

Greetings!

## Speaking of Mindful Wellness...

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- Reflect, Reset, and Prepare for a Health Focused 2026
- Happy Holiday and Happy New Year from Mindful Wellness Medical Thermography
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- HerScan is back at Mindful Wellness the week of January 19th!
- Unlock the Secrets to Better Health and a More Youthful You! - ASEA is life changing
- Check out - Thermography - Breast and Lymphatic Spray and Recipes
- Are you interested in hosting a fun evening at your home with friends? Robin and I are happy to share information about breast health and thermography. Plus, you earn hostess incentives to put toward your thermography scan. See our Hostess Incentives Section below.

Yours in health & Wellness,  
Jacky

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## Reflect, Reset, and Prepare for a Health-Focused 2026



## Reflect, Reset, and Prepare for a Health-Focused 2026

As the year comes to a close, it's a perfect time to pause and reflect on your health journey. Whether you made big changes or small, consistent improvements, every step you took toward caring for your body matters. The end of the year isn't just about looking back—it's also about preparing wisely for what's ahead.

Before jumping into new goals for 2026, consider taking time to understand where your health stands today.

### Celebrating Your Health Accomplishments

Maybe this year you:

- Became more consistent with movement or exercise
- Improved your nutrition or hydration

- Managed stress more intentionally
- Took proactive steps with preventive wellness care

These accomplishments create momentum—but the most powerful next step is using objective information to guide your future decisions.

## **Start 2026 With Insight, Not Guesswork**

The beginning of a new year offers a powerful opportunity to set intentions rooted in awareness. Scheduling a thermography scan early in the year provides valuable insight into how your body is functioning beneath the surface.

Thermography detects patterns of heat and inflammation that may indicate areas of stress, imbalance, or concern—often before symptoms appear. Having this information at the start of the year allows you to:

- Establish a clear baseline for your health
- Identify areas that may benefit from proactive support
- Make confident, informed wellness decisions
- Track progress throughout the year

## **Turning Thermography Results Into a 2026 Health Plan**

Thermography is more than a scan—it's a planning tool. When you begin the year with a clear picture of your body's signals, you can create a personalized wellness roadmap for the months ahead.

Your results can help you:

- Prioritize specific areas for prevention or improvement
- Work more effectively with your healthcare providers
- Set realistic, individualized health goals
- Monitor changes over time and adjust your approach as needed

Instead of generic resolutions, you're building a health plan guided by meaningful insight.

## **Begin the Year Proactive and Empowered**

The choices you make early in the year often shape the rest of it. Starting 2026 with a thermography scan allows you to move forward with clarity, confidence, and intention—supporting prevention and long-term well-being.

Let this be the year you listen closely to what your body is telling you.

Schedule your thermography scan and start 2026 informed, empowered, and proactive about your health.

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This holiday season, we're grateful for the trust you place in us and the opportunity to support your health journey.

As we gather with family and friends, it's a beautiful reminder that our health is what allows us to fully enjoy these moments. Thermography offers a proactive way to listen to your body—so you can head into the new year informed, empowered, and confident. Wishing you a season filled with peace, warmth, and wellness.

🌲 ✨ Happy Holidays from Mindful Wellness Medical Thermography.

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### Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our September dates at our partner lab locations.



**Mobile Thermography Scans...**

Please contact Robin Hanson-Gobell directly to schedule your scan at a convenient location near you.

**513-443-5161**

True2Form Chiropractic - West Chester, OH **call for more details**

Fully Alive Integrative Health - Springboro, OH **call for more details**

Advance Chiropractic & Nutrition - Eastgate, OH **Wednesday, January 14th**

Versailles Medical Massage - Versailles, OH **call for more details**

Children's Family Chiropractic - Fort Wright, KY **Friday, January 9th**

Harrison Chiropractic & Wellness - Harrison, OH **call for more details**

Family Tree Chiropractic & Wellness - Blue Ash, OH **call for more details**

Turning Point Health & Wellness - Dayton, OH **Thursday, January 15th**

Optimize U - Blue Ash, OH **Thursday, January 8th**

Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **Monday, January 12th**

Spieles Chiropractic Clinic - Minster, OH **call for more details**

Click to find out how to schedule at one of our mobile locations!

