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# SOUL

TAURANGA WELLNESS CENTRE – Seasonal Newsletter



## Welcome to Soul

Parris- Imagineer of Soul Magazine

Kia ora and Welcome to the Third Edition — Spring — of Soul Magazine, your seasonal companion from Tauranga Wellness Centre.

I'm Parris, alongside Toni, and together we're delighted to welcome you into the fresh energy of spring with care, joy, and inspiration.

In this Spring Edition, you'll discover uplifting self-care rituals, revitalising massage therapies, vibrant seasonal recipes, sparkling new crystals at The Crystal Shop, and mindful practices to help you bloom, reset, and embrace the brighter rhythm of the season.

May these pages bring you a moment of renewal, gentle wisdom, and a reminder to nurture your inner growth. Let's journey through spring together — with intention, connection, and a soul-deep sense of

Soul Magazine @ Tauranga Wellness Centre

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### ABOUT YOU, WHAT'S INSIDE:

- Spotlight on Massage Therapy
- Soul Kids: Mind, Body, Spirit
- Understanding Pain
- Stress Reset
- Crystal of the Month
- Spring Keto YumYums
- Gardening By The Moon
- Mā te wā

# Spotlight On Massage Therapy?!

Parris - Senior Massage Therapist

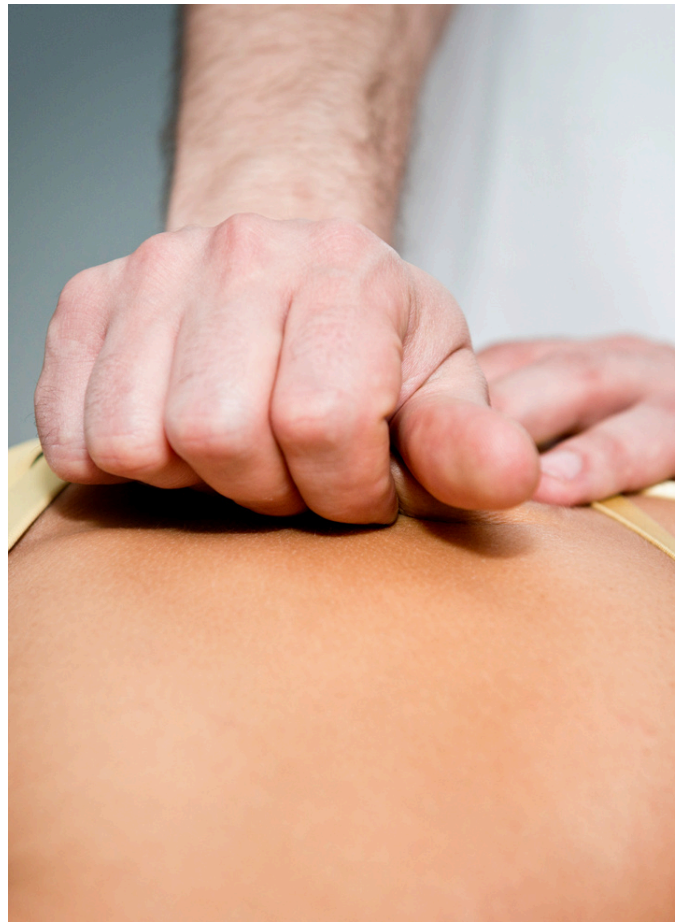
## Spotlight on Massage Therapy: Myofascial Release

Our bodies are wrapped in a web of connective tissue called fascia, which supports and protects muscles, bones, nerves, and organs. When fascia becomes tight or restricted from stress, injury, or poor posture, it can lead to pain, stiffness, and reduced mobility.

Myofascial Release is a gentle yet powerful therapy that works with the fascia using sustained pressure, slow stretching, and mindful touch. This allows restrictions to soften and release, restoring balance and freedom of movement.

### Benefits of Myofascial Release include:

- Relieving chronic pain and tension
- Improving posture and flexibility
- Restoring natural flow and mobility
- Supporting emotional release and deep relaxation



Spring is a season of renewal, movement, and fresh energy — but if your body feels tight, sluggish, or weighed down, it can be difficult to fully embrace this new beginning.

Many clients describe the experience as a “melting away” of long-held tightness — not just in the body, but in the mind and emotions too.

Myofascial Release can be especially supportive for those managing chronic pain, injury recovery, fibromyalgia, or stress-related tension.

At Hands to Heal Massage Therapy, our therapists are highly trained in this specialised technique, tailoring each session to your unique needs. Myofascial Release offers a path back to balance.

