

## Speaking of...Mindful Wellness

### Keeping your mind, body and surroundings in balance...

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**Spring allergies starting early find relief...**

#### 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 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.

Dear Jacky,

I was so thrilled with the comments received about the February "[You Matter](#)" newsletter. Our guest author this month is, Cyd Alper-Sedgwick, a Feng Shui Practitioner and Designer. Thank you, Cyd, for reminding us about the importance of keeping our sacred space in perfect harmony.

You can find Essential Oils on my website plus, 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 keep your mind, body and surroundings in balance...

*Jacky*

### What is the connection between Feng Shui and massage...

By Cyd Alper-Sedgwick

What is the connection between Feng Shui and Massage.....if you have never heard of Feng Shui, and despite its 6000 year history, many people have not....it is not a form of massage.....actually it is!

Jacky, as you know is The Best in the City and booking an appointment with her is our own way of taking extra special care of our bodies. We love and trust her and that appointment is something to be savoured.

I am Cyd Alper-Sedgwick, Feng Shui Practitioner and Designer....what Jacky does for your body and soul, I do for your living and working spaces.

Your home, like your body is a Sacred Space, it needs to be loved and nurtured, coaxed into shape and cleansed from the inside out.

What is Feng Shui? It is many things, not just the placement of furniture, it addresses the very essence of your Sacred Space. It is a clearing of negative energy and allows the positive to enter and survive.

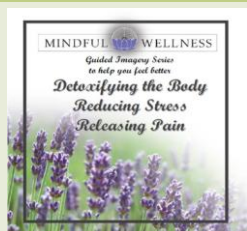
It is about a sequence of color, flow and yes, placement. From the Command Position to the hanging of your art, photographs etc.

There are 8 different schools of Feng Shui, mixing them is not a good thing, but as nothing is bad, it is not bad either, but it is not truly beneficial to you and your Family.

Problem relationships, difficult children...even pets, can all benefit from a true Feng Shui Consultation.

The same applies in business, a clearing can support you as you spend time creating your business to success.

Gently shake the bottle before each use.



### 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 [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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Questions you have as to why there are obstacles that do not seem to shift? Think about it!

We owe it to ourselves to take the time to have a massage, knowing that not only is it a truly wonderful way to honor ourselves, but the benefits of that time spent with Jacky are priceless, then when you arrive home, how does your space feel to you?

Does your space support and nurture you? It should, you have worked hard for everything, it is your Sacred Space.

As you enter Jacky's space for your massage, how does it feel to you?

Jacky asked me to Feng Shui her previous space, and this current space. It was a huge honor to do so, as her space supports you through your massage. Consider that same support at home or in your business.

I am very open to meeting and talking with you because it works both ways, sometimes I am not the right person for you, sometimes a client is not the right client for me...we go with the WuWei...the Flow.....

Enjoy your massage, I cannot wait for my next one.  
You deserve the best.

To honor my long association with Jacky, I am offering 10% deduction for a full Feng Shui Consultation which translates into 3 sessions for Jacky's clients, this also includes meditations, house blessings and Harmonic Prosperity!

I am at your service.  
Blessings.

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### Great Wall Street Journal Article...

**One of my amazing clients brought this article to my attention. It is speaks to the health benefits of massage. I hope you learn as much as I did....**

[Don't Call is Pampering: Massage Wants to Be Medicine.](#)

### Orange Smoothie...

I can't believe it's so warm and we're only in March.... I'm always looking for new fun drinks to enjoy.....

Try adding 2-5 drops of [Orange Essential Oil](#) in a protein shake or a fruit smoothie.

Other Oils: [Peppermint](#), [Tangerine](#), [Ginger](#), Grapefruit and many more....

### Freezer or Fridge Odors getting you down...

Use this recipe to get rid of stale odors in your freezer or frig....

Add one drop of Orange, [Lemon](#), [Grapefruit](#), [Bergamot](#), or [Tea Tree Essential Oil](#) to one cup of water.

Wipe the inside of your refrigerator or freezer with a sponge or paper towel. This helpful tip can also be used to deodorize your trash can or oven.

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

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Jacky Groenewegen , LMT, HTCP, GIT

Mindful Wellness Massage & Bodywork, LLC