

EXPLORE *wellness* ADVENTURE NEWS

Helping families achieve optimal quality of life so they can go Explore!

TRAIL GUIDE

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OUR NEW OFFICE



APRIL HOURS

Explore wellness will be closed April 1st through April 5th.

MASSAGE AVAILABLE

Explore Wellness now shares a suite with a Licensed Massage Therapist! Everyone meet Jennifer:

Hi, my name is Jennifer! I founded Mindful Wellness Services in 2015. The foundation of Mindful Wellness Services started with the love of pregnancy and birth. Following the birth of my first son in May 2014, I became a Certified Birth Doula – that believed that every woman deserves endless support to achieve a positive and gratifying birth experience. With already having an active yoga background in hatha and prenatal yoga I was able to flawlessly incorporate meditation techniques and physical support in the labor process. Through supporting women during this unbelievable transition, I deeply connected with the power of touch, which led me to become a Massage Therapist.

I love that massage therapy is finally seen as a vital part in healing to help the body perform at its optimal level. My passion developed appreciation for all bodywork and offer several different styles of massage and functional therapy treatments. I am also able to incorporate my knowledge stemmed from my lifestyle hobbies of rock climbing, backpacking, and running to better understand and connect with my client's needs when it comes to functional movement of daily activities.

At Mindful Wellness Services, I want to help you to sustain your element. Meaning live your best life and be present in all that life is yet utilizing bodywork to nourish and sustain the life you desire to remain in your element. I believe massage should be a part of any active lifestyle in preventive and rehabilitation care. Mindful Wellness is the local's spot to recharge and get back out to an active lifestyle.

Love for Explore Wellness

I have been seeing a Chiropractor since I was about 16 years old. I have been adjusted the same way by almost every chiropractor. That is not the case with Dr. Jones. She takes the time to really understand what is going on with your body. Her adjustments are so precise and tailored to your needs. If your looking for a chiropractor Search no more! She is simply amazing♥

- Emily J.



Flowers from Alcatraz Island, May 2018

ABUNDANCE

We've officially transitioned to a bigger suite! Don't worry we're in the same building! We have all of you to thank for trusting us to care for you, your families and your referrals! Come check out the new space!

ADVENTURE

Dr. Jones and Brandon are headed to on a road trip in April to see 3 new National Parks (Arches, Petrified Forest, Seguro) and catch a baseball game in Phoenix. Feel free to follow their adventure on Instagram!

ALIGNMENT

All natural multi-purpose cleaner recipe: Mix 40 drops each of lemon and eucalyptus globulus in an 8 oz glass bottle. Fill the remainder with white vinegar. Spray and wipe clean. Use as general cleaner for sinks, mirrors, and other common surfaces.



FROM THE PRODUCT SHELF

Product of the month: Buy a bottle of Lemon & Eucalyptus Globulus Essential Oil and get a FREE glass mister bottle (Essential Oils should ONLY be mixed in a glass bottle)! You'll also get instructions on how to make the multi-purpose cleaner shown above!

See the front desk at Explore Wellness for more information on these products!

Want to be featured? [Leave us a review on Google](#) or [Facebook](#)!

Want More? Follow Dr. Jones on Instagram at [jonesing_for_adventure](#) to see her roadtrip! Use [#whyexplorewellness](#) to show us your adventures!