

## Speaking of...Mindful Wellness Dry Skin Brushing to the Rescue...

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Mindful Wellness' How to Dry Skin Body Brush Part I

**Take a few minutes and learn how easy Dry Skin Body Brushing can be... the health benefits are AMAZING! There are three "How to.." videos showing you the benefits and instructions.**

[Click here to watch more "How to Dry Skin Body Brushing Part II" tips!](#)

[How to Dry Skin Body Brush Part III](#)

[Buy your Body Brush Kit today!](#)

**Summer Heat leaving a bad odor in your rooms?**

Dear Jacky,

The dog days of summer are just beginning, but it's not time to walk away from self care and feeling good. You'll find many exciting things in this newsletter. I've just finished my latest video showing you how to and the benefits of Lymphatic Body Brushing. Plus, you'll find new recipes using essential oils to help you feel better.

Find even more ways to feel better by visiting my website, [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com). Here's to taking a little time for yourself...

Jacky

### **Benefits of Lymphatic Body Brushing before a Massage!**

Adding Lymphatic Body Brushing before a massage therapy session kick-starts the cleansing process of the Lymph System helping you feel better. The lymph system helps regulate and control illnesses in your body by removing debris or toxins. The lymph system is a very intricate series of lymph nodes, lymph ducts, lymphoid organs, and lymphatic tissues. The lymph capillaries and lymph vessels produce and transport lymph fluid or toxic fluid from tissues to your circulatory system. When the lymph system is flowing smoothly toxins will be released from your body and your overall health will be improved.

Lymphatic Body Brushing, also known as Dry Skin Brushing, is an easy technique to learn and the health benefits are spectacular. The technique begins by using a Natural Bristle Brush to lightly brush the skin beginning with the feet and then moving upwards, in the direction of the heart. ([Click here for Detailed Lymphatic Body Brushing instructions.](#))

### **Benefits of Lymphatic Body Brushing for your Skin**

Using Lymphatic Body Brushing on your skin, which is the largest organ in your body, provides a number of benefits to stimulate the flow of the Lymph System. The natural bristle brush exfoliates the skin, helping your body slough off the dead cells on the surface of your skin. By sloughing off the dead skin cells it greatly enhances your ability to detox and facilitate healthy circulation.

Ridding your body of all the dead cells will make your skin look revived and refreshed!



Is the summer heat leaving a stale odor in your home or office? These are easy to make Sprays you can use in any room!

Generally you'll add 15-20 drops of your chosen essential oil to 4 ounces of water. I love the following combinations:

[Grapefruit](#) & [Frankincense](#)  
[Lavender](#) and [Peppermint](#)  
[Cedarwood](#) and [Bergamot](#)  
[Lemon](#) and [Rosemary](#)

Lemon - actually cleans the air, it's not just a deodorizer  
[Eucalyptus](#) and [Orange](#)

Don't be afraid to experiment on your own to come up with a great [Room Spray](#).

[Click here to see posted recipe suggestions for Essential Oils.](#)

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## Lymphatic Body Brushing helps with Weight Loss

Using Lymphatic Body Brushing stimulates the lymph system and helps reduce the appearance of cellulite. Many believe the lumps and dimples in cellulite are toxins built up in the system. By gently stimulating the system, fluid will be released shrinking the size and appearance of cellulite.

## Stress Reduction using Lymphatic Body Brushing

Beginning your massage with Lymphatic Body Brushing increases the release of the toxic fluids in your system. As the flow of the system increases your white blood cells are able to carry the stagnant fluid that may be causing fatigue. Your massage therapist will continue working on easing the stress built up in your body and you'll leave feeling refreshed and renewed.

It can be done before a massage or in the privacy of your own home. Lymphatic Body Brushing is such a simple technique that yields long-term health benefits. Ask me to add this beneficial [service](#) to your next massage or check out my ["How To Video"](#) to see how you can Body Brush at home!

### NEW Essential Oil



I am delighted to announce the addition of "Sore No More"... a brand new Essential Oil Blend.

Great for rejuvenating therapy after a work-out or strenuous physical activity, this blend was designed to ease muscle related discomfort.

**Contains** Essential Oils of Birch (soothing), Juniper Berry (promotes nerve regeneration), Wintergreen (anti-inflammatory), Helichrysum (relieves pain), Frankincense (helps with inflammation), Clove Bud (anti-inflammatory), Ginger Root (helps with muscular aches & pains), Chamomile Blue (helps with joint pain), Yarrow (helps ease tendon aches especially the Achilles), Black Pepper (analgesic).

**[Buy Now and relieve those achy muscles.](#)**

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

Jacky Groenewegen , LMT, HTCP, GIT  
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