

# SOUL

TAURANGA WELLNESS CENTRE – Seasonal Newsletter



## Welcome to Soul

Parris- Imagineer of Soul Magazine

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

Hello Parris, alongside Toni, and together we're delighted to welcome you into the bright, uplifting energy of summer with warmth, joy, and inspiration.

In this Summer Edition, you'll discover refreshing self-care rituals, cooling and revitalising massage therapies, light and vibrant seasonal recipes, shimmering new crystals at The Crystal Shop, and mindful practices to help you recharge, expand, and flow with the golden rhythm of the season.

May these pages bring you a moment of sunshine, clarity, and a reminder to nourish your inner radiance. Let's journey through summer together — with intention, connection, and a soul-deep sense of vitality.

Soul Magazine @ Tauranga Wellness Centre

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### ABOUT YOU, WHAT'S INSIDE:

- Spotlight on Massage Therapy
- Mini Mindful Tips
- Body Wisdom & Care
- Animal Corner with Dr Liza
- Crystal of the Month
- Summer Keto YumYums
- Gardening By The Moon
- Mā te wā

# Spotlight On Massage Therapy?!

Gigi - Senior Massage Therapist  
Ortho Bionomy

**Ortho-Bionomy** – Gentle Healing for Body & Mind  
Featured at Hands to Heal Massage Therapy – with our  
Senior Therapist GiGi

GiGi brings over 25 years of experience to this modality,  
offering a calm, nurturing presence and a deeply  
intuitive touch.

**Ortho-Bionomy** is a deeply restorative modality  
grounded in the body's natural intelligence.

Rather than forcing change, it works with your structure,  
gently guiding muscles, joints, and fascia back into ease.  
This gentle, non-invasive approach uses comfort-focused  
positioning, subtle movements, and awareness to help  
your nervous system release tension, stress, and old  
holding patterns. Clients often describe it as “quiet”,  
“soothing”, and “surprisingly powerful”.



## How Ortho-Bionomy Supports You

- Encourages the body's self-correcting reflexes
- Eases chronic tension, stress, and emotional holding
- Supports recovery from injuries and overuse
- Promotes deep relaxation and nervous-system reset
- Improves mobility and structural balance
- Ideal for seniors, sensitive nervous systems, or those seeking a gentle approach

## Who Benefits Most

- People with chronic pain or tension
- Those with fibromyalgia, fatigue, or stress-related conditions
- Seniors or anyone preferring a softer approach
- Clients recovering from emotional overwhelm
- Anyone seeking a peaceful, deeply supportive treatment.

## What Does It Feel Like

- Subtle. Comforting. Grounding.
- You remain fully clothed if preferred, and your body unwinds at its own pace – often leaving you lighter, softer, and more centred.

**Schedule Your Ortho-Bionomy Appointment: [Click Here](#)**



# Body Wisdom & Care..

Parris - Senior Massage Therapist

## Follow The Energy Flow

Summer invites natural expansion — honour it.

Move when your energy rises: beach walks, ocean dips, morning stretches. *Rest when your body asks. Softness is strength.*

## Hydrate For The Heat

Sip water often through the day — your fascia thrives on steady hydration. *Infuse with lemon, cucumber, or herbs for extra nourishment. Think hydration as self-respect.*

## Cool Your Nervous System

Try the calming 4:6 breath: inhale 4, exhale 6.

This simple shift lowers heat, stress, and overwhelm. Return to your breath as your summer anchor.

## Honour Your Skin

Your skin is your first storyteller.

Rinse after sun exposure; nourish with aloe or a gentle balm. *Choose simple, clean products your body recognises.*



## Ground Through Your Feet

Barefoot moments reconnect you to yourself.

Sand, grass, wooden decks — each one shifts your nervous system. *Your feet are maps. Let them meet the earth.*

## Eat With Seasonal Wisdom

Summer foods cool, hydrate, and brighten mood.

Think colour: watermelon, berries, cucumbers, leafy greens. *Let your plate mirror the season.*

## Listen To Micro Signals

Your body whispers early: tightness, tingling, fatigue, heat. Respond gently with rest, breath, stretch, or nourishment. *Catching the whisper prevents the shout.*

## Move Like Water

Fluid, wave-like movement soothes fascia and nervous system.