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**Step into spring feeling renewed,  
aligned, and ready to move  
freely.**





# Our Soul Kids, Mind, Body Spirit..

Parris - Senior Massage Therapist

A Soul Kid is more than just growing up — it's about growing whole. By nurturing the mind, body, and spirit, children learn skills that support calmness, confidence, and connection in everyday life.

## MIND — Calm & Focus

- **Breathing Buddies:** Children lie down with a small soft toy on their belly. As they breathe slowly in and out, they watch their buddy rise and fall, helping them focus and relax.
- **Positive Affirmations:** Simple phrases like “I am kind,” “I am strong,” and “I can do hard things” help children build resilience and self-belief.
- **Creative Journals:** Encourage doodling, colouring, or writing about feelings — a safe space to explore emotions.



## BODY — Strength & Flow

- **Animal Stretches:** Stretch tall like a giraffe, curl small like a mouse, or balance strong like a tree — fun movements that improve flexibility and posture.
- **Mini Massage:** Gentle hand or foot massage (with parent guidance) helps children relax, feel grounded, and connect with their body.
- **Shake it Out:** Play a song and let kids “shake off” worries or tension before calming down with a stretch.

## SPIRIT — Light & Connection

- **Gratitude Jar:** Each day, children add a note about something they're thankful for — big or small.
- **Crystal Friends:** Let kids choose a crystal (rose quartz for love, amethyst for calm, citrine for joy) and carry it as a daily reminder of their inner light.
- **Kindness Missions:** Encourage simple acts like smiling at someone, sharing a toy, or helping a friend — nurturing empathy and connection.

**“Kindness Grows — in your thoughts,  
your heart, and your actions.”**



# Understanding Pain!



**Pain is more than just a sensation — it's your body's alarm system, letting you know that something needs care.**

When it becomes chronic, pain can spread through the soft tissues — muscles, fascia, tendons, and ligaments — creating stiffness, fatigue, however when pain lingers, it can affect not just the body but also your stress levels mood, sleep, and daily life. Massage therapy works directly with these soft tissues, helping to release tension, improve circulation, reduce inflammation, and calm the nervous system.

Techniques like myofascial release, deep tissue therapy, and gentle relaxation massage can restore mobility and ease discomfort.

**Massage therapy offers relief by:**

- Releasing tight muscles and fascia
- Improving blood flow and hydration
- Reducing stress hormones
- Calming the nervous system
- Supporting better movement and sleep

**How many Massage Therapy sessions might help you?**

- Some people feel relief after just one session
- For chronic pain or long-standing conditions, a series of 4–6 treatments often provide the best results.
- Ongoing maintenance sessions (monthly or bi-monthly) help prevent pain from returning and keep soft tissues healthy and hydrated.

**At Hands to Heal Massage Therapy, our experienced team tailors each treatment to your body's needs, supporting you with care, compassion, and a wide range of therapeutic approaches.**

**“Invest in your well-being — relief and balance are within reach”**



# Stress Reset

## Winter Hibernation to Spring Energy

During winter, our bodies naturally slow down. Colder days encourage rest and stillness, but this often comes with tight muscles, sluggish circulation, lower energy, and sometimes a heavier mood. As spring arrives, nature reawakens — and so can we.

### The Body in Transition

Moving from winter into spring isn't just about the weather. Our nervous system, circulation, fascia, and muscles all shift with the seasons. If left unsupported, this transition can leave us feeling stressed, stiff, or out of balance.

### How Massage Supports Spring Renewal

- Releases winter tension: Deep tissue and therapeutic massage ease stiffness, improving flexibility.
- Boosts circulation & lymphatic flow: Helps clear toxins, reduce fluid retention, and strengthen natural defences.
- Hydrates & restores fascia: Myofascial release and fascia hydration bring suppleness back into your soft tissues.
- Calms the nervous system: Massage lowers stress hormones and supports better sleep, helping you feel lighter and brighter.
- Lifts mood & energy: Touch therapy stimulates endorphins, easing winter blues and bringing mental clarity.



### Simple Stress Reset Rituals for Home

- Start your day with gentle stretches or yoga.
- Walk barefoot in the grass to ground your energy.
- Breathe deeply: 3 slow inhales, 3 slow exhales.
- Stay hydrated with lemon water or herbal teas.
- Surround yourself with uplifting crystals like Carnelian, Green Aventurine, or Clear Quartz.

