

September 2012

## Speaking of...Mindful Wellness

### Make the most of every massage...

 Forward to a Friend

#### Allergy Relief



Easy To Use Neti

Oh, those fall allergies. I know so many of you are seeking relief as the temperatures start turning and the fall allergy counts rise. I'm a huge believer in cleansing your nose as a natural way to ease allergy symptoms.

Buy your own [NasoPure](#) today or give to your loved ones that are suffering!

Dear Jacky,

It's very important to me to make sure you receive the most from every massage session, whether I'm giving it or you're receiving it from someone else.

In this newsletter you'll find suggestions to help you prepare for your next massage.

Remember, this is YOUR time and I want you to get the most out of it each and every session.

Find even more stress busters and ways to feel better during this allergy season by visiting my website, [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Here's to enjoying fall and taking a little time for yourself...

*Jacky*

### Make the most of every massage...

As a Licensed Massage Therapist and professional body worker, it is very important to me that you receive the most benefit from every massage session. There are a number of things you can do before, during and after seeing me for your massage to reap the most benefit.

#### Communication is key...

It is my hope that you feel completely comfortable telling me about how you feel and how you want to communicate during the session. If you feel more comfortable not talking during your session, make sure you tell me before we begin. I simply want you to feel better and don't want you to feel anxious during your session. If you don't



## Recipes for Cold and Allergy Sufferer's



For all of you cold and allergy sufferers...you'll find several of these recipes helpful. [Click to find more...](#)

### Sinus Relief

Directions: Fill your [Steam Inhaler](#) with very warm water adding a drop or two of [Balsam Fir Essential Oil](#). Breathe deeply. Other Essential Oils that promote respiratory health include [Breathe Well](#), and [Eucalyptus](#) Essential Oils.

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### Contact Us

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want to talk I'll minimize the conversation to only what's necessary.

### Keep me updated on any health changes...

I look at every session as a team effort. We'll work in unison to make you feel better. If there is something going on in your life, a new pain, problems with movement PLEASE, let me know. I know our bodies are constantly changing. When you share the changes going on with your body, I have ways to improve some of your issues. Massage is a wonderful tool to help in your overall wellness routine.

You may not realize it but, receiving a regular massage can help your body in so many ways. First, you'll be more relaxed so the impact of stress on your body will be minimized. Limiting the stress on your body helps it work to its full capacity.

### Before your session . . .

I know life can be very hectic and you're coming to see me to take a little time for yourself, to feel better and enhance your well-being. For some, even taking a little time for yourself is stressful. Know that I really do get it. Life may not stop during your session but it really is ok for you to do something for yourself. In order for me to help you gain the most benefit from your session, there are several things you can do before you arrive. Try as best as you can to forget about all of your "To Do's" so you can take time for yourself. [Click to read more...](#)

### Massage Contraindications, cautions, and considerations for specific health issues...

You may ask yourself if it's ok for you to get a massage if you're suffering from an ailment or health issue. This list doesn't cover every situation, but it does provide some guidance for you and I to consider to determine if a massage is appropriate based on your current health condition. [Click to read the list...](#)

Comments, suggestions or questions are always welcome.

[Here's to Healthy Habits,](#)

*Jacky*

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