

Speaking of...Mindful Wellness

All about protecting your skin...

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"Ginger Root" Essential Oil of the Month

Relief for an upset stomach and tired muscles...

Apply a few drops to a tissue and inhale; or add to a diffuser.

When using Ginger in skincare, please keep in mind that this is a "hot and spicy" oil - great for warming the tissue and many healing applications - but also prone to causing irritation when used in high concentrations.

Adding a Ginger-type blend to a warm bath brings welcome stimulation to sore, stiff and overworked muscles. In order to prevent the oils from floating on the surface, blend the Essential Oil with some Half & Half, honey, or vinegar before adding it to the water.

For an easy version, blend one drop of Ginger Oil with a teaspoon of honey and enjoy with a steaming hot cup of tea; great for an upset stomach or to fight the onset of a summertime cold or flu.

Dear Jacky,

Are you enjoying your lazy, hazy days of summer? I think of Summertime as the perfect time to get outside and enjoy the sunshine. But...I'm also mindful of the dangers the sun and heat can bring.

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

Jacky

Fun in the Sun advice you can use and it's not just for the kids...

Babies under 6 Months

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

- The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For All Other Children and Adults:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% - 100% protection against both UVA and UVB rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

Heat Stress Exercising in hot weather

Source: <http://www.aap.org/policy/re9845.html>

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 7 to 14 days to acclimatize to the heat, particularly if it is very humid.
- Before prolonged physical activity, children should be well-hydrated

No known toxicity. However, due to its intensity use only in moderation, skin irritation possible at high concentration. GRAS (Generally Regarded As Safe) approved by the FDA as food flavor. Slightly phototoxic (avoid sunlight after applying to skin).

Our Price: \$10.20

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Practitioner

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and should not feel thirsty. For the first hour of exercise, water alone can be used. Kids should have water or a sports drink always available and drink every 20 minutes while exercising in the heat. Excessively hot and humid environments, more prolonged and strenuous exercise, and copious sweating should be reasons for children to substantially increase their fluid intake. After an hour of exercise, children need to drink a carbohydrate-electrolyte beverage to replace electrolytes lost in sweat and provide carbohydrates for energy.

- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted. Children should seek cooler environments if they feel excessively hot or fatigued.

Looking for more tips from the American Cancer Society.. [Be Safe in the Sun](#)

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Lavender Sunscreen

Just add 30 drops lavender essential oil to 4 oz of avocado oil. Protects and moisturizes your skin & it works like a charm.

Keep Cool Misting Spray

Keep cool during the summer heat with these fun misting sprays featuring the cooling power of natural essential oils!

To make this spray, add 1/2 tsp. Epsom salts and 5-10 drops of a cooling essential oil to a 4 oz. [Misting Spray Bottle](#). Then fill the spray bottle most of the way with distilled water. Oils that cool naturally include [peppermint](#), [eucalyptus](#), melaleuca, [lavender](#), [Roman chamomile](#), and citrus oils.

To use this cooling spray, shake well and then mist over exposed skin. (Do not spray in the eyes!)

Comments, suggestions or questions are always welcome.

Please let me know if the many natural solutions provided in this newsletter helped you find new ways to ease the heat and provide natural relief if you spent too much time in the sun.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
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