

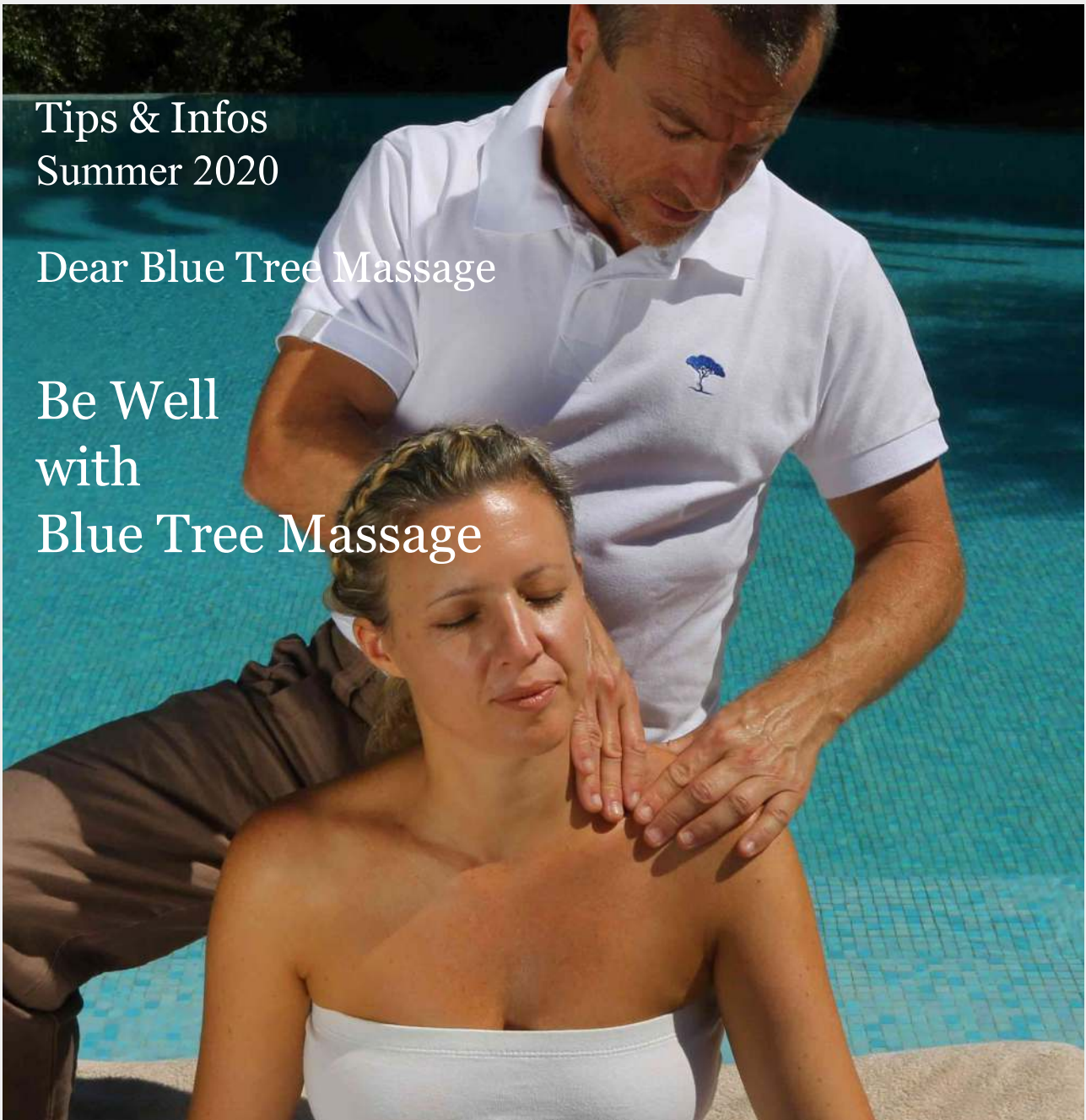
Be Well with Blue Tree Massage. Tips & Infos.  
Muscle pain after lockdown?  
Discover how to get back in shape this summer!

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Tips & Infos  
Summer 2020

Dear Blue Tree Massage

Be Well  
with  
Blue Tree Massage



## **Welcome to our latest newsletter.**

Not enough exercise during lockdown, too much time in front of your  
computer, smartphone or TV?

Too much exercise after lockdown by pushing your limits?

It's pretty sure than you have muscle pain in your neck, shoulders, back and  
legs!

**So why not try to get back into shape this summer with some stretching exercises and self massage tips using a tennis ball.**

**Let's play!**



**About:**

Muscle pain after lockdown? Discover how to get back in shape this summer!

[Learn more](#)



**Do it yourself tips:**

Stretching and self-massage tips on how to reduce neck and shoulder pain.

[Learn more](#)



**Do it yourself tips:**

Self-massage techniques to eliminate muscle pain. All you need is a tennis ball!

[Learn more](#)



**News:**

Discover our latest news.

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You can join us at  
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thanks a lot.



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