

Be Well with Blue Tree Massage. Tips & Infos.

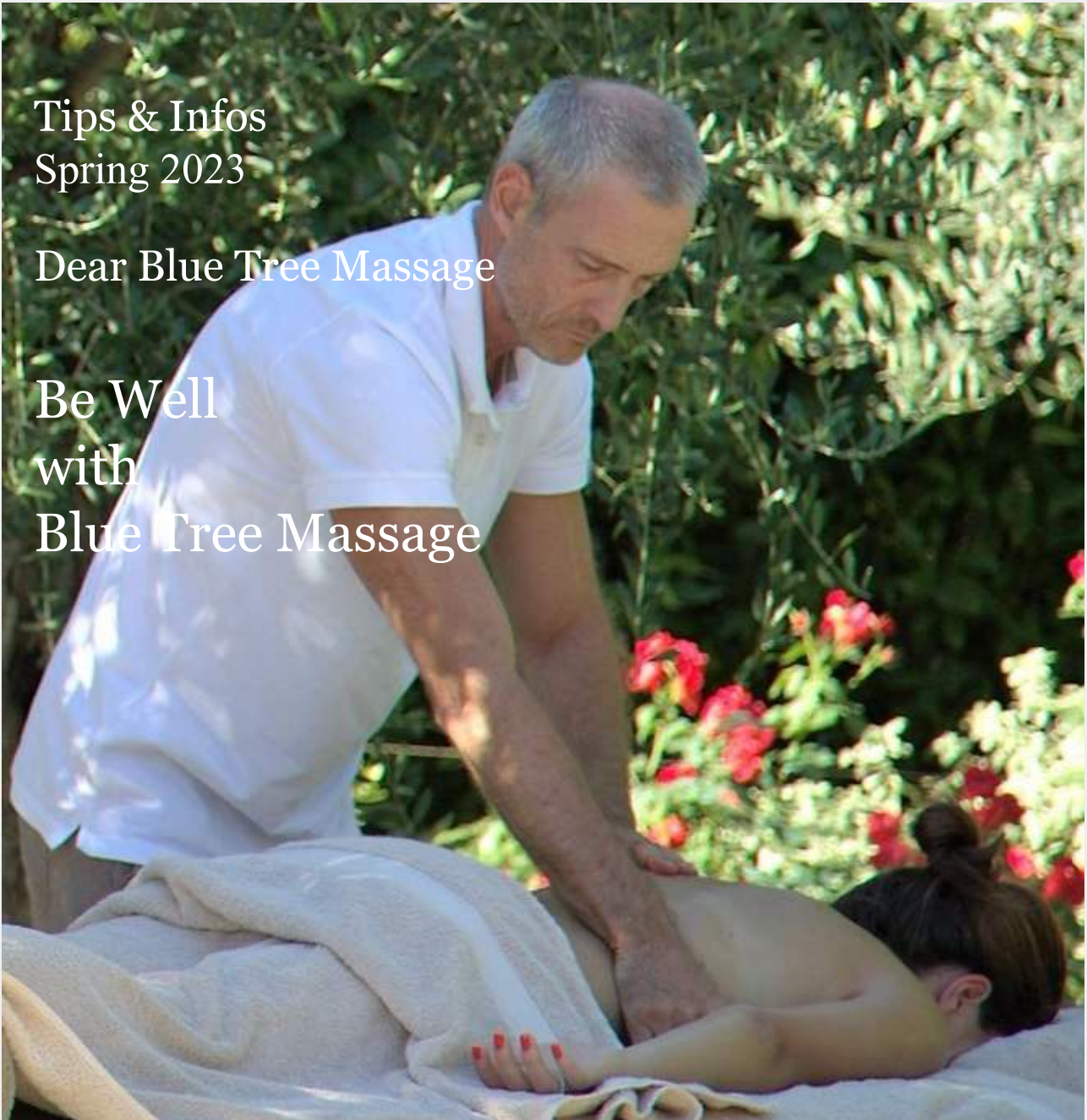
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It's spring, so improve your energy, vitality and strength with our special daily DO-IN routine!

Tips & Infos
Spring 2023

Dear Blue Tree Massage

Be Well
with
Blue Tree Massage



Welcome to our latest newsletter.

It's spring, so improve your energy, vitality and strength with our special daily DO-IN routine.

Do you feel under the radar, do you have sore muscles, do you feel tired?
This self-massage from Shiatsu will help you recover your strength and energy.

Try it in the morning, as it is a good way to start the day.

Let's go for a 10 minute session!



Do it yourself:

Special daily DO-IN routine for energy and strength.

[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:

Discover our previous newsletter about detox.

[Learn more](#)



News:

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