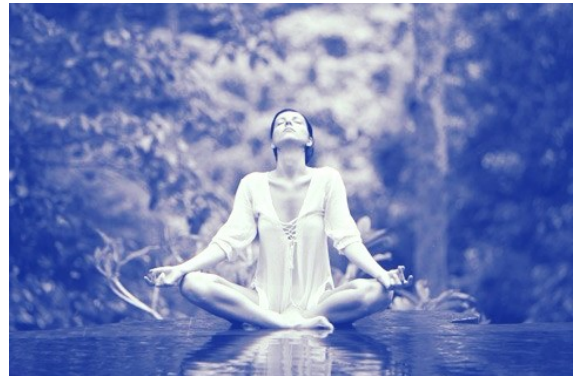


Ready to let go!



How to let go
with Blue Tree Massage!



Ready to let go? Blue Tree Massage is!

We invite you to discover **several easy exercises** that you can do in your home or office in order to **quickly let go** and to deal with stressful situations. Also, discover how the **Korean relaxation massage** can help you to let go in a more profound way.



You want to control everything, you are regularly bad tempered and you often have negative thoughts. With several easy exercises, you can find your inner calm and serenity.

These quick techniques, done by yourself, can complete a deeper treatment with the help of a professional massage therapist, especially by following Korean relaxation sessions.

1 muscle contraction

Make yourself comfortable in a quiet place

- Inhale deeply and close your eyes. Block your respiration.
- Contract all the muscles in your body as strongly as possible by thinking of nothing else for at least one minute.
- Release all muscle contractions and exhale as deep as possible while shaking your arms and legs. Just like an athlete before a race.
- Repeat this exercise at least 3 times.



2 Facial massage

Easy to practice, this facial massage allows you to relax yourself by staying seated at your desk

- With your fingertips, make small circular movements by starting at the top of your nose, following your eyebrows and continue along your face descending to your jaws. The circles need to rotate in the same direction starting on the inside and going to the outside of the face.
- Smoothen your eyelids with your fingertips slowly from the inside to the outside of the eyes towards your temples
- Proceed this movement right under the eyes by pulling the skin towards the scalp, continue above your lips by smoothen the skin towards your jaws.
- Tilt your head backwards and slide your thumbs under your chin towards your ears
- Finish this exercise by slowly massaging your scalp, by resting your head between your hands

Repeat this sequence at least 2 times

3 breathing on the stairs

Find a staircase. Nothing better than a little physical exercise to chase away tension and stress, especially if you take advantage of tuning your respiration to your movements. The ideal? Do this exercise on 3 flights of stairs.

- While climbing the stairs, you are going to adopt an energetic breathing. To do so, inhale when climbing 3 steps and exhale on the 4th step.
- On the way down, inhale on the first step and exhale on the next 3 steps. Long expirations and small inhalations help to regain calm



Korean relaxation with Blue Tree Massage



In Korea, this Chinese-inspired technique is commonly practiced in family and friendly situations.

It is based on the idea that our bodies work according to our mental attitudes, and works on calming the mind through the relaxation of the entire musculature.

The receiver, dressed in comfortable clothes, is lying on the ground.

From the foot to the head, the masseur adheres a gentle pressure, stretching and gentle vibrations and propagating different mobilizations throughout the entire body.

Each joint is taken into account in an established order: the toes, ankles, knees, hips, lower back, back, shoulders, elbows, wrists, fingers, chest and finally the head.

A rest period is also devoted to the release of tension in the abdomen and diaphragm to harmonize the digestive and respiratory functions.

The combination of vibration waves affect the joints, deep tissue, as well as each cell of the body.

It is recommended for athletes and those who often experience stress - this relaxation causes an effective release whilst developing the fields of perception and making the body feel lighter.

