

Be Well with Blue Tree Massage. Tips & Infos.

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Stress problems?

Discover simple and effective ways to fix it.

Tips & Infos
Summer 2021

Dear Roel

Be Well
with
Blue Tree Massage



Welcome to our latest newsletter.

Do you have stress problems, temporary or usual?

Discover with us several ways to get rid of it.

With acupressure, self-massage, breathing or relaxation, we offer a

variety of tools to help you.

It's up to you to choose what suits you best.



About:

De-stress in 10 minutes!

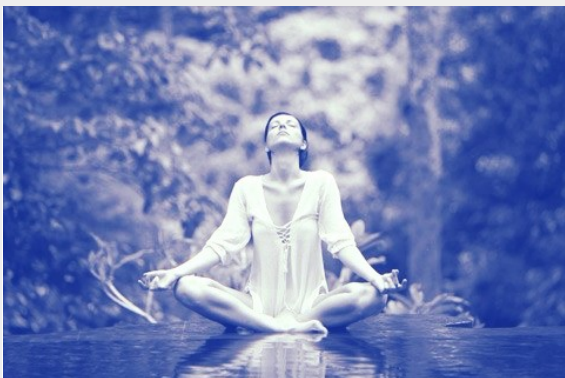
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About:

Self-massage techniques to de-stress

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About:

7 simple and effective tips to be Zen

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About:

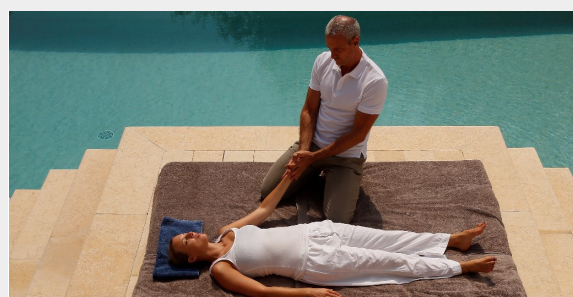
Exercises to let go

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About:

Relax with breathing



About:

The best anti-stress massages

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to avoid
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