

Blue Tree Massage
News

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Summer is coming !



Jet lag, change of rhythm, tired legs.

How to treat them !



Vacation is approaching.

For some of us this means long journeys with problems linked to jet lag or just a profound change of rhythm.

Starting your holiday with fatigue and insomnia is not brilliant! That is the idea of a good anti jet-lag strategy.

Jet-lag is linked to melatonin, a hormone produced during the night, and which is essential to sleep.

However, **during jet-lag**, the melatonin secretion **rhythm is messed up** and it takes several days to regulate **sleeping disorders, fatigue and irritability**.



In fact we find this **rhythm rupture** even for holidays in our own country **when the passage "metro, work, sleep" is replaced by "playa, siesta, fiesta"**, creating a complete mess-up.

Happily to encounter this mayhem, **there are solutions. It is time to put them in place!**



Among the numerous anti jet-lag solutions, the massage is king, to relax, destress and let yourself go.

A massage will stimulate blood and lymphatic circulation, loosen up the muscles, get rid of fatigue, drop tension and promotes falling asleep during your next night.

A foot reflexology with legs and hand massage is also a proven beneficial ritual.

You can also **try some auto massage techniques** that we propose at the end of this newsletter in order to sleep better.

[Tips auto massage to sleep better](#)

So why not start today to take care of yourself and fully enjoy your vacation



Tired legs : an another summer problem !



Heat and tired legs

In summer, when it's hot, the body can be put to its greatest test, particularly the legs.

Lots of women are familiar with the symptoms; feeling of heaviness and tingling, swollen ankles at the end of the day.

The cause is bad lymphatic and vein circulation from heat and hormones.

Also bad habits like sitting with crossed legs and standing up without moving, compresses microcirculation.



A suitable massage (carried out with soft pressure and sliding movements, without pain), **allows to fight against these problems.**

As tired legs are linked to circulation problems, and more particularly a bad venous drainage, all massages that help the blood and lymph to move up from the ankles to the thighs are beneficial.

These massages help to reduce congestion of the tissue, and deflate the legs.

If done regularly, it gives spectacular results. **After one hour one feels so much lighter!**

Three massages in the first week, two in the second and one each following week as maintenance, as the drainage effect is transitional, will permit a good rhythm for visible results.

Certain sports like biking, walking and aqua biking allow also to combat heavy legs as they increase blood circulation.

So why not benefit during the summer from a good massage?



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