

MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

December 2011

Speaking of...Mindful Wellness Joyful Holiday Ideas...

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"Celebrate" Essential Oil of the Month

Lift your Holiday Mood!

This cheerful blend spreads joy in abundance. A rich, uplifting synergy that is so delicious and heart-warming, it will turn your holidays into jolly days!

It smells like Christmas - freshly cut evergreen branches and Christmas cookies.

This aroma is likely to become a cherished holiday essential for you and your family.

Add Celebrate to a diffuser, sprinkle it on your Christmas tree or wreath, place Celebrate-scented potpourri throughout the house, etc.

Dear Jacky,

Well, somebody is trying to tell me something. I've had another fun month celebrating the gift of water in my office. With all of the rain we've recently had, I walked into start the week only to find my office and utility room flooded. On the bright side it does give me the opportunity to go through old items and get rid of things I no longer need.

As the holidays draw nearer I'm looking forward to spending time with loved ones. Spending time with family and friends is a precious gift I always cherish. Especially, the innocence that children bring, this adds such a sparkle to the season.

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

Happy Holidays everyone...

Jacky

Need ideas for Christmas? Here are some very Mindful ones that you'll find helpful...

GREAT GIFT IDEAS:



1. Co-worker: Mug or teacup, Energizing Diffuser.
2. Child: Stuffed Bear, NasoPure to keep the colds away
3. Mom: Healthy Toes, Aztec Healing Clay
4. Dad care package: Large HealthyToes
5. Family: SpaMist Aromatherapy Diffuser
6. Man: Castor Oil Pack and Castor Oil
7. Couple: Jojoba and Lavender Essential Oil
8. Woman: Dry Skin Body Brush Kit [Click for more Mindful Gift Idea's](#)

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Ingredients: Essential Oils of Orange, Cinnamon, Spruce, Patchouli, Clove.

Our Price: \$6.19

[Buy Today!](#)

Contact Us

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Thoughtful Gift Ideas...

Anxiety Bath Salt Recipe

- * 1 Cup Epsom Salt or Sea Salt
- * 10 drops [Lavender Essential Oil](#)
- * 6 drops [Ylang Ylang Essential Oil](#)
- * 4 drops [Bergamot Essential Oil](#)

Combine all ingredients in a small bowl or jar, stir essential oils into the salt well. Place into a mason jar and wrap with a pretty bow.

Your favorite friend or loved one will enjoy pouring the bath salts under running warm bath water. Soak for 20 minutes.

Stuck in Holiday Traffic...

When stressed and stuck in traffic try placing 3-5 drops of [Lemon Essential Oil](#) on a cotton ball, or tissue, and place in the A/C or heat vent of your car.

This keeps your car smelling fresh and clean as well as providing you with the concentration you need while driving in traffic along with giving you great mental alertness once you finally arrive to work or your favorite shopping spot!

Also try [Peppermint](#), [Ginger](#), Lemon, or [Grapefruit](#) Essential Oil.

Grapefruit and Peppermint for Swollen Feet

For swollen feet, revitalize them with a warm foot bath:

3 drops of Grapefruit Essential Oil and
1 drop of Peppermint Essential Oil, and
1/4 cup of vinegar to the water.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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

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