

## Speaking of...Mindful Wellness

### Stretching your limits...

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Click on the Subscribe Button to start automatically receiving our newsletter filled with therapeutic wellness information to help your mind and body feel better.

#### Essential Oil of the Month



- Heal Tendons & Ligaments
  - Reduces Inflammation
1. Dilute if putting directly on skin. Joints-rub 4-5 drops on joint and spread beyond the area.
  2. Depression-rub on bottoms of feet or diffuse into air.
  3. Muscle Fatigue-spread over area of concern.
  4. Sprains-spread over area of concern.

Dear Jacky,

Spring gives you a chance to dust off the shoes and start enjoying longer days of beautiful spring sunshine. With the additional daylight, many of my clients become more active which may lead to overworked, strained and just plain tired muscles. In this issue, I'll show you different stretching exercises you can do to help your tendons, ligaments and muscles feel better. Plus, I'll share more a cost effective natural remedy to help with many of your ailments.

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

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Thank you to many of my clients who have given testimonials about your essential oil home use. Are you 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

#### Stretching your limits...



Mobility at any age is important. Stretching slightly beyond your comfort level can help you loosen stiff muscles, improve your flexibility and simply help you with everyday activities. Everyone can benefit from a stretching routine... the weekend warrior, the marathon runner or simply if you're moving a little slower or need to improve your range of activity.

You're improving your range of flexibility by focusing on

5. Tissue Regeneration-apply to area of concern.
6. Varicose Veins-apply to area of concern.

### **More Great Uses for Lemongrass:**

Some of the great Greek thinkers reported on the use of this aromatic grass in the first century. In India, they applied the oil to the skin for ringworm and used the leaves for fevers, menstrual and digestive problems. You may recognize the flavor of lemongrass in a lot of Thai foods where it is a favorite ingredient. In the Amazon area, lemongrass is mainly used to help digestion, regulate menstrual cycles, and reduce fevers. In Latin America, they make a tea from the dried leaves for all kinds of ailments--digestion, respiratory, urinary, muscle and joint aches, colds, fevers, flu, headaches, nervousness and to lower blood pressure. They even chew the leaves to relieve toothaches. The rhizome tea is used as a mouthwash to help gums and teeth and for colds, stomach and intestinal discomfort. So they use every part of the plant for medicinal purposes. Other great uses of lemongrass include increasing lactation, repelling insects, and mood uplifting, reviving, and improving alertness. As for those pesky insects, lemongrass turns out to be one of those oils least tolerated by mosquitos and ticks.

I first learned to use lemongrass oil primarily for strained muscles and tendons. It helps reduce inflammation and swollen tissues, contracts weak connective tissue and helps tone the skin.

Always dilute this oil until you know how your skin reacts.

slow, gentle stretches held for several seconds to one minute. Why is flexibility important? Flexibility helps your joints move through ranges of activity easier. As an example, an activity as simple as making it easier to get in and out of a chair improves with greater flexibility.

The American College of Sports Medicine recommends stretching at least three days a week. If you've lost some joint motion or have ongoing stiffness you may choose to stretch more often.

It's recommended to follow a few guidelines if you're experiencing stiffness in your back, side, hip and leg muscles:

**Warm-up:** Stretch after warming up the muscles and joints for 5 - 10 minutes or after regular exercise.

**Duration:** Begin by holding each stretch for a minimum of 10 seconds, work up to holding for 30 - 60 seconds.

**Repetitions:** Try to perform each stretch 3 - 5 times.

**Technique:** You don't want to bounce when you stretch. Focus on the muscle being stretched and do it slowly and smoothly. You want to feel the stretch, a mild sensation, but you don't want to feel over stretched. Never stretch to the point of pain.

How much time you devote will vary based on your needs. I'll show you a variety of stretches you can add to your routine to help you feel better.

Sitting at the office for long periods of time can add to stress level and cause neck and shoulder pain.

- [Click Here: Slide Show: Office Stretches - Mayo Clinic.com](#)

Muscles that are most often tight are the lower back, hamstrings, hip flexors, calves and chest muscles. I've added many printable options you can find to help you with...

- Stretching to help your lower back... [Click here!](#)
- [Stretches](#) for your legs, groin and hips
- Carrying a bit of stress in your neck, shoulders and arms? [Click to see how you can help ease your stress.](#)
- Hands, arms and shoulders causing you pain... [Click to see how you can relieve tension.](#)

I know many of my clients tell me they're stiff because they sit too long. Along with stretches targeting your need you should also take a few minor breaks to get moving...

