

## Speaking of...Mindful Wellness

### Change is good! Get ready to Fall into healthy new habits....

#### Tea of the Month EveryDay Detox

##### Feeling Sluggish, Irritable or Bloating?

Drinking *EveryDay Detox* on a regular, daily basis, helps improve these conditions and more. The health benefits of improved liver function increase with long-term, continuous use so sit back and enjoy a cup of *EveryDay Detox* tea.

##### What will EveryDay Detox do for me?

*Everyday Detox* promotes healthy liver function. It also helps digest fats and promotes digestion by aiding in the manufacture of bile.

##### How do I know it works?

*EveryDay Detox* is based on a Traditional Chinese Medicine formula to benefit and nourish liver and kidney functions, organs that play important roles in detoxifying your body. Gynostemma, schisandria and lycium, ingredients in *Everyday Detox*, have shown significant antioxidant and liver detoxification activity.

**Our Price: \$5.49**

[Click here to purchase.](#)



**Patchouli  
Essential  
Oil of the  
Month**

This may be a new Essential Oil to many of you. This distinctly

Dear Jacky,

Change can be a good thing. Personally, I'm looking forward to "falling" into healthy new habits. I'm very excited that Mindful Wellness Massage and Bodywork is offering exciting new services, launching September 1st. For those of you who are local, ask how you can incorporate Aqua Chi Detox Footbaths or Bamboo Massage into your next session.

In this issue, you'll find many therapeutic foot recipes which you can try at home, benefits of Everyday Detox Tea and what in the world is Aqua Chi. Fall is around the corner. Use the change in season to make healthy changes in your life.

Take time to listen to soothing music and have a nice cup of tea to relax. It can be challenging to take time for yourself, but it's important for your well-being to rejuvenate and refresh.

I enjoy providing you with helpful suggestions you can incorporate into your wellness routine. You'll find products, article and past newsletters when you visit my web site...

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Jacky

#### Have you experienced Aqua Chi?

The Aqua Chi Detox Footbath is a new service offered at Mindful Wellness Massage and Bodywork, starting September 1st. You may ask yourself what is Aqua Chi and why should I try it?

Aqua Chi uses brass and stainless steel electrodes to cleanse, balance and enhance your bio-energy. This energy is the electro-magnetic force stored within the body and utilized by our cells. Ancient Chinese medicine refers to this energy as the "chi."

When you experience an Aqua Chi foot bath, you will see the water color change as the cleansing process takes place. Cleansing occurs as the water interacts with a compound electric current and magnetic field process. The interaction of the two help your cells release waste that may have accumulated over the years.

Now that you've had a quick explanation of the "WHAT" you should ask yourself "WHY" should I try Aqua Chi? Common uses help increase both physical and mental stamina. You'll purge or detoxify your body of toxins, chemicals, radiation, pollution, synthetics and other foreign material that have clogged up the body's systems of elimination.

Among the many benefits you may feel are:

- Less body fluid retention
- Reduced inflammation
- Improved memory
- Greater bladder control
- A more balanced PH
- A stronger Immune System
- Significant pain relief, including headaches, gout and arthritis pain.
- Enhances the effects of other therapies

[Here's a great example using an everyday tomato showing how Aqua Chi compares to other ionic foot baths.](#)

herbaceous and musky aroma, a good Patchouli Oil has a satisfying earthy quality, which is great to "ground" a person. It is a very rich and long-lasting oil. The aroma can be rather crude when the oil is young and grows more refined with age, as it becomes a valued "vintage oil". The scent of Patchouli will linger longer than most other Essential Oils, and should be used sparingly.

Patchouli is a great skin care ingredient and cell rejuvenator. Helps to find peace of mind and is a wonderful aphrodisiac. Also a good masking agent for unpleasant aromas. Due to its remarkable staying power, Patchouli is a great fixative ingredient (a fixative is a substance that binds other compounds; slowing down their evaporation and thereby making their fragrance last longer).

**Suggested Use:** Use a few drops in a diffuser to mask unpleasant odors, or to enhance the aroma climate of your home.

Add in low doses to skin and hair care. If your partner likes this 'scent of India', you can surround yourself with it by adding 9 drops to 1oz. of an unscented care lotion, or adding up to 30 drops to 1oz. of Jojoba Oil. Your skin will feel softer and you'll have a delightful scent.

[Patchouli also helps with Athletes Foot and makes a wonderful Sore Foot Soak.](#)

**History:** Most fabrics and carpets from India carry the scent of Patchouli leaves to repel moths and other critters. In the East it is also commonly used around the house because it is said to prevent disease and to release negative emotions, putting problems in proportion.

**Our Price: \$12.80**

[Click here to purchase.](#)

## Create your own Foot Soak

This recipe can be used as a base for whatever essential oils you wish to use. Here's a small selection to get you started:

*Calming/relaxing/balancing:*

Lavender, Geranium, Frankincense, Patchouli, Ylang Ylang, Bergamot

*Refreshing/uplifting:*

Lemongrass & Eucalyptus

**Directions:** Fill a large bowl or pan with cold or warm water to cover ankles.

Place stones or marbles in the bottom of the bowl. When you move your feet over the marbles they act as wonderful soothing and stimulating massagers. Drop 2 - 3 drops of Essential Oil onto water or try this refreshing combination: 3 drops Tea Tree Essential Oil, 3 drops Lavender Essential Oil, 2 drops Lemon Essential Oil.

Immerse feet in water and soak!

Enjoy Variation: A small cup (1/2 cup for a foot bath) of Epsom salts can be mixed into the water to help with relaxing muscles, cleansing skin and increasing circulation.

[Looking for more refreshing ideas you can do at home?](#)

Save  
20%

20% off your online purchase. Go to [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com) discount code Fall20 is required to receive 20% 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.

Don't be afraid to Fall into a new routine as the season changes. Take time to treat yourself to a little "me-time."

Sincerely,

*Jacky*

Jacky Groenewegen , LMT, HTCP, GIT  
Mindful Wellness Massage & Bodywork, LLC

[Click here](#) to view the wide range of therapeutic products available at Mindful Wellness Massage and Bodywork.