

Speaking of...Mindful Wellness Cool Off during the Dog Days of Summer....

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Tea of the Month Green Tea

You've heard the wonderful benefits of Green Tea before...

Golden Green Tea helps maintain a healthy cholesterol level because it contains chinese green tea leaf uniquely blended with lemongrass leaf for flavor and balance. Did you know that Tea is the most widely consumed beverage in the world and has a long history of sage and beneficial use throughout many cultures? Traditionally, green tea is considered to be an excellent digestive aid, assisting in dissolving fats. Modern studies have found that regular consumption of green tea is beneficial in helping to regulate LDL and HDL cholesterol levels.

Are you looking for a great way to flavor your favorite cup of Green Tea? Try this delightful recipe...

GREEN TEA & PEAR JUICE:

Mix equal parts of Green Tea and Pear Juice in a Pitcher. Add ice and enjoy. This is a Summer time favorite at our house!

Our Price: \$5.49

[Click here to purchase.](#)

Dear Jacky,

Summer is certainly heating up quickly with so many days with temperatures exceeding 90+ degrees across the country. You'll find many ways to stay cool, hydrated and take care of your feet within this issue.

As we shed our supportive shoes for summer sandals and flip-flops, be mindful to keep your feet in shape. These shoes look great, but they offer little support.

In this issue, you'll also find green tea, lemonade and cooling recipes to help you beat the summer time heat!

Take time to enjoy the long days of summer. Whether you're spending time at the pool, beach, or enjoying a little relaxation, we look forward to helping you feel better! You'll find many interesting articles, more recipes, and products chosen to help you relax, rejuvenate, and refresh. Be sure to visit my web site...

www.MindfulWellnessMassageandBodywork.com.

Jacky

It's not too late for GREAT SUMMER FEET!

Are you looking for ways to help your feet feel better? Have you tried "yoga for your toes?" Good feet provide the foundation to keep your body in balance.

You're never too young to start healthy feet habits. I know there are many wonderful shoes that look great, but aren't good for your feet. Doctors with the Arthritis Care and Research Institute are finding many conditions, typically found in older adults, happening in much younger people. Problems like planter fasciitis, poor balance and hammer toes are no longer problems for the elderly.

Be mindful, shoes that fit too tight or are too small can cause cramps or impact your body balance. There are simple changes you can make to improve your overall foot health. Did you know stretching your feet provides many of the same benefits as stretching the rest of your body? Whether you frequently wear flip-flops or high heels, it is especially important to exercise your feet.

Try this simple stretch... your feet will thank you...

Stand with your hands on a chair. Place one leg behind your torso as you tuck your toes under. You'll feel a nice stretch in your toes and your feet. If it's too painful, take a break and try again. Try doing this a couple of times a day.

Looking for another way to stretch your toes? I found the most wonderful toe stretch device called [Healthytoes](#). Healthytoes do the work for you! They perform stretches on your toes and feet while you relax. Plus, the HealthyToes toe stretchers are BPA-free.

Small foot problems can turn into big foot problems quickly. Care for your feet and get back your fresh and bouncy step!

Sore Feet Soak

Create your own foot bath by mixing a few drops of Peppermint Essential Oil in a small tub of water. Keep water agitated while soaking your feet. You'll feel cool and refreshed after this healing soak!



Peppermint Essential Oil of the Month

Refreshing, mental stimulant, energizing, used to enhance well-being of digestive and respiratory system. Relieves bad breath. Good nerve tonic that helps with mental fatigue and nervous stress. Also great to keep ants away.

Suggested Use: Use in a diffuser to freshen your environment. Add 2-3 drops to a bowl of hot water to inhale the fragrant steam.

Since Peppermint may cause skin sensitizing in higher concentration, use only small amounts for body and skin care application; 1-2 drops per 1 oz. of unscented body care product, less if you are making body care for children.

Our Price: \$11.00
[Click here to purchase.](#)

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

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Beat the Heat; Create your Own...

Peppermint Spritzer

To make this simple spritzer...

Fill [Spray Bottle](#) most of the way with distilled water.

Add a few drops of [Peppermint Essential Oil](#).

Mist over body (be careful not to spray too close to the eyes!). This refreshing spritzer takes advantage of peppermint's own natural cooling properties to help you beat the summer heat!

Lavender Lemonade:

7 lemons, peeled and juiced

2 limes, peeled and juiced

14 c. water

1.5 c. Blue Agave

8-10 drops [Lavender Essential Oil](#)

Mix all ingredients together and chill. Add more water or Blue Agave, depending on size and tartness of the fruit.

WOW... this is fabulous!

Save 15%

15% off your online purchase. Go to www.MindfulWellnessMassageandBodywork.com discount code Summer15 is required to receive 15% 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.) Feel free to share with a friend.

Comments, suggestions or questions are always welcome.

Enjoy the long days of summer. Spend time relaxing with family and friends. Make sure to take time for yourself!

Sincerely,

Jacky

Jacky Groenewegen , LMT, HTCP
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