Check out the map! We're bringing thermography to a location near you.



## Take Charge of Your Health

Don't wait for symptoms—take proactive steps to safeguard your well-being. Routine screenings, like breast thermography and ultrasound, are essential tools for early detection and optimal health.

HerScan is returning to Mindful Wellness!

This trusted mobile ultrasound provider does not require a doctor's referral and offers convenient, affordable access to breast screening.

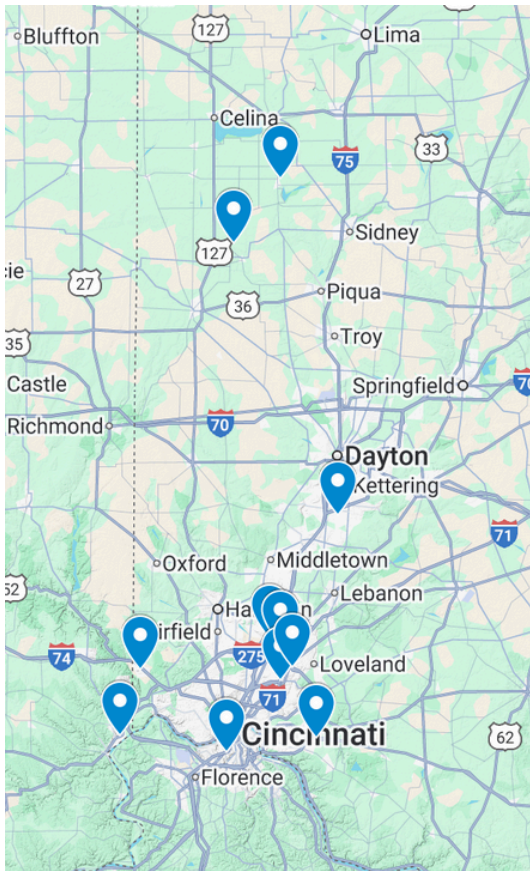
📅 Upcoming Dates at Mindful Wellness:

- Week of January 19

Appointments fill fast—reserve yours now!

💡 **Pro Tip:** Schedule your ultrasound first, preferably at least 2 weeks before your thermography scan to leave plenty of time for you to get your results. Once your ultrasound results are in, you can forward them to us to upload into your patient file in our database. This allows our thermography doctors to include that data in their interpretation—offering you a more complete and accurate picture of your breast health. The same applies for any recent mammograms, MRIs, or biopsies. Start building your baseline today—it's never too late.

👉 Book your appointment at [HerScan.com](https://www.HerScan.com)

A patriotic graphic featuring a light blue background with red and white stars and stripes. The text is centered and reads: 

# THANK YOU FOR YOUR SERVICE

WE ARE OFFERING A 10% DISCOUNT ON THERMOGRAPHY SCANS TO OUR VALUED VETERANS AND ACTIVE MILITARY PERSONNEL

Discount cannot be combined with other discounts. (except Referral Discounts).  
Present your military ID to receive 10% off.

