

August 2013

Speaking of...Mindful Wellness

How Diffusing enhances your environment...

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Essential Oil of the Month

Dear Jacky,

Do you realize just how much the therapeutic fragrance of essential oils can directly affect your emotional state? Well, my mission is to help you understand that the aroma of essential oils can help trigger positive emotions, relax your mind or help you focus. These are just a few of the many benefits you receive when diffusing various therapeutic grade essential oils into your environment.

In this issue, you'll learn more about the benefits of diffusing therapeutic grade essential oils and which essential oils can help clear your mind, detoxify your environment and rejuvenate. More details can be found 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, Body Brushing or using Guided Imagery.

Jacky

Lime...

Refreshing, rejuvenating and fruity, its aroma inspires and brings fresh energy and clears the mind. Citrus oils help to eliminate emotional confusion and increase one's sense of humor and well-being. You may think of lime as a kitchen staple, but oh, there is so much more to this favorite fruit. Beyond its taste, lime oil offers many therapeutic benefits like... a remedy for indigestion, heartburn, and nausea. It also has cooling effects on fevers and can help ease coughs and various respiratory disorders. Lime oil is also useful as part of a beauty regimen, as its astringent properties help clear oily skin and acne. Plus, because lime oil also promotes good circulation, it is often used to help relieve varicose veins. Last but not least, lime oil has a wonderfully uplifting scent, with the power to uplift and re-energize the spirit.



How to use Lime Essential Oil

- For acne, mix 2-3 drops of oil in 1 ounce of water. Mix well, then place on cotton ball. Gently apply to affected area

How diffusing enhances your environment...

I'm always looking for ways to help you feel better. This month, I've found another winner with my [new diffuser](#).

I've touted the benefits of Aromatherapy many times.

Scents can mean many different things to an individual. It may conjure up a pleasant memory or it may be used to help you clean the air. Diffusing therapeutic grade essential oils like those carried at Mindful Wellness Massage and Bodywork help me, my family and most of all my clients. Many of you may go to your local store and purchase cleaning/disinfecting agents with air fresheners. Now don't get me wrong, I'm all for convenience, but you must know that many of these products contain harmful toxins. This defeats the initial purpose of using these products. Diffusing therapeutic grade essential oils not only gives you the benefit of aromatherapy, but is also helps clean the air of many impurities.



A little bit of History...

The term "aromatherapy" was coined by the French chemist René-Maurice Gattefossé in the early 1920s. Gattefossé spent his life devoted to essential oils and their healing properties. However, for more than 6,000 years prior to Gattefossé, aromatherapy had been used by the Egyptians, Romans, and the Greeks. Imhotep, an Egyptian physician, suggested that oils be used for massage, bathing, and embalming the dead. Hippocrates, known as the father of modern medicine, used aromatic smoke and vapors to purge Athens of the plague.

Dr. Jean Valnet, M.D. (*also a friend and colleague of Dr. Gattefossé*), a world renowned medical researcher, stated that essential oils provide remarkable protection against viral infections ranging from shingles to influenza. Dr. Valnet used essential oils successfully to treat wounded soldiers during WWII. This is when he discovered the powerful effect essential oils have in fighting infection. He was able to save the lives of many soldiers who might have otherwise died.

Two of Dr. Valnet's students, Dr. Paul Belaiche and Dr. Jean-Claude Lapraz, went on to expand his work and

Can also be used as a toner for oily skin.

- For arthritis and rheumatism, use 2-3 drops in 1 ounce of carrier oil and massage on affected area.
- For bleeding cuts and wounds, use 2-3 drops of oil in a cold compress.
- For cellulite, mix 2-3 drops in 1 ounce of carrier oil, and massage on affected area regularly.
- For chest congestion, colds, coughs, sinusitis, and sore throats, use 2- 3 drops in a steam inhalation. Can also be added to a carrier oil and rubbed on chest and neck.
- To alleviate depression, exhaustion, and listlessness, use 2-3 drops in a diffuser.
- Do not apply directly to the skin.
- [Click to read more...](#)

Service of the Month



Seaweed Detox

investigated the antiviral, antibacterial, antifungal, and antiseptic properties in essential oils.

Diffusing essential oils is, by far, one of the best ways to purify our home or work environment. [Cinnamon bark oil](#), [oregano oil](#), and Thieves® oil were all tested by Weber State University, and were shown to kill 100% of the airborne bacteria present when diffused into the atmosphere. (KID-Radio with Lance Richardson and Dr. Gary Young, ND, March 5, 1996)

Primary Benefits of Diffusing

- Transform your surroundings: Create a relaxing, spa-like atmosphere or instantly brighten the mood of your home or office.
- Eliminate odors: Remove lingering smells without resorting to synthetic air fresheners.
- Protect your family's health: Safeguard... [Click to finish reading this very informative article.](#)

Purifying Room Blend

This wonderful blend freshens the stale odors you may find in your room.

Great to use with your [Room Diffuser](#).

- 10 drops [Lemon Essential Oil](#)
- 1 Drop [Tea Tree Essential Oil](#)
- 1 Drop [Grapefruit Essential Oil](#)

Sinus Relief

Fill your diffuser with warm water adding a drop or two of [Breathe Well Oil](#). Breath deeply.

Other Essential Oils that promote respiratory health include [Eucalyptus Oil](#) and [Tea Tree](#) Essential Oils.

[More diffusing ideas.](#)

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT, CCA
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Treatment

Combines the detoxifying properties of sea algae with the hydrating and the exfoliating benefits of clay, sea salt, Brewer's Yeast (an excellent source of vitamin B) and Spirulina to provide metabolic stimulation and detoxification of the skin. Essential oils that could compliment the individual are also incorporated into the seaweed mixture. This, combined with heat, is applied to the skin of the back. When removed, organic jojoba is massaged onto the back to condition and soothe the skin. Be sure to add this Service to your next session!

Contact Us

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