

OASYSUS LLC



M&M.
MECHANICS AND
MASSAGE.

NEWSLETTER

Volume #4:
SPR '24

Julie Long, L/BCMT, Movement Specialist

<https://mmmmessage.godaddysites.com>

OUR SERVICES

M&M.MASSAGE. offers various wellness and bodywork services from the comfort of your home, office, or location of choice. We are 100% COMPLETELY MOBILE.

WELLNESS GOALS



Assistance in Achieving or
Creating a Blueprint

SPRING CLEANING

Getting the Most out of Your Detox
Regime

FINISH READING ON PG. 2



ALLERGY WATCH

Springtime Red Alerts

TREE POLLEN AND GRASS ALLERGIES ARE IN FULL TRIGGER EFFECT AND HIGH ALERT. Take these precautions to help alleviate symptoms by limiting exposure: wearing a mask, medication, and sinus and face massage and vapors.

MARCH MADNESS

Tips/ Trades & Specials

DETOX RESTART

31% OFF ANY detox service or
product

March 1, 2024-May30,2024

CHARMED: Now through May 5, 2024, free
chakra balance or postural assessment with any 90
min massage service.



FYI

Epson Salt Bath/ Soak contains magnesium which helps to alleviate fluid retention and helps draw out and remove toxins.

Sauna Session promotes the body's natural detoxification processes.

Lemon and ginger are great detox boosters.

SPRING CLEAN



Body Detox 104

When we think of spring, we can't help but think of renewal, refresh, new starts, getting ahead, daylight savings, easter, rainstorms, and for a lot of us, the dreaded spring cleaning. But spring cleaning doesn't have to be stressful. Bring back the spring in your step with a bounce in everything you do this year by adding a detox to your spring-cleaning regime. **Detoxing** just like decluttering can have a huge impact on mental health. Spring cleaning or just cleaning in general improves mood, focus, and sleep. Spring cleaning also, in the end, gives us a sense of accomplishment and rejuvenation to take on other aspects of our complete health including, social, financial, and physical well-being. **Detoxing** is so important to our overall health that our body does it naturally by the liver, kidneys, intestines, lungs, lymphatic system, and skin to keep us alive. But sometimes our system needs a boost from stressors of the environment and life to help optimize and keep them functioning properly. **It's** important to understand the what, why, and how of detox. In some cases, it can cause harm. When done properly detoxing can help clear your skin, boost immunity, weight loss, reduce inflammation, and boost energy by removing harmful substances and toxins. By detoxing you give your body a break, allowing your own self-cleansing and self-healing processes to get back or kick into gear.



Now that we know what it is, the why ties into the definitive role of detoxification. How you detox will depend on what you feel you need. There are colon and detox drink cleanses, sauna/ infrared heat, body wraps, meditation, soaks, and more ways to detox.

