

HOLIDAY NEWSLETTER 2021



An update from *Linda*



DREAMING

One of my business dreams, after 34 years in the holistic wellness field, was to teach online. I did not know how that would look - all I knew is that I had a lot of wellness wisdom to share to encourage and support the health of many. Thanks to the pandemic, stopping massaging clients along with free time to learn, some courses offered a blueprint. This year my dream came full circle when I was asked by universities and businesses to help with the mounting stress within the workplace and its negative impact. Working from home, being a home-school parent, along with feeling the burden of "will I get this virus" - it became clear help and hope was needed.

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EDUCATION

My continuing education this year during summits on the Vagus Nerve, and Emotional Freedom Tapping, soon became the foundation for my current presentations. I begin all my teaching with Breathing Techniques (3-5-8, Alternate Nostril Breathing, Vagus Nerve Breathing, Square Breathwork), then move into meditation, EFT or tapping, self-massage, and then into my presentations titled Wise Self Care for Life, Wise Heart Health for Life, The Roller Coaster of Emotions, Essential Oils 101, and Essential Oils and Pets to name a few. This new found passion of connecting and empowering others, here at my desk, is offering new lifestyle choices. All with the goal to feel calmer, be more present, experience emotional balance, experience joy, while finding exactly what works right now.

RELAX

As this year progressed, seeing, feeling and experiencing the compounded effects of stress, it became evident I needed to hyper-focus to help lessen the burden of chronic tension, pressure, anxiety and emotional upheaval. When I saw the immediate and deep effects from breathing, using oils while tapping, along with intention, it became clear that I was on the right path! These links to published articles, TV spots, publicity on my book *The Pause to Relax Ladies* and live-presenting once again, all reflected my enhanced capabilities to restore, relax, and renew the health and wellness of current clients and beyond.

breathe

OPTIMUM HEALTH FOR LIFE IN PRINT, TV & ONLINE PRESENTATIONS



Peace, For the Holidays and New Year

By Linda Penkala, Author, LMT

When Women Win In the Wellness Game, Everyone Wins

By Linda Penkala, Author, LMT

Your Highway To Healing

By Linda Penkala, Author, LMT

click to read
each article

Read more articles, podcasts and videos on my website!

lindapenkala.com/breaking-news-around-town/



TIPS & TOOLS

2021

For fun, try making Holiday DIY gifts with Essential Oils



click for the blog post!



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For sleep, exercise/move daily (which helps sleep). Try a hot bath, oils, spray calcium on feet, Lavender Vitality in tea and on neck, heart, abdomen and Stress Away roll-on on shoulders, neck.

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For focus, try tapping with www.thetappingsolution.com, with essential oils.

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For calming self-care try falling in love with Yin Yoga, acupuncture, hot Epsom salt baths with oils before sleep, deep breathing, chiropractic care, praying daily, or a gratitude journal - all to engage the Parasympathetic Nervous System's rest/repair/restore function.

I am grateful that so many clients continue to embrace the natural gifts of essential oils from Young Living. I encourage you to continue your learning by going to my Essential Oils website (oily.life/wealthofhealth) to download a free eBook, and take a tutorial on the benefits of the plant world.

HERE ARE 4 SUGGESTIONS FOR YOU



CHRISTMAS SPIRIT BLEND

Christmas Spirit™ essential oil blend is a combination of evergreen, citrus, and spice—Northern Lights Black Spruce, Orange, and Cinnamon Bark—and is reminiscent of winter holidays to evoke memories of joy, happiness, comfort, and security. Your family will love this scent year-round.



AROMA RING WITH LAVENDER

The Aroma Ring with Lavender is a soft silicone ring infused with Lavender essential oil. It fits comfortably on your nose or on your ear to deliver continuous aromatherapy for up to six hours. The gift is that you can clean and reuse with other calming oils like Cedarwood, or Peace and Calming!



AROMA RING WITH AROMAEASE

A refreshing travel companion, Young Living's Aroma Ring with AromaEase creates a soothing, long-lasting, personal aroma oasis when encountering strong odors in crowded public spaces. The Aroma Ring fits comfortably on your nose or on your ear to deliver discreet, convenient, effective aromatherapy with the exclusive AromaEase essential oil blend, of Peppermint, Spearmint, Ginger, Cardamom, and Fennel.



CALM CBD ROLL-ON

Calm CBD Roll-On in 300 or 600 mg combines potent CBD with essential oils of Eucalyptus, Frankincense, Lavender, Orange, Vetiver and Ylang Ylang, to help relax and quiet your mind, create a peaceful sleepy environment, and support a worry-free outlook.

SHOP ONLINE:
OILY.LIFE/WEALTHOFHEALTH



My heart of gratitude goes to you, and your faithful commitment to your health and wellness, allowing me to share this honor with you on your journey. My hope is that you and your family have many moments of precious thanks for the love that holds you together. May God bless and provide abundant health this holiday season and into the New Year to thrive, serve, and be the light for others! Merry Christmas!

With deep love & peace,

Linda



CHRISTMAS GIFT 101



Looking to give a "healthy" gift? Consider ***The Pause to Relax Ladies.***


Gift Certificates for massage and virtual relaxing are also excellent options!


The Pause to Relax Ladies on [Amazon](#) & E Books


Linda Penkala
Author, Wellness Catalyst, LMT


Optimum Health for Life ~
Massage/Aromatherapy

www.lindapenkala.com
301-802-7745

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WELLNESS SERVICES

IN OFFICE:

Massage therapy with personally infused YL essential oils, to take home post-appointment. The hour or hour and a half may include Thai Rocking Massage, Hands Free Massage, deep tissue massage, moist heat, heated stones, Vagus Nerve breathing technique plus EFT Tapping to enhance relaxation.

BY APPOINTMENT, WITH HOURS

Wed./Fri 10-4 PM Thursday 1-9 PM

VIRTUALLY

For personal one on one, virtual relaxation, (PM meditation for deep sleep) or corporate presentations the topics can be found on my website:

- Wise Self Care for Life, Nine Pillars of Heart Disease Prevention, Wise Heart Health for Women, Navigating New Waters of Wellness

LIVE ZOOM TEACHING

- Mindful Meditation Massage (at night, pre-sleep)
- Mindful Massage and Stretching (at desk)
- Aromatherapy 101
- Wise Self Care for Life
- Wise Heart Health for Women: 9 Pillars to Prevent Heart Disease