

Be Well with Blue Tree Massage. Tips & Infos.  
Pamper yourself with your own hands in a massage!

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Tips & Infos  
Fall 2018

Dear Roel

Be Well  
with  
Blue Tree Massage



**Welcome to our latest newsletter.**

Discover educational information and  
do it yourself tips concerning

## the Californian massage

and how to give it to yourself, as well as create your own massage oil.



### About:

Discover the Californian massage, a very relaxing oil massage.

You can do it yourself or get it from a professional masseur.

[Learn more](#)



### Do it yourself tips:

Create your own massage oil with essential oils and prepare yourself for a pampering ritual!

[Learn more](#)

### Onboard magazine tips:

Massage yourself with this at-home ritual:

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

In this issue, discover how to relax



## Help yourself

Did you know that you have your own massage therapist with you at all times? Your hands! Roel van Kuijk advises on how to boost your energy during the busy season based on famous Californian massage techniques.

California massage was developed in the 1930s during the New Age period at the Esalen Institute in Big Sur, California. The long, fluid movements in this massage completely soothe and envelop the body. The combining and massaging based on a Californian massage allows the recipient to let go of all tension and stress and promotes a feeling of physical, mental and spiritual well-being. It can help lower blood pressure and fight off other stress-induced illnesses.

Before you start you need to create a quiet and peaceful environment, switch off your cell phone and put on some relaxing music. Apply a small quantity of massage oil on each treated area and feel the stresses of your day dissolve.

### HEAD AND FACE

Place all 10 fingers on your head and slowly make circular movements to massage the scalp. Cover the entire surface and increase pressure little by little. With your fingers massage your forehead in little strokes from the centre to the ears. Then massage your cheeks and chin. Finish by squeezing your ears between your thumbs and index fingers.

### ARMS AND HANDS

Apply long stroking movements with one hand on one opposite arm. Massage your hands by making 'washing' movements. Friction your upper hand, palm and back finger. Use different kneading and friction movements on all the muscles and tendons starting from your hands to your upper arm. Increase the pressure by using the palm of your hand as you move slowly up your arms.



### SHOULDER AND NECK

Start working on your left shoulder with your right hand. Warm up the muscles with circular movements and gently increase the pressure using your palms. Knead the muscles between your palms and fingers up and down your neck. With your fingers apply light to medium pressure with small rotating movements. Reach right up to the base of your skull and then repeat on the other side.

### LEGS AND FEET

Apply full strokes with both hands on one leg, starting from the foot towards the upper leg by using long fluid movements. Start kneading the foot and with your feet and make circular movements on the sole. Knead and rub your calves and upper legs with slow deep movements. Apply light pressure with your palms and knuckles to increase blood circulation when reaching the larger muscles in the upper legs.

<p><b>SELF HELP</b></p> <p>The best body oils prevent skin aging and repair damaged collagen.</p>	<p><b>ABSOLUTE AROMAS INTENSE</b></p> <p>Moisturizes with ingredients: Rosewood, Ylang Ylang, essential oils, skin softening Vitamins and Evening Primrose. Lighten the appearance of wrinkles and aging.</p> <p><a href="http://absolutearomas.com">absolutearomas.com</a></p>	<p><b>ATMOSPHERIC AROMAS ASSOCIATES</b></p> <p>Deepen the incredible scenting and essential powers of Lavender, Sage and Pink Peppercorn. Highly absorbable oil. Enhance the tone and texture of your skin.</p> <p><a href="http://atmosphericaromas.com">atmosphericaromas.com</a></p>	<p><b>PRIMAVERA ALOE VERA</b></p> <p>Helps soothe stress and soothe your skin. A light body oil with a nourishing fragrance. Aloe Vera helps to help combat the signs of aging caused by stress and pollution.</p> <p><a href="http://primaveraaloe.com">primaveraaloe.com</a></p>
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Blue Tesa offers massage techniques using traditional techniques and are available in your home or on your yacht throughout the Coast of Azzur. For more details call +39 0889 36 93 85 or visit [www.bluetesa-massage.com](http://www.bluetesa-massage.com)

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yourself with this ritual based on Californian massage techniques.

[Learn more](#)



## Acupression techniques to de-stress yourself:

In our latest news article, find on discovering some tips how to use your healing hands,

in order to de-stress yourself very quickly with non-oil acupression techniques.

[Learn more](#)

Other self massage techniques to



### de-stress yourself:

Join us during the PROFESSIONAL WOMEN NETWORK Nice Côte d'Azur lunch on October the 18th, for a demonstration of destress tips and selfmassage.

[Learn more](#)



### News:

Discover our latest news.

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You can join us at  
[06 51 36 93 65](tel:0651369365)  
or email us  
[info@bluetree-massage.com](mailto:info@bluetree-massage.com)  
thanks a lot.





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BLUE TREE MASSAGE  
255 CHEMIN DE VERSAILLES  
SAINT PAUL DE VENCE 06570  
France

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