



LIVING WELL *Weekly*

EDITION 2 | WEEK OF JAN 10, 2021 | WWW.LIVINGWELLMASSAGETHERAPY.COM



What's Happening?

A new client of mine recently left me this review: "I have to admit I was skeptical that massage would help my sore lower back, but the day after I was able to resume a gym workout, being careful not to overdo- and the real test is that I was able to cycle for 10 miles on Saturday, and then feeling good- 50 miles on Sunday."

As we get back into our routines, I hope you are making your wellness a priority this year. Let me help get you moving again!



Fun Holidays this Week...

January 10: Peculiar People Day – Today is a day to honor anyone who is extraordinary, unusual, intriguing, and quirky. Give some recognition and appreciation to your quirky friends and family.

January 13: Make Your Dream Come True Day - On this day do something, no matter how small, to move in the direction of achieving your dreams.

January 14: Dress Up Your Pet Day – Do you have a pet? Dress them up today and take them for a walk. I bet you make a few people smile.



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:

Rosemary Grapefruit Water

Ingredients:

1/4 red or pink grapefruit

1 large sprig fresh rosemary

Sparkling or regular water

Instructions:

Wash and slice 1/4 grapefruit into small slices.

Wash rosemary

Fill a pitcher with water. Add grapefruit and rosemary.

Refrigerate for 1 hour before serving.



Featured Article

DIY Hand Massage



In between massage appointments use these simple tips to give yourself a simple & easy hand massage! Perfect for after long days of typing on the keyboard!

Flex your wrist up and down and turn it from side to side. Rotate it several times in both directions.

To massage your palm, support the back of your hand with your fingers and make small rotary motions with your thumb pad over one spot at a time.

Massage the mound at the base of the thumb.
Repeat

Did You Know?

Touch and massage stimulates the release of endorphins, the body's natural pain killers.

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Reviews ★★★★★

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