

Be Well with Blue Tree Massage. Tips & Infos.

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Be active this summer with sports and the help of sport massages.

Tips & Infos Summer 2022

Dear Roel

Be Well
with
Blue Tree Massage



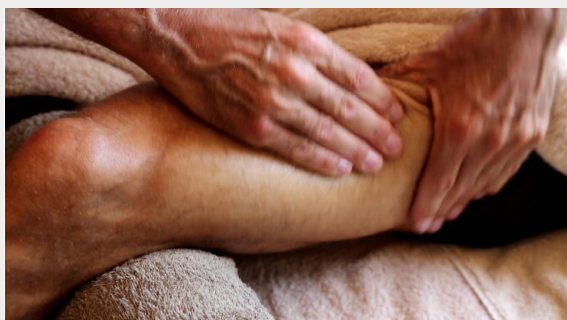
Welcome to our latest newsletter.

**Summer is the best period of the year to do sports,
but it can take a toll on your muscles and joints.**

**So learn how sport massages can help prevent and reduce your
aches, pains, knots and strains.**

Discover some easy self-massage techniques with a tennis ball or a foam roller, **to help prevent pain or injury and increase your performance.**

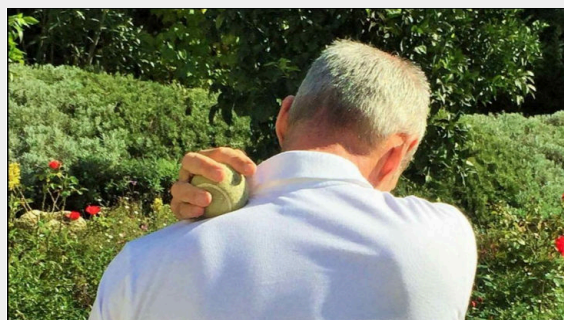
So ready, set, go!



About:

How sport massage can help you with your sport practice

[Learn more](#)



Do it yourself:

The tennis ball and foam roller self-massage for the best performance in your sport practice!

[Learn more](#)

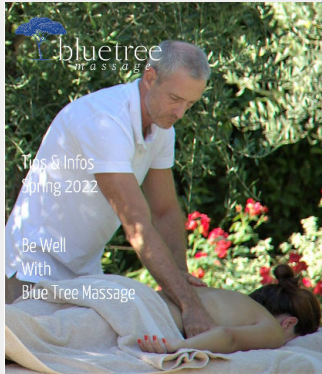


EXCLUSIVE E-BOOK
to avoid

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:

Let Blue Tree Massage launch the countdown for a 3 month anti-cellulite plan with you!

[Learn more](#)



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