**Set up your first or follow-up Thermography Scan today!**

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography or

## Breast Care Corner

### Breast and Lymphatic Sprays and Massage Recipes

[Click here for more valuable breast health resources. You'll find Patient Resources and Videos.](#)



#### Gentle Lymph & Relaxation Spray

(Gentle, non-estrogenic, lymph-supportive)

- Frankincense (*Boswellia carterii* or *sacra*) – grounding, cellular support
- Cedarwood (Atlas or Virginian) – lymph flow, calming
- Helichrysum italicum – circulation, tissue support

Add ONLY:

- Frankincense – 4 drops
- Cedarwood – 3 drops
- Helichrysum – 2 drops

➔ Very low dilution (~0.5%) — appropriate for a spray used regularly

#### Instructions

1. Add essential oils to a 2 oz glass spray bottle
2. Add hydrosol or distilled water mixture
3. Cap and shake gently before each use

#### How to Use

- Lightly mist:
  - Upper chest (avoid face)
  - Sides of breasts
  - Underarms
  - Neck and collarbone area
- Take 3 slow breaths after spraying
- Use 1–3 times daily as desired

✨ Best used with light touch or dry brushing (optional)

#### BREAST MASSAGE OIL (DAILY USE)

#### Hormone-Safe Daily Breast Massage Oil

(Lavender-Free)

#### Why this blend works

- No estrogen-mimicking essential oils
- Supports lymphatic drainage, circulation, and tissue health
- Gentle, grounding, and safe for daily breast self-care
- Complements thermography-based breast awareness

## 💧 Base Oils (Choose 1 or combine)

Use 2 tablespoons total

- Organic Jojoba Oil – skin-balancing, non-comedogenic
- Fractionated Coconut Oil – lightweight, absorbs quickly
- Olive Oil (infused or extra-virgin) – deeply nourishing

## 🌻 Essential Oils (Hormone-Safe & Lavender-Free)

- Frankincense (*Boswellia carterii* or *sacra*) – cellular support, grounding
- Helichrysum italicum – circulation, tissue repair
- Cedarwood (Atlas or Virginian) – lymphatic support, calming

Blend:

- Frankincense – 5 drops
- Helichrysum – 2 drops
- Cedarwood – 3 drops

➡ ~1% dilution (appropriate for daily breast massage)

## 🌀 Optional Add-In

- Vitamin E oil – 5 drops or 1 capsule
- (Supports skin health and oil stability)

## 🧴 Instructions

1. Add essential oils to a 1–2 oz dark glass bottle
2. Fill with chosen carrier oil(s)
3. Cap and gently roll or shake to blend

## 👤 How to Use

- Apply after showering or before bed
- Use light pressure only
- Massage toward lymph drainage areas:
  - Breast → underarm
  - Breast → collarbone
- Avoid nipples if sensitive
- Massage 5–7 minutes

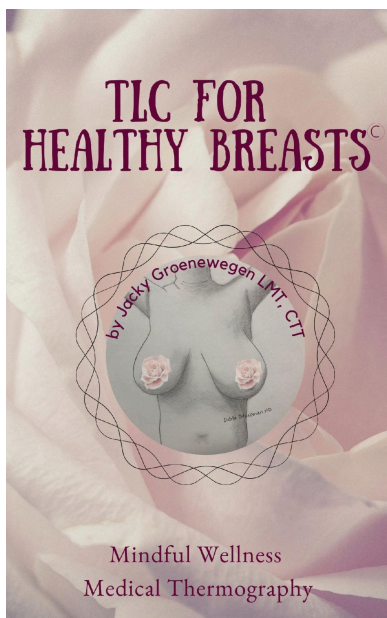
✨ This is a nurturing, awareness-based massage—not deep tissue.

✨ Support your Breast Health and Book Your Thermography Scan Today!

📞 Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography

📞 Call Robin at 513-443-5161 for our mobile thermography locations in Ohio, N. Kentucky and Indiana

🌐 [www.mindfulwellnessmedicalthermography.com](http://www.mindfulwellnessmedicalthermography.com)



## News flash..

### TLC for Healthy Breasts

We're here to support you in restoring and maintaining vibrant breast health—an important topic that often gets overlooked. The good news? There's so much you can do to care for your breasts, and it starts with a little TLC.

✨ Track your progress with a Thermography Scan!

Purchase our TLC for Healthy Breasts eBook and receive \*\$20 off your thermography scan with Jacky!

