

Integrated Bodyworks Weekly Newsletter

Week of March 3, 2019

What's Happening: My massage practice is thriving. Thank you all! I get paid to help people heal. What a gift! Go and like my facebook page ,<https://www.facebook.com/IntegratedBodyworksFredericksburg/>, or post a review on Google. Let people know what you think of your massages.

Fun Holidays this Week:

March 5: Happy Mardi Gras!

March 8: International Women's Day – A day to celebrate all the strong, wonderful women in our lives.

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:

Watermelon Strawberry Mint Water

Ingredients:

4 cups watermelon in 1/2 inch cubes, lightly mashed

1/2 pint strawberries, sliced in half

6 sprigs mint (lightly crushed)

Water

Instructions:

Combine all ingredients in a pitcher. Stir gently, cover, and refrigerate until flavors combine, at least 1 hour.

Throw A Mardi Gras Party

Mardi Gras is one of the most well-known festivals of the year. While Mardi Gras is celebrated all over the world, the most famous Mardi Gras happens in New Orleans. Even if you can't make it to New Orleans for the celebration, here are some fun ways to host your own Mardi Gras party!

- Send fun invitations. You can make your own, buy them or send out digital invites, but either way themed invitations set the mood.
- Make it a costume party. Ask people to wear masks and dress up for the occasion.
- Serve Mardi Gras themed food. Here is a link to some traditional Mardi Gras recipes. <http://allrecipes.com/recipes/192/holidays-and-events/mardi-gras/>. Share the link with friends and have a potluck.
- Create a playlist. Put together a list of Cajun-style music to set the mood at your party. You can find a ton of free tunes online.
- Decorate in Mardi Gras colors. There are three colors that are traditionally associated with Mardi Gras: purple, gold and green. Purple symbolizes justice, gold symbolizes power and green symbolizes faith. Decorate using these colors for a traditional feel.

Special Offers: Remember that you will get \$20 off of a massage if you refer a friend.