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## Blue Tree Massage News

### Winter 2016/2017

Put your best foot forward for this new year!



We often hear the expression “put your best foot forward”.  
Our health and well-being are directly connected to our feet!

What better way to take care of them and our bodies, than by  
enjoying  
a foot reflexology massage  
or a self massage of your feet?



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### Foot reflexology

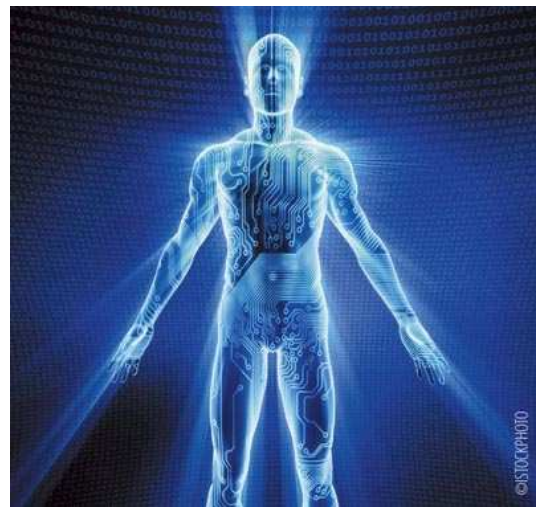


Foot reflexology is often used within **traditional Chinese medicine** to care for the body and mind.

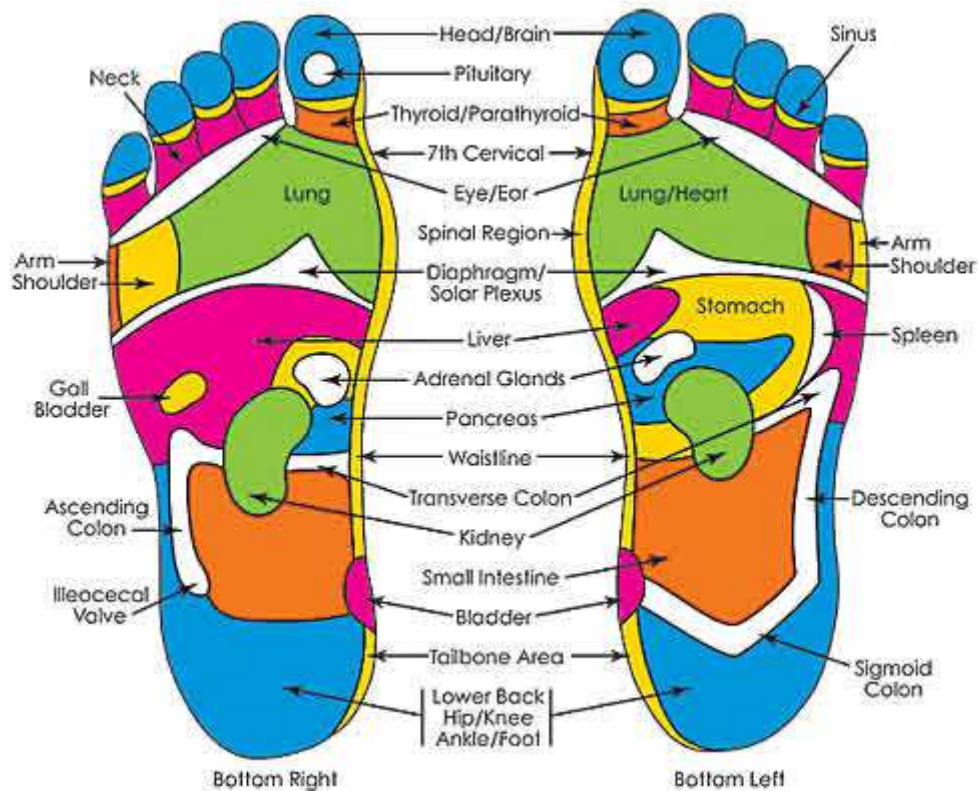
According to Chinese medicine, **your feet are a miniaturized representation of the human body**. Each organ in your body is linked to a reflex zone which correspond to the nerve endings in your feet.

The principle of Chinese medicine is that **the body is "energy"**.

The smooth **diffusion of this energy into the body is a factor of good health**. If blocked in a particular area, tensions and inflammations can arise, leading to illness.



