

Be Well with Blue Tree Massage. Tips & Infos.  
**Put your best foot forward for this New Year!**  
With self massage, foot reflexology and more.

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Tips & Infos  
Winter 2022

Dear Roel

Be Well  
with  
Blue Tree Massage



**Welcome to our latest newsletter.**  
**Put your best foot forward for this New Year!**

We often hear the expression “put your best foot forward”.

**Our health and well-being are directly connected to our feet!**

What better way to take care of them and our bodies, than by enjoying a **foot reflexology massage** or a **self massage of your feet**?

Discover as well **how to take care of cold feet** and **how to stretch your feet for a better mobility**.



**About:**

Fight winter blues and winter problems with foot reflexology

[Learn more](#)



**Do it yourself:**

Self massage your feet with a blend of rejuvenating essential oils.

[Learn more](#)



**About:**

How to warm my cold feet?

[Learn more](#)



**Do it yourself:**

Foot Stretches You Should Do Every Day

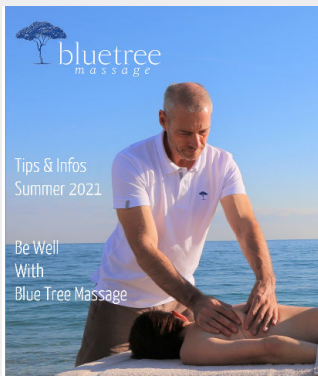
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to avoid  
NECK and BACK PAIN:**

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!

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News

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