

April 2010

Speaking of...Mindful Wellness Spring Showers bring Healthy Beginnings....

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[Click Here to Purchase an Instant Mother's Day Gift Certificate](#)



Bug Biter Essential Oil of the Month

Featuring Essential Oils with reputations as insect repellents, which have been blended with Jojoba Oil ready for direct application to the skin.

Customers as far away as Australia swear by this oil! Simply apply a thin layer repeatedly on skin that is exposed to biting insects.

Contains: Essential Oils of Eucalyptus Globulus, Cedarwood Virginiana, Geranium. Blended in pure Jojoba Oil.

Our Price: \$ 5.20

[Click here to purchase.](#)

Products

[Click here](#) to view the lovely products available at Mindful Wellness Massage and Bodywork.

Dear Jacky,

Wow, what a spring so far! It's been lovely to start seeing green grass and beautiful flowers in bloom. As the weather warms, there are natural ways to protect yourself from unwanted bugs or help healing that nasty sun burn. In this issue, you'll find ways to keep the bugs away, help with your spring allergies, sun burn relief and wonderful recipes to soften your skin.

Treat mom to some lovely packages we've put together to help her feel better. For those local, be mindful with a gift certificate for a relaxing massage. Those far away, we've got a number of packages available to help you, your mom or that special someone enjoy a little quiet time.

We look forward to helping you feel better with a wonderful variety of products, services and articles to help you maintain your body and spirit. Be sure to visit my website www.MindfulWellnessMassageandBodywork.com.

Jacky

Jojoba helps soothe your skin

As the weather warms and we shed the heavy clothes, spring is a wonderful time to protect and soften your dry winter skin. Jojoba is a natural softener akin to your own skin's oil. You may be asking yourself what is Jojoba? Jojoba is an extract from the Jojoba seed. It is a misconception that Jojoba is an oil.

Jojoba is non-allergenic and can be used on even the most sensitive skin. It's even gentle enough for newborn babies.

I hope you enjoy this amazing recipe...

Strawberry Salt Scrub

Ingredients:

½ cup Fresh Strawberries

1 Tbsp. Jojoba

½ Tsp. Salt

Begin by washing and removing the leaves from the strawberries. Then mash together the strawberries, jojoba, and salt. Apply to damp skin using a circular motion. Rinse and your skin will feel soft and smell lovely. [More recipes are a simple click away!](#)

Don't think that Jojoba is just for women. Not only does it work as a natural moisturizer for women and children, men can use jojoba before applying shaving cream to soften the skin. Help prevent razor burn by applying jojoba to your skin before applying your favorite shaving cream.

Mother's Day Gift Idea's

Treat your mom, wife,
sister, aunt to a special
day!

Facial Mask - [Aztec](#)

[Healing Clay](#)

Calming Eye Pads

Inflatable Bath Pillow

[Tassi](#) - Keep your Hair

Outta here

[Long Handled](#)

[Bodybrush](#)

[Therapeutic Bathing](#)

[Soap](#)

[Gentle Exfoliating Face](#)

[Brush](#)

[Jojoba](#)

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[Looking for more uses of Jojoba....](#)

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Springtime Allergies try Nasal Irrigation

Dr. Hana's [Nasopure® System](#) transforms the ancient technique of nasal irrigation into the most effective, convenient and inexpensive nasal washing system available today. It quickly and safely washes away pollen, mold, dust, bacteria, viruses AND MUCUS - the primary causes of nasal and sinus allergies, infection, and discomfort, leading to improved sinus health and prevention. Washing your nose has never been easier.

Save \$5

\$5 off your online purchase of \$25 or more. Go to www.MindfulWellnessMassageandBodywork.com discount code is not required to receive \$5 off your next purchase as a special thank you for being a valued reader. (Discount applied to merchandise before shipping and taxes. Minimum purchase of \$25 required.) Feel free to share with a friend.

Thank you for the great Testimonial...

A Valued client passed on this bit of thanks.

Softer Skin with the Strawberry Salt Scrub....

"I love the Strawberry Salt Scrub I use it when my skin needs a little extra softness. The strawberry scent is so refreshing," said Julie. Finish up by using Jojoba to soften your skin even more.

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, LLC