

Integrated Bodyworks Weekly Newsletter

Week of December 9, 2018

What's Happening: I will now be featuring a condition treatable with massage in a monthly blog on my website as well as starting these weekly newsletters. They will be accessible on my website and a link will be put on my Facebook page. Let me know if you would like the newsletter emailed to you. **Remember to give the gift of massage this holiday. Gift certificates available.**

Fun Holidays this Week:

December 9: National Pastry Day – Pick one of these recipes to try. <https://www.tastemade.com/recipes/pastry>

December 12: Poinsettia Day – Poinsettias make great gifts.

December 15: National Lemon Cupcake Day – Yum! <https://iambaker.net/easy-lemon-cupcakes-lemon-buttercream/>

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:

Blackberry Ginger Water

Ingredients:

1 cup blackberries

1 small ginger root, peeled

Water

Instructions:

Add blackberries and ginger to a pitcher of water. Chill and enjoy.

Take A 15 Second Break

This is a busy time of year and sometimes we just need a moment to catch our breath. Take a 15 second break! Just watch and breathe for 15 seconds. Try to clear your mind. Go ahead and try it out! Click on the image below to access the video.



Link to the MP4 video: https://drive.google.com/open?id=1cH7Y1g_wOh0CN-ycNIIICayCpQ6ptCGo

Special Offers: Buy 6 massages and get a 10% discount! That makes a 60 minute massage \$67.50 instead of \$75 and a 90 minute massage \$99 instead of \$110.