Slow stretching, spinal swaying, shoulder rolls — simple, powerful, restorative. *Move in ways that feel kind.*

## Reduce Internal Heat

Choose cooling rituals: mint tea, coconut water, shade time, evening walks.

Create small pauses that lower body heat and emotional heat. *Cooling is a form of grounding.*

Let this season be soft, spacious, generous, and gentle. Grace is the most nourishing ritual of all.

# 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”**

# Mini Mindful Tips

## Mini Mindful Tips for Summer

Time for You to Breathe deep. Slow down. Let the ocean set the pace. Wai ?! As Below...

### Salty-Air Pause

Take a slow breath in through the nose, out through the mouth. Imagine a soft ocean breeze clearing your mind and lightening your shoulders.

### Hydrate Like a Beach Day

Keep chilled water nearby — add lemon, mint, or berries. Sip slowly, as if you're relaxing under a beach umbrella watching the waves roll in.

### Ocean Rhythm Reset

Let nature guide you. Tune into the rhythm of the waves if you're seaside — or simply the gentle rise and fall of your breath. Return to centre.

### . Light & Easy Summer Boundaries

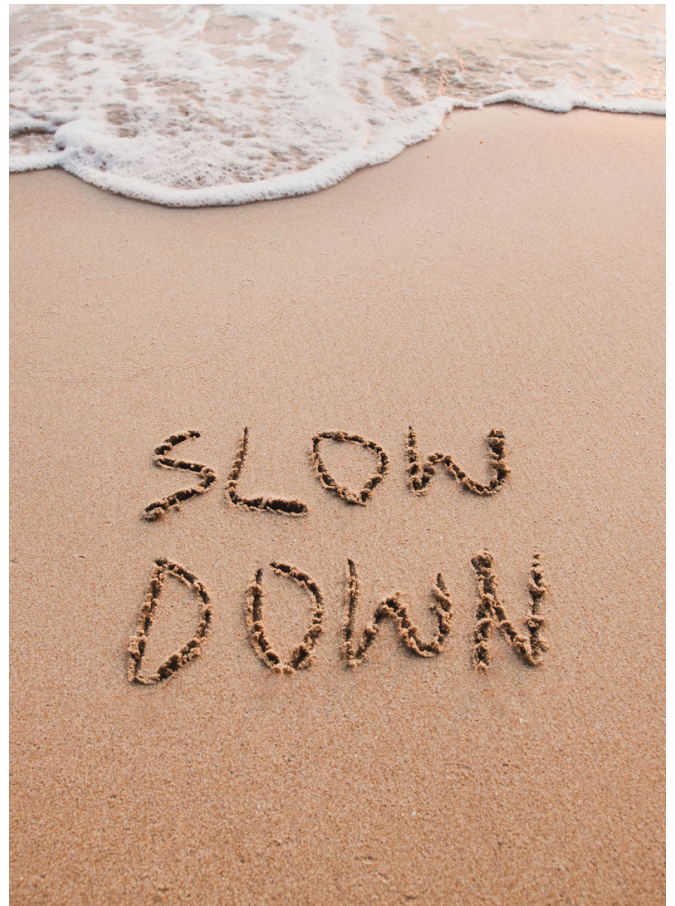
Choose the gatherings that feel like sunshine. Gently decline the ones that feel like choppy seas. Protect your peace.

### Seashell Moments Over Stuff

Collect small memories like shells on the shore. A shared laugh, sandy feet, warm sun on your back. Presence becomes the greatest present.

### ❄️ 6. Cool-Down Breathing

On hot, busy days, inhale as if sipping cool sea air; exhale tension through the nose. A simple reset for the nervous system.



## Summer Mini Mindful Tips - Continued...

### . Barefoot Grounding

Kick off your jandals. Stand barefoot on sand, grass, or decking. Feel the warm earth beneath you — steady, calming, supportive.

### Keep the Christmas Table Coastal

Embrace fresh, light, beachy flavours: crisp salads, stone fruits, seafood, chilled drinks, and local produce. Simple. Summery. Joyful.

### Send Out a Ripple

Start a ripple of kindness — a smile, a compliment, a helping hand. Small acts travel far in our summer communities.

### Sundown Gratitude

At day's end, pause and name three simple joys: warm sand, cool water, good company, or a moment of peace. Let gratitude close your day gently.

