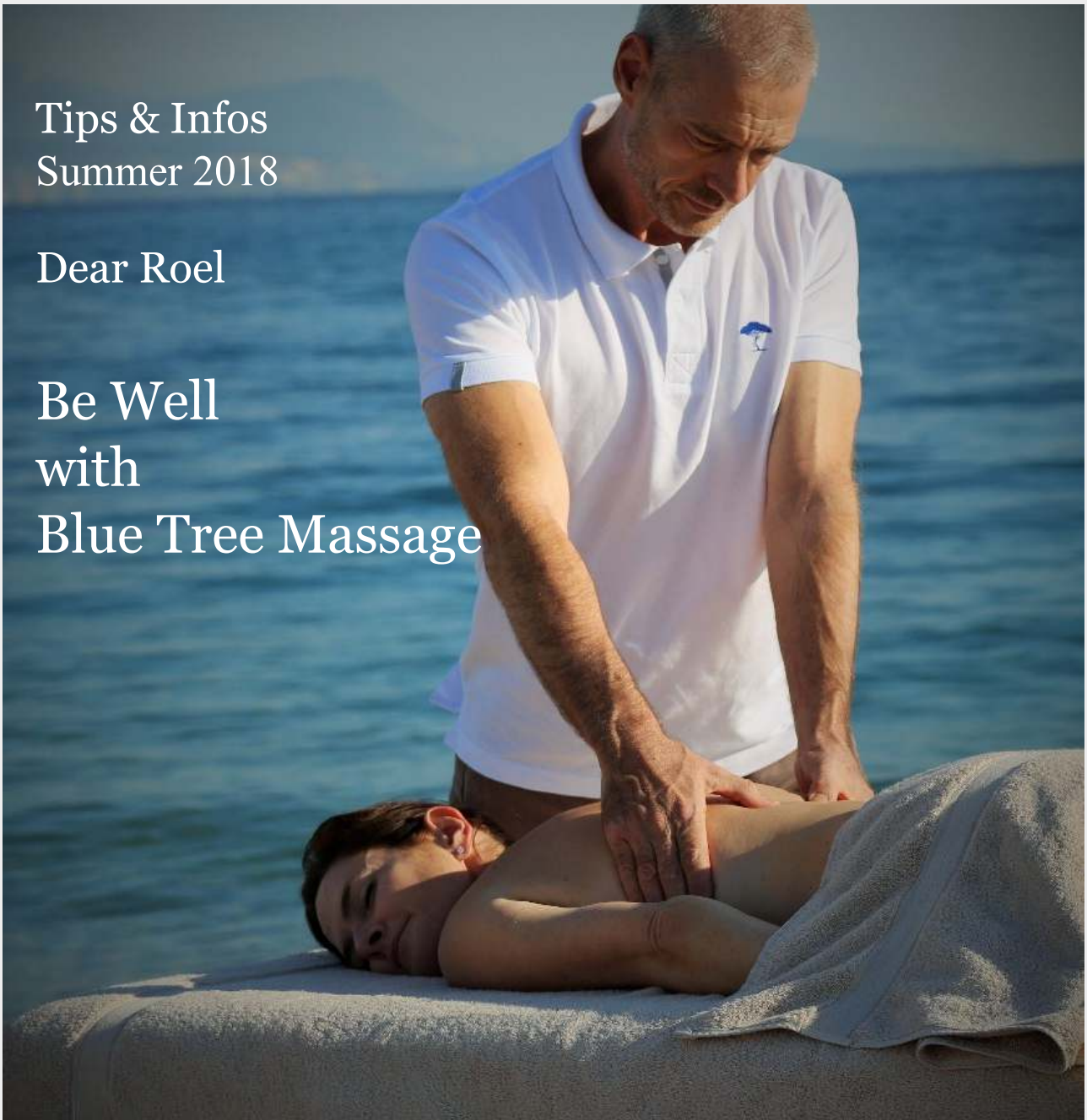


Be Well with Blue Tree Massage. Tips & Infos.
Fight Jet Lag with massage and tips.

Tips & Infos
Summer 2018

Dear Roel

Be Well
with
Blue Tree Massage



Welcome to our latest newsletter.

Discover educational information and
do it yourself tips concerning

how to fight jet lag with massage and useful general travel tips, as well our latest news and other tips about how to boost your energy.



About:

Find here the main reasons why a massage is THE solution to fight jet lag.

You can do it yourself or get a professional massage.

[Learn more](#)



Do it yourself tips:

Here are 3 easy acupressure points which can bring instant relief and be easily performed during or after your flight.

Also discover general travel tips to overcome jet lag quicker.

[Learn more](#)



Onboard magazine tips:

Boost your energy

Find our latest article in ONBOARD, magazine for professional yachting in the Mediterranean.

In this issue, discover how to boost your energy with meditation.

[Learn more](#)



News:

Discover our latest news.

[Learn more](#)

You can join us at
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