

Be Well with Blue Tree Massage. Tips & Infos.

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Take care of yourself!

3 daily routines to boost your energy, your immune system and reduce your stress.

Tips & Infos  
Spring 2020

Dear Roel

Be Well  
with  
Blue Tree Massage



COVID-19

**TAKE CARE OF YOURSELF!**

**Welcome to our latest newsletter.**

During these difficult times with the COVID 19 Pandemic,  
as we have to stay in containment,

try to benefit of these moments  
to take care of yourself and your loved ones.

**We propose 3 daily routines to boost your energy,  
your immune system and reduce your stress.**



**Do it yourself tips:**  
The Do-In routine of 10 minutes for  
more vitality

[Learn more](#)



**Do it yourself tips:**  
Acupressure points, a routine of 10  
minutes to stimulate your immune  
system

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**Do it yourself tips:**  
The Masunaga routine of 15 minutes to boost your energy

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