

September 2010

Speaking of...Mindful Wellness

Get rid of it, Benefits of Exfoliation....

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Tea of the Month Chamomile & Lavender

Looking for a way to calm
your nerves?

Drinking *Chamomile and Lavender Tea* on a regular, daily basis, will help calm your nerves and aid in calming an upset stomach. Sit back and drink in the soothing taste of *Chamomile & Lavender* tea.

What will Chamomile & Lavender do for me?

The combination of Chamomile and Lavender with lemon balm has digestive and nervous system sedating properties useful for nervous stomach and restlessness associated with upset stomach.

How do I know it works?

The use of these herbs alone and in combinations for nervous stomach has been approved by European health authorities and is supported by clinical data.

Our Price: \$5.49

[Click here to purchase.](#)

Dear Jacky,

Fall is my very favorite season. I love the brisk temperatures and all the rich aromas in the air. Just as the trees begin to shed their leaves, we all need to take time to exfoliate our skin in order to expose the new healthy skin underneath.

In this issue, you'll find many benefits of using [therapeutic exfoliative soaps](#), the benefits of Chamomile & Lavender Tea and recipes you can try at home. Use the change in season to make healthy changes in your life. Cooler weather is right around the corner, so take time to drive through the park to enjoy the amazing fall colors. Go for a walk and enjoy the cool fall breeze.

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

Jacky

Exfoliation - Let's get rid of it!

Let's start by taking a look at some skin facts:

- It is estimated that humans lose 30,000 - 40,000 dead skin cells each and every minute.
- About 75 percent of household dust is made of dead skin cells.
- The skin is the largest organ of the human body and renews itself every 208 - 30 days.

Wikipedia defines exfoliation, in the cosmetic sense, as a technique aimed at removing dead skin cells from the face and body. Exfoliation involves the removal of the dead skin cells on the skin's outermost surface and has been used for many years to help maintain the skin. Credit is given to the ancient Egyptians for the practice of exfoliation. In the Middle Ages, wine was used as a chemical exfoliant, with tartaric acid as the active agent. In Asia, the practice of exfoliation started hundreds of years ago.

Exfoliation can be achieved through mechanical or chemical means. Mechanical exfoliation involves physically scrubbing the skin with an abrasive. Such exfoliants include microfiber cloths, micro-bead facial scrubs, crushed apricot kernels, almond shells, sugar or salt crystals, pumice, and abrasive materials such as sponges, loofahs, [brushes, and sisal bags](#) are also effective. Chemical exfoliants include scrubs containing salicylic acid, glycolic acid, citric acid, or malic acid which may be applied in high concentrations by a dermatologist, or in lower concentrations in over-the-counter products. I personally believe in using mechanical exfoliation because it works better with the natural processes of the skin to renew itself with fewer risks than chemical. My products have natural ingredients such as organic rosemary, poppy seeds, chamomile, apricot kernel, and lavender - which serve as both an exfoliant and also offer both healing and therapeutic value.



Chamomile Essential Oil of the Month

Relaxing, soothing, calming the nerves without being a sedative (great for kids!), very gentle oil for many skin conditions, digestive problems and stress. Great skincare properties, soothing irritation and balancing the skin's functions. Its mildness, as well as its proven effectiveness makes it a universal remedy, even in baby care.

Some say that Roman Chamomile is better for relaxing applications and as a remedy for ailments of the body. For skin problems however, German Chamomile seems to be the best.

Suggested Use: Add 3 drops to a hot bath for a blissful retreat. This particular Chamomile is also excellent in a diffuser, or you could add a drop or two to a spoonful of honey for a Chamomile-infused cup of tea.

Add 9 drops to 1oz. of unscented body care product. You can also add 2 drops to 1oz. of Olive Oil or unscented lotion for a homemade and highly effective diaper rash remedy.

History:

This herb has been used for medicinal purposes and skin therapy for a long time, in particular in Europe. German/Blue Chamomile and Roman Chamomile have very similar properties, however the German/ Blue oil is better for anti-inflammatory applications, because it has a higher content of Azulene.

Our Price: \$13.00

[Click here to purchase.](#)

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

New skin cells are created in the skin's lower layer, the dermis. Over time, cells migrate to the surface of the skin, the epidermis, and become more acidic. During their 30 day journey, they die and become saturated with keratin. Keratin is important because it protects the skin from outside elements. Through the aging process, and after menopause for women, the natural process of skin erosion becomes uneven, giving skin a dry, rough character and contributing to uneven skin tone. Exfoliation reveals the newer skin beneath. This shedding of the outer layer unclogs pores and keeps skin clean. Exfoliation should always be done during or after cleansing the skin. Exfoliation is important for men as it exposes the hair follicles, allowing for a better shave. It is possible to over exfoliate, which dries and irritates the skin. The face is the part of the body most sensitive to exfoliation. Hence, provided that exfoliating can cause the skin to dry out, it is vital to moisturize it, because dry skin can lead to wrinkle development. The body attempts to shed these dead skin cells on its own, however, exfoliation through the use of skin brushes, sisal bags or exfoliant skin care products, helps to stimulate new cell growth and reduces the buildup of dead skin cells.

So, how do dead skin cells impact the skin's health? As the dead skin cells build up on the surface of the skin, they have the potential to act as a barrier to absorption of nutrients from nourishing creams and lotions; they also have the potential to block sweat glands, which can result in white heads, black heads or acne. There are basically two for using a daily skin care regime. The first is to keep the skin clean and the dead skin cell layer to a healthy minimum. The second reason is to provide the skin with nutrients and nourishment for optimum functionality.

Why organic? The skin is our biggest organ and what you put on it goes in. I use only certified organic material in my soaps and products. Certified organic material assures the avoidance of most synthetic chemical inputs (e.g. fertilizer, pesticides, antibiotics, food additives, etc), genetically modified organisms, irradiation, and the use of sewage sludge. Typically it also covers the use of farmland that has been free from synthetic chemicals for a number of years (often, three or more).

Taking care of your largest organ is important not only for your look but also has a great impact on how you feel. Making sure our skin is functioning properly keeps us healthier. Using a natural exfoliant skin care product is a great option to gently remove some of the dead skin cells and provide some nutrients at the same time. Then we can really look as good as we feel!

www.wisegeek.com
www.chaca.com
[www.ezine@rticles.com](mailto:ezine@rticles.com)
Wikipedia

Dr. Karen Wright Reed, PH.D., CTN
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Article contributed by Dr. Karen Wright Reed, CEO The Wright Essence. Dr. Reed's soaps use only the highest grade essential oils and organic materials. As a certified Traditional Naturopath I feel confident recommending Karen's soaps to you. In addition, Karen Wright Reed, PH.D., CTN, has been involved in Complementary/Integrative Medicine for over 15 years. She is a Reiki Master and has completed a two year intensive course on Chakra Healing. She creates therapeutic soaps and other items designed to help your body heal itself and to encourage self care.

Now you can see why we carry Karen's [therapeutic soaps!](#) I've heard doctors say that exfoliation is a very underused detox method that we all could benefit from.

We also carry a line of [Body Brushes](#) for those who prefer to brush away dead skin. Use the Body Brush while standing in the shower before you turn on the water. When done Brushing, shower as usual using the soaps, if you like. [Click here for complete directions on how to Body Brush.](#)

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Save 20%

20% off your online purchase. Go to 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.

Create your own Soothing Chamomile Soak

Directions: Fill your bath with warm water. Add this therapeutic mixture to your tub, sit back and enjoy....

1 Tablespoon Jojoba Oil
10 Drops of Chamomile Essential Oil
1/2 cup of powdered milk

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

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