

Be Well with Blue Tree Massage. Tips & Infos.
Exhausted, empty, in slow motion?
Knot out your fatigue!

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Tips & Infos
Winter 2020/2021

Dear joel

Be Well
with
Blue Tree Massage



Welcome to our latest newsletter.

Exhausted, empty, in slow motion?

**Pandemic, telecommuting, stress about the future, seasonal
depression?**

We are experiencing an unprecedented wave of fatigue that

overwhelms us.

So discover how to fight this tiredness just by using your hands.

Start the New Year on a good footing, with good energy and say
goodbye to worries and fatigue!



About:

Discover how to fight fatigue in these difficult times.

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Do it yourself tips:

Fight your fatigue with your bare hands! Manual exercises.

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