



## What's Happening?

### Living Well Massage Therapy

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5.0 ★★★★★ 15 Google reviews

Massage therapist in Cornelius, North Carolina

Thank you for all who have posted a Google review for Living Well. Many do not know this, but reviews help small businesses like mine climb the Google rankings. So if you have not already, please take a few minutes to leave me a review. I'm not only interested in increasing my visibility, but I

want to hear from you. How am I doing? What can I improve on? What do you like/dislike about my office? I will always strive to make Living Well Massage Therapy the best massage therapy business around.



## Fun Holidays this Week...

**March 1: World Compliment Day** – When you meet people today, give them a compliment that is positive, honest and sincere.

**March 4: Hug a GI Day** – Give a great big hug to any and all GIs you see today. The men and women in our armed forces deserve our thanks and appreciation.



## 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.



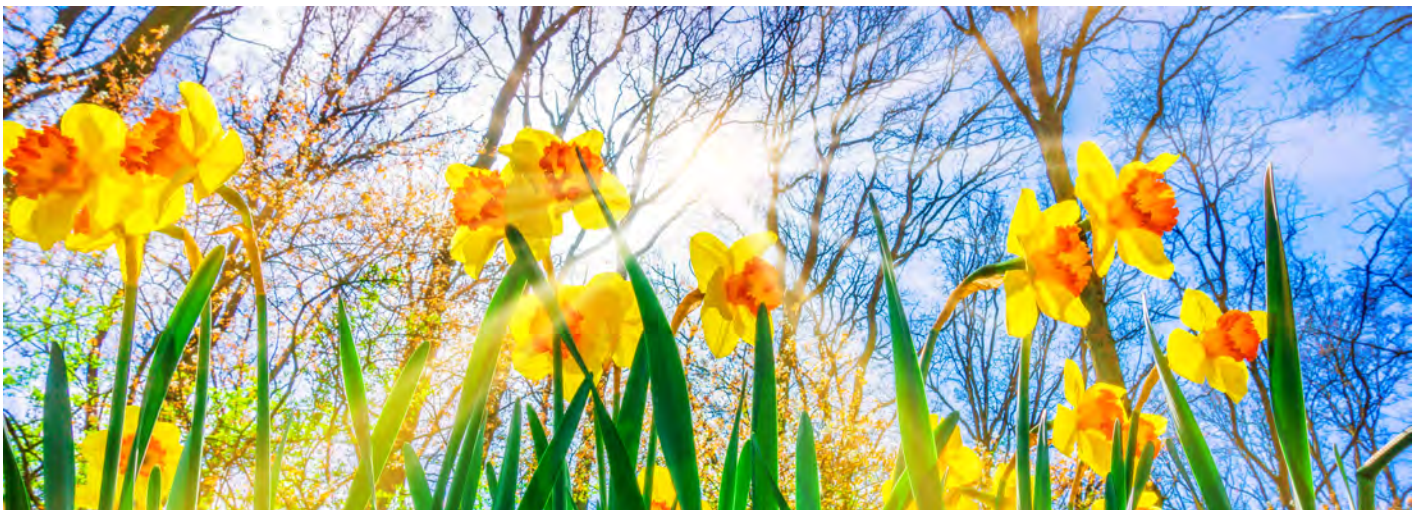
# Featured Article

## Winter time blues

Spring is almost here. But at this time of year, many people are experiencing some winter blues. WebMD reviewed more than a dozen studies that revealed how massage can fight depression by lowering cortisol levels.

Cortisol is the body's response to stress, and massage therapy lowers it by as much as 50%. At the same time, massage provides many benefits and can also increase the levels of serotonin and dopamine, which are both neurotransmitters that help stabilize your mood.

If you or someone you love is experiencing the winter blues, schedule a massage today and help get through this last push before spring.



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Reviews ★★★★★

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