**Spring is the perfect season to embrace renewal — in body, mind, and spirit.** Refresh your energy with a Stress Reset massage, ease seasonal tension with lymphatic drainage or fascia hydration, and invite lightness into your daily rituals through gentle stretches, grounding breathwork, and walks in nature

. Brighten your home and heart with crystals for new beginnings like Carnelian, Green Aventurine, and Rose Quartz, or nurture balance in your garden with moon-phase planting and fresh herbs. In the kitchen, celebrate the season with Keto Spring Yum Yums and herbal teas that cleanse and energise. Whether through massage, mindful practices, or the uplifting beauty of crystals, spring offers countless ways to reset, restore, and bloom

**May your heart lift, your body be renewed, and your spirit shine bright.”**



# Crystal of the Month..

Toni - Owner of The Crystal Shop

**Carnelian**, with its rich orange-red glow, is known as the Stone of Courage, Vitality, and Creativity. It carries a warm, energising vibration that uplifts both body and spirit.

## Metaphysical Benefits

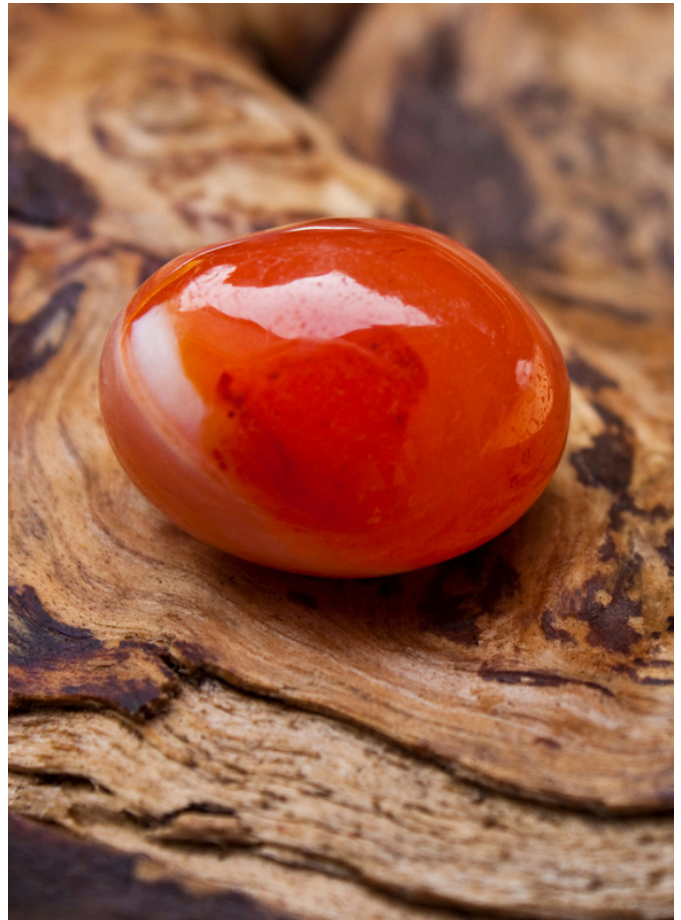
- Sparks creativity, motivation, and confidence
- Encourages courage to overcome challenges
- Balances emotions, easing fear and self-doubt
- Resonates with the Sacral Chakra, enhancing passion, intimacy, and joy

## Health & Wellness Benefits

- Supports healthy blood circulation and oxygen flow
- Boosts vitality, stamina, and physical endurance
- Aids digestion and supports metabolism
- Eases lower back tension and supports reproductive health
- Revitalises overall energy, helping to reduce fatigue

\*These benefits are based on traditional crystal healing practices and are not a substitute for professional medical care.

You can purchase your Carnelian Polished, Raw, Points and Jewellery Right here at The Crystal Shop



## Caring For Your Crystal

Crystals are like little energy batteries — they absorb and hold energy from their surroundings and from you. Regular cleansing and charging keeps them clear, vibrant, and working at their best.

### How to Cleanse Your Crystals:

- **Running Water:**

Hold your crystal under cool running water (Rain water) for a minute or two. Visualise any stagnant energy washing away. (Note: Avoid this for soft or crumbly stones like selenite or malachite.)

- **Smudging:**

Pass your crystal through the smoke of burning sage, palo santo, or incense. This clears unwanted energies gently.

- **Sound:**

Use a singing bowl, chime, or bell near your crystals. The sound vibrations shake loose old energy.

- **Earth Burial:**

For a deeper cleanse, bury your crystal in the earth for a day or two — this reconnects it with nature's grounding energy.



