

# MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

February 2012

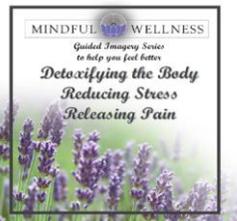
## Speaking of...Mindful Wellness You Matter...

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Take a little time for  
yourself...

In previous issues I've talked about the benefits you gain by taking a little time for yourself by using [Guided Imagery](#). Take a little time for yourself by listening to the condensed version of each - Releasing Pain, Reducing Stress or Detoxifying your Body.

[Click here to listen to a sample!](#)

Like what you hear? [More](#)

Dear Jacky,

I'm delighted to share ideas to make you really think about how much you matter to yourself, loved ones, and friends. Our guest author, Polly Giblin, a certified Life Coach for many years, gives you information that just makes you stop and go... hmmm. Thank you, Polly Giblin, for reminding us that "you" really do matter.

Finding time for yourself is important even if it's just a few minutes a day. The greatest gift you can give to your loved ones is a happy, healthy you. Check out my latest video that gives you some self care ideas while using aromatherapy pillows.

You can find the pillows on my website plus, other products to help you feel better, my blog and helpful articles, visit [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Here's to taking time to know you matter...

Jacky

### You Matter...

By Polly Giblin

I just wanted to give you a minute to let that sink in. You matter not because of what you do or who you know or because of how much you earn. You matter simply because you exist. How long has it been since someone told you that? How long has it been since you told yourself that?

In this world of crazy schedules, 24/7 electronic access and the drive to have more, we run ourselves into the ground trying to make sure nothing falls through the cracks. Heaven forbid we say "No" to something and risk disappointing someone. Since we have become amazingly good "Yes" machines there is one thing that is most certainly allowed to fall by the way side: self care.

At some point in our growing up process we decided that it was O.K. for us to go without as long as everyone else got what they needed. Well, to put it in the immortal blunt words of Dr. Phil, "How's that workin' for you?"

Giving and giving and giving is great as long as you... ([Click to find more.](#))

### [Guided Imagery CD's](#)

are available on my website. These make a wonderful addition to your collection.

**Our Price: \$17.95**

### Contact Us

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## Self Care tips and How to use Aromatherapy Pillows to help you feel better



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## Honey & Spice Bath Soak...

### Ingredients:

½ cup Baking Soda  
2 Tbsp. Honey  
6 drops of [Cinnamon Essential Oil](#)  
4 drops [Ginger Essential Oil](#)  
3 Drops [Clove Essential Oil](#)  
½ cup Epsom Salt

Blend all ingredients together well and add to your soothing warm bath. Relax in this "spicy" soak. This essential oil combination happens to contain many antibacterial and antiseptic qualities. This bath will be wonderful therapy to warm your body on a chilled day.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

Jacky Groenewegen , LMT, HTCP, GIT  
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