**'As The Season Shimmers Around You,  
May You Find Peace in The Simple  
Things and Presence in the Moments  
That Matter'**

# Crystal of the Month..

Toni - Owner of The Crystal Shop

**Citrine**, The Sunshine Stone of Summer Abundance  
Citrine is pure summer energy — warm, bright, uplifting, and full of life. Just like the golden light dancing on the waves at Pilot Bay, Citrine radiates joy, confidence, and effortless abundance. It's the perfect crystal to carry through the festive season, helping you stay energised, positive, and open to new opportunities.

## ☀️ Why Citrine for Summer Christmas?

- Encourages joy, playfulness & light-hearted energy
- Inspires abundance — emotional, creative, and financial
- Boosts confidence and personal power
- Helps you stay optimistic during busy or emotional family times
- Supports motivation & summer momentum

## 🌸 Emotional + Spiritual Benefits

- Lifts the mood and brightens your outlook
- Clears stagnant energy
- Helps reduce overwhelm during the festive rush
- Connects you with your inner sunshine
- Encourages gratitude and generosity



## Caring For Your Citrine Crystal

### 🌿 Use your Citrine This Month

- Carry it in your pocket for a steady flow of sunny positivity.
- Place it near your front door to welcome abundance and good vibes.
- Hold it during journalling to spark creativity and clarity.
- Keep it on your desk or dashboard to stay focused and motivated.
- Pair it with sunlight (even 1–2 minutes) to supercharge its energy.

### 👩🏽 Mini Summer Ritual: “Golden Intentions”

1. Hold your Citrine in your palm.
2. Close your eyes and take three slow breaths.
3. Imagine warm golden light filling your body.
4. Whisper an intention such as:
5. “This season, I welcome joy, ease, abundance, and bright new possibilities.”
6. Place your Citrine somewhere visible to anchor your intention.



# M.L.D

## Just What Is It?!

Toni - Senior Medical Massage 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..



## Summertime Keto Yum Yums

### 🥒 1. Cool Cucumber & Feta Boats

Crunchy cucumber halves filled with whipped feta, lemon zest, and a sprinkle of fresh mint.  
Perfect for: beach snacks, grazing platters, or a refreshing afternoon bite.

### 🥑 2. Avocado, Lime & Herb Smash Cups

Spoon creamy avo smash into lettuce cups; add chilli flakes for a kick.  
Flavour: bright, zesty, summery — totally keto and totally yum.

### 🍤 3. Garlic-Lemon Prawn Skewers

Lightly grilled prawns marinated in garlic, lemon, and olive oil.  
Serve with: a squeeze of fresh lime and a sprinkle of smoked paprika.

### 🐟 4. Salmon Poke Keto Bowls

Slices of fresh salmon, cucumber ribbons, avocado, sesame, seaweed, and a splash of coconut aminos.  
Optional: add shirataki rice for a full meal.

### 🍷 5. Keto Summer Ice-Cream Pops

Blend coconut cream, vanilla, frozen berries, and a keto sweetener. Freeze in popsicle moulds.  
Beach-approved: creamy, cold, happy-making.

**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

### Summer Garden: (Nov-Feb) – Solstice 21-22 December

#### What to Plant:

- Beans, courgettes, cucumbers, corn, lettuce (heat-tolerant), silverbeet, beetroot, carrots, radish, spring onions
- Herbs: basil, parsley, dill, chives, coriander (succession sow)
- Herbs: basil, parsley, dill, chives, coriander (succession sow)

#### Summer Garden Essentials:

- Water deeply early morning or evening
- Mulch generously to cool soil & save moisture.
- Harvest often to encourage continual cropping.