Taken from ISHA's Aromatherapy newsletter - April 2012

### Stimulating uses of Lemongrass Essential Oil:

- Use 2 - 3 drops with [Jojoba](#) (1/2 oz.) as massage carrier to help with cellulite or over-exerted ligaments or bruises. Or, dilute with water to help with digestive problems, infections or nervousness.
- Use 2 - 3 drops in a lotion (1/2 oz.) to help clear cellulite, as well as tone the skin, open blocked pores and help with acne. The antiseptic properties are also useful in treating athlete's foot and other fungal infections.

#### Client Testimonial:

*I was having pain due to tendon inflammation on the side of my knee. Jacky recommended applying lemongrass essential oil overnight mixed in a little castor oil. In a few days the pain had lessened, so I could sleep well and do activities again. Should this pain reoccur I will definitely use the lemongrass essential oil again.*

*Kathy P.*

### Service of the Month



#### The Foot Treatment

- Exfoliates dry, cracked skin
- Helps reduce inflammation

- These stretches will help if you [sit too long](#)
- Do you spend too much time driving? [Help is on the way with these stretches.](#)
- [Stretches for the frequent flyer...](#)
- Stretches if you're [sitting at a computer](#) too long...

Just in case you haven't found a stretch to help with your need...

- Stretches to help [Everyday Movements.](#)
- Stretching if [you're over 60](#)
- Spring time brings out the Gardener in all of us. [These stretches help.](#)
- Foot pain from Plantar Fasciitis. [Click for help...](#)

Remember the length of time you devote to each stretch can vary based on your schedule. I know I've started doing many of these and I'm feeling so much better. I incorporate many of these stretches into my daily activities. Happy stretching!

## Special Foot Therapy

Try the Service of the Month...

**The Foot Treatment...**for a low price!

This coupon entitles the holder to a special price for **The Foot Treatment** added to your massage.

Low price of \$7.99!

Bring coupon with you at time of redemption.

Offer Expires: May 30, 2013

### Spring Allergy Tips

Help for a tickle in your throat:

- 1 Tsp Cinnamon
- 1 Tsp Grated Ginger
- 1 Tbsp Raw Honey
- 1/2 Tsp Bee Pollen
- 1 Tsp Lemon Juice

Make sure all ingredients are organic.

Take twice daily.

It may help alleviate your allergy symptoms.

### Soak & Scrub

Lemons help your body detoxify. Try this at-home Soak & Scrub ritual tonight. Fill tub with warm water. Add fresh orange and lemon slices, plus three drops of [peppermint essential oil](#). FOR SCRUB: combine 1/2 cup

- Improves circulation
- Soothes tired, achy feet

This treatment consists of briskly massaging a Sugar Scrub called "Green Tea Lemongrass Cleansing Body Scrub" into the feet. This part of the process exfoliates the skin of the feet while also improving circulation.

(Lemongrass is the Essential Oil of the month so you can imagine all of the benefits of this addition to The Foot Treatment.)

Then, the feet are wrapped in warm towels and allowed to absorb all of the moisturizing effects.

New warm towels are later applied to rewarm the renewed skin and to further soothe tired and achy feet that work so hard and are often ignored in self-care.

Gently massaging in [jojoba](#) is the final touch to this treatment. It moisturizes, conditions and heals the skin even further.

This is, by far, the most popular Service offered at Mindful Wellness Massage and Bodywork.

Be sure to add this beloved Service to your next session!

avocado oil with 1/2 cup Kosher salt and 2 drops of [Sweet Orange essential oil](#). FOR POST-SOAK SELF-MASSAGE: add two drops of [eucalyptus essential oil](#) to 1/2 cup avocado oil. Soak in bath for 20 minutes. Using the scrub, gently exfoliate legs with an upward circular motion to stimulate circulation and lymphatic flow and to remove dry skin. Rinse with warm water, rubbing the fruit slices over your skin to refresh your legs and remove excess salt. Towel dry and sit comfortably for the massage. Pour a small amount of massage oil in your hands and massage, using long strokes, from the soles of the feet to the top of the thighs, repeating five times. This will encourage blood flow and relieve tired muscles.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

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