

Speaking of...Mindful Wellness Help for the Stressed out Dad...

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Tea of the Month

Easy Now Tea

Easy Now eases Tension and Stress

When should I use it?

Drink 2-3 cups of Easy Now throughout the day. If needed it may also be taken in the evening.

Ingredients: Peppermint Leaf, Spearmint Leaf, Passion Flower Herb, Valerian Root, Licorice Root, Catnip Leaf, Chamomile Flower, Rosemary Leaf, Lavender Flower, and Natural Flavors.

Pregnancy and lactation: As with any herbal supplement, do not use during pregnancy or lactation without the advice of a practitioner trained in medical herbalism.

What will Easy Now do for me?

Easy Now is a natural herbal nervine that eases tension and stress.

How do I know it works?

Passion flower tea and lavender flower tea are approved in Europe for nervous restlessness and sleeplessness. According to the World Health Organization, the use of chamomile tea is supported by clinical data showing that it is useful for restlessness and mild insomnia due to nervous disorders. In several herbal traditions throughout the world, chamomile and passion flower are combined in relaxation teas.

How does it taste?

It's an aromatic balance of flowers and mints pleasantly bitter and sweet with refreshing mint.

Our Price: \$5.49

[Buy Organic Easy Now today.](#)

Dear Jacky,

Dad doesn't have to be the only one to benefit from stress relief, but we'll give a little kudos to help the man in your life feel better. In this issue you'll find "mindful" suggestions to help ease stress, tips to control snoring and natural bug fighters.

Take care of your mind and body with these helpful suggestions. You'll find more wellness ideas when you visit www.MindfulWellnessMassageandBodywork.com. Look for products, articles, my blog, plus many more suggestions.

Jacky

Help for the stressed out Dad...

Dads aren't the only ones who are stressed out. Father's Day is right around the corner, so we're helping you and the favorite man in your life with wellness tips...

Technology can be a huge stressor even though it's designed to help make life a little less hectic. I don't know about you, but sometimes I find it necessary to turn off all of the electronic gadgets and simply decompress.

Through the use of aromatherapy (using therapeutic grade Essential oils) we will explore some natural ways to relax, ease snoring and prevent bug bites while you enjoy being outdoors.

You'll find Essential Oils to Relax your Mind and Body....

The use of essential oils provides amazing benefits for your mind and body. Lavender is a very popular essential oil that calms, relaxes and balances you, both physically and emotionally.

Is the stress of a bug bite getting to you? Lavender Essential Oil can be applied directly to the skin to ease the sting of a bug bite or reduce the itching or swelling that nasty insect caused.

Other more manly scents to ease stress include [Cederwood Atlas](#), [Clary Sage](#), and [Myrrh](#).

Essential Oils to help improve your work-out...

Peppermint Essential Oil (*Mentha piperita*) is a great addition to help boost your energy, help reduce inflammation or relieve muscle tension.

Before or during your workout inhale Peppermint to improve your mood and reduce fatigue. Get that extra boost to keep you going to reach your fitness goal.

After your workout add a drop or two of Peppermint Essential Oil to Jojoba or Olive Oil and rub on sore muscles. Or, if your feet are aching after that long run, add a few drops to a warm foot bath to relieve sore feet. Keep agitating the water while soaking your feet.

Keep yourself hydrated and cool off by adding a drop of Peppermint Essential Oil to a glass of water. You'll also have the added benefit of fresh breath!

Help with sleeping and snoring...



"Bug Biter" Essential Oil Blend of the Month

Great natural way to keep the bugs away.

Description:

Featuring Essential Oils with reputations as insect repellents, which have been blended with Jojoba Oil ready for direct application to the skin.

Customers as far away as Australia swear by this oil! Simply apply a thin layer repeatedly on skin that is exposed to biting insects.

Contains: Essential Oils of Eucalyptus Globulus, Cedarwood Virginiana, Geranium. Blended in pure Jojoba Oil.

Our Price: \$5.40

[Keep the bugs away!!](#)

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Snoring is a problem not only for the individual who snores, but can also disrupt the sleep of anyone sleeping nearby. Studies have shown that getting 7 - 8 hours of sleep per night helps maintain ideal weight and reduces stress (Source: WebMd). If you're sleeping with a snorer, you know how difficult it can be to reach this goal. These natural remedies may help relieve the nighttime snoring and let everyone get a better night sleep.

- Gargle before bed to lubricate your throat and reduce the size of inflamed sinus lining. Mix 1 drop of Peppermint Essential Oil with glass of water. Gargle and spit.
- Rub 2 - 3 drops of [Thyme Essential Oil](#) on your feet at bedtime. (Source Essential Oil Desk Reference)

Enjoy these natural methods to aid in muscle fatigue, help with sleep and relaxation!

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No coupon code necessary \$5 off will automatically be included with your online product purchase over \$25. Feel free to share with a friend.

Nasal Relief

Ingredients

- 10 Drops of [Eucalyptus Essential Oil](#)
- 10 Drops of [Tea Tree Essential Oil](#)
- 1 Tablespoon Water, distilled water if possible

Use with the [Amber Nasal Bottle](#) for nasal relief (Amber Nasal Bottle is a great way to create your own nasal sprays!) to provide allergy or congestion relief. Wait at least 5 minutes to blow your nose. The effects should last several hours. Gently shake the bottle before each use.

Prevent Premature Balding

- 4 Drops [Cypress Essential Oil](#)
- 2 Drops [Clary Sage Essential Oil](#)
- 2 Drops [Juniper Essential Oil](#)
- 3 Drops [Rosemary Essential Oil](#)
- 5 drops [Lavender Essential Oil](#)

Mix together and store in a small glass bottle with a tight fitting lid (keep in a cool, dark place). Add a drop of the above blend to 1 teaspoon of water and massage into scalp where balding; then rub gently into rest of scalp. Best when used at night. (Source *Essential Oil Desk Reference*)

Comments, suggestions or questions are always welcome.

Please let me know if the many natural solutions provided in this newsletter helped ease your stress or provided relief for your snoring.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
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