APRIL. 2025, ISSUE 1

SOUL

TAURANGA WELLNESS CENTRE - **Seasonal Newsletter**



ABOUT YOU, WHATS INSIDE:

- Explaining Massage Therapy
- Your Spiritual Wellness
- Breathing Techniques
- Top Pressure Points
- Fascia! Just what is it?
- Autumn Keto YumYums
- Mā te wā

Welcome to Soul

Parris- Imagineer of Soul Magazine

A Warm Welcome from Parris & Toni Owners of Tauranga Wellness Centre

Kia ora and welcome to Soul magazine, the heart of Tauranga Wellness Centre's seasonal well-being journey. I'm Parris, your guide through the world of holistic health, self-care, and mindful living.
.Through Soul Magazine, we'll explore massage therapy, movement, nutrition, and wellness practices designed to support your journey toward balance, renewal, and vitality.
Whether you're seeking inspiration, education, or simply a moment of calm, this space is here for you. Let's embrace each season with intention, connection, and self-care.

Here's to your well-being,
✨ Parris
Soul Magazine @ Tauranga Wellness Centre

Explaining Massage Therapy?!

Parris - Senior Massage Therapist

How Massage Therapy Supports Your Health & Well-Being Journey

Massage therapy is more than just relaxation—it's a powerful tool for nurturing both physical and emotional well-being. By relieving muscle tension, improving circulation, and promoting deep relaxation, massage helps restore balance in the body and mind. Regular treatments can reduce stress, enhance flexibility, support injury recovery, and even boost immune function. On an emotional level, massage encourages mindfulness and deep connection with the self, creating space for healing and renewal. Whether you're seeking relief from chronic pain, emotional stress, or simply looking to enhance your overall vitality, massage therapy is a transformative step on your health and well-being pathway.





Massage therapy activates the parasympathetic nervous system, reducing cortisol while increasing serotonin and dopamine, promoting relaxation and stress relief. It enhances circulation, delivering oxygen and nutrients to tissues while aiding lymphatic drainage to remove metabolic waste, reducing inflammation and accelerating recovery.

Neuromuscular benefits include pain modulation via the gate control theory, where touch receptors override pain signals. Massage breaks down adhesions, improves range of motion, and reduces muscle tension. Studies also show it boosts immune function by increasing natural killer (NK) cell activity, supporting overall health and well-being.

"Embrace the healing power of touch—because wellness isn't a luxury, it's a way of life."

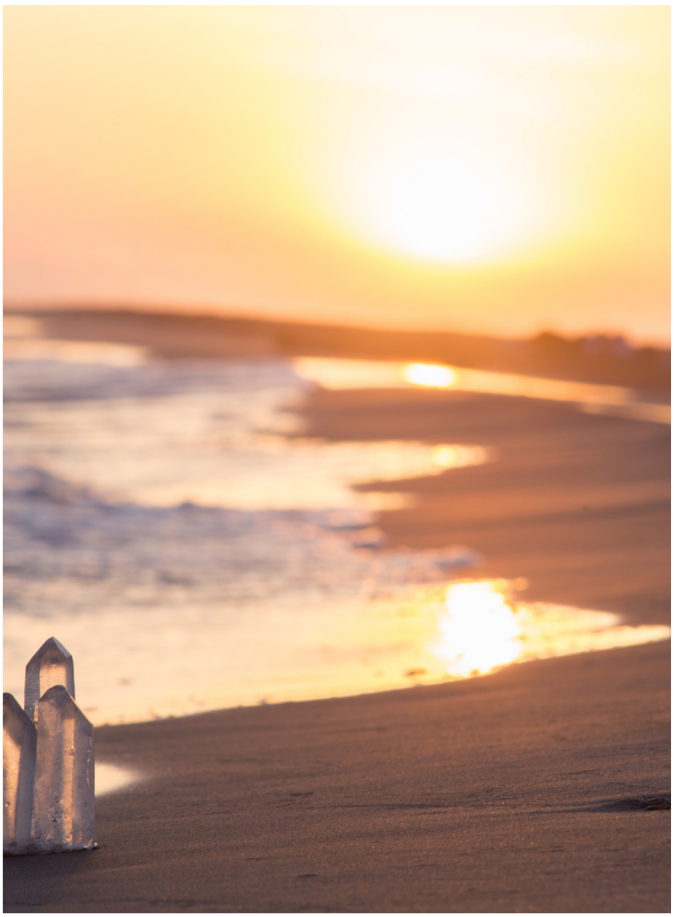
Your Spiritual Wellness, 2025ish!