# Pet Care Corner..

with Dr Liza | Tauranga Holistic Vets,

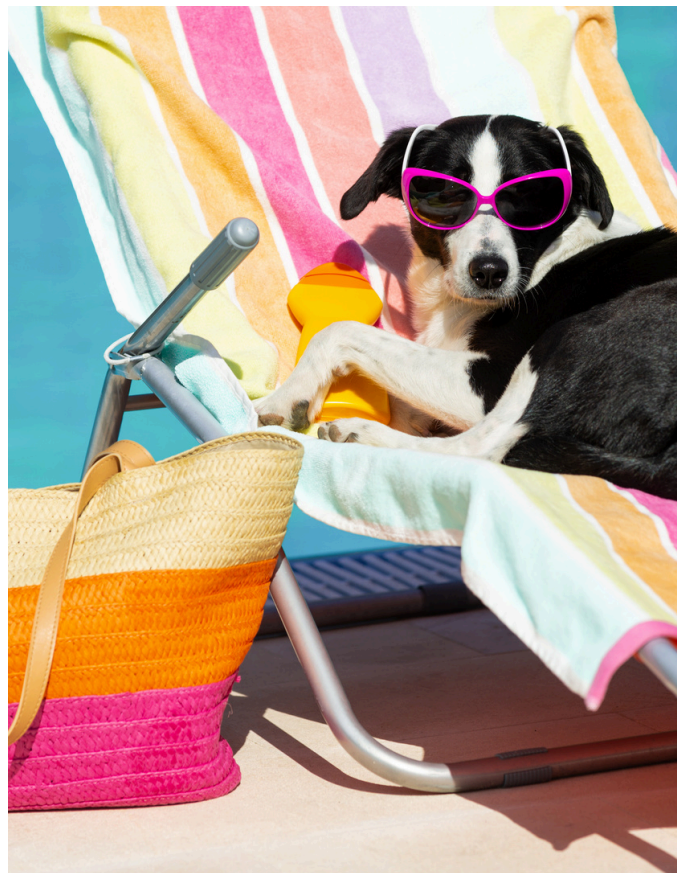
Summer brings longer days, higher energy, and more adventure for our animals — and with it, a need for mindful care. Dr Liza from Tauranga Holistic Vets reminds us that animals feel the heat and stimulation of summer just as deeply as we do.

At the Tauranga Wellness Centre, you might spot Coco the Groodle happily resting in the shade after a morning walk, while Luna the tortoiseshell cat chooses a cool, quiet corner to observe the world at her own pace — both showing us the wisdom of slowing down when the sun is high.

**To support your animal companions through the warmer months:**

- Ensure constant access to fresh, cool water
- Offer shaded, well-ventilated rest spaces
- Adjust walks and playtime to early morning or evening
- Watch for signs of heat stress such as heavy panting, lethargy, or restlessness
- Maintain calm routines during busy holiday periods

A holistic approach honours not only the physical body, but also the nervous system and emotional wellbeing. Gentle touch, predictable rhythms, and quiet time help animals feel safe and balanced during high-energy seasons.



**Summer Tips with Coco & Luna (and Dr Liza!)**

**Coco and Luna LOVE summer — but even they know when it's time to rest!**

🐕 Coco the Groodle likes early morning walks before the sun gets too hot.

🐱 Luna the cat chooses shady spots and long naps when the day warms up.

**Dr Liza from Tauranga Holistic Vets shares these easy ways kids can help pets in summer:**

☀️ **Water Bowl Helper:** Check water bowls morning and night.

🌴 **Shade Spotter:** Make sure pets have a cool, shady place to relax.

🐾 **Cool Paw Rule:** If the ground feels too hot for your hand, it's too hot for paws!

💛 **Quiet Time Friend:** If pets are resting, give them space and gentle cuddles later.

👁️ **Pet Watcher:** Tell a grown-up if a pet is panting lots, hiding, or not feeling right.  
Just like Coco and Luna, being calm, kind, and observant helps animals feel safe and happy.

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# 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 Summer Edition of Soul eZine, may the stories, insights, and offerings support a season of ease, vitality, and mindful balance — even in the height of light and activity.

Tauranga Wellness Centre, we are home to a collective of dedicated practitioners offering massage therapy, spiritual wellness, and holistic support — alongside the grounding beauty and energy of The Crystal Shop.

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### 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, offers 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. We support your body's natural rhythm, resilience, and restoration throughout the warmer months.

Whether you're connecting with the uplifting energy of a summer crystal or booking in for a deeply restorative treatment, know that we are here for you — supporting balance, recovery, and wellbeing during this vibrant season. Breathe deeply, honour the brightness of summer, and remember to rest within the light as you move gently through the season with presence and grace.

✨ The Soul E-Zine Team & Tauranga Wellness Centre

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