

## Speaking of...Mindful Wellness

### How the simple act of breathing can help you de-stress...

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#### Essential Oil of the Month



#### Calming....

Serene and sweet like a lake in full moonlight, this blend combines the "peace makers" among the Essential Oils, for a soothing and relaxing experience. The touch of Rose Oil added to this blend creates a blissful harmony with the Lavender, and has made this one of the best selling blends

Dear Jacky,

Take a deep cleansing breath...just breathe...

The simple act of breathing goes a long way in helping you de-stress. In this issue you'll find breathing techniques to keep you calm, cool and collected for those stressful situations that can throw you a curve ball. I know you feel calm and relaxed after a massage session, but since I can't be with you 24/7, I want to help you with suggestions you can do on your own to de-stress.

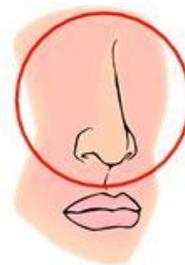
In this issue you'll also learn more about essential oils to keep you calm and other suggestions to relax by visiting my website [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Please ask me during a session or send me a note via e-mail or Facebook if there's a problem you're having. I may be able to provide a simple solution using essential oils or Guided Imagery.

Jacky

### Breathing to maintain proper health...

Do you ever stop and think about how your body reacts to stress? I know it's hard, especially in the moment, to fully understand the impact stress has on our bodies. Maybe, just maybe, stopping to take that deep breath can help you fight off the unhealthy state of mind and physiological impact stress causes. "De-stressing" will help you succeed in whatever you're trying to accomplish. I know it's easier said than done, but many of you come to see me to ease tension and maintain physical and mental health. Let me help you with some breathing techniques which may lead to a more peaceful state of mind.



The Nose

Stress adversely affects many of our physiological functions,

- **Calming** is a great blend for diffusion, creating a calm and pleasing aroma climate.
- You may want to enrich a bath with Calming by blending with 1/2 cup of Coconut Milk or some Half & Half prior to adding it to the water (in order to prevent the oil from floating on the surface).

### Ingredients

Essential Oils of Lavender, Orange, Geranium, Cedarwood, Marjoram, Omanese Frankincense, Rose.

### Service of the Month



### Guided Imagery

The above link is my gift to you. Feel free to listen to this calming imagery anytime you need to calm or rebalance yourself.

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Ask me to play a relaxing Guided Imagery Meditation during your massage. Simply put, Guided Imagery is a form of meditation. You'll be talked into a light, relaxed state, then I'll direct you to "see" a specific situation or circumstance in your mind, then allow the imagination to unfold into a story. It's much like having a dream in an awake state. This story that is experienced is literally tapping into the subconscious, where much truth can be learned. Whether addressing issues of health, tapping into buried emotions of

including our breathing. Most of the time we don't think about breathing. It's natural to take the full breaths necessary to retain a good mental and physical state. Proper breathing is essential for sustaining life and cleansing inner body systems. By learning proper breathing techniques, stressful situations may be handled better and overall mental and physical health will be improved.

### BREATHING METHODS

Breathing helps the body and mind "settle." Our friends in eastern cultures have practiced breathing exercises for thousands of years. Several studies have been done to measure the importance and effectiveness of proper breathing.

I'd like to share a few breathing methods to help you reduce anger, anxiety, depression, fatigue, irritability, muscular tension and stress.

### PROPER BREATHING

While breathing is a function most people take for granted, rarely is it practiced in a proper fashion. Before beginning any technique it is essential that you learn how to breath properly and fully:

- Lie down on a rug or blanket on the floor with your legs straight and slightly apart, your toes pointed comfortably outwards, arms at your sides not touching your body, your palms up, and your eyes closed. This is called a "relaxed body" position. Take time to relax your body and breathe freely.
- It is best to breathe through your nose, as the tiny hairs and mucous membranes filter out dust and toxins from the inhaled air. Keep your mouth closed as you breathe.
- As you breathe, your chest and abdomen should move together. If only the chest seems to rise and fall, your breathing is shallow and you are not making good use of the lower part of your lungs. As you inhale you should feel.... [Click here to finish learning about proper breathing techniques for better health.](#)

## Special Guided Imagery

Try the Service of the Month... **Guided Imagery** ...save 20% on a Guided Imagery CD to take home with you!

This coupon entitles the holder to 20% savings on a **Mindful Wellness Guided Imagery CD** **when you** add the service to your massage.

Bring coupon with you at time of redemption.

Offer Expires: July 30, 2013



Thanks to my very good friend and client, Beth M. for asking me about natural solutions to help keep insects, fleas and ticks away or treat bites. I'm very pleased to share holistic solutions to help you and your four legged friends. For all of my cat lovers, make sure you read the recipes carefully. Many solutions that work to treat humans and dogs can be fatal for cats.

### Recipes and tid bits for Cats...

a past trauma or learning new insights into self, this process allows the body to heal physically, emotionally and spiritually.

Combining it with your massage allows you to receive an even deeper, more relaxed state of mind to de-stress and feel better.

Be sure to add this Service to your next session!

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### Contact Us

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This [website provides a much more eloquent explanation](#) about how frequently used essential oils safe for humans or dogs can be fatal for cats. I use "Essential Oils for Natural Pet Care," by Melissa Shelton DVM for advise on essential oils and animals. Cats are more sensitive to certain oils than other animals. Caution is advised. Remember to ONLY use pure, therapeutic grade oils on your pets!

### *Flea Spray for Cats*

Make a dilution of [Cedarwood](#) and [Lavender](#) oil and brush it into the cat's coat. If tolerated, make a spray mist with water and gently spray the cat to deter fleas.

[Click here for more recipes safe to use on our furry felines.](#)

### *Woof, woof for Dogs...*

Oh, the wet noses and puppy dog eyes we love playing with... our lovable dogs.

### *Shampoo to help with Fleas*

#### *Ingredients:*

- Your favorite Doggy Shampoo
- Add 1 - 2 drops of [Lemongrass Essential Oil](#) to the shampoo you're using on your pet

The oil repels fleas and other external parasites. Use this trick to wash the bedding and blankets your pet uses. Simply add a few drops to your wash during the rinse cycle. Also, place 1 - 2 drops of Lemongrass on your pet's collar to help keep fleas away.

[Click for more flea, tick, and shampoo ideas safe for dogs.](#)

### *I'm no fan of bugs either, recipes for humans....*

#### *Homemade Bug Spray Recipe*

3 ½ ounces (basically 1/3 cup) of Witch Hazel  
½ teaspoon [Lemongrass Essential Oil](#)  
½ teaspoon [Eucalyptus Essential Oil](#)  
½ teaspoon [Citronella Essential Oil](#)

Place in a [4 oz Spray Bottle](#)

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Repel mosquitoes by diffusing [Lemon Eucalyptus Essential Oil](#) or [Bug Biter Essential Oil](#).

[Click here for even more recipes...](#)

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

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