Parris - Senior Massage Therapist

In the modern age, spiritual wellness has become more important than ever!

Serving as an anchor in a fast-paced, technology-driven world. With the constant influx of information, societal pressures, and daily stresses, many people feel disconnected from their inner selves. Spiritual wellness isn't just about religious beliefs—it's about cultivating inner peace, mindfulness, and a sense of purpose. Practices like meditation, breathwork, and energy healing help individuals reconnect with their intuition, find clarity, and maintain emotional balance. By fostering spiritual well-being, we create a foundation of resilience, allowing us to navigate life's challenges with grace and awareness





Despite the distractions of modern life, achieving spiritual wellness is not about withdrawing from the world but learning to exist in it with greater mindfulness and intention. Integrating practices such as gratitude, self-reflection, and connection with nature can help realign our energy and promote holistic healing. Many also turn to ancient wisdom, including crystal healing, tarot readings, and sound therapy, to enhance their spiritual journey. The key is to find what resonates personally—whether through quiet contemplation, creative expression, or acts of service. By embracing spiritual wellness, we cultivate a deeper sense of fulfillment, allowing us to live authentically and harmoniously in an ever-changing world.

Today's fast-paced world, spiritual wellness serves as an anchor, fostering inner peace and resilience amidst life's challenges

Breath For Me!



"Relax, let go, Peace"

Breathing is a fundamental physiological process that plays a crucial role in sustaining life and maintaining overall health. Beyond its primary function of delivering oxygen to the body's cells and removing carbon dioxide, proper breathing techniques can significantly enhance both physical and mental well-being.

Physical Health Benefits:

- **Optimized Oxygen Exchange**: Effective breathing ensures that the body's cells receive adequate oxygen, which is essential for energy production and optimal organ function.
- **Cardiovascular Support:** Engaging in deep breathing exercises can help stabilize or lower blood pressure and reduce heart rate, thereby supporting heart health.
- **Enhanced Sleep Quality**: Proper breathing techniques can promote relaxation and improve sleep patterns, contributing to better rest and recovery.

Mental Health Benefits:

- **Stress and Anxiety Reduction**: Conscious breathing exercises activate the body's relaxation response, helping to manage stress and alleviate feelings of anxiety and depression.
- **Improved Focus and Emotional Regulation:** By promoting calmness, proper breathing can enhance concentration and assist in controlling emotions, leading to better decision-making and overall mental clarity.

Effective Breathing..

Techniques To Calm Your Body & Mind

4-7-8 Breathing (Relaxing Breath)

- Inhale deeply through your nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale slowly through your mouth for 8 seconds.
- Repeat 4-6 times.
- **Benefits:** Quickly calms the nervous system and reduces anxiety.

Box Breathing (Square Breathing)

- Inhale for 4 seconds.
- Hold for 4 seconds.
- Exhale for 4 seconds.
- Hold for 4 seconds.
- Repeat for a few minutes.
- Benefits: Increases focus and relaxation, great for stress relief.





Diaphragmatic Breathing (Belly Breathing)

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose, letting your belly rise.
- Exhale slowly through your mouth, letting your belly fall.
- Continue for several minutes.
- **Benefits:** Engages the parasympathetic nervous system, reducing tension.

Alternate Nostril Breathing (Nadi Shodhana)

- Close your right nostril with your thumb and inhale through the left nostril.
- Close the left nostril with your ring finger and exhale through the right nostril.
- Inhale through the right nostril, then close and exhale through the left.
- Repeat for a few minutes.
- **Benefits:** Balances energy, calms the mind, and improves focus.

”It’s a small change that can make a big difference in your day”.

Top Pressure Point's

Parris - Massage Therapist

Pressure Points to Help with Your Relaxation & Well-being...

Using gentle acupressure can be a wonderful way to calm, ,promote relaxation, better focus, and emotional balance.

Yintang (Third Eye Point) – Calming & Focus
Location: Between the eyebrows, at the center of the forehead.
Benefit**:** Helps with relaxation, reduces anxiety, and enhances concentration.
How to Use: Apply light circular pressure for 10–20 seconds using your thumb.

