

Greetings!

Speaking of Mindful Wellness...

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- How to get the most from Dry Brushing
- 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 March 23rd!
- Check out the Breast Care Corner - Would you like to know if there were any changes in your breasts years before you have a diagnosis? Meet Patricia Bowden-Luccardi, a sought out motivational speaker on Thermography, Environmental Estrogens and Breast Health.
- 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



How to get the most from Dry Brushing

Dry brushing is a wellness practice that involves using a natural bristle brush to gently massage the skin in circular motions before taking a shower or bath. The practice has been around for centuries and is believed to have originated in ancient Ayurvedic medicine.

The benefits of dry brushing are numerous and include:

Exfoliation: Dry brushing helps to remove dead skin cells, revealing smoother and softer skin.

Improved circulation: The gentle pressure of the brush on the skin can help to stimulate blood flow, which can lead to a healthier complexion.

Lymphatic drainage: Dry brushing can help to stimulate lymphatic drainage, which can help to remove toxins from the body and reduce the appearance of cellulite.

Stress relief: The act of dry brushing can be a relaxing and meditative experience, helping to reduce stress and promote relaxation.

Overall, dry brushing is a simple and effective way to improve the health and appearance of your skin, while also promoting overall wellness.

[This document](#) explains exactly how to dry brush for maximum benefits. Remember, consistency is key – stick to it and you'll soon reap the many rewards of dry brushing!

Mindful Wellness Lymphatic Body Brushing Videos

[Download or print instructions on "How to Lymphatic Body Brushing."](#)

Exclusive Mindful Wellness videos "How To" video's about Dry Skin Body Brushing.

Mindful Wellness How to Lymphatic Body Brush Part 1

Mindful Wellness How to Lymphatic Body Brush Part 2

Mindful Wellness How to Lymphatic Body Brush Part 3

Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our February 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 **Tuesday, February 3rd**

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

Advance Chiropractic & Nutrition - Eastgate,
OH **call for more details**

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

Children's Family Chiropractic - Fort Wright,
KY **Friday, February 6th**



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

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, February 5th**

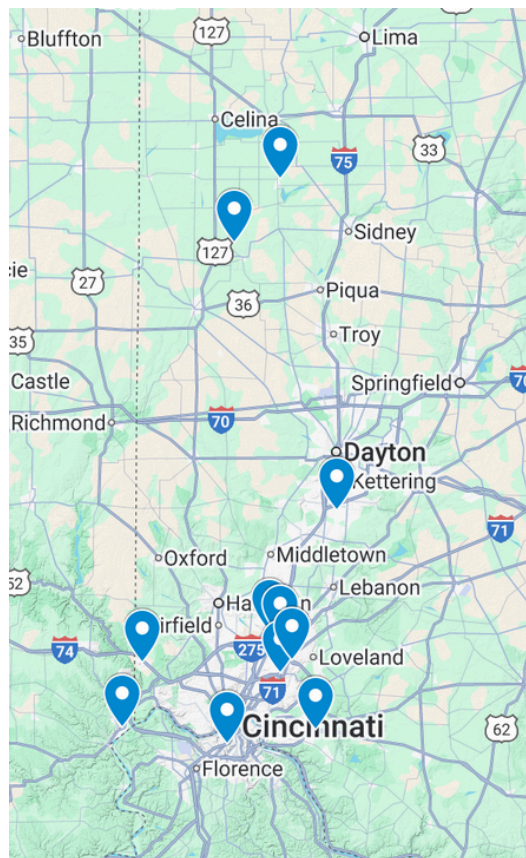
Optimize U - Blue Ash, OH **call for more details**

Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **Monday, February 2nd**

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 your.



referral and offers convenient, affordable access to breast screening.

📅 Upcoming Dates at Mindful Wellness:

- Week of March 23rd

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)



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
Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio
and Kentucky.

**Breast
Care
Corner**

Would you like to know if there were
any changes in your breasts years
before you have a diagnosis?

[Click here for more
valuable breast](#)



Holistic Women's Breast Health by Patricia Bowden Luccardi

Meet Patricia Bowden-Luccardi, a sought out motivational speaker on Thermography, Environmental Estrogens and Breast Health.

Drawing on over 20 years experience in the Healing Arts, Patricia captivates audiences with her ability to explore difficult topics with immense honesty, warmth and credibility.

With so much attention focused on treating breast cancer lately it is perplexing many do not recognize the great gains to be made by addressing breast cancer prevention and early detection. Click on the video above to learn more about Patricia and Thermography.

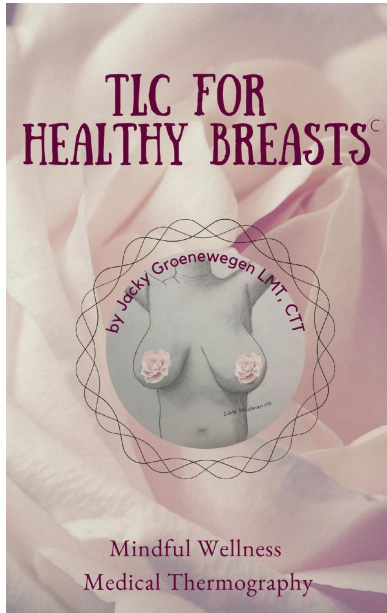
✨ Support your Breast Health and Book Your Thermography Scan Today!

☎ 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

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.



 **Fullscript®**

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

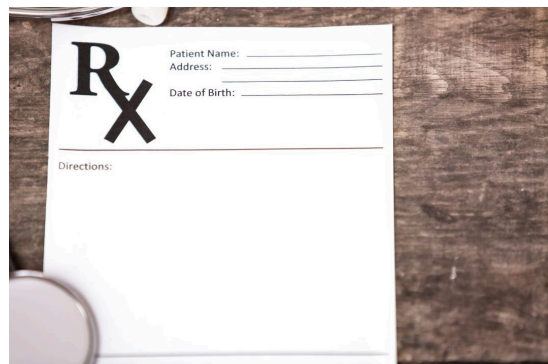
**Call or text Jacky at 513-382-
3132**

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.

**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?



[Leave a GOOGLE REVIEW](#)

[Leave a FACEBOOK REVIEW](#)

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!

Looking for more....

[Buy a Gift Certificate](#)

[Schedule an Appointment](#)

[Our Mobile Locations](#)

Get your Thermography or
Massage Gift Certificate.

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

Bringing 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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