

Integrated Bodyworks Weekly Newsletter

Week of June 23, 2019

What's Happening: Did you know that I was an architectural designer before I became a massage therapist? I wanted a lifestyle change away from the stress of the construction business. I am sure glad I made the switch. I love to help people heal!

Fun Holidays this Week:

June 27: Sun Glasses Day – Get out and enjoy the sun today with your favorite pair of sunglasses.

June 29: Camera Day – Celebrate with a picture of something you love!

Hydration Recipe

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:

Mango Pineapple Water

Ingredients:

1 medium sized mango, thinly sliced

1 cup pineapple, chopped

Water

Instructions:

Peel and slice one mango. Add 1 cup of finely chopped pineapple and water. Refrigerate 4-6 hours before drinking to allow flavors to infuse.

DIY Hand and Forearm Massage

Too much texting? Don't worry. Try this hand / forearm massage to help relax your muscles.

- Relax one arm, palm up, on top of your thigh.
- Push the heel of your other palm slowly along the forearm in the direction of your wrist.
- Use enough pressure to feel some heat, but not to give yourself a brush burn.
- Do the same thing across your open palm all the way down toward your fingertips, and again over the mound of your thumb.
- Repeat a few times, and switch hands.