



massage & bodywork L.L.C.
HOLISTICALLY CENTERED...ON YOU.

December 2009

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

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Our Top Sellers

Citrus Spice

This cheerful blend spreads joy in abundance. A rich, uplifting synergy that is so delicious and heart-warming, it will turn your holidays into jolly days!

It smells like Christmas - freshly cut evergreen branches and Christmas cookies. This aroma is likely to become a cherished holiday essential for you and your family.

Add Citrus Spice to a diffuser, sprinkle it on your Christmas tree or wreath, place Celebrate-scented potpourri throughout the house, etc.

Dear Jacky,

A note from Jacky and Jen... It's been a challenging year for all of us and we know how you wisely choose to spend your money on gifts that keep on giving. We hope you are as proud to give our products as we are to have the opportunity to be a part of your lives and provide you with quality products.

Take time to create some quiet and peace for yourself this busy season. Enjoy the busy time, but cherish quiet moments. We hope we make your life just a little easier with our special offers! Find the perfect holiday gift available through www.MindfulWellnessMassageandBodywork.com.

Jacky

Need ideas for Christmas? Here are some very clever ones that you might find helpful. You'll find many of the products listed below when you link to www.mindfulwellnessmassageandbodywork.com.

GREAT GIFT IDEAS

1. Co-worker: Mug or teacup, box of relaxing [tea](#).
2. Mom: [Footscrubber](#), [Jojoba Oil](#) & [Peppermint](#) to massage into tired tired feet. [Essential Oil Jewelry](#) and her favorite [Essential Oil Blend](#).
3. Dad care package: Castor Oil Pack, Back Saver Wallet.
4. Couple: Romance Blend Diffuser and Salt Lamp.
5. Woman: Essential Oil Jewelry and Lavender Essential Oil.
6. Gardener: Moisturing Lavender Hand Gloves, Sore Muscle Soak.
7. Sister-in-law: Box of Chocolate, Soothing Bath Salts, Aroma Diffuser.
8. Woman: Makeup Mirror, Tassi and Aztec Healing Clay.
9. Friend: Floral Waters and Dry Body Brush.
10. Man: Socks and Large Trigger Point Pillow.
11. Teens DVD, Popcorn, Organic Lip Balm.

Our Price: \$ 6.99

[Click here to purchase.](#)

Cinnamon

When used in very small amounts - is a valuable addition to many Aromatherapy blends, adding warmth, spice and inspiration. A perfect complement for the Holiday season!

Our Price: \$ 7.19

[Click here to purchase.](#)

Contact Us

Office: 513-759-HEAL (4325)

Fax: 513-759-4324

Jacky Groenewegen

Licensed Massage Therapist

Healing Touch Certified
Practitioner

[e-mail Jacky](#)

Jennifer Concannon

Marketing and
Customer Relations Manager

[e-mail Jen](#)

12. Golfer: Balls, Gloves or Sport Lip Balm.
13. Neighbor: Jar of Honey or Cinnamon Essential Oil.
14. Friend: Bath Salts and Inflatable Bath Pillow.
15. Teacher: Snowman and Aromatherapy Diffuser.
16. Friend: Celtic Sea Salt Soap and Relaxing CD.
17. Athlete: Lunch Box and Sore Muscle Soak.
18. Cold & Flu Package: Tissue, Organic Throat Coat Tea, and Tea Tree Essential Oil.
19. Athlete: Football, Sports Bag, Sore Muscle Soak.
20. Man or Woman: Hairstyling brush and comb and Jojoba Oil.
21. Family: Salt Lamp Diffuser.

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Holiday Moods, Odors, Accidents & Cleaning

Stress & Anxiety: diffuse or topical - Lavender.

Too Full/Aid Digestion/Bloating: serve peppermint water at the dinner table, one or two drops of Peppermint essential oil per pitcher of water.

Lemon Water: add a couple of drops of Lemon essential oil to a glass of water to sip on during meals.

Holiday Atmosphere and Air Freshening: diffuse Citrus Spice, Cinnamon Leaf or Energizing Mint.

Bathroom Air Freshener: in a Blue Glass Vial fill 7/8 of the way full with distilled water, add up to 12 drops of one of these essential oils - Lemon, Citrus, Peppermint or Cinnamon.

Relaxing Tea after the Rush: treat yourself and your few remaining guests to a cup of tea with Lavender Honey. To Make add 1 drop of Lavender essential oil to a 4 oz. jar of honey, stir well to blend. Brew your favorite relaxing teas as you would normally, add a teaspoon of Lavender Honey.

Orders placed after December 17, 2009 may not be received before the holiday!
Slow down and take time for yourself this holiday season.

Sincerely,

Jacky

Jacky Groenewegen , LMT, HTCP

Mindful Wellness Massage & Bodywork