

MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

October 2011

Speaking of...Mindful Wellness Oh no Soap Scum upsets my Wellness...

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"Cinnamon Leaf" Essential Oil of the Month

Fight infections with this warm oil!

Cinnamon has been used since ancient times in China to treat a wide variety of ailments. Cinnamon oil is commonly used today to help with respiratory conditions, and to help fight bacterial and viral infections.

Cinnamon has a rich, spicy aroma that is warm and inviting on cool fall days. It blends well with all citrus oils (orange and cinnamon is a great combination), cypress, frankincense, geranium, lavender, rosemary, and other spice oils such as

Dear Jacky,

This has been one crazy month testing my calm, peaceful mind. I have to share the tips I learned after I spent a week dealing with my broken washing machine at the office. Read below to find ways to help clean out the gunk built up in your machine. If what I learned from this ordeal can somehow help you prevent stress, I'm glad to share these prevention and maintenance ideas I picked up.

My problems aside, you'll find spooktacular ideas to warm up your Halloween fun and easy crafts you can start thinking about for the upcoming holidays. It's never too early to start planning, so you can keep your stress low during the upcoming months.

Find more suggestions to keep you healthy when you visit www.MindfulWellnessMassageandBodywork.com. Look for products, articles, my blog, plus many more suggestions.

Jacky

Oh, No... Soap Scum upsets my Wellness...

You may be scratching your head as you see the topic of this article. Why is Mindful Wellness writing about soap scum???

Earlier this month, MY washing machine broke down at the office and it was quite an inconvenience. Even though I use liquid detergent with no added dyes and perfumes, over time gunk built up.

I had no idea that we are supposed to regularly treat our washing machines to prevent soap scum build up. WHO KNEW??

I felt compelled to share this info with you, so hopefully, you can avoid the unpleasantness of being without your washing machine.

[Click here: How to Clean a Washing Machine of Soap Scum | eHow.com](#)

I guess it does tie in to your mental wellness and peace of mind, after all.

Thoughtful Gift Ideas...

Create your own scented stationary or notecards to use as holiday hostess gifts or anytime you need to give a thoughtful thank you gift. This is fun and very easy, even if you're not a crafty person. Simply place a few drops of your favorite essential oil onto a cotton ball, then seal with your stationary/notecard in a plastic bag for 24 hours. I personally like to use Lavender, Jasmine, any citrus blend or Ylang Ylang for my notecards.

If I'm giving as a gift I'll place the stationary and envelopes in a pretty box with a nice pen. Tie with a ribbon and you've got a great gift to give.

clove and ginger.
Are you trying to sell your house? Add a few drops of Cinnamon Essential Oil to your spritzer bottle filled with water. Spray around your house to bring in a warm cozy feeling to help sell your house quicker.

Our Price: \$7.19
Buy Today!

Contact Us

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Win a
FREE 30
minute
Massage or
\$35.00 in
merchandise

Hurry Drawing takes place on
11/1/11

What Essential Oil did Jacky mention in the YouTube video "[How to do A Castor Oil Pack compliments of Mindful Wellness](#)"?

E-mail your answer to
support@MindfulWellnessMassageandBodywork.com
If your answer is correct
you'll be entered into a drawing to win a free 30
minute massage or \$35 of Mindful Wellness Online
Merchandise. Drawing to take place on November 1,
2011. (cannot be redeemed for cash)

Improve your circulation...

Suffuring from poor circulation? Create your own warming blend by adding 2 drops of [Cinnamon Leaf Essential Oil](#), 4 drops of [Lavender Essential Oil](#), 4 drops of [Ginger Essential Oil](#) with 1 ounce of [Jojoba](#). Gently rub on body and feel the warming effect this blend provides.

Fall Cold be Gone

Create your own steam by boiling a pot of water and adding a drop of Cinnamon Essential Oil. This warming oil can be used to ease respiratory issues found with the common cold or flu.

Tick Removal

Use Cinnamon Essential Oil to remove a tick, [Peppermint Essential Oil](#) is another alternative. Place a drop of the oil on a cotton swab and apply directly to the tick. Wait for the tick to release its head and remove from the skin.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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