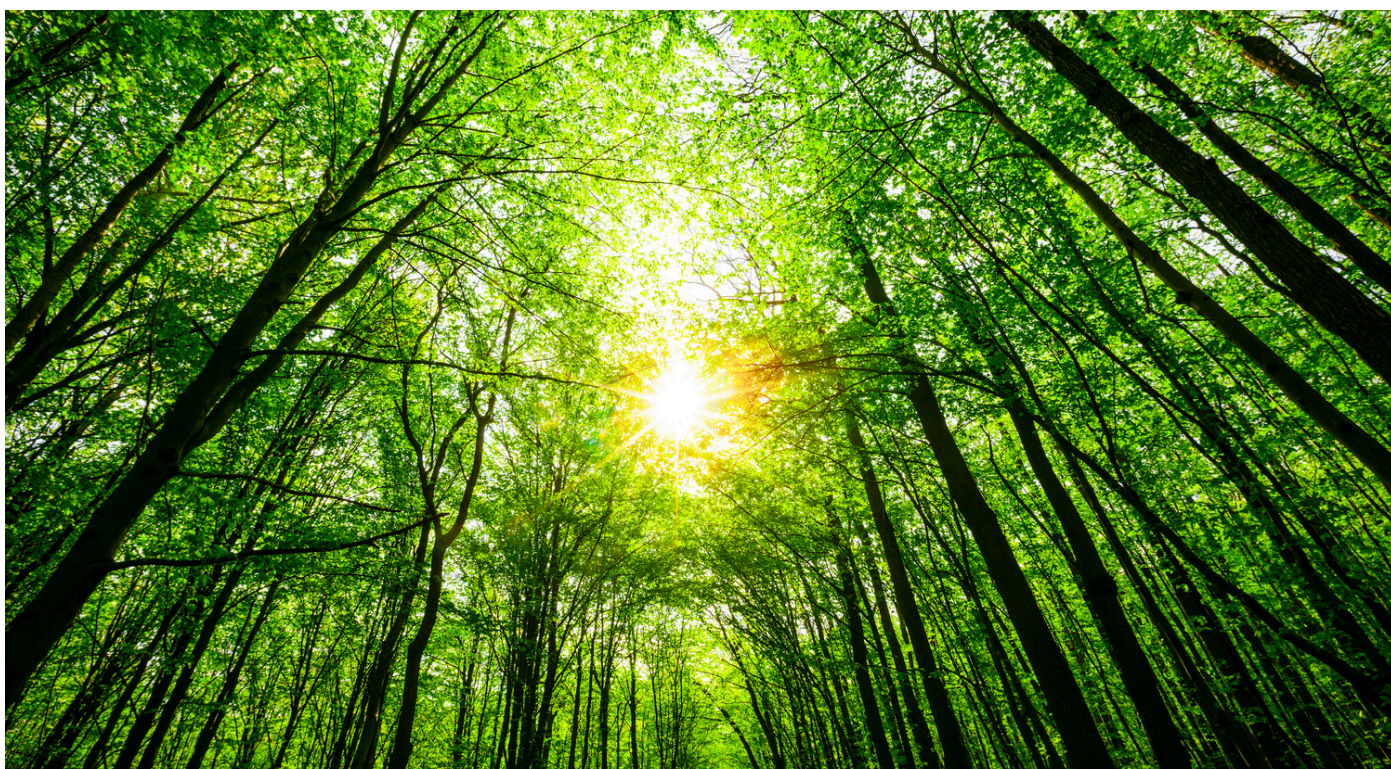


SOUL

TAURANGA WELLNESS CENTRE – Seasonal Newsletter



Welcome to Soul

Parris- Imagineer of Soul Magazine

Kia ora and Welcome to Soul Magazine - Winter Edition , your seasonal companion from the Tauranga Well Being Centre.

Spring is a season of renewal. After the quieter months of winter, our bodies can sometimes feel stiff, sluggish or simply ready for a fresh start. It is a wonderful time to move a little more, breathe a little deeper, reconnect with ourselves and gently shake off what we no longer need to carry.

