
JUNE, JULY . 2025, ISSUE 2

SOUL

TAURANGA WELLNESS CENTRE – Seasonal Newsletter



Welcome to Soul

Parris- Imagineer of Soul Magazine

Kia ora and welcome to the Second Edition — Winter — of Soul Magazine, your seasonal companion from Tauranga Wellness Centre.

I'm Parris, alongside Toni, and together we're honoured to guide you through these cooler months with warmth, care, and inspiration. In this winter edition, you'll find comforting self-care rituals, immune-boosting massage therapies, nourishing recipes, new crystal's @ the crystal shop and mindful practices to help you rest, restore, and embrace the quieter pace of the season.

May these pages offer you a cosy moment of calm, practical wisdom, and a gentle reminder to nurture your inner light. Let's journey through winter together — with intention, connection, and a soul-deep sense of well-being.

Soul Magazine @ Tauranga Wellness Centre

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Spotlight On Massage Therapy?!

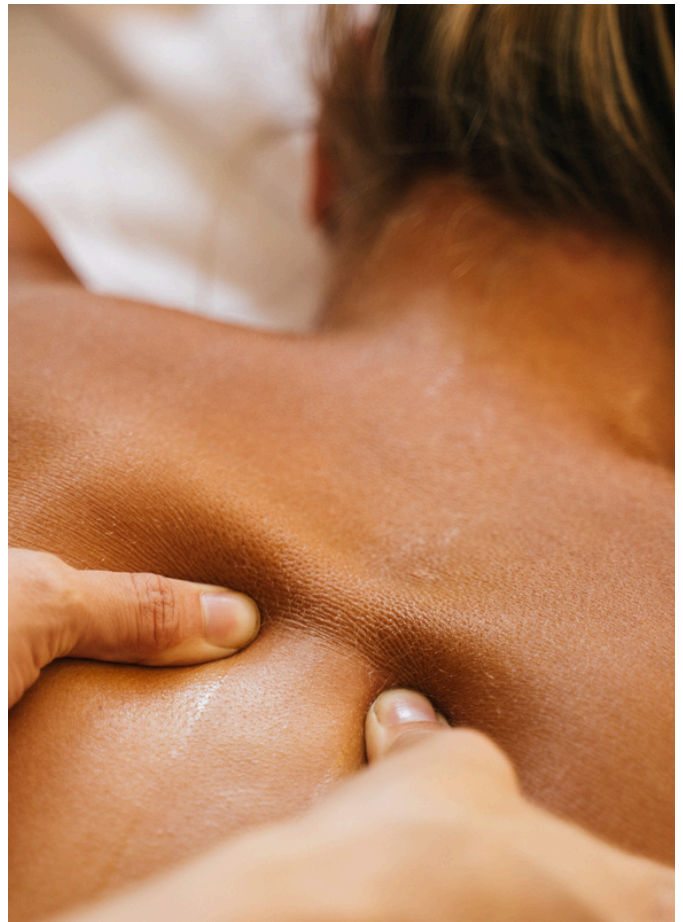
Parris - Senior Massage Therapist

Winter invites us to slow down, warm up, and care for our bodies in deeper ways.

At Hands to Heal Massage Therapy, our experienced team brings together traditional and modern techniques to ease winter aches, boost circulation, and strengthen your immune system naturally. Whether you're managing chronic pain, winter stiffness, or simply need time out to reset, our warm, tranquil treatment rooms and caring hands will help you feel your best this season.

Popular Winter Treatments:

- **Deep Tissue Release** — target deep knots and tension held by cold muscles.
- **Myofascial Hydration** — restore fascia glide and natural movement.
- **Relaxation Massage** — unwind mind and body, ease stress.
- **Manual Lymphatic Drainage** — support immunity and fluid balance.



Did you know massage therapy is more than just relaxation — it's a gentle boost for your body's natural defences, especially during winter?

When temperatures drop, circulation can slow and our bodies work harder to stay warm. Regular massage helps:

- Improve circulation, moving fresh, oxygen-rich blood through your muscles and tissues — which helps carry immune cells where they're needed most.
- Stimulate the lymphatic system, which clears away toxins and waste, keeping your immune system running smoothly.
- Reduce stress hormones, like cortisol, which can weaken immunity when they stay high for too long.
- Promote restful sleep, giving your body the time it needs to heal.

"Take time to rest, restore, and strengthen your natural defences — your immune system will thank you".



Aroha Always, Love @ Heart..

Parris - Senior Massage Therapist

Aroha means love, compassion, and empathy — not just for others, but also for ourselves. In the journey of mental health, aroha reminds us to meet our own thoughts and feelings with gentleness rather than judgment.

To live with Aroha Always is to:

- Speak kindly to yourself, especially on tough days.
- Show compassion for your own mistakes and struggles.
- Offer yourself the same warmth you freely give to friends and whānau.
- Remember you are never alone — love connects and heals.

Aroha is not a luxury — it's a necessity for strong mental and emotional wellbeing. This winter, wrap yourself in aroha, moment by moment, thought by thought.



Daily Aroha Practice..

1. Kind Words Journal

Each night, write down one kind thing you did or felt today — no matter how small. This trains your mind to notice your own goodness and courage.

2. Mirror Aroha

Look in the mirror each morning and say:

"I am enough, exactly as I am."

Smile at yourself, even if it feels silly. It gently rewires self-talk with compassion.

3. Hand on Heart Pause

When stress rises, pause, place your hand on your heart, and whisper:

"I am here for you."

This connects your mind and body in a moment of self-comfort.

4. Aroha Walk

Take a slow, mindful walk. With each step, repeat in your mind: "I walk with love. I breathe in peace." Feel nature's calm wash over you.



Aroha Always — for your mind, your heart, and your soul.

