

MINDFUL WELLNESS



massage & bodywork LLC

HOLISTICALLY CENTERED...ON YOU.

January 2010

Speaking of...Mindful Wellness Celebrate a New and Relaxing you....

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**Lavender
Essential
Oil of the
Month**

A good night's sleep is paramount for all of us, young and old. The body heals, grows and does maintenance while we sleep. The Essential Oil, Lavender, is well known for it's calming effects. Here are some tips on how to use Lavender to help create restful sleep and quiet time.

Lavender...
Native to the Mediterranean region, the Romans used

Dear Jacky,

As we start a new and exciting year I invite you to celebrate "YOU" Make 2010 your year to relax, rejuvenate and invigorate your needs. Take time for yourself as you continue to care for others.

You will find many interesting ideas, products, and articles on my site to help you get a jump start on incorporating some healthy habits and detoxing rituals into your regular wellness protocol. Be sure to visit www.MindfulWellnessMassageandBodywork.com.

Jacky

Happy New Year!

The beginning of a new year is a wonderful opportunity to revisit old habits and ask ourselves if they still serve us. Sometimes we do things simply because that's the way we have always done it...without question.

Taking the time to examine the way we take care of ourselves often leads to insights on ways to improve our lifestyle. Adding (or replacing) small aspects of our daily routines can add up to huge overall benefits.

For example, incorporating a [Castor Oil Pack](#) into your regular routine is a very powerful way of supporting, detoxing and cleansing your liver, which has over 500 functions and is sorely under appreciated by most of us! Read more about "[The Healing Properties of Castor Oil](#)."

Another way to detox and stimulate your entire system is through Body Brushing. Our skin is the largest organ in the body and is highly efficient at eliminating toxins. Daily dry brushing your entire body before showering will help exfoliate excess dry skin and stimulate your lymphatic system to help with additional detoxing. Read more about [Lymphatic Body Brushing/Skin Exfoliation](#).

Experts agree, another easy way to enhance your health is to drink a glass of lemon water (that does not mean Lemonade!) each morning on an empty stomach. Simply squeeze the juice from one lemon and add enough high quality drinking water to make about a cup of lemon water. The trick however, is to have the water lukewarm. If the water is too hot or too cold then it will cause the body to expend energy in order to process it. Lukewarm water also has that comforting feeling to it...

So What Are the Benefits of Drinking Lemon Water?

Apart from being an amazing body alkalizer, lemon water also gives the

lavender to disinfect and perfume their baths. Indeed, the genus name for lavender is from the Latin, lavandus, or "to be washed." Use of this fragrant herb spread throughout Europe, and colonists brought it to America to make the New World feel a bit more like home.

But lavender is much more than just a fine fragrance. Its medicinal properties are remarkable. A natural antiseptic, it is commonly used to treat minor cuts and burns, bee stings, allergies, acne, and sleeplessness, to name a few. "Research is now validating what herbal healers have long known," says Elson M. Haas, MD, founder and director of the Preventive Medical Center of Marin in San Rafael, California. "For instance, a study in the scientific journal, Pharmacology, Biochemistry, and Behavior confirmed that the active constituents of lavender reduce anxiety."

Just the thing you need to kick off the New Year.

[Follow this link to find out even more uses of this wonderful Essential Oil!](#)

Our Price: \$ 15.99
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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](#)

following health benefits:

- Lemons are antiseptic
- Lemon water has excellent digestive properties and can ease heartburn, bloating and other digestion problems
- Lemon water cleanses and stimulates the liver and kidneys
- Lemon juice contains calcium, magnesium and potassium
- Lemon juice has been known to relieve asthma
- Lemon water (hot) offers relief from cold and flu symptoms while providing some much needed Vitamin C
- Lemon juice is a great skin cleanser

So if you do not do anything else - start every single day with a glass of lovely lemon water!

Also, and more importantly, unless you have REALLY washed the lemons or have bought organic then the pesticides and chemicals could leach out of the rind and into your water if they are left soaking for too long.

Having a personalized wellness plan doesn't need to cost a lot of money. Many home remedies have been handed down for generations and are a goldmine of healthy tidbits that can help you incorporate baby steps towards a better life.

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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.

I wish you health and prosperity in the New Year. Take care of yourself in 2010!

Sincerely,

Jacky

Jacky Groenewegen , LMT
Mindful Wellness Massage & Bodywork