

Speaking of...Mindful Wellness

How Massage improves sleep and lowers blood pressure...

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Essential Oil of the Month



Lavender....

Lavender offers a multitude of benefits and uses. It balances the mood, clears the mind, has a long

Dear Jacky,

Do you ever feel like you're on the hamster wheel-of-life, spinning out of control? With so many demands placed on us each day, it's often difficult to keep your blood pressure in check and to achieve a restful night of sleep. I know many view massage as a treat, but receiving an aromatherapy massage on a regular basis can help you achieve a much needed restful night's sleep. Read all about it in this very informative issue.

In this issue you'll also learn more about essential oils to help you sleep and improve your blood pressure plus there are all kinds of tips to relax, revive and stay calm by visiting my website 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

Aromatherapy Massage improves sleep and blood pressure...

Sadly, we are a nation of people who are sick and tired-literally. Up to 40 percent of American adults report having insomnia (with 15 percent describing their sleep problems as chronic).¹ Another 31 percent of the population-67 million American adults-have high blood pressure.²

Both lack of sleep and high blood pressure (or hypertension) can have serious effects on the heart and overall health. Unfortunately, most people take blood pressure medications and prescription or over-the-counter sleep aids to help alleviate these problems-despite the fact that both types of drugs have potentially harmful side effects.

tradition in skin & hair care as well as medicine and is used for many household solutions. One of the unique characteristics of Lavender Essential Oil is that it is not merely energizing or relaxing, but balancing. The scent of Lavender will rejuvenate and inspire a tired person, and relax, soothe and slow down someone who is stressed or tense. Harness the powers of Lavender to add balance and serenity to our increasingly hectic lives. While pharmaceutical drugs are limited to either stimulating or sedating a person, Lavender - like many other remedies offered by nature - is able to re-establish the person's balanced, harmonious and natural state without the use of synthetic chemicals.

- Helps Heal Skin, Calming,
- Balancing and Relaxing
- Looking for more benefits click here to read an [informative article about the benefits of Lavender Essential Oil.](#)

How to use Lavender Essential Oil

- Soothe minor burns by applying 2-3 drops of lavender essential oil to the affected area.
- Rub lavender essential oil on dry or chapped skin to moisturize the affected area.
- Add a few drops of lavender essential oil to a cotton ball and place it in closets and drawers to scent linens and repel moths and insects.
- [Click to read more...](#)

The great news is that these drugs are often unnecessary-especially since there are all-natural, side effect-free ways to reduce blood pressure and help you sleep at the same time.

According to newly published research, aromatherapy massage is one of those therapies.³



Healing Scented Massage

In this study, researchers compared the effects of aromatherapy massage on home blood pressure, office blood pressure, ambulatory blood pressure (measurements taken at regular intervals) and sleep in hypertensive women aged 40 to 59.

The experimental group received a massage with essential oils (a combination of [lavender](#), [marjoram](#), [ylang-ylang](#) and [Neroli](#) blended in a base of [jojoba](#), sweet almond and evening primrose oils). The placebo group received massage...

[Click to finish reading this very informative article.](#)

Special Bamboo Massage

Try the Service of the Month...
Bamboo Massage...for a low price!

This coupon entitles the holder to a special price for The Bamboo Massage added to your massage.

Low price of \$7.99! Bring coupon with you at time of redemption.

Offer Expires: August 30, 2013

Long-haul driving, flight saver...vacation driving stay awake help!

Are you driving long distances this summer to make it to your vacation destination, family gathering or if driving long distances is part of your weekly routine I've got a great suggestion to help ease fatigue.

If you're making that cross country trip I've discovered if I place a drop of [frankincense](#) on my fingertip and gently apply to the inside of my gums I get a huge mental boost. WOW, try the same thing to give you an even better boost by using one drop of frankincense and one drop of [myrrh](#). The combination of both oils really fights that mental fatigue.

Service of the Month



Bamboo Massage

Bamboo massage is a technique that incorporates bamboo stalks of varying lengths and diameters to provide deep-tissue work. The bamboo sticks are sometimes heated or essential oils are incorporated into the massage. This treatment promotes circulation, sensory nerve perception, and lymphatic drainage. In addition, bamboo is known for allowing deeply penetrating maneuvers while providing a sense of total relaxation and well-being. Combined with gentle heat, it rolls out tension, helps release tight muscles, and renews tissue cells.

Be sure to add this Service to your next session!

[Click Here to Purchase an Instant Gift Certificate](#)

As you know, it's important to take frequent breaks to move around and get the blood circulating. But...sometimes you still need that mental boost. I use apply to my gums every 4 hours especially when I'm driving through the night. I've found that applying to the gums allows the oils to safely enter your system quicker than inhaling to better oxygenate and increase my mental awareness. Happy and safe travels.

How Long do my Essential Oils Last?

I've been asked many, many times how long will my Essential Oil last? Well, the answer to that question really depends on a number of factors. First, the type of bottle your essential oil is stored. You'll find that higher quality oils, like those carried at Mindful Wellness, are stored in an amber bottle. The darkness of this type of bottle protects the therapeutic grade oils from light which can alter the chemical make-up of the oil. The darker area you store your oils the longer they'll last.

It's also important to keep the lid tightly secured on your oil. Over time oxygen may react and oxidize the oil. Why is this important? Essential oils are lipid soluble and are capable of penetrating cell walls, even if they have hardened because of oxygen deficiency. In fact, essential oil can affect every cell of the body within 20 minutes and are then metabolized like other nutrients. You wouldn't want to hurt the chemical make-up of the oil that has such a powerful impact on your body.



[Click for facts about the shelf life of individual essential oils.](#)

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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