



# MINDFUL WELLNESS



*massage & bodywork* L.L.C.

HOLISTICALLY CENTERED...ON YOU.

January 2016

## Speaking of...Mindful Wellness

### Here's to a Healthy 2016...

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Like me on Facebook to receive short therapeutic wellness tips to help your mind and body feel better.

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Forward to a Friend

Essential Oil of the Month

**Helichrysum Essential Oil**

Dear Jacky,

It's January and I've set a resolution to continue taking better care of myself in 2016. Note, I said continue, not start. The word resolution can be very daunting to many. Start with small steps to improve your health, you don't need to take that polar plunge into the icy water all at once. Doing small things on a consistent basis can help you improve your health. For example, resolve to replace one bad drink (coffee, soda, or whatever you consider bad) with one more glass of water each day. Continue doing this each week until you're drinking more water instead of unhealthy drinks. I bet you'll see an improvement in your skin's appearance.

Have you ever wondered if you could see how these baby steps are really helping? I, along with a number of my clients, have routine thermography scans to monitor how the healthy choices we're making are really helping our bodies. It's not uncommon for my clients to see less inflammation on subsequent scans when they make a conscious effort to improve their health. You may see the outward benefit on the healthy choices but the thermography scan will show you the benefit on your inside.

You can use your flexible spending or HSA funds to pay for your thermography scan. Start the year off on the right foot and schedule your thermography scan today!

It is such a privilege for me to help you on your wellness journey through thermography, massage and providing you with this newsletter filled with holistic solutions.

More details and wellness tips you can easily add to your routine can be found by visiting

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

Having a problem or need assistance to feel better? Please ask me during a session or send me a note via e-



Helps with arteriosclerosis, anticoagulant, anesthetic, antiviral, liver protectant/detoxifier/stimulant, regenerates nerves, improves circulation, regenerates tissue. Helps release feeling of anger. Uplifting to the subconscious.

How to use Helichrysum Essential Oil

- Use in a [diffuser](#) to uplift your subconscious.
- Add a drop to a cotton ball placed in a plastic bag. You can inhale directly.
- Use it in the sauna/steam bath.
- Apply 2 - 4 drops on location, temple, forehead, back of neck, or outside of ear. One of the benefits Helichrysum will help improve concentration.
- Add 2-3 drops to a bowl of hot water to inhale the fragrant steam.

mail or Facebook. I may be able to provide a simple solution using essential oils, a Thermography Scan, Body Brushing or using Guided Imagery.

*Jacky*

### How to get the best use of each thermography screening:

1. Compare your images visually to the last screening. What areas have improved? What areas do you need to focus your 2016 efforts on to reduce inflammation or improve circulation?
2. Follow the recommendations in your report and those given to you by a doctor or other health practitioner.
3. If you received your first scan, make sure your follow up is scheduled. Use that date as a goal to see improvements in your body through your hard efforts to optimal health.

**MAKE 2016 YOUR HEALTHIEST YEAR YET!**

### Why should you get a thermoscan...

This testimonial mentions one of my fellow Certified Thermography Technicians who practices in the southern region of the US. You don't have to travel to Florida for your scan you can [schedule](#) it right here in West Chester, Ohio!



Save  
\$25

Book on time!

Book your Thermography scan in the month it is due and receive \$25.00 off.

**Offer Expires: The month your thermography follow-up scan is due!** Cannot be combined with other offers.

- Add 2-3 drops to a carrier oil like [Jojoba](#) to help ease bone pain.

Click to read more about the benefits of [Helichrysum Essential Oil](#).

### Chocolate Mint Chia Seed Pudding

This pudding is so delicious that you may be tempted to eat all of it at once. Plus, because it is healthy, you can even eat it for breakfast- just top it with a little granola and fruit! To make it even healthier, you can use any milk you desire and substitute the maple syrup with 5-8 pitted dates.

#### Ingredients

1 1/2 cups milk of choice  
 1/3 cup chia seeds  
 1/4 cup cocoa powder  
 1/4 cup maple syrup  
 1/4 tsp. salt  
 2-3 drops [peppermint essential oil](#)

#### Instructions

1. Mix together the milk, chia seeds, cocoa powder, maple syrup, and salt. Whisk until well combined.
2. Refrigerate overnight or for at least 5 hours until it reaches a pudding-like consistency. If possible, stir once or twice while it is setting to break up the chia seed clumps.
3. Once set, pour the pudding into the

## How do you Meditate?

Meditation refers to a condition where your body and mind are consciously relaxed and focused. Practitioners of this art account increased awareness, focus, and concentration, as well as a more positive outlook in life. Hey, I don't know about you, but I try to look at life as the glass is half full, not empty.

While there are several different approaches to meditation, the basic principles stay the same. The most essential among these principles is that of removing disruptive, negative, and drifting thoughts and fantasies, and soothing the mind with a deep sense of focus. This clears the mind of debris and prepares it for a higher quality of activity.

The negative thoughts you have are said to add to the 'polluting' of the mind, and closing them out allows for the 'purification' of the mind so that it may center on deeper, more meaningful thoughts.

Some practitioners even shut out all sensory input - no sights, no sounds, and nothing to touch - and try to separate themselves from the disorder around them. You may now focus on a deep, profound thought if this is your goal.

If the position allows you to relax and focus, then that would be a good starting point. While sitting or standing, the back should be straight, but not tense or tight. In other positions, the only no-no is slouching and falling asleep.

Loose, comfortable clothes help a lot in the process since tight fitting clothes have a tendency to choke you up and make you feel tense.

The place you perform meditation should have a soothing atmosphere. It may be in your living room, or bedroom, or any place that you feel comfortable in.

Silence helps most people relax and meditate, so you may want a quiet, isolated area far from the ringing of the phone or the humming of the washing machine. Pleasing scents also help in that regard, so try diffusing your favorite essential oil.

blender, and add the peppermint essential oil. Blend until smooth. Serve chilled alone or with desired toppings such as fruit, whipped cream, granola, etc. (Reprinted courtesy of Abundant Health.)

## Product of the Month

### Rosemary & Mint Bath Salt....



### Rosemary & Mint Bath Salt...

Aromaland combines the therapeutic properties of Dead Sea, Epsom, and desert mineral salts with pure therapeutic-grade Essential Oils to create a deeply penetrating Aromatherapy+ Bath Salt which is as rich in minerals as it is luxurious. A bath enhanced with one of our Bath Salts will make ritual of routine, imparting softness to your skin, healthfully refreshing your body and leaving your senses at peace. When buying an Aromaland Bath Salt you can be certain that you are getting the best in quality and purity, so why settle for anything less.

In all, meditation is a relatively risk-free practice and its benefits are well worth the effort (or non-effort - remember we're relaxing).

## THERMOGRAPHY SAVINGS

### Referral program:

It's very basic. You refer 1 person and you'll receive \$25 off your next screening (it can even be your first screening!). There's no limit. Have your screening paid for with our referral program today! Tell anyone that you send to us to mention your name and we'll adjust your total accordingly.



Previous screenings not included. Cannot be combined with other offers.

Call (513) 382-3132 or [email](#) me to get yours scheduled!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

**Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!**



## Call for your Medical Thermography Appointment Today

Call or e-mail me with any questions you may have about Medical Thermography. You can also [view additional information by clicking here...](#) You'll find many of your questions may already be answered.

### Contact Us

513-382-3132  
Jacky Groenewegen  
Licensed Massage Therapist, Certified Thermographic Technician,  
Healing Touch Certified Practitioner  
Guided Imagery Therapist

Feature Highlights:  
Mineral Salts from 3 continents, Essential Oils from 44 countries, one world-renown Aromatherapy master blender. It's time for a bath!  
Dead Sea Salts from Israel, sea salt from Mexico and desert mineral salts from Utah all blended with 100% Pure Essential Oils produce a bath that deeply relaxes the body, rejuvenates the skin and soothes the senses.

**Buy yours!**

Certified Clinical Aromatherapist  
Board Certified in Therapeutic Massage & Bodywork  
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