Through the **reflex zones of the feet**, reflexology makes it possible to detect these blockages or points of tension. With specific massage techniques, it can be to flow freely throughout the entire body. Reflexology **is used for prevention as well as for treatment of existing problems**.



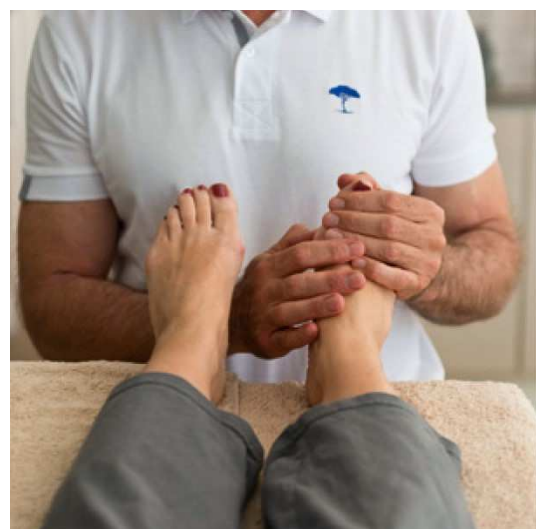
It benefits include:

- stress relief
- activation of blood circulation
- harmony of vital functions
- relieving tensions
- deep relaxation
- elimination of toxins

Even though the list of areas reflexology can treat is extensive, **one of the most important benefits is to relieve stress which in itself can cause different diseases or disorders.**

These can include:

- blood circulation problems,
- digestive disorders,
- insomnia and irritability,
- joints and muscle pain.



**By treating stress, you can start “off on the right foot” relaxed with a feeling and well-being.**



**At Blue Tree Massage, a foot reflexology is organized according to your needs and the symptoms you feel.**

**The number of sessions varies according to the ailments treated,** but on average for best results, it is often necessary to have at least 3 close sessions for a better reaction of the body and a harmonious functioning of the organs.

Then, the sessions can be spaced every two weeks or even once a month for maintenance and prevention.

**Reflexology can be practiced with or without massage and essential oils.**

Depending on your needs and preference, we can combine massage and essential oils for **an amplified deeper result.**

At Blue Tree Massage we use the purest essential oils of 'Young Living'.



In addition, **a foot reflexology session is perfectly combined with our luminothérapie glasses for an even deeper relaxation.**





**A foot reflexology is not a substitute for any medical or paramedical diagnosis or treatment.**

**Hans-Hugo of Amsterdam, gives us his testimony following a foot reflexology performed during his holidays in France:**

*“One hour after of my first foot reflexology massage, I was still enjoying every second of it! My feet were in expert hands with Roel! In a very comfortable and “homely” atmosphere, the massage felt very personal and very professional at the same time. I could not have wished for a better ending of a perfect....vacation. “Merci bien, Blue Tree!”*



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## **Do it yourself!** **Self massage your feet with a blend of rejuvenating essential oils.**

**While foot reflexology should be done by a specialist, you can nevertheless give yourself a very efficient foot massage.**

**In this case, it will not be a matter of treating certain problems, but in giving yourself a rejuvenating and relaxing foot treatment.**



Prepare in a clean and empty bottle a mixture of 20 drops of **peppermint essential oil** and 20 ml of any vegetable oil. Mix well.

Put some oil in your hands.

Sit comfortably by placing one foot on your opposite thigh and hold the top of your foot in one hand.

**With your two thumb massage over your arch from the heel to the toes.**

Slide your thumb firmly in one line from the arch towards the toes.

Repeat this gesture many times in order to cover the entire surface of the arch.

**Do not hesitate to use pressure in order to relax your muscles.**



Use the same gesture but **with your fist closed by pressing with your knuckles** into the arch of your foot.

Finally, squeeze and stretch each toe, one at a time, slowly.

Then **compress your foot in between both hands** and press strongly from the heel to the toes.

After **10 minutes** repeat the operation on the other foot.

There you go! Your feet are replenished,  
rejuvenated and relaxed!



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Blue Tree Massage  
wishes you lots of happiness,  
serenity and wellbeing  
for 2017



You can join us at  
**06 51 36 93 65**

or

contact us

[info@bluetree-massage.com](mailto:info@bluetree-massage.com)

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