

Be Well with Blue Tree Massage. Tips & Infos.

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Heavy legs, lymphatic problems or just stressed?

The solution: good lymphatic drainage!

Tips & Infos
Fall 2021

Dear joel

Be Well
with
Blue Tree Massage



Welcome to our latest newsletter.

Do you have swollen limbs, heavy legs, **a poor lymphatic system**, or are **you constantly under stress?**

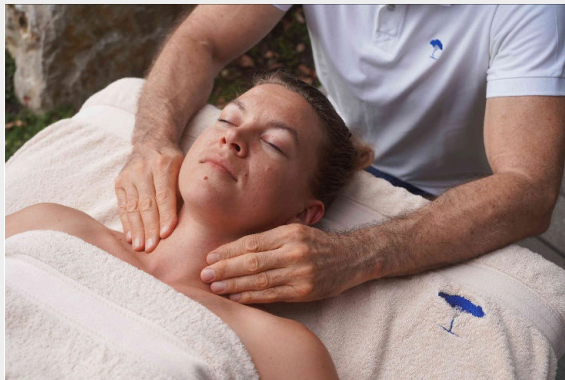
Manual lymphatic drainage, which is suitable for both women and men, **may be a solution** to your problems.

In this newsletter, **we'll give you a better understanding** of the functioning of the lymphatic system.

So learn **how, with a few simple tips**, you can help it to fulfil its role better.

And why not **perform lymphatic drainage yourself, by following the drainage session** that we'll describe for you, **step by step**.

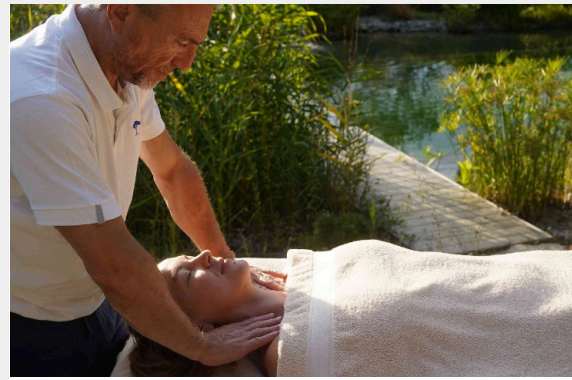
Finally, of course, **Blue Tree Massage helps you find a lighter and healthier body, with lymphatic drainage adapted to your needs**.



About:

What is the lymphatic system and lymphatic drainage?

[Learn more](#)



About:

Tips for having a good lymphatic system

[Learn more](#)



About:

A lymphatic self-drainage session, explained step by step.

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**EXCLUSIVE E-BOOK
to avoid
NECK and BACK PAIN:**

You didn't received our last exclusive **E-BOOK** about how to take care of your neck and back pain! No problem, it's here!

[Learn more](#)



Previous newsletter:

Discover our previous newsletter about stress.

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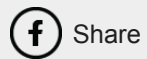
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