In this Spring edition of Soul eZine, we celebrate fresh beginnings, seasonal wellness and simple ways to support your body, mind and spirit as we move towards the warmer months.

Thank you for continuing to be part of our wellness community. Make yourself a cuppa, find a sunny spot, and enjoy this Spring edition of Soul eZine

Warm wishes,

Parris, Toni, Erina*, Gigi, CoCo & Luna (awol)

Moving towards your Complete Body Wellness, one season at a time

WHAT'S INSIDE:

- Spotlight on Massage Therapy
- Spring Cleaning, Your Body
- The Power if Meditation
- Chronic Pain, Changes You
- Crystal of the Month
- Growing Into?
- Spring Keto YumYums
- Spring Gardening by The Moon
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Spotlight On Massage Therapy?!

Myofascial Hydration Release
With Toni O'Daly Senior Medical Massage
Therapist

Spring is all about movement, renewal and creating space, and our bodies can benefit from the same approach.

Myofascial Release & Hydration with Toni focuses on the fascia, the continuous network of connective tissue that surrounds and supports muscles, joints and other structures throughout the body.

When fascia becomes restricted or less mobile, you may notice feelings of tightness, stiffness, reduced movement or areas that simply don't feel as free as they once did.

Rather than traditional massage, Toni uses gentle, sustained hands-on techniques designed to work with the fascia tissues, encouraging movement, relaxation and improved tissue mobility.



**“This Spring, Give Your Body Room To Move
Discover Myofascial Release & Hydration
with Toni.”**

What Is Your Fascia?

Your fascia is a continuous network of connective tissue throughout your body. It surrounds and supports your muscles, bones, joints, nerves, blood vessels and organs, helping give your body structure while allowing tissues to move and glide.

Think of it as your body's internal webbing. Rather than separate pieces, fascia forms interconnected layers from beneath the skin into deeper structures.

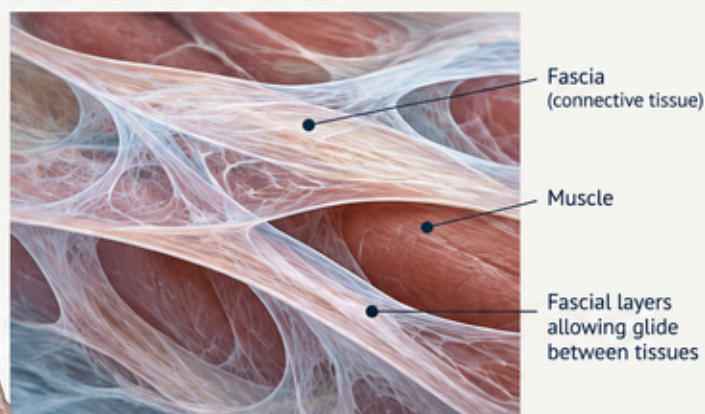
Healthy fascia is designed to be strong, flexible and able to glide. Between fascial layers is a lubricating substance (including hyaluronan) that helps these layers slide over one another.

Key Functions of Fascia

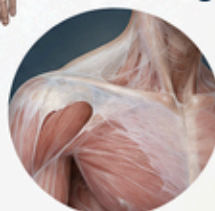
- Provides structure and support
- Connects and stabilises the body
- Allows movement and flexibility
- Helps transmit force between muscles
- Surrounds and protects organs, nerves and blood vessels
- Plays a role in circulation and lymphatic flow



A Closer Look at Fascia



Fascia Throughout the Body



Surrounds and connects muscles



Supports and stabilises joints



Surrounds and protects organs

Why Movement & Hydration Matter

Movement and adequate hydration help support healthy fascial tissues. When fascia becomes less mobile or restricted, movement can feel limited or uncomfortable. Gentle, targeted techniques such as Myofascial Release & Hydration can support fascial wellbeing.

SPRING CLEANING Your Body.. Gently?!

Parris - Senior Massage Therapist

**'A Fresh Season. A Fresh Start..
... A Little More Room to Breathe.'**

Spring has arrived. The windows are opening, washing is finally making it onto the line, gardens are bursting back into life, and suddenly we notice all those corners of the house that somehow escaped our attention during winter.

But What About You?

After months of colder weather, comfort food, less daylight and perhaps a little less movement, spring can be a wonderful time to check in with your body. Not with an extreme cleanse. Not with starvation, miracle juices or promises to "flush out toxins". Your body already has some rather impressive housekeeping systems of its own.

Your liver, kidneys, digestive system, lungs, skin and lymphatic system are working around the clock. Rather than trying to "detox" your body, spring can be about giving those normal processes the basics they need to do their jobs.

'Quality sleep and recovery remain important parts of physical and emotional wellbeing throughout the year.'



Step Outside

Spring gives us longer days, warmer light and more opportunities to spend time outdoors.

- Have your morning cuppa outside.
- Walk around the garden.
- Go for a stroll.
- Put your bare feet on the grass

'You don't need to turn wellbeing into another job on the to-do list.'

Your 7-Day Gentle Spring Reset

Rest isn't something we graduate from when winter finishes.'

**For the next seven days, forget perfection.
Each day, aim to:**

- Drink water regularly
- Add something fresh and colourful to your meals
- Move your body in a way that feels comfortable
- Spend a little time outdoors
- Have 60 minutes of therapeutic massage
- Give yourself some genuine downtime
- Do one small thing that makes life feel lighter

**No dramatic cleanse.
No punishment.
No impossible wellness regime.**

**'Clear the Clutter, Nourish Your Body,
and Bloom into Spring.'**

THE POWER OF MEDITATION



A Few Quiet Minutes can Change the Rhythm of Your Day

In a world that constantly asks us to think, respond, organise and keep moving, meditation gives us permission to simply be.

Meditation does not mean having an empty mind or somehow stopping every thought. Our minds are designed to think. Instead, meditation is the practice of gently bringing our attention back to the present moment, again and again. *'Think of it as creating a little more space between all the noise?!'*

Why Meditate?

Regular meditation and mindfulness practice may help support stress reduction, emotional wellbeing, attention and sleep. It can also encourage us to become more aware of what is happening within our bodies.

When we slow down, we may begin to notice things that were previously drowned out by the rush of everyday life: a tight jaw, raised shoulders, shallow breathing, fatigue or simply the feeling that we need a moment to ourselves.

'Meditation gives us an opportunity to notice these signals without immediately!'

A Simple 5-Minute Meditation

Find somewhere comfortable where you are unlikely to be disturbed.

- Sit or lie down and allow your body to settle.
- Close your eyes if that feels comfortable.
- Take a slow breath in through your nose.
- Pause naturally.
- Then gently breathe out.
- Notice the sensation of your breath entering and leaving your body.
- You don't need to change it. Simply observe it.
- When thoughts appear, and they will, acknowledge them without judgement and gently return your attention to your breathing.
- Continue for five minutes.
- Before opening your eyes, notice how your body feels.
- There is nothing you need to achieve.
- You have simply given yourself five minutes of stillness.

Chronic Pain, Changes You?!

Ortho-Bionomy A Gentle Approach to Chronic Pain & Stress..

Spring is a season of movement and renewal. But when you live with chronic pain, stiffness or ongoing stress, getting your body moving again can sometimes feel anything but easy.

Ortho-Bionomy offers a different approach. Rather than pushing, stretching or forcing the body, Ortho-Bionomy uses gentle positioning, comfortable movement and light touch to work with the body's natural responses.

The aim is to create an environment where protective muscular tension can soften and the nervous system can settle.

When Pain & Stress Become a Cycle

Persistent pain can place the body on high alert. In turn, stress may increase muscle guarding, disturb sleep and make pain feel more difficult to manage.

Ortho-Bionomy takes a comfort-first approach, helping you explore positions and movements that feel easier rather than working directly against painful restrictions.

It may be a supportive option for people experiencing:

- Chronic muscular tension and stiffness
- Persistent aches and discomfort
- Restricted or uncomfortable movement
- Stress and nervous-system overload
- Tension associated with repetitive work or old injuries
- Difficulty relaxing because the body always feels "switched on"
- Sensitivity to deeper or more vigorous bodywork



What Happens During a Session?

Ortho-Bionomy is generally performed fully clothed. Your therapist may gently position your body, support a joint, introduce small movements or find a comfortable position that reduces strain. There is no need to "push through" discomfort. This makes Ortho-Bionomy particularly appealing when the body is already tired of fighting pain.

Meet GiGi

At Hands to Heal Massage Therapy, Ortho-Bionomy sessions are offered by our Senior Massage Therapist and Ortho-Bionomist GiGi, who brings more than 25 years of bodywork experience to her treatments. Her gentle approach complements our philosophy of working with your body rather than against it.

Spring Into Gentler Movement

Spring doesn't have to mean suddenly doing more. Sometimes renewal begins quietly: a little less guarding, a little more comfortable movement, a calmer nervous system and the opportunity to reconnect with your body.

'Listen to Your Body Give it Room to Change'..



Book your Ortho-Bionomy Session
With GiGi @ www.handstoheal.com

Crystal of the Month..

Toni - Owner of The Crystal Shop



CARNELIAN

Spring Energy • Creativity • Confidence • New Beginnings

As the garden wakes from its winter sleep and the days become warmer and brighter, Carnelian brings a splash of fiery colour to our Spring edition of Soul.

With shades ranging from soft orange and honey through to rich burnt red, Carnelian is a variety of chalcedony, part of the quartz family. Its beautiful colouring comes largely from iron compounds within the stone.

In crystal traditions, Carnelian has long been associated with vitality, motivation, courage, creativity and confidence.

After the slower rhythm of winter, it makes a fitting symbolic companion for a season that encourages us to get moving, start creating and bring those ideas we've been quietly nurturing into the light.

Think of Carnelian as a little reminder:

'Stop waiting for the perfect moment. Plant the seed and begin.'



Discover beautiful Carnelian points, clusters, tumbles, jewellery and gift pieces at..



How to Enjoy Carnelian

Carry a small piece in your pocket, wear it as jewellery, place it on your desk or creative space, or simply display a beautiful piece somewhere you'll notice it.

Crystal Care

'Carnelian is a relatively durable crystal, but a little care will keep it looking beautiful.'

- **Cleaning:** Gently wipe with a soft damp cloth and dry thoroughly.
- **Water:** Brief contact with clean water is generally fine, but avoid prolonged soaking, especially for jewellery or treated stones.
- **Sunlight:** Avoid leaving Carnelian in strong direct sunlight for long periods, as prolonged exposure may affect its colour.
- **Storage:** Keep your Carnelian wrapped in a soft cloth or separate pouch to help prevent scratches and knocks.
- **Energetic Cleansing:** If this is part of your crystal practice, try moonlight, sound, smoke cleansing or placing it near selenite rather than relying on water.

'Treat your crystals with care and they can remain beautiful for years to come..'

"I welcome fresh energy, trust my creativity and give myself permission to begin."

**The Crystal Shop at the Tauranga Wellness Centre.
Call: 075787526**

Growing Into.. Tauranga Wellness Centre

Parris @ The Tauranga Wellness Centre

Growing into Tauranga Wellness Centre

More than massage. A space for wellbeing, discovery & connection. Hands to Heal Massage Therapy is growing into something bigger. Our home in Bethlehem is continuing its transition into Tauranga Wellness Centre, bringing together therapeutic care, natural wellbeing, beautiful products and sensory experiences under one roof.

The heart of Hands to Heal remains exactly where it has always been: individualised care and Complete Body Wellness. What is changing is everything we can offer around it.

THE CRYSTAL SHOP

Step into our growing collection of crystals and treasures, from raw stones and polished pieces to spheres, points, jewellery, pendulums, crystal wands, lamps and gifts.

Whether you choose crystals for their symbolism, beauty, mindfulness practice or simply because one catches your eye, there is something rather lovely about finding the one that finds you.

WELLNESS PRODUCTS

We're expanding our range of carefully selected wellbeing products for use at home.

Discover TAO Naturals, balms, topical products, self-care essentials and other products chosen to complement the therapies and wellness services available within the Centre. Our aim is simple: to help you continue caring for yourself long after you leave the treatment room.

A NEW SENSORY SPACE

One of the exciting additions taking shape is our sensory wellbeing range.

We're exploring products designed around touch, texture, scent, comfort, focus, calming and sensory regulation, creating a welcoming little corner for adults, teens and families.

Expect sensory tools, comforting products, fidgets, gummies and other carefully considered additions as the range develops.



AND WE'RE STILL GROWING...

Tauranga Wellness Centre is also opening its doors to independent complementary and alternative practitioners who would like to work alongside an established wellness community.

We would love to hear from practitioners in areas such as acupuncture, naturopathy, counselling, energy therapies and complementary health who are looking for a professional, welcoming space in Bethlehem

This isn't about becoming bigger simply for the sake of it?!

It is about creating a place where you can walk through one door and discover more ways to support your body, mind and everyday wellbeing.

TAURANGA WELLNESS CENTRE

Massage Therapy • Crystals • Wellness Products • Sensory • Complementary Therapies

Level 1, Unit 5, 235 State Highway 2, Bethlehem, Tauranga City, New Zealand

**'One Space. Many Pathways
Towards Wellbeing'..**

Keto YumYums..

It's Ketolicousness, One Bite At A Time..



Spring Keto Lemon Herb Chicken & Avo

Fresh, colourful and full of flavour, this easy spring salad is perfect for a sunny lunch or light dinner.

Serves 2

Ingredients

- 2 small chicken breasts
- 1 ripe avocado, sliced
- 2 generous handfuls baby spinach or mixed greens
- ½ cucumber, sliced
- 6 cherry tomatoes, halved
- ¼ red onion, finely sliced
- ¼ cup crumbled feta
- 2 tbsp olive oil
- Juice of ½ lemon
- 1 small garlic clove, crushed
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint or basil
- Salt and cracked pepper
- Optional: pumpkin seeds or a few chopped walnuts

Let's Make It

Mix 1 tablespoon of olive oil with half the lemon juice, garlic, herbs, salt and pepper. Coat the chicken and cook in a pan or on the barbecue until golden and completely cooked through. Rest for a few minutes, then slice. Arrange the greens, cucumber, tomatoes, red onion and avocado on two plates. Add the warm chicken and sprinkle over the feta.

Whisk the remaining olive oil and lemon juice together, season to taste and drizzle over the salad. Finish with pumpkin seeds or walnuts for a little crunch.

“Sometimes a Spring Reset Starts Right There on your Plate.”

Moon Gardening & You

Bay of Plenty Planting Guide - Gardening By the Moon & The Season

Spring has arrived, bringing longer days, warmer soil and that familiar urge to get outside and start planting everything in sight!

For generations, gardeners have used the phases of the Moon as a traditional guide for deciding when to sow, plant, prune and tend their gardens. While scientific evidence for lunar gardening is limited, many gardeners still enjoy working with this natural rhythm.

Lunar Gardening Guide for Bay of Plenty

● New Moon → First Quarter (Waxing)

Lovely Time To Grow Leafy Crops

- Lettuce
- Spinach
- Silverbeet
- Brassicas
- Fresh Herbs

● First Quarter → Full Moon (Waxing)

Fruit & Flowers

- Tomatoes
- Beans
- Peas
- Courgettes
- Pumpkins



● Full Moon → Last Quarter (Waning)

Head Underground

- Carrots
- Beetroot
- Onions
- Potatoes
- Kumara

● Last Quarter → New Moon (Waning)

Rest, Weed & Prepare

Rather than planting everything that will fit into the garden bed, use this quieter phase for maintenance.

Weed, mulch, prune where appropriate, tidy garden beds, turn compost, prepare soil and deal with garden pests.

Then you're ready for another lunar cycle.

🌿 Bay of Plenty Spring GardenTip

Don't let one beautiful warm afternoon convince you that summer has arrived. Spring weather can change quickly.

Protect young seedlings from strong winds and sudden cold snaps, keep an eye on moisture levels and introduce tender plants gradually.

🌙 A Little Soul Talk

Nature rarely rushes, yet somehow everything gets done. This spring, plant something, nurture it and give it the time it needs to grow. **"Plant with intention, grow with patience, and let nature set the pace."** 🌱💚

CoCo's Pet Care

Spring Time Tips

Spring means longer days, warmer walks, exciting smells and, according to Coco, considerably more opportunities for outdoor adventures. But this spring has also been a little different for our clinic family.

🐱 We're Missing Luna

Our beautiful tortoiseshell clinic cat, Luna, went missing in July, and her absence has left a very noticeable space in our lives.

Animals form relationships and routines with the people and other animals around them. When a companion suddenly disappears, the animals left behind may notice that change too.

Coco can't tell us what she understands about Luna being gone, but changes in an animal's familiar world can sometimes affect their behaviour.

Dad: "Do you miss Luna, Coco?"

Coco: Looks towards one of Luna's favourite places.

Dad: "Yeah. We do too."

Sometimes there doesn't need to be an answer. ❤️

Animals can show grief-like or depression-like changes in behaviour following the loss of a companion or a significant change in their environment.

Every animal is different, but signs worth watching for can include:

- Becoming unusually quiet or withdrawn
- Sleeping more, or changes in sleeping patterns
- Reduced interest in playing or walking
- Changes in appetite
- Becoming unusually clingy or seeking reassurance
- Restlessness or pacing
- Searching around the home or familiar places
- Whining, meowing or other changes in vocalisation
- Losing interest in things they normally enjoy
- Changes in toileting or grooming habits
- Appearing anxious or unsettled

These behaviours don't automatically mean an animal is depressed. Pain, illness and other medical problems can cause similar changes, so persistent or significant behavioural changes should always be discussed with your vet.



🌱 Spring Paw Check

Long spring grass can hide sharp grass seeds that may work their way into paws, ears and coats. After adventures, check between the toes, around the ears and through longer fur.

🌸 Spring Allergies

Watch for excessive scratching, licking, irritated skin, red paws or watery eyes. If symptoms persist or your pet seems uncomfortable, speak with your vet.

Unwanted Passengers

Warmer weather can mean fleas and other parasites become more active. Check that your pet's parasite prevention is appropriate and up to date.

💧 Keep the Water Flowing

With warmer temperatures and longer adventures, keep plenty of fresh water available and take some with you on longer walks.

Never leave an animal in a warm vehicle, even when the day doesn't initially feel particularly hot.

🌸 Coco's Spring Thought

So this spring, check their paws, fill their water bowl, take the longer walk, give the extra cuddle and pay attention when their behaviour changes.

And Luna, wherever you are, we still look for you. 🐱❤️
Love & paw prints,

Coco 🐾

Official Emotional Support Dog & Head of Spring Adventures

Mā te wā

Appreciate you! See you next time!



Big Shoutout – To You All

Until Next Time...

As spring unfolds around us, may you find a little more sunshine, a little more movement, and plenty of reasons to stop and enjoy the small things. Nourish your body, look after your mind, spend time with those you love, and remember that wellness doesn't have to happen all at once.

Small changes can grow into beautiful things. 🌱

From all of us at Hands to Heal, thank you for sharing another season of Soul with us. **Be Cool . Stay kind to yourself. Keep healing.** ❄️❤️

Aroha nui

Toni, Parris, Erina*, Gigi , Coco 🐾 & Luna 🐾

Mā te wā 🌿

INSIDE THE NEXT ISSUE OF SOUL:

- Crystal of the Month
- Spotlight on Therapies
- Gardening by the Moon
- Body Wisdom & Care
- Keto Yummies
- Mini Mindful Tips
- CoCo's Summer Tips
- Mat te wa

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