



## What's Happening?

THANKFUL! That's my theme for this week. As my husband and I celebrated Valentine's Day with a lazy Sunday afternoon, just enjoying each other's company on the couch, I began to think on my life. I'm thankful for a number of things, but one thing I cannot express enough is how thankful I am for you, my clients. Your support has not only enabled me to open and sustain a successful business, but your loyalty, friendship and trust has made me a better person. I never, in my wildest dreams thought I would own a business. So THANK YOU!!!!



## Fun Holidays this Week...

**February 17: Random Acts of Kindness Day** – Here are some terrific ideas for random acts of kindness. <https://www.randomactsofkindness.org/kindness-ideas>

**February 20: Love Your Pet Day** – Today is great day to give your pet lots of love and attention.



## 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:

### Apple Water

Ingredients:

8 slices Granny Smith apple

5 slices fresh ginger

2 pieces lemongrass

Water

Instructions:

Combine water, Granny Smith apple, ginger, and lemongrass in a 32-fluid ounce Mason jar or pitcher.

Stir gently, cover, and refrigerate until flavors combine, at least 1 hour.



# Featured Article

## COMMIT TO SELF-CARE

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BodySense Magazine

With months of the pandemic behind us, it's easy to start forgetting about the importance of our own self-care. So many of us were so diligent in April and May, but now let COVID exhaustion derail our new self-care routines. Now is not the time to start cutting corners. Instead, use this time to build up your self-care bench.

Did you bring that meditation practice you've been promising yourself to try? Did you buy a new stationary bike that's been collecting cobwebs for a few months? Did those new hiking shoes you bought in June ever make it out of the closet? Don't shame yourself for it... reclaim it. And if those things didn't work as part of your self-care routine, find the things that do.

As part of this self-care reclamation process, devise a plan that works for you. Commit to what you can, but be forgiving when you slip. And finally, learn how to reframe any self-care practices as not something you have to do, but something you want to do.

Taking care of yourself has never been more important. That's something your massage therapist knows better than anybody!

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