

Tips & Infos  
Winter 2022/2023

Dear Blue Tree Massage

Be Well  
with  
Blue Tree Massage



**Welcome to our latest newsletter.**

**Detox yourself!**

After all the excess of food and alcohol during the end of year celebration, it's time to detox your body.

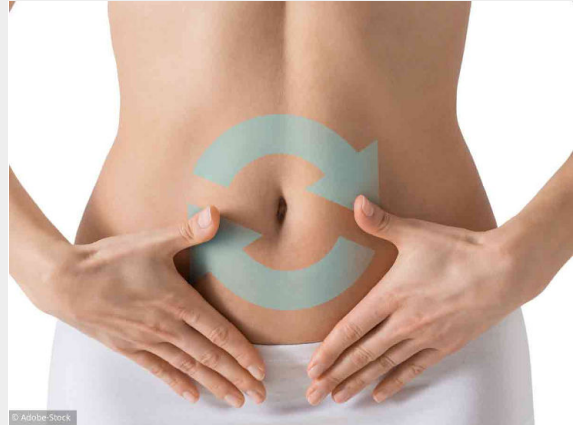
**Belly massage, lymphatic drainage and green juices are good ways to achieve this goal.**

So let's give it a try with our specials tips!



**About:**  
Detox juice routine

[Learn more](#)



**Do it yourself:**  
Abdominal detox self massage

[Learn more](#)



**About:**  
A lymphatic drainage detox massage.

[Learn more](#)

Wishing you a holiday season  
full of light, love and happiness  
and a fabulous new year.



**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 acupressure points.

[Learn more](#)



### News:

Discover our latest news.

[Learn more](#)

You can join us at  
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thanks a lot.



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