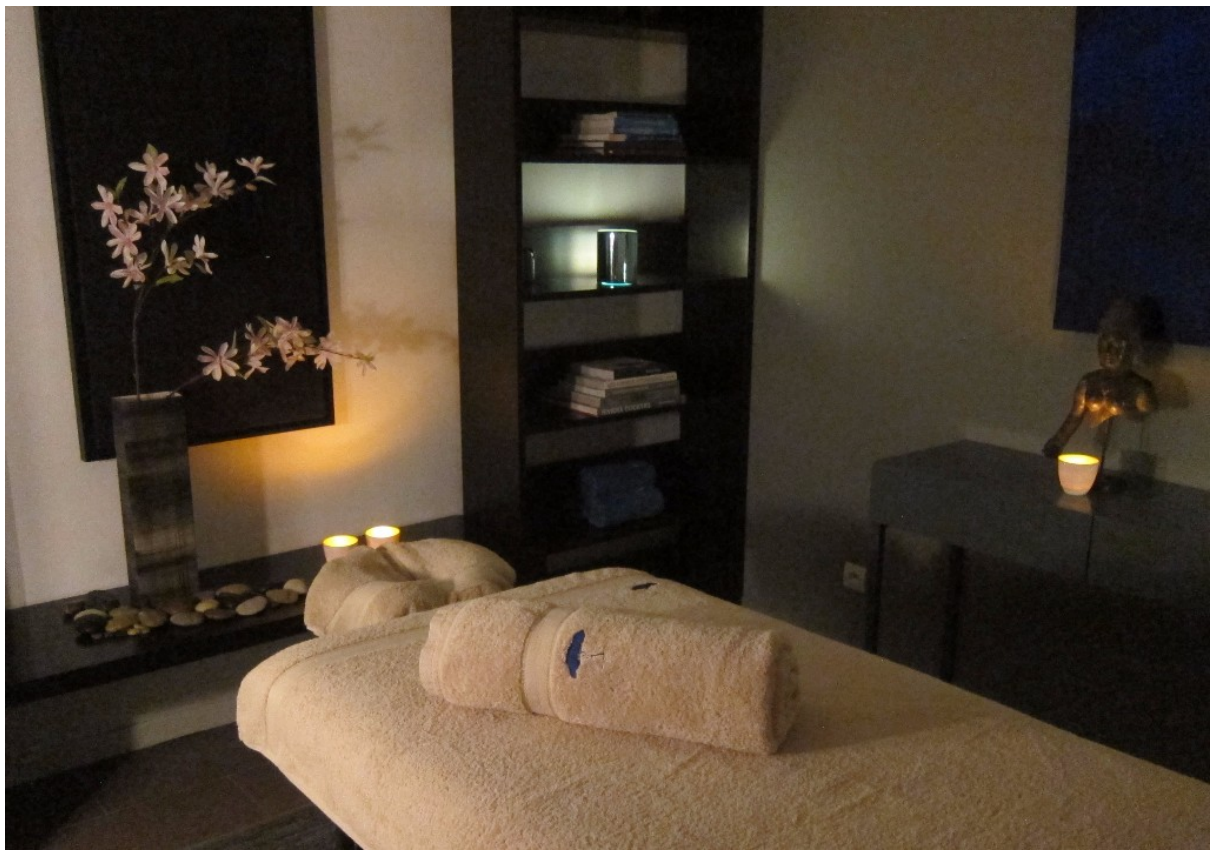


Report and testimony by See by C

Read about us in the article written (in French) by Carole, from See by C, concerning her Korean relaxation experience with Blue Tree Massage.

[J'ai testé l'expérience Blue Tree massage à Saint-Paul – Blog lifestyle Cannes SeebyC – Côte d'Azur](#)

[Retrouvez tous ses bons plans sur son blog See-by-c.com](#)



Our treatment room at St Paul de Vence

Finally, we would like to remind you that we have opened our massage room in St Paul de Vence.

Due to numerous demands, we have created a beautiful Zen space in order to receive our clients.

If you live in or around St-Paul, we invite you to reserve your massage and to come and see us. (Of course we can also come and visit you as usual.)

You can join us at
06 51 36 93 65

or

contact us

info@bluetree-massage.com

Thanks a lot

See you soon

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