

Integrated Bodyworks Weekly Newsletter

Week of December 2, 2018

What's Happening: 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 2: Start of Hanukkah – Happy Hanukkah!

December 7: Letter Writing Day – Today is a great day to get started on your holiday cards.

December 8: National Brownie Day – 86 wonderful recipes to try. <http://www.delish.com/cooking/recipe-ideas/g2796/brownie-recipes/>

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:

Ginger Lemon Water

Ingredients:

1 small ginger root, peeled

1 lemon, sliced

Water

Instructions:

Add ginger root and lemon to a pitcher of water. Chill and enjoy.

Massage Gift Baskets

If you want to make giving a gift certificate extra special for the holidays, one creative way is to assemble a basket full of goodies designed to promote relaxations. If you like this idea, here are 10 suggestions for what you can include in your basket along with the massage gift certificate.

1. Candles
2. Bath salts/bubbles
3. Bathrobe
4. Slippers / socks
5. Comfy pajamas
6. Essential oils
7. Neck pillow
8. Soothing music
9. Herbal tea
10. Soft blanket

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.