

WINTER . 2025, ISSUE 5

# 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.

As the colder months settle across the Bay of Plenty, winter gently reminds us to slow down, breathe a little deeper, and listen more carefully to what our bodies and hearts may be asking for.

Winter can bring stiffness to tired muscles, tension to shoulders, lower energy, busy minds, and sometimes a feeling that we are simply running on empty. Yet it can also be a season of restoration. A time to pause, reset, and nourish ourselves from the inside out. Thank you for being part of our wellness community. Pop the kettle on, get cosy, and enjoy this winter edition of Soul eZine.

Warm wishes,

Parris, Toni & The Hands to Heal Team

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

### ABOUT YOU, WHATS INSIDE:

- Spotlight on Massage Therapy
- Winter Wellness & Immune Support
- Healing Through Touch
- Stress Sleep & The Nervous System
- Crystal of the Month
- MLD, What is it?!
- Winter Keto YumYums
- CoCo's Winter Tips..

