

Integrated Bodyworks Weekly Newsletter

Week of December 8, 2019

What's Happening: Price increase effective January 2020. I will also be offering a way to save on your massages by buying in bundles. See the website under the rates tag for details. **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: See the new buy in bundles offer on the website