



What's Happening?

Bubble Wrap Appreciation Day? Apparently, it's a real thing. Anyways, I hope you are enjoying these weekly newsletters. I enjoy sharing fun facts, recipes and updates with you. If there are topics you would like to see covered in these, please do not be shy. I love new ideas. Have a great week and I look forward to seeing many of you in the coming days. #ilovefriends



Fun Holidays this Week...

January 26: Spouse's Day – Today is a time to enjoy and appreciate your better half. It's not designed to be a gift giving event. Rather, use it as a time to show your spouse that you care and appreciate all of the things that he/she does for you and your household.

January 29: Bubble Wrap Appreciation Day – Have any bubble wrap left over from the holidays. Pop it to your hearts content today.



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:

Orange Blueberry Water

Ingredients:

2 mandarin oranges
Handful of blueberries
Water

Instructions:

Combine all ingredients in a pitcher and put in the fridge for 2-24 hours to allow the water to infuse. You can also squeeze in the juice of one mandarin orange and muddle the blueberries to intensify flavor a bit. Serve cold.



Featured Article

Breathing Exercise to Relieve Stress

Here is a quick breathing exercise you can use anytime, anywhere to help you calm the nervous system, increase focus, and reduce stress:

- Sit comfortably with your back straight.
- Breathe in through your nose for a count of four.
- Hold for a count four.
- Exhale through your mouth for a count of four, pushing out as much air as you can while contracting your abdominal muscles.
- Continue to breathe in through your nose and out through your mouth until you feel your body relax.

Yep, it's that time of the year again! Wait, didn't we just get done with Christmas? Well, don't wait until the last minute to get your special someone a great gift this year. Give the gift you know they will love - the gift of massage.

Go to my website, www.livingwellmassagetherapy.com to purchase and print at home gift cards. I look forward to seeing you soon.



Follow me:



@livingwellmassagetherapy2020

Google

Reviews ★★★★★

How am I doing?

Leave me a review on Google.



www.LivingWellMassageTherapy.com
980.349.5050