# MLD

## Just What Is It?!

Toni - Medical Soft Tissue Therapist

### What is MLD?

Manual Lymphatic Drainage is a specialised massage technique developed in the 1930s by Dr. Emil Vodder. It uses light, slow, rhythmic strokes that follow the natural pathways of your lymphatic system — the network of vessels and nodes that carry waste, toxins, and excess fluid away from your tissues.

### How MLD Works:

Unlike blood, which is pumped by the heart, lymph relies on muscle movement and gentle pressure to flow properly. When you're stressed, recovering from illness, or have limited movement, lymph can stagnate — causing puffiness, swelling, sluggishness, or even a weakened immune system.

### MLD acts like a gentle pump boost:

- Encourages fluid movement
- Helps clear out waste and toxins
- Supports your body's natural immune defences
- Reduces swelling and discomfort
- Promotes a deep sense of calm and rest



### LF-900 Lymphatic Pump — Advanced Lymphatic Support with Toni O'Daly

At Hands to Heal Massage Therapy, Toni O'Daly — our senior therapist with extensive experience in Medical Massage and Manual Lymphatic Drainage (MLD) — offers the LF-900 Lymphatic Pump as an optional enhancement to your treatment plan.

This medical-grade pump uses soothing, rhythmic compression to encourage healthy lymph flow, reduce swelling, and support your body's natural detox pathways. It's a gentle yet powerful boost alongside Toni's skilled hands-on techniques.

### Add-On In-Clinic:

Available with Toni for just \$20 extra per session — perfect if you're managing fluid retention, post-surgery swelling, or simply want to feel lighter and clearer.

### Use at Home:

For ongoing care, you can also rent the LF-900 through Medi-Rent to enjoy consistent lymphatic support in the comfort of your own home. This is ideal for chronic conditions or when daily use is recommended by your health professional. Enquire in Clinic or call 07 5787526



# Keto YumYums..

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



## Keto Springtime Yum Yums

### 🥒 Cucumber & Avocado Bites

- Slice cucumber rounds
- Top with mashed avocado, a sprinkle of lemon juice, and smoked salmon
- Finish with fresh dill

### 🥚 Mini Egg Muffins

- Whisk eggs with spinach, feta, and herbs
- Pour into mini muffin tins
- Bake until golden — great for snacks or lunchboxes

### 🌿 Chia Berry Pudding

- Mix chia seeds with unsweetened almond milk
- Add vanilla and a few drops of keto-friendly sweetener
- Top with fresh spring berries and shredded coconut

### 🍋 Lemon Cheesecake Fat Bombs

- Blend cream cheese, coconut oil, lemon zest, and a touch of vanilla
- Chill into bite-sized balls — zesty, creamy, and satisfying!

These Keto Springtime Yum Yums are easy to prepare, packed with nutrients, and perfect for keeping you light, bright, and energised through the season.

**Nourish your body, uplift your spirit — wellness from the inside out.**



# 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

### Spring Garden: (Sep-Nov) – Equinox 22/23 September

#### What to Plant:

- Thin out seedlings for strong growth.
- Stake young plants like tomatoes.
- Water consistently – mornings are best.
- Watch for pests (slugs, aphids) and use natural remedies.

#### Spring Garden Tasks:

- Clear weeds and winter debris.
- Dig in compost or organic matter for healthy roots.
- Add mulch to retain moisture and protect seedlings.



# Mā te wā

Appreciate you! See you next time!



## Big Shoutout – To You All

We are stoked to be part of your well-being plan... TY :)

As we close this Spring edition of Soul E-Zine, may the stories, insights, and offerings inspire renewal, vitality, and balance within 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.

### INSIDE THE NEXT ISSUE OF SOUL:

- Crystal of the Month
- Spotlight on Therapies
- Gardening by the Moon
- Body Wisdom & Care
- Keto Summer Yummies
- Mini Mindful Tips
- Animal Corner with Dr Liza
- Mā te wā

Our renowned clinic, Hands to Heal Massage Therapy, provides a wide range of therapeutic, specialised, and medical massage services – from therapeutic, deep tissue release and relaxation to oncology massage, lymphatic drainage, and fascia hydration with Toni O'Daly. With both compassion and clinical care, we support your body's natural healing, balance, and well-being. Whether you're connecting with the uplifting energy of a crystal or booking in for a deeply restorative treatment, know that we are here for you this season of growth and renewal.

**Breathe deeply, welcome the light of spring, and step gently into the new season with vitality and grace.**

With warmth,

✨ The Soul E-Zine Team & Tauranga Wellness Centre

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