece and I am passing on some of her tips here, as well as some of my own. She commented that none of her family ever suffered from colds or flu during the winter because she regularly uses Tea Tree oil around the house. Research has led to the following conclusions:



1. This oil is unusual in that it is active against all three varieties of infectious organisms: bacteria, fungi and viruses.
2. It is a very powerful immuno-stimulant, so that when the body is threatened by any of these organisms ti-tree increases its ability to respond.

(Davis P. Aromatherapy An A to Z)

Remember that the oil can be used neat on the skin, although dilution is recommended for young children and the elderly.

- Fill a small spray bottle with water and add a few drops of Tea Tree. Use to spray on kitchen and bathroom surfaces and wipe over. Remember to shake the bottle before use to disperse the oil. A drop of more fragrant oil can be added to make the smell more pleasant.
- Put a few drops on a cloth and wipe over door handles.
- Put a couple of drops in half a glass of water and use as a mouthwash.
- In cases where minor cuts and scrapes are likely to become infected put a drop

of Tea Tree on the wound and cover lightly with a plaster.

- Regularly place a drop of the oil on warts, verrucae and cold sores.
- Add a few drops to an unscented shampoo or to a final warm water rinse to treat dandruff.
- Add a few drops to the water in your oil burner to fill the atmosphere with its benefits, particularly when there are cold and flu bugs about. Another oil may be added to make it more fragrant.
- Add to a footbath to help tired, sweaty feet and athlete's foot. The addition of peppermint helps with aching feet and cypress is excellent for excessive perspiration.
- Tea tree can also be used as a deodorant. Simply dab a little of the oil lightly on the skin under the arms.

You may have realised by now that Tea Tree can replace many chemically based products such as disinfectant, mouthwash, antiseptic cream. Because it is concentrated and only a few drops are needed at a time, it could help save you money in the long run!

If any symptoms persist for more than a few days, it is wise to consult a doctor.

Shop On-line
 go to the Shopping page on our website for
 Essential Oils
 Massage Oils
 Granular Incense, charcoal
 & smudge sticks
www.thesimmeringcauldron.co.uk