

Speaking of...Mindful Wellness Spring a time to Awaken and Renew...

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Tea of the Month

Breathe EasyTea

Breathe Easy promotes
Respiratory Health*

Herb Teas for Seasonal
Conditions*
16 Wrapped Tea Bags
Caffeine Free
Net Wt. .85 Oz. (24g)

For maximum benefit, medicinal tea must be properly prepared. Pour 8 oz freshly boiled water over a tea bag in a ceramic cup. Cover cup and steep 10-15 minutes. Water temperature, covering your cup and steeping time greatly influence the yield of beneficial components that will end up in your teacup! Gently squeeze the tea bag to release the remaining extractive. Drink three cups daily or as needed. Adding honey may enhance benefits, especially in dry climates.

What will Breathe Easy do for me?

Breathe Easy promotes normal respiratory tract health by reducing mucus and helping to keep the nasal passages open.*

How do I know it works?

Breathe Easy combines eucalyptus, fennel, and licorice; herbs that have been found to have beneficial effects on upper respiratory tract health. Their effects are complemented by the addition of "Bi Yan Pian," a traditional formula for the sinuses,

Dear Jacky,

Spring is officially here, bringing a lot of rain to green-up yards and nourish our flowers. Everything is new and alive. Take time to wake up your senses with essential oil scents, increase your activity level and enjoy the bright surroundings of Spring.

In this issue you'll find "mindful" suggestions to help with spring cleaning...spring allergy relief...and tips to help with clarity and concentration.

Spring into action and enjoy the warmer weather! Look for more wellness ideas when you visit www.MindfulWellnessMassageandBodywork.com You'll find products, articles, my blog, plus many more suggestions.

Jacky

Alive and Refreshed

Spring brings a chance for us to refresh and renew...a time to open up our homes and gain clarity. Pure Essential Oils, like those carried at Mindful Wellness Massage and Bodywork, offer solutions for natural cleaning of your home and body.

You'll find Essential Oils to Stimulate your Mind....

You'll be amazed at the therapeutic benefits a particular essential oil scent can have on stimulating the brain. In fact, I carry a number of small bottles, portable diffusers or even a simple cotton ball with a few drops of my favorite scent with me to use when I need a little mental boost. A scent like [Peppermint](#), [Lemon](#) or [Rosemary](#) wakes up your mind to the challenges you may face. Cedarwood, powerful healing oil may help children with ADD or ADHD stimulate brain function and improve mental synergy. (Research Study on Attention Deficit and Hyperactivity Disorder (ADHD) By Terry S. Friedmann, M. D., A.B.H.M.)

Essential Oils such as peppermint, rosemary or [cedarwood](#) can be added to Jojoba and massaged onto the neck at the base of the brain stem or applied to the forehead. Try your favorite today!

Essential Oils that bring Spring Allergy Relief...

There are many natural methods available to help ease the symptoms spring allergies bring. Helping to clean out the congestion in your nose will make you feel much more alive. Creating this simple solution at home to use with your [Nasopure unit](#) or fill an [Amber Glass Nasal Spray Bottle](#) to help clear your sinus!

Daniel Penoel, MD, recommends that the saline solution be prepared as follows:
12 drops of Rosemary oil
4 drops of [Tea Tree](#) oil
8 tablespoons very fine salt

The essential oils are mixed thoroughly in the fine salt and kept in a sealable container. For each nasal irrigation session, 1 teaspoon of this salt mixture is dissolved into 1 1/2 cups distilled water (or one fill of your Nasopure unit). This oil/salt/water solution is then used to irrigate the nasal cavities. This application has brought surprisingly positive results in treating latent sinusitis and other nasal

widely recommended by practitioners of Oriental medicine.* When should I use it? When experiencing difficulty breathing due to common, non-serious conditions of the upper respiratory tract.

How does it taste?

It's a complex blend of herbal tastes - spicy-aromatic and cooling, somewhat bitter and astringent, and slightly sweet.

Our Price: \$5.49

[Buy Breathe Easy Tea now.](#)



**"Citrus Aroma"
Essential Oil Blend
of the Month**

**Great for creating a
fragrant clean
atmosphere.**

Description:

Oh, blend of three, how I love thee! Orange, Tangerine and Lime have teamed up for a perfectly fresh synergy. Fruity, tart and delicious.

You may want to add a few drops of Citrus to your mopping water for a fresh, natural aroma and enhanced cleaning.

Since the Citrus Essential Oils can result in phototoxic effects (skin pigmentation after exposure to the sun), we do not recommend this blend for use on the skin.

Keep refrigerated for extended shelf life.

Contains: Essential Oils of Orange, Tangerine, Lime.

Our Price: \$5.80

[Create a Fragrant Clean Environment Today!](#)

congestion problems.

Penoel, Daniel, MD and Rose Marie, Natural Home Health Care Using Essential Oils, Essential Science Publishing, 1998. pp. 166-167

Let me know if you feel better using these natural allergy solutions. I know they help provide me with sinus relief. I've also found this site to be very helpful in predicting the [local pollen forecast](#).

Essential Oils for Spring Cleaning...

Although not one of my favorite activities, I do enjoy having a clean house. I've recently discovered a quick and easy natural solution for weekly cleaning, combine 1 cup water with 1 cup white vinegar and 25 drops of Lemon Essential Oil (or your favorite purifying blend) in a 16 oz glass bottle with a spray top. Shake well before using, and spray on surfaces to be cleaned, wipe off with a clean rag or paper towel. The Lemon Essential oil cleanses as well as leaves a fresh clean scent.

Enjoy these natural methods to keep you mind, body and home clean. Take this time to enjoy the scents of spring!

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**"Amber
Glass
Nasal
Spray
Bottle"**

FREE with PURCHASE

Get an Amber Glass Spray Bottle Free with your online product purchase over \$25 (while supplies last). Go to www.MindfulWellnessMassageandBodywork.com Free Amber Glass Nasal Spray Bottle will automatically be included with your order, while supplies last. No discount code necessary. Feel free to share with a friend.
See recipe above for ideas on how to use.

Relaxing Carpet Freshener

Ingredients

- 1 Cup of Baking Soda
- Few Drops of [Lavender Essential Oil](#)

Mix a cup of baking soda with a few drops of Lavender essential oil in a glass jar that is meant to hold red pepper flakes for pizzas. Stir well so essential oil is evenly mixed in.

Sprinkle mixture around the carpet and let it sit for a few minutes and then vacuum. Your carpet and room will smell great and you may get the added benefit of feeling calmer.

If you are trying to get rid of odors, try using [Lemon Essential Oil](#) in place of Lavender Essential Oil. Or mix the two together. This 100% natural carpet freshener will mean that you never have to worry about exposing yourself, children or pets to harmful chemicals. It's much cheaper than store bought products too!

Warm Healing Herbal Spa Soak

- 1/2 Cup Epsom Salt
- 2 Drops of Peppermint Essential Oil
- 5 Drops Tea Tree Essential Oil
- 5 Drops [Sage](#) Essential Oil

Blend all ingredients together well and add to your nice warm foot bath. You may also use this in a full body bath, simply double the recipe. Take 20 minutes for yourself to relax and refresh your body. Plus, Peppermint Essential Oil helps with your digestive health even when you apply it topically as part of this soak. Tea Tree and Sage offer anti-viral, anti-fungus, and anti-bacterial benefits to your well being.

Comments, suggestions or questions are always welcome.

Please let me know if the many natural solutions provided in this newsletter helped or provided relief for you this Spring.

Here's to Healthy Habits,

Jacky

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