You Are #ਏਤਾ, Aon, Tah!



“You matter. Your well-being matters.”

You Are Number One — Prioritise Your Wellbeing & Mental Health

This winter, take a moment to remind yourself: your mental health is just as important as your physical health. When you put yourself first, you can care for others with more love, calm, and energy.

Mindful Tips for Winter Wellbeing:

- **Stay Connected:** Call a friend, share a cuppa, or check in with someone you trust. Connection lifts your spirits and reminds you you're not alone.
- **Get Outside:** Even a short walk in fresh air and winter sunlight can boost mood, clear your head, and increase vitamin D levels.
- **Set Boundaries:** It's okay to say no to protect your energy. Listen to what you need and honour it.
- **Do One Thing Just For You:** Read a book, listen to your favourite music, enjoy a warm bath, or have a massage — guilt-free.
- **Rest Well:** Good sleep is vital for mental clarity and resilience. Try a bedtime ritual: herbal tea, slow breathing, and screen-free wind-down time.

Winter invites us to slow down and check in with our mental well-being. Just as we wrap ourselves in warm clothes, we can wrap our minds and hearts in care, compassion, and kindness.

In the busyness of life — caring for family, meeting deadlines, tending to others — it's easy to forget the most important person in the room: **YOU!**

“You are Number One — and your well-being lights the way for everything else in life.”

Soulful Sleep Tips

Rest Well This Winter...

When the nights grow longer and the air turns crisp, deep, nourishing sleep becomes one of the kindest gifts you can give yourself — and your whānau.

Here's how to help everyone, big and small, drift off peacefully:

For Adults:

- **Create a Wind-Down Ritual** — Dim lights, switch off screens, enjoy a warm bath or calming tea, and take slow breaths to signal bedtime.
- **Cool & Cosy** — Keep the bedroom slightly cool with warm bedding for deep sleep.
- **Gentle Stretch or Self-Massage** — Release tension in your shoulders, neck, and lower back before bed.
- **Evening Breathing** — Try 4–6 breathing: inhale for 4 counts, exhale for 6 counts. Longer exhales help calm the mind.
- **Keep Bedtime Consistent** — Going to bed and waking at similar times supports your natural sleep rhythm.



For The Kids:

Helping tamariki settle well sets the whole household up for a peaceful night.

Try these gentle tips:

- **Bedtime Routine:** Keep it calm and predictable — bath, pj's, a bedtime story, then lights out.
- **Comfort & Security:** A favourite cuddly toy or night light can help little ones feel safe.

Sleepy Breaths: Teach kids to take “belly breaths”:

- Place a soft toy on their tummy.
- Breathe in slowly and watch the toy rise.
- Breathe out slowly and watch it fall.
- Repeat 5–10 times to relax the whole body.

Lullabies & Soft Music: Gentle music or white noise can help soothe kids to sleep.

Sleep is when we all heal, grow, and dream. Honour rest time as sacred for every member of the family — you all deserve it.



Crystal of the Month..

Toni - Owner of The Crystal Shop

What is Shungite?

Shungite is a rare, ancient stone found mainly in Karelia, Russia. It's over 2 billion years old, made mostly of carbon — and what makes it truly unique is its natural fullerenes (a special carbon molecule believed to have powerful antioxidant properties).

Why Shungite is Special:

- **Purifying Energy:** Shungite is known for its powerful cleansing and protective qualities. Many believe it absorbs negative energies and pollutants — both physical and energetic.
- **EMF Protection:** It's often used near electronics, like computers and Wi-Fi routers, to help shield against electromagnetic frequencies (EMFs).
- **Grounding:** Shungite connects deeply with the root chakra, offering a sense of stability, grounding, and emotional balance — perfect for stressful times.
- **Water Purification:** Traditionally in Russia, shungite has been used to purify drinking water due to its carbon content. (Always use polished, tested shungite for water use — and follow safety guidelines.)



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..

Creamy, Spicy & Immune Boosting, It's Ketolicousness!



Creamy Cauliflower Pumpkin Keto Soup...

Warm up your winter evenings with this velvety, low-carb soup — packed with flavour, nourishing fats, and immune-boosting goodness.

Ingredients:

- ½ small pumpkin, peeled & cubed (or use butternut squash for a sweeter note)
- ½ head cauliflower, cut into florets
- 2 tbsp olive oil or butter
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 3 cups vegetable or chicken broth
- ½ cup heavy cream or coconut cream
- ½ tsp turmeric (optional, for colour and anti-inflammatory boost)
- Salt & pepper to taste
- Fresh parsley or chives, to garnish

Instructions:

1. Preheat oven to 200°C. Toss pumpkin and cauliflower with olive oil, salt, and pepper. Roast for 20–25 minutes until golden and tender.
2. In a large pot, sauté onion and garlic until fragrant. Add roasted pumpkin and cauliflower, broth, and turmeric. Bring to a gentle boil, then simmer for 10 minutes.
3. Remove from heat. Use an immersion blender (or transfer carefully to a blender) to puree until smooth. Stir in cream and adjust seasoning.
4. Ladle into bowls, top with fresh herbs, and enjoy warm by the fire!

✓ **Tip:** Add a swirl of extra cream or a sprinkle of pumpkin seeds for extra texture.

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

Winter Garden: (June-August) – Soil Rest & Renewal

What to Plant:

- Veggies: Broccoli, cabbage, cauliflower, spinach, kale, silverbeet, broad beans, and garlic.
- Cover crops: Sow mustard or lupins to improve soil health for spring planting.

Winter Garden Tasks:

- Prune fruit trees while they're dormant – this encourages healthy growth in spring.
- Mulch garden beds to protect roots from cold snaps and retain moisture.
- Feed your citrus trees with a winter citrus fertiliser to keep them strong and fruiting well.

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

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