



## What's Happening?

Spring is just around the corner and I know I'm excited. How about you?

If you are gearing up for spring cleaning, build in an incentive. A massage is a great way to reward yourself for getting your house in order.



## Fun Holidays this Week...

**March 12: Plant a Flower Day** – To celebrate, here's a how-to on planting flowers.  
<https://www.wikihow.com/Plant-Flowers>

**March 14: National Pi Day** – Why today? Because today is 3.14, the value of Pi.

**March 16: Incredible Kid Day** – If you know an incredible kid, let them know how special they are.



## Hydration Recipe of the Week

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

### Watermelon Strawberry Mint Water

Ingredients:

4 cups watermelon  
1/2 pint strawberries  
6 sprigs mint  
Water

Instructions:

Combine all ingredients in a pitcher. Stir gently, cover, and refrigerate until flavors combine, at least 1 hour.



# Featured Article

Reflexology, while not technically a massage, uses pressure on the feet and hands with specific thumb, finger, and hand techniques. It's based on a system of zones and reflex areas that reflect different parts of the body. Benefits include increased energy, better circulation, and deep relaxation. Below are 10 simple steps to a DIY Reflexology method:



1. Find a ball – tennis, lacrosse or pink bouncy balls all work – or consider getting a spiky massage ball like this one to better stimulate pressure points.
2. Place the ball under your foot, just behind the big toe mound. Using your other foot to support yourself, put as much gentle weight on the ball as you can tolerate.
3. Alternate putting more weight on the ball as you inhale, then taking some weight off the ball as you exhale. Repeat for 6 to 8 breaths.
4. Now place the ball farther back, just in front of your heel.
5. Again, alternate putting more weight on the ball as you inhale, then taking some weight off the ball as you exhale. Repeat for 6 to 8 breaths.
6. Now roll the ball down the length of your foot, back and forth about 5 times.
7. If you have the time, try rolling on the outer edge, the inner edge, and down the center of the length of your foot – all the way from toe to heel.
8. Pay attention to any tight or tender spots.
9. Repeat with other foot.
10. Take a moment to feel the difference!

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