

## Speaking of...Mindful Wellness

### Aromatherapy offers benefits beyond a good scent...

 Forward to a Friend

#### Essential Oil of the Month



- Uplifting & Refreshing
- Superb Lymph Support

Those are just a few of the benefits of adding grapefruit essential oil to your wellness routines. Grapefruit has long been considered a helpful food for weight loss. It is a refreshing, satisfying snack one can enjoy with no concern over calories. **Grapefruit essential oil** can also be used as an appetite suppressant when mixed with drinking water, put on the tongue, or simply inhaled. Grapefruit oil also dissolves fat and has been used to address cellulite.

Dear Jacky,

I am very excited to share some exciting news with you all.

In February, I earned the status of "Certified Clinical Aromatherapist." This took several years to achieve. It was a lot of hard work, but I'm thrilled to have completed it and, now, to put it to use.

So, what does this mean to you?

It means that I'll be putting more of a focus on the Essential Oils and all of their therapeutic properties/benefits in my practice. You'll continue to see info about them in my newsletter, on my web site and while you're at the office receiving your massage.

Going through the process of earning my CCA has taught me so much and I am appreciating the power of Essential Oils more and more each day. I'm very excited to share this with you!

Learn more about the essential oils offered and benefits of using the oils by visiting my website.

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com). Having a problem or need a solution? Ask me which essential oil can help during your next appointment or send me a note on Facebook.

*Jacky*

### Aromatherapy offers benefits beyond an enticing scent...



The fragrance of essential oils can directly affect everything from your emotional state to your life span. What makes them unique is that essential oils work differently than any other natural substance.

When any scent or fragrance is inhaled, the odor molecules travel up the nose where they are trapped by olfactory membranes that are protected by the lining inside the nose. Each odor molecule fits like a little puzzle piece into specific receptor cell sites that line a membrane, known as the olfactory epithelium. Each one of these hundreds of millions of nerve cells is replaced every 28 days. When stimulated by odor molecules, this lining of nerve cells triggers electrical

It is also said to help with acne, digestion, fluid retention, and disorders of the liver, kidneys, vascular, and lymphatic systems. It has also been used to assist in drug withdrawal.

Its fragrance is mood elevating and has been used as an anti-depressant. It has also been applied for migraine headaches, premenstrual tension, fatigue, and jet lag.

How to Use Grapefruit Essential Oil:

Grapefruit essential oil can be used in cooking, beverages, internally as a supplement (2-3 drops in a glass of water), diffused, or applied topically (a couple drops mixed with 1 teaspoon of a carrier such as jojoba.)

*Client Testimonial:*  
*For those of you who may know me, you know I am doing many things to become healthier.*

*Grapefruit is one of those things. I keep reading about all of the benefits and how much I'm doing for myself. I recently came to Jacky for just one of those beneficial monthly massages. This time I added a Castor Oil Pack treatment to my massage. Jacky, knowing I'm adding organic products to my diet suggested I*

impulses to the olfactory bulb in the brain. The olfactory bulb then transmits the impulses to the gustatory center (where the sensation of taste is perceived), the amygdala (where emotional memories are stored), and other parts of the limbic system of the brain

Studies at New York University showed and proved that the amygdala gland (the gland in the limbic system responsible for storing and releasing trauma in the body) does not respond at all to sound, sight, or touch. They found, in fact, that the amygdala only releases emotional trauma through the sense of smell. It is through our sense of smell and aromatherapy that we can make lasting changes.

Because the limbic system is directly connected to the parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance, therapeutic-grade pure essential oils can have profound...[CLICK TO READ MORE](#)

## Try Inversion Therapy!

Try Inversion Therapy for the first time for FREE.

This coupon entitles the holder to a one-time free initial Inversion Therapy trial.

Bring coupon with you at time of redemption.

Offer Expires: May 30, 2013

### Service of the Month



[Click To Learn More About the Benefits of Inversion Therapy](#)

## Spring Storage Tips!

I am starting to store my winter bedding ....Thought of using some sachets to keep them bug free....

Add 3-5 drops of your chosen essential oil to dried flowers/herbs, or cotton balls in lightweight decorative cloth bags then tie with an attractive thin ribbon.

Good Essential Oil Blend Choices: [Calming](#), [Celebrate](#), [Feminine Balance](#), [Geranium](#), [Bug Biter](#), [Purifying](#).

These make nice gifts too!

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

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

*add a few drops of grapefruit essential oil to my treatment. I felt great and have been doing an at-home castor oil pack with grapefruit essential oil to keep things moving...if you know what I mean. I've also found that I carry the essential oil with me to flavor mine and my friends' water at dinner. One drop, so potent and so good for me, plus it tastes great in water. Thank you, Jacky for suggesting such an inexpensive way to do something so good for myself.  
JW*

Note: all citrus oils are photosensitive, do not apply topically to skin that will be exposed to direct sunlight within 24 hours.

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## Contact Us

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