What's inside the eBook:

- Step-by-step instructions for effective breast massage

- Clear photos to guide your technique
- Easy-to-follow written directions
- Insight into how and why breast massage supports your lymphatic system

 **Buy now for just \$20 (tax included)**

Feel free to share the link with your breast friends—they'll want their own copy too!

And don't forget: save your receipt to redeem your \$20 discount on your scan with Jacky.

Fine Print:

- \$20 coupon valid for one-time use only.
- Offer applies exclusively to thermography scans with Jacky.
- Must present your email receipt at the time of your scan.
- Cannot be combined with other promotions.
- Non-transferable.

ASEA®

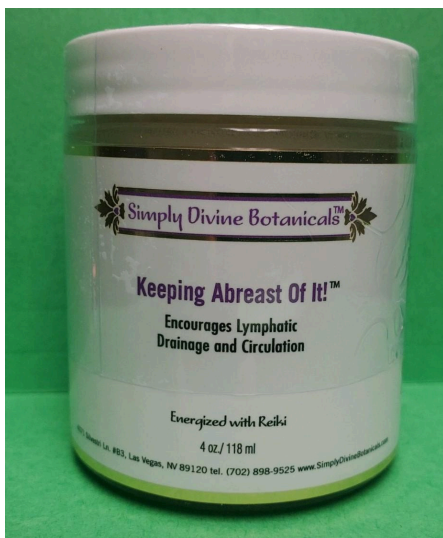
A Life Changing Technology

ASEA REDOX products are the first and only products on the market that contains active redox signaling molecules, cellular messengers vital in protecting, rejuvenating, and restoring cells. These molecules, native to the human body, are created through a groundbreaking, patented process that reorganizes molecules of natural salt and purified water into redox signaling molecules.

**Call or text Jacky at 513-382-3132**

**Click to Learn More about this Life Changing Product**





## Keeping Abreast Of It

- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub into underarm area, groin, neck and breast tissue two or more times daily to create or maintain wellness.
- \$29.95 (plus tax)

Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root, Echinacea, Pau D'Arco, Essential Oils of Tangerine, Lemon, Clove, Lemongrass, Lavender, Marjoram, Thyme, Cedarwood, Ginger, Juniper, Rosemary, Myrtle, Clary Sage, Nutmeg and Helichrysum, Co-Enzyme Q-10, Vitamin E and Electrolyzed 24kt Gold.



**Ask me how you can save  
15% on your supplements.**

**Call or text Jacky at 513-382-  
3132**

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**Click for more information about  
Lymphatic Body Brushing**



### Have a Prescription for Massage?

Bring in your prescription renewal, get \$10 off your next massage.

The Ohio sales tax will be added to all massage prices unless a doctor's prescription is presented at the time of service. This prescription will be good for an entire year.

## Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



Can you help me?



Do you have a few moments to share your opinion?

We're asking for your support?

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

[Leave a GOOGLE REVIEW](#)

[Leave a FACEBOOK REVIEW](#)

## Looking for more....

[Buy a Gift Certificate](#)

Get your Thermography or Massage Gift Certificate.

[Schedule an Appointment](#)

Schedule your Thermography scan online. Contact Jacky or Robin for more times!

[Our Mobile Locations](#)

Brining Thermography to you! Click to find a location near you!

Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!



Like me on **Facebook** to receive short therapeutic wellness tips to help your mind and body feel better.



[Contact Us](#)

**Phone: 513-382-3132 Jacky**

**Phone: 513-443-5161 Robin**

***e-mail Jacky***

**Website**

***www.MindfulWellnessMedicalThermography.com***

***www.MindfulWellnessMassageandBodywork.com***

***www.HolisticHealthMobileThermography.com***



Visit our Website

Mindful Wellness Massage & Bodywork | 8859 Cincinnati-Dayton Road #007 | West Chester, OH 45069 US

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