

Speaking of...Mindful Wellness

Take time to soothe those aching feet and hands....

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**Lemongrass
Essential
Oil of the
Month**

Refreshing and rejuvenating. Stimulating and balancing. Its aroma inspires and brings fresh energy; clears the mind. Popular skin care ingredient for oily, mature and inflamed skin (in moderation). Also popular in Asian cuisine, and Lemongrass Essential Oil can replace dried Lemongrass in the kitchen, but use very sparingly because the oil is much more concentrated.

Lemongrass blends well with a lot of different oils, "lifting" a blend to make it appear more energetic and lively. Lavender, Neroli, Ylang Ylang, Rose, Sandalwood, Frankincense, Geranium, Fennel, Tea Tree, resinous Essential Oils and many others.

Specific Safety Information: No known toxicity. GRAS (Generally Regarded As Safe) approved by the FDA as food

Dear Jacky,

Spring weather is finally in the air. As we move from the cold to warmer weather it's time to get your hands and feet healthy. Whether you are a runner, casual walker, or you're in need of soothing your aching feet from uncomfortable shoes you'll find many great tips within this Mindful Wellness issue.

I'm also very happy to bring you ideas to soften your hands from the comfort of your own home. Try this easy recipe to ease your dry hands: Take 1 teaspoon of granulated sugar in the palm of your hand and add a few drops of castor oil and enough fresh lemon juice to totally moisten the sugar. Vigorously massage your hands together for a few minutes. Rinse with tepid water and pat dry. This hand scrub should leave hands smooth and, in the process, remove stains.

Looking for more you will find many interesting ideas, products, and articles to help keep you well by incorporating some healthy habits into your daily wellness routine. Be sure to visit my website www.MindfulWellnessMassageandBodywork.com.

Jacky

Do you have Aching Feet or agonizing Leg Cramps?

What can you do to alleviate these menacing cramps? Here are a few tips:

At work: Skip the high heels. This may seem like a no brainer, but for many women high heels complete their outfit. If you must keep your heels, take them off throughout the day and massage with long strokes from the Achilles tendon up to your knee. Also get up during the day and stretch your calves. Desiree Rumbaugh, the well known Anusara yoga teacher, recommends standing a few feet from a wall and leaning on your forearms. Stretch one calf at a time and hold for several seconds.

During your next massage: Let me know that you've been experiencing leg cramps, I'll focus on massaging your feet and lower legs to ease your discomfort. Our calves tend to get really tight from unsupportive shoes to walking around on hard surfaces, and sometimes a cramp can be assuaged by a little massage of the area. Can't make it in for a massage? Ask your significant other to massage your feet and legs. Enjoy the together time by taking care of each other.

At home: If cramps are cramping your style, talk to your doctor. Keep enjoying "[Party Water](#)" to ease dehydration which may also be causing you to cramp. Be mindful of eating the proper foods to make sure your body is obtaining all of the beneficial nutrients a healthy diet provides. If you're experiencing cramps you may need to increase the amount of fruits and vegetables you're eating.

Or try this lovely "foot tea" recipe at home for a wonderful soak:

flavor.

Use in low concentration only in skin care since some individuals may react sensitive.

Uses of Lemongrass:

- Apply a few drops to a cottonball and place in drawer to keep moths away.
- Use 2 - 3 drops with Jojoba Oil (1/2 oz.) as massage oil to help with cellulite or over-exerted ligaments or bruises. Or, dilute with water to help with digestive problems, infections or nervousness.
- Use 2 - 3 drops in a lotion (1/2 oz.) to help clear cellulite, as well as tone the skin, open blocked pores and help with acne. The antiseptic properties are also useful in treating athlete's foot and other fungal infections.
- Use a few drops in a diffuser to freshen the aroma climate of your home. Add very sparingly (dilute; measure drops separately) to dishes that you would otherwise prepare with the dried herb.

Our Price: \$ 7.20

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Contact Us

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Ingredients:

1/2 cup Baking Soda
1 Thinly sliced Lemon (keep a few extra out of the sachet)
1 Bunch of Fresh Mint

In 1 medium bowl mix the lemon and fresh chopped mint placing in a 12" cheese cloth or a coffee filter. Pull the corners together with a rubberband. Place the sachet in a bowl of hot water, let steep for 5 minutes. Make sure you squeeze the sachet after steeping to obtain all of the lemon mint benefits. You can store this mixture up to 24 hours before use.

When you're ready fill a foot bath with cool water and add the baking soda, tea mixture and extra slices of lemon. Soak for 10 minutes and your feet and legs will feel invigorated!

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Thank you for the great Testimonials...

Two valued clients passed on this bit of thanks.

Help for tired achy feet....

"Jacky, Just wanted you to know that the castor oil, lemongrass on my feet have cured my problems. I am so happy! Thank you so very much. After just one week, I could wear heels again and now after a few months I rarely have any problems. I've passed the tip on to others as well." said Sylvia B. Simply add a few drops of lemongrass to a small amount of castor oil. Gently massage your feet and you'll enjoy the same benefits.

Enjoy soft hands that can also benefit rough feet....

"Not being a fan of cold weather, my aversion of winter is intensified with the annual misery of dry, chapped and cracked hands that seems to accompany the season. Following a visit to Jacky's Mindful Wellness studio I began applying her 'recipe' for softer, smoother hands just before retiring every evening. Her suggested mixture of castor oil, olive oil, and jojoba oil with a dash of essential oil of lavender is truly amazing (use with absorbent cotton gloves for overnight treatment). The improvement in just one week was remarkable! So much so I was inspired to expand the process to include my weary feet which are also prone to be rough and dry. What a difference!! And, in addition to softer hands and feet, the soothing quality of the lavender is a bedtime bonus. I will certainly share this 'secret' with as many friends as I can!! " said Anne F.

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Go to www.MindfulWellnessMassageandBodywork.com enter discount code Spring10 at checkout to receive 10% off your next purchase as a special thank you for being a valued reader. (Discount applied to merchandise before shipping and taxes. No minimum purchase required.) Hurry, this offer expires April 30, 2010. Feel free to share with a friend.

Offer Expires: April 30, 2010

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

Stay Healthy & Well....enjoy the spring blossoms and the warm weather!

Sincerely,

Jacky

Jacky Groenewegen , LMT, HTCP
Mindful Wellness Massage & Bodywork