

MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

March 2011

Speaking of...Mindful Wellness For the Love of Music...

Follow Us



[Click Here to Purchase an
Instant Gift Certificate](#)

Tea of the Month Organic Golden Green Tea

Helps maintain a healthy cholesterol level*

Did you know Green Tea can help ease the discomfort of chapped lips? You just dip the tea bag in warm water, put it on your lips, and it helps severely dry or chapped lips. Dr Oz said that the polyphenols in the Green Tea Bag soothe inflamed tissue and help to heal your chapped lips. Just rest the Green Tea Bag on your lips, suck on it and have a cup of tea afterward! (Source Dr. Oz 3.3.11)

Directions and preparation for use:

Pour 8 oz. of boiling water over one tea bag and steep, covered, for 3-5 minutes. Water temperature and longer steeping time greatly influence the yield of beneficial components extracted from the herbs. Drink 3 or more cups daily. The health benefits of green tea increases with long-term use.

Supplemental Facts:

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. Tea is the most widely consumed beverage in the world and has a long history of sage and beneficial use throughout many cultures. Tea leaf, Camellia sinensis, is naturally rich in beneficial flavonoids (quercetin), polyphenols (catechin) and alkaloids (caffeine). 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

Dear Jacky,

Music is a wonderfully therapeutic way to improve your overall mental and physical health. Finding your favorite blend of tunes can lift your spirit, calm your mind, or get your body moving. Read more about the benefits music can bring to your mind and body.

Load your favorite music onto your i-pod and get out to enjoy the beautiful spring flowers. This is one of my favorite times of year when things are coming in fresh and alive. Enjoy the magical colors of Spring.

Put a spring in your step and live your life to its fullest! Look for more wellness ideas when you visit www.MindfulWellnessMassageandBodywork.com You'll find products, articles, my blog, plus many more suggestions.

Jacky

For the Love of Music Benefiting your Mind and Body

When I'm having a challenging day, one of the first things I like to do is seek a quiet space to play [relaxing music](#). I've learned that listening to my favorite music helps my body and mind improve in many ways. Whether you're in the mood for unwinding or to get moving, music should be an integral part of your daily activity.

Relieves Stress

Listening to calming music will help reduce stress. Finding a tune that makes you comfortable, decreases your blood pressure and decompresses your body by lowering your heart rate. Finding the music that centers your body is very personal. Some may find listening to a lovely piano tune calming, while others may find classical music does the trick. Find the music that makes you happy and sense the tension fading away.

Makes you Happy

Put a smile on your face by finding that "happy tune." You'll find that you're much more approachable when you're smiling. Keep humming that happy tune and observe how the moods of those around you improve, as well. Looking for a happy scent to lighten your mood? Try [Tangerine Essential Oil](#) or another citrus scent. Add a few drops to your portable [Essential Oil Inhaler](#) or your [Essential Oil Jewelry](#) for a quick pick-me-up whiff when you're on the go.

Improves Memory

Studies have shown that listening to classical music improves the level of serotonin in your brain. Serotonin is a neurotransmitter that assists brain function. Your body will be able to complete organizational tasks more efficiently as levels are increased. You'll also find that tension decreases when you have higher levels of serotonin in your body. Add a few drops of [Rosemary Essential Oil](#), also found to help increase memory function, to your [favorite diffuser](#). You'll find that the combination of music plus aromatherapy will aid in improving your memory.

Get your blood pumping

helping to regulate LDL and HDL cholesterol levels.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Our Price: \$5.49

[Buy Organic Golden Green Tea now.](#)



"Relaxing" Essential Oil Blend of the Month

Enjoy this wonderful aroma and listen to relaxing music to soothe your mind and body.

Description:

A perfectly sweet blend full of lightness and peace. One of Mindful Wellness' most popular products, it's very inviting with the warmth of a ray of sunshine, exuding feelings of happiness and bliss, and bringing instant stress relief.

Taking a bath with this blend is like floating in a big, fragrant, delicious dessert. Simply blend up to 10 drops with Half & Half (in order to prevent the oil from floating on the surface), and add it to the bath water.

This is a true classic that should not be missing in your collection of diffuser oils.

Contains: Essential Oils of Cedarwood, Sweet Orange, Ylang Ylang.

Our Price: \$5.60

[Start Relaxing today!](#)

Boost your health by adding music to your fitness routine. Tailor the tempo to your activity level. Music with a high tempo gets your blood and body moving faster. Slow the tempo down for a pleasant and relaxing stroll through the park or during the cool down portion of your routine.

Music helps stimulate your mind and body... find the tune that makes you feel good.

Incorporate [music](#) into your routine and see how much better your mind and body function. You may be interested in obtaining membership to the same type of music I use during my bodywork sessions. Although you'll find much of the message is directed toward Body Workers, like myself, you are able to [become a member and start enjoying the soothing music available](#). Consider incorporating serene music into your day to promote relaxation.

Copyright © 2011, by Jacky Groenewegen LMT, HTCP, GIT

All rights reserved.

"Relaxing"
FREE
with
Purchase

Get Relaxing Essential Oil Free with your online product purchase over \$25 (while supplies last). Go to

www.MindfulWellnessMassageandBodywork.com

Free Bottle of Relaxing Essential Oil will automatically be included with your order, while supplies last. No discount code necessary. Feel free to share with a friend.

Honey-Green Tea

Ingredients

- 1 (2 inch) piece lemon zest, cut into thin slivers
- 2 teaspoons boiling water
- 1 Bag of [Organic Golden Green Tea](#)
- 3/4 cup hot water
- 1/2 cup freshly squeezed grapefruit juice
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon honey

Directions

Combine 2 teaspoons of boiling water with lemon zest and let steep for 3 minutes. Steep 3/4 cup of hot water with Organic Golden Green Tea for 3 minutes. Combine with lemon zest, grapefruit juice, lemon juice and honey. Enjoy!

Recipe modified from "Allrecipes.com"

Calming Bath Scrub

Create a calming bath scrub using "Relaxing Essential Oil".

5-6 Tablespoons Sea Salt

1 Teaspoon [Jojoba](#)

4 - 5 Drops [Relaxing Essential Oil](#)

Use this Relaxing scrub to soothe dry patches. Then sit back and add 10 drops of Relaxing Essential Oil with half & half to your bath while you enjoy a warm cup of Honey Green Tea.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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