

MINDFUL WELLNESS



massage & bodywork LLC.

HOLISTICALLY CENTERED...ON YOU.

December 2012

Speaking of...Mindful Wellness

A season of hope...

Forward to a Friend

Special Offer



Hurry this special
Holiday offer won't
last long!

Click here to save
10% on
Healthytoes at
Mindful Wellness.

Enter coupon code
Toes10 at check out.



With all of the holiday shopping, ice skating through the park, snowball fights or running to social events, treat your toes to a nice stretch. [Healthytoes](#) help your feet feel so much better. They

Dear Jacky,

No matter your religious affiliation, this season is filled with hope. Some may wish for a white holiday, others may wish for a special memory, and then there are those who simply look forward to spending time together. This month, you'll find inspirational thoughts to keep you going during this very busy time of year, thoughtful ideas you can do for your friends and loved ones or ways to help ease your holiday stress. In this newsletter you'll also find ways to help create thoughtful, fun, relaxing gift ideas.

Find more ideas to feel better by visiting my website www.MindfulWellnessMassageandBodywork.com. I'm delighted to bring you so many suggestions to help you create something special for your friends and loved ones.

Jacky

A Magical Season of Hope...

Making Memories During the Holidays

A favorite line from a holiday song describes this time as 'the most wonderful time of the year.' While giving and receiving gifts is something that is highly anticipated and remembered, there are also many more activities that make the season magical and wonderful.

One of these activities is filling your home with your favorite decorations from past and present. You may make your home magical with lots of lights or decorated trees or keep it simple with special mementos from your past.

Don't put too much pressure on yourself to create magical memories. I've found the fondest times happen all on their own. A friend stopping by to enjoy company or thinking back to a child's smile full of so much hope. These are the memories that can be cherished.

Another activity that can help to create special memories is

also make the perfect stocking stuffer for your loved ones.

Find many unique gift giving items like Body Brush Kits, exclusive Mindful Wellness CD's, soothing music CD's, Therapeutic Bathing Products just to name a few.

Fine print....

Enter coupon code Toes10 at checkout. Offer is available on-line and in-store on the purchase of Healthytoes size small or large. Discount will be applied before shipping and taxes. Coupon expires January 1, 2013.

Service of the Month



It's all about the feet this month. During

the month of January you can add a [Therapeutic Foot treatment](#) to your massage for only \$6.99.

Your body benefits in so many ways. Not only will your feet be softer and less achy but there are over 7,000 nerves found in your feet. Ahhh... how relaxed you'll feel! This is also an EXCELLENT way to improve circulation! And, I won't stop at just the feet, you can truly become relaxed with just a foot massage.

Just mention this ad to request the addition of the Foot Treatment for only \$6.99

baking cookies. Laugh and make a mess - you'll treasure the laughter more than you may realize. That smile or gentle touch goes a long way in making someone feel special.

An activity that is related to food which also helps to create memories during the season is making fruit and goody baskets, which are filled with candies, baked items and other treats for loved ones, their special friends, neighbors, teachers or for charity. Items such as goody baskets make especially wonderful gifts because they are home-made. That quality often makes them more treasured than a present that is bought at the store.

Because this is the season of goodwill and good cheer, it is very important to reach out to family, loved ones and friends during the season. The busy lives that many people lead today often leaves them little or no time during the year to be in frequent contact with family and friends who are located far away, or even others who live within a reasonable distance in the same or a neighboring state.

Remember, to take time for yourself during this magical time of year. The greatest gift you can give is creating a special memory!

Create your own Natural Air Freshener



These colorful crystal creations can add a touch of elegance to any room, while gently adding the natural aroma of your favorite essential oil or blend to the air. These simple air fresheners are easy to make, and can be refreshed and reused for many months! They make the perfect gift!

Materials Needed:

1. Very Course Salt Crystals: Rock salt, or other similarly course salts work perfectly for these creations.
2. Essential Oils: Use your favorite essential oil or blend to add fragrance to these air fresheners. You will need about 75 drops for this project.
3. Food Coloring (optional): Add a splash of color (if desired) to accent your living area.
4. Perfume-Grade, or Grain Alcohol (optional): Use a perfume grade or grain alcohol (such as vodka) to help enhance or carry the aroma of the essential oils into the air if desired. You will need about 1 tsp. for this project.
5. Glass Vase or Decorative Container: Any decorative glass container will work to hold your Crystal Scents creations.

Instructions:

1. In a small glass bottle or vial, mix about 75-100 drops of your desired essential oil or blend with 1 tsp. perfume-grade, or pure-grain alcohol. Close the lid and shake to mix together. Allow this mixture to sit several hours to meld together. If you choose to use just the essential oils by themselves, skip this step.
2. In a small glass bowl mix 1 5-2 cups very course salt with the

This offer valid from
January 1 - 31, 2013.

Follow Us

[Visit my blog](#)



Click Here to Purchase
an Instant Gift
Certificate

Contact Us

513-382-3132

Jacky Groenewegen
Licensed Massage Therapist
Healing Touch Certified
Practitioner
Guided Imagery
Therapist

[e-mail Jacky](#)

513-497-0689
Jennifer Concannon
Marketing and Customer
Relations Manager
[e-mail Jen](#)

essential oil mixture until the mixture is distributed evenly over the salt crystals. If desired, add a few drops coloring to color the crystals and mix thoroughly.

3. Pour the salt crystals into your decorative glass container.
4. Place the container in your desired area and enjoy! Periodically stirring or shaking the container can help renew the aroma. When the aroma becomes too weak, it can be refreshed with a new essential oil mixture.

Extra Ideas:

- Before coloring the crystals, divide them into separate bowls and color each bowl a different color. The different colors can then be layered in the glass container for fun effects!
- Place small tea-candles, silk flowers, reeds, grasses, or other decorative objects into the crystals to make them even more elegant!

AROMATHERAPY FOR THE HOLIDAYS...

Aromatherapy can set the mood for every room of your home. To help uplift occupant's mood, prevent the spread of colds and flu, and kill undesirable odors - [diffusing your essential oils](#) for 15-30 minutes 1 to 4 times a day will surely make a difference.

Here are some Essential Oil suggestions:

* Calm Living Room: use oils like [clary sage](#), [bergamot](#), rosewood, [jasmine](#), or one of the blends, [Celebrate](#) or [Calming](#).

* Rouse Couch Potatoes: try stimulating oils like [peppermint](#), [lavender](#) and [orange california](#) combined, or [geranium](#).

* Bathrooms: to kill odors and germs, try: [lemongrass](#), [thyme](#), peppermint, and the blends [Purifying](#) or [Citrus](#).

* Bedrooms: for a restful sleep, try: [lavender](#), [chamomile](#), or the blend [Calming](#).

Sick Room: to prevent the germs from spreading, try: [lemon](#), lemongrass, [thyme](#), [cinnamon](#), [clove](#).

* Clear Negative Energy: after an argument or hard feelings, try: the blend [Detoxifying](#).

* Uplift Mood: try lavender and orange, geranium or the blend Citrus.

* Romance: try [rosewood](#), [jasmine](#), [Ylang Ylang](#).

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
Mindful Wellness Massage & Bodywork, LLC