Taiyang (Temple Point) – Headache & Tension Relief
Location: In the slight depression at the temples.
Benefit: Eases tension, soothes headaches, and relaxes the mind.
H**ow to Use:** Apply light circular pressure on both temples for 10 seconds.





P6 (Nei Guan) – Inner Wrist
Location: Three finger-widths below the wrist crease, between the two tendons.
Benefit: Relieves nausea, dizziness, vertigo, and motion sickness.
How to Use: Apply firm, steady pressure with your thumb for 30–60 seconds. You can also use circular motions for 1–2 minutes on each wrist.

LI4 (Hegu) – Hand Webbing
Location: In the webbing between the thumb and index finger.
Benefit: Reduces headaches, tension, and overall stress, promoting circulation.
How to Use: Apply firm pressure using the thumb and index finger of the opposite hand. Hold for 30–60 seconds, then switch hands. Avoid during pregnancy.

Stimulating these points promotes balance, relaxation, and natural healing.

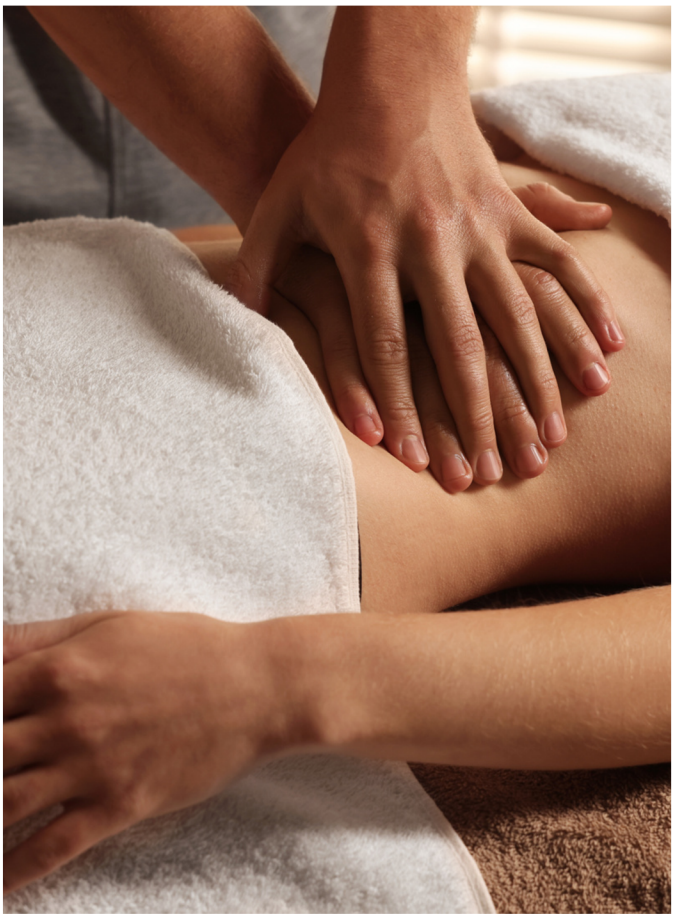
FASICA
Just What Is It?!

Toni - Medical Soft Tissue Therapist



Fascia is a connective tissue that surrounds and supports muscles, bones, and organs throughout the body. It forms a continuous network that connects different parts of the body, providing structure, support, and flexibility. Fascia is made up of collagen and elastin fibers, which give it strength and elasticity. It helps to transfer force, allows for smooth movement, and protects muscles and organs by absorbing shock and pressure. When the fascia becomes tight, restricted, or dehydrated, it can lead to discomfort, reduced mobility, and even chronic pain.

Fascial hydration refers to the process of keeping the fascia well-lubricated and pliable, allowing it to move smoothly and function optimally. Just like muscles and joints, fascia needs adequate hydration to remain flexible and free of adhesions. When fascia is well-hydrated, it maintains its ability to glide and stretch, reducing stiffness and tension.



Toni's medical massage techniques, including Myofascial Hydration, are particularly effective in addressing issues related to fascia, especially visceral fascia. Visceral fascia surrounds and supports the organs in the body, ensuring their proper position and movement.
When this fascia becomes tight, restricted, or dehydrated, it can limit the range of motion of organs and lead to discomfort, digestive issues, or even emotional tension, as the visceral fascia is closely linked to the autonomic nervous system.

Toni's approach to fascia hydration focuses on gently rehydrating and releasing tension within the visceral fascia. By using a combination of manual therapy and specialized techniques, she helps to restore fluidity and elasticity to this tissue, allowing the organs to function more freely

Toni's expert fascial hydration techniques help restore balance, ease tension, and support your overall well-being.

