

Speaking of...Mindful Wellness

Don't get burned, but if you do...

 Forward to a Friend

Need **Summer Heat Relief?**



I found a great recipe using [Peppermint Essential Oil](#). I fill up an ice cube tray with water. Then I dip a toothpick into my Peppermint Essential Oil and swirl it around each cube section. Only a small amount of peppermint is needed, this is a very potent EO. Once frozen, add the ice cubes to your favorite drink for a great minty taste. A great way to make ice tea, too.

Don't want to wait for the ice to freeze? Simply add a drop of Peppermint Essential Oil to a pitcher of water.

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Dear Jacky,

I don't know about you, but I know this heat is really getting to me and we still have the dog days of August to get through. It's almost too hot to spend time outside even if you may be spending it wet. Have no fear, in this issue I'll share ways to stay cool and how to relieve those hot, hot, hot burns. And, I don't mean just sunburn relief. Read on to find out how even when you do something that wasn't so, let's just say, smart, you can find relief...

Find even more ways to feel better by visiting my website, www.MindfulWellnessMassageandBodywork.com. Here's to taking a little time for yourself...

Jacky

Help for those burns!

Burns of any kind don't feel good. I was talking to a friend, who admits, didn't use too much common sense. She was partaking in an outside activity wearing flip flops. (I could get on my soapbox about the poor support your feet get while wearing flip flops... but I'll save that for another time.)

She accidentally fell off a mini dirt bike resulting in a nasty "rug burn" on the top of her foot. Looking for a little relief, I suggested rubbing [Lavender Essential Oil](#) on the wound to soothe the tightness and help prevent scarring, mixing it with a little Vitamin E oil to give an added therapeutic benefit.

In her case, I talked to her a few days after the event occurred and that got me thinking this information was so helpful I wanted to share more....

First, a little education on burns...

If you venture out in this heat and get a little too much sun, you may find you've got a First Degree Burn. I personally keep a bottle of water with a few drops of Lavender Essential Oil handy just for this case. I store mine in the fridge for that extra burst of coolness. Spray directly on the burn to cool and hydrate the skin. When I have time to sit down, I'll place a cool washcloth soaked in the mixture. It feels great and the scent keeps me calm.

For more severe burns, like my friend's, you need to check

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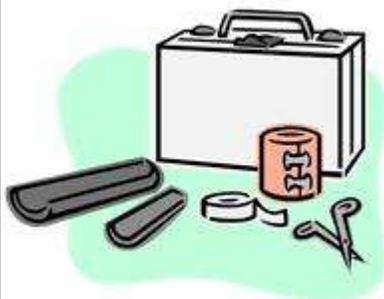
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in with your doctor. Once the wound has started to heal, you can apply Lavender directly or, as mentioned above, mix with Vitamin E or jojoba to reduce the scarring. Lavender is my favorite essential oil for a burn but there are many others. It has been suggested to keep applying Lavender, [Roman Chamomile](#) or [Geranium](#) (all help with the dryness) several times a day. (*Source: TLC Family, How Stuff Works*)

Remember... accidents happen, but an ounce of protection helps save the pain of a burn.

Home Remedy Ideas

First Aid Spray Home Remedies.....



This is the perfect Spray to keep handy whenever needed. To make this First Aid Spray, you'll need:

1-2 drops Lavender Essential Oil
1-2 drops [Tea Tree Essential Oil](#)
1-2 drops [Cypress Essential Oil](#)
4 oz of pure water
4 oz [spray bottle](#)

Add water and essential oils to spray bottle. Shake a little before using to suspend essential oils.

[More home remedy idea's.....](#)

Comments, suggestions or questions are always welcome.
Here's to Healthy Habits,

Jacky

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