



MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

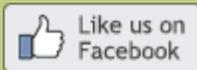
December 2016

Speaking of...Mindful Wellness

Self Discovery...

Subscribe

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



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

Click Here to Purchase an Instant Massage or Thermography Gift Certificate

Forward to a Friend

Essential Oil of the Month

Breathe Well Essential Oil Blend

Dear Jacky,

December is certainly putting a festive chill in the air! Being from Canada, I'm enjoying the "coolish" weather. I hope as 2016 comes to a chilling end, you are able to reflect on positive things that have happened this year! I have always found looking at the glass as half full or overflowing is a much better way to embrace life! As we look forward to 2017, I hope one of your goals will be looking at the positive, no matter how small! At the end of the day, be thankful for one thing! You'll see how how your perspective on life may improve so you can look at life with the half full glass!

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. Your Thermography Scan offers a safe, proactive way to manage your health. Your thermoscan is a no contact, no radiation, no compression health monitoring tool.

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

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-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

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



A truly soothing and therapeutic treatment in times of congestion and shortness of breath, this blend combines the Essential Oils of various plants known for their respiratory support.

Essential Oils of Sage, Hyssop, Eucalyptus Globulus, Spruce Needle, Eucalyptus Radiata, Thyme, Myrtle.

Client Testimonial's #1 - From CT

"After using the Breathe Well for a few nights, I could tell a difference when I woke up in the morning. I didn't feel as stuffy and had no issues breathing during the night." CT

#2 - From M.Y.W.

"I use Breathe Well in jojoba and rub it on my chest or I put a few drops of Breathe Well and Lavender on a tissue and lay it on my nightstand right next to my face.

It completely opens up my air passages when I sleep.

I figure...breathe better = sleep better!"

M.Y.W.

[Click to read more...](#)

Breathe Easy

Another way to help loosen congestion and

needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

Have you scheduled your follow-up thermography exam? By Dr. Piana...

I am writing this to all of our patients who have had a consultation with me, Dr. Piana, or one of our other doctors.

I want everyone to understand the importance of follow-up. I know most of the time it may seem that we were being overly careful, and most of the time this is correct. Wouldn't you want us to be?

It is that one out of a hundred cases where the suspicion progresses to find a tumor where conservative treatment is no longer possible due to the time lapse chosen not by the doctor, but the patient.

On average we get one of these sad cases per month and my personal mission is to reduce this to one per year! Actually I would like zero, but human nature creates the need to accept the fact that not everyone listens....

If you need to talk to me about any thermography findings you can make an appointment by [clicking here to schedule an appointment with Dr. Piana.](#)

If you need to make an appointment to schedule your first or follow-up thermography scan call Jacky, 513-382-3132, or [click here to schedule your exam.](#)

Yours in good health,

Dr. Piana

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

breathe easier, with antibacterial and expectorant properties using **Eucalyptus Essential Oil**.

How to use: Pour near-boiling water into a pot. Add a few drops of eucalyptus essential oil, turn off heat, and drape a towel over your head and the pot. Breathe for five minutes.

Additional helpful uses of **Eucalyptus Oil**

- To remove sticker/decal residue from glass
- Add 1-2 teaspoonsfuls to your laundry for a fresh scent along with the anti-microbial benefits
- Use it to help remove paint, grease and ink from clothes

Brown Sugar Body Scrub

½ cup **Jojoba**
½ cup Brown Sugar

Blend ingredients together and use as a wonderful Body Scrub. Massage over your body for 10 seconds then rinse off in the shower. After you dry off, apply Jojoba as you would a regular moisturizer this acts as a lovely natural moisturizer. Add a few drops of your favorite essential oil as a nice scent.

Product of the Month

Aroma-Spa Diffuser....

2017 efforts on to reduce inflammation or improve circulation?

2. Follow the recommendations in your report and those given to you by the thermologist you spoke to during your consult, or by your doctor or other health practitioner.

3. If you completed your first scan, make sure your follow up scan is scheduled. Use that date as a goal to see improvements in your body through your hard efforts to gain optimal health.

MAKE 2017 YOUR HEALTHIEST YEAR YET!

Do you Meditate? Do you know how to really focus your mind...

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.

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.

Aroma-Spa Diffuser

Give the gift of clean air to your loved ones

The Aroma-Spa Vaporizer™ features a calming, subdued, rotating, multi-colored LED lighting feature. With the touch of a button your Aroma-Spa Vaporizer™ emits a beautiful ring of color to enhance your tranquil Spa experience. Simply add water and your favorite pure essential oil and the ultrasonic element produces consistent and fragrant vapor. 6 month manufacturer warranty. NEW intermittent feature...Now diffuses for 6 hours or more.

Add a few drops of your favorite pure essential oils to enhance the soothing vapor and provide immediate and effective aromatherapy. The Aroma-Spa Vaporizer™ will automatically shut off when empty. UL approved adapter included.



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](#)

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 stock up on [Therapeutic Grade Essential Oils](#) (I enjoy [Calming Essential Oil Blend](#)) and using your [diffuser](#) isn't such a bad idea either.

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

New Massage Pricing

Beginning January 1, 2017 we are updating our massage pricing.

We hope to continue our excellent relationship with you, and assure you our quality of service will reflect a similar increase. [Click here to view our new pricing.](#)

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

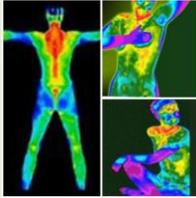
Jacky

THERMOGRAPHY SAVINGS

Referral program:
It's very basic. You refer 1 person and you'll

information by clicking [here...](#) You'll find many of your questions may already be answered.

RAISE SOME MONEY!



Do you have a favorite group, church or charity that you'd like to raise money for?

Or...

Have you wanted to get a thermography scan, but didn't have the extra funds to pay for it?

Or...

Perhaps you just need some extra cash...

Consider hosting a Thermography Presentation in your home, church or meeting place. You can earn 10% of the proceeds from the scans booked at your event!! It's fun, informative and easy to host such a gathering and I will help you every step of the way.



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!

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.

Contact Us

513-382-3132

Jacky Groenewegen
Licensed Massage Therapist, Certified Thermographic Technician,
Healing Touch Certified Practitioner
Guided Imagery Therapist
Certified Clinical Aromatherapist
Board Certified in Therapeutic Massage & Bodywork
[e-mail Jacky](#)

513-505-0594

Jennifer Concannon
Marketing and Customer Relations Manager
[e-mail Jen](#)

Follow Us

[Visit my blog](#)