Keto YumYums..

Naughty But Nice, It's Ketolicousness!



Pumpkin Spice Keto Cheesecake Bites...

Ingredients:

- 1 cup cream cheese, softened
- ½ cup pumpkin puree (unsweetened)
- ¼ cup powdered erythritol or monk fruit sweetener
- 1 tsp vanilla extract
- 1 tsp pumpkin spice
- ½ tsp cinnamon
- ¼ cup coconut flour (for texture)
- 2 tbsp melted butter
- Whipped cream (optional, for topping)

Instructions:

1. In a bowl, mix cream cheese, pumpkin puree, and sweetener until smooth.
2. Add vanilla, pumpkin spice, cinnamon, and coconut flour. Mix until well combined.
3. Stir in melted butter and mix again.
4. Roll the mixture into small bite-sized balls and place them on parchment paper.
5. Chill in the fridge for at least an hour before serving.
6. Top with whipped cream and a sprinkle of cinnamon if desired.

These bites are low-carb, sugar-free, and full of warm autumn flavors!

Moon Gardening & You



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

The Bay of Plenty has a mild, humid climate with good rainfall and plenty of sunshine, making it ideal for year-round gardening. Using Māori wisdom, lunar cycles, and seasonal knowledge, you can grow a thriving garden that aligns with nature.

Lunar Gardening Guide for Bay of Plenty

🌑 New Moon First Quarter (Waxing)

Best for leafy greens & fast-growing plants

- Lettuce, spinach, coriander, basil, silverbeet, celery
- Cabbage, kale, pak choi
- **Herbs**: Parsley, dill, fennel

🌓 First Quarter Full Moon (Waxing)

Best for fruiting crops

- Tomatoes, capsicum, chillies
- Beans, peas, cucumbers, pumpkins
- Berries (strawberries, blueberries)



🌕 Full Moon Last Quarter (Waning)

Best for root crops & soil enrichment

- Carrots, beetroot, parsnips
- Potatoes, kumara, onions, garlic
- Composting, fertilizing, mulching

🌗 Last Quarter New Moon (Waning)

Rest phase – time to prepare beds

- Weed control, pruning, and adding compost
- Mulching fruit trees & perennials
- Seasonal Planting Guide for Bay of Plenty

Autumn (March-May) – Soil Prep & Root Crops

What to Plant:

- Garlic, onions, shallots
- Cabbages, broccoli, cauliflower
- Carrots, beets, turnips, radishes
- Spinach, silverbeet, parsley

What to Do:

- Harvest summer crops (tomatoes, beans, courgettes)
- Mulch & compost to enrich soil
- Plant cover crops (lupins, mustard, clover

Mā te wā

Appreciate you! See you next time!



You Are Number One?!

Because your well-being starts with you...

As we close this edition of Soul E-Zine, may the stories, insights, and offerings nourish your heart and spirit. At Tauranga Wellness Centre, we are home to a collective of dedicated practitioners offering massage therapy, spiritual wellness, and holistic support—alongside the grounding beauty of The Crystal Shop.

Our renowned clinic Hands to Heal Massage Therapy provides a wide range of therapeutic, specialised, and medical massage services—from deep tissue and relaxation to oncology massage, lymphatic drainage, and fascial hydration with Toni . With a compassionate approach and clinical care, we support your body's healing, balance, and wellbeing.

Whether you're connecting with a crystal, receiving intuitive guidance from Jude, or booking in for a deeply restorative treatment, we're here for you.

Until we meet again, walk gently, breathe deeply, and honour the light within.

The Soul E-Zine Team & Tauranga Wellness Centre

INSIDE THE NEXT ISSUE OF SOUL:

- Crystal of the Month
- Spotlight on Therapies
- Gardening by the Moon
- You are Number One
- Aroha Always
- Whats new at The Crystal Shop
- Client Corner

Legal Disclaimer & Copyright Notice
© [2025] Soul eZine | All Rights Reserved.
All content in this publication is the property of Soul eZine and its contributors unless otherwise stated. No part may be copied, reproduced, or distributed without written permission. The information provided is for educational and inspirational purposes only. Views expressed are those of the authors and do not necessarily reflect those of the publisher. Soul eZine accepts no liability for any outcomes arising from the use of this content.