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Newsletter January 2007

Issue 15

Wishing you all a very Balanced New Year!

Welcome Back!

We hope everyone had a fun and safe holiday and have come back to work refreshed and motivated.

To get you off to a healthy start we have put together our

Top Ten Health Resolutions

1. I will have regular massage (of course).
2. I will stretch daily: have a routine that covers the major muscle groups.
3. I will do the exercises/stretchers my massage therapist shows me.
4. I will drink more water: up to 2 litres a day.
5. I will eat my five + a day veges and fruit.
6. I will do some form of cardio exercise three times a week.
7. I will learn to breathe from my belly and not from my chest.
8. I will schedule in time out for myself every week.
9. I will wear sunscreen every day.
10. I will laugh at least once a day every day.

Gift Basket Draw

We have a fabulous gift basket filled to the brim with goodies to give away.

We have decided to extend the draw to all January bookings;

So book in now to avoid disappointment!!

Your name will be entered into the draw once you have had your massage and the basket will be drawn on the 31st January!

We look forward to seeing you soon!

We still have some availability this week too.

www.balancemassage.co.nz

Perfect Products for you

Wheat bags: \$15

Perfect heat for those tired muscles

Ice packs: \$12

Cool down inflammation and speed up recovery

Antiflamme crème: \$11

At home rub when you can't get into balance

Lizzie Bee Soaps, Lotion, Bath Bombs and Body Scrubs:

From \$8 The perfect gift

This newsletter is intended for general health information and should not be relied upon without further specialized advice.

To unsubscribe: reply with "unsubscribe" in the subject line. Thank you.

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