

MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

November 2009

Speaking of...Mindful Wellness A time for Thanks....

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Frankincense



Essential Oil of the Month

Frankincense is one of the most popular and revered essential oils, especially as the holiday season quickly approaches. Thousands of years ago, in the time of Christ, the wise men considered Frankincense even more precious than Gold. Even today, its earthy, balsamic scent has calming properties to increase spirituality and inner strength.

Frankincense is one of many essential oils that can be applied directly to the skin. Its healing properties help repair sun damage and relieve the discomfort of

Dear Jacky,

I'd like to give thanks to all of you during this Thanksgiving season. I feel very privileged to help bring health and wellness to your life.

I'm very excited to offer many unique products and ones not typically found in local department stores. Find the perfect holiday gift for the hard to buy for available through www.MindfulWellnessMassageandBodywork.com.

Jacky

Therapeutic Bathing

On a regular and frequent basis, I recommend to my clients that they take a [therapeutic bath](#).

The first "level"... of a therapeutic bath is the warm water. Just taking a leisurely soak in the tub is a wonderful and very effective way of calming the body and reducing aches and pains.

The next step is to add either sea salt or Epsom salt. Scientifically, salt works miracles - inside the body the magnesium content works as a conductor carrying necessary nutrients to muscles, tissues and organs and helps to hydrate your overall body.

Epsom salt, which is commonly used in [bath salts](#) and for relieving swollen muscles and aching feet, contains an extremely high percentage of magnesium. This element helps to regulate the activity of more than 325 enzymes. It helps to orchestrate many bodily functions including muscle control and the elimination of many toxins. Nutritionists estimate that on average, Americans have a 50% lower magnesium level that just a century ago.

Those who do energy work, including myself, often recommend sea salts for clearing the aura and the etheric body. Epsom salts do a great job with aches and sprains. 16-24 ounces per bathtub is a good rule of thumb.

To further enhance the therapeutic effects of your salt bath, add essential oils. Be sure to pick pure [essential oils](#), not fragrances or perfumes, which have no therapeutic qualities. After bathing in salt, be sure to rinse and then [moisturize your skin](#).

minor cuts, scrapes, and bruises.

Take time to fully enjoy the benefits Frankincense offers:

Apply topically:

- Use 1 - 2 drops on your face and neck daily to help repair sun damage or improve already healthy-looking skin. Prone to breakouts....Frankincense helps minimize oil production.
- With the dry weather upon us you may have minor cuts, scrapes or bruises. Apply a few drops directly onto skin to help reduce redness and minor discomfort.
- Holiday stress getting to you? Use several drops to massage your temples and the back of your neck as an instant stress reliever.

Inhalation:

- [Diffuse](#) Frankincense to enrich your prayer and meditation.
- Take long deep breaths to induce a peaceful calm.

Our Price: \$ 9.75

[Click here to purchase.](#)

Contact Us

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Playing soft music, having a lit candle, sipping on a healthy drink and reading a good book could complete the experience of a truly therapeutic bath.

For your health and well being inside and out, using quality salt products for eating and bathing can relieve stress, help to regulate your body, [exfoliate your skin](#), even eliminate toxins and improve energy levels. Salt can be a good friend. (Always check with your doctor when adding a new regimen to your health protocols.)

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Be sure to sign-up for regular newsletters that support your health and well being. Comments, suggestions or questions are always welcome.

Sincerely,

Jacky

Jacky Groenewegen , LMT

Mindful Wellness Massage & Bodywork