

Winter is coming!



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Maybe it's time
to pamper yourself?



Slowly your body is trying to adapt itself to the climate change.

You try to stay healthy by eating balanced, by resting enough and by exercising.

But often we are forgetting that stress has a huge influence on our health.

A mind and body that is stress-free will stay much healthier throughout the winter.

A regular de-stress massage is a great way of relieving tension and anxiety.

Many different [treatments](#) from Shiatsu and Foot Reflexology to oil based techniques will provide you with complete relaxation.

Your body and spirit will recuperate and

rebalance its strength in order to protect itself during the next coming months.



Let yourself be pampered draped in our warm towels and experience this [special moment](#) in your personalized wellness bubble in the comfort of your home.

To help you through this period, we are at your service to create with you, your [made to measure](#) de-stress massage.

By truly understanding your needs and your expectations, we will be able to give you the perfect treatment that your body needs.



In addition, during the season, we will provide you free tips on self-massages and other treatment information especially designed to fight the harsh winter. Please follow us on FB, Instagram or G+.

Blue Tree Massage tips to prevent a cold or flu:





Place under your tongue, a drop of essential oil Ravintsara on a teaspoon of honey or olive oil twice a week. In case of illness, up to 4 times daily.





You can join us at
06 51 36 93 65

or
contact us
info@bluetree-massage.com

Thanks a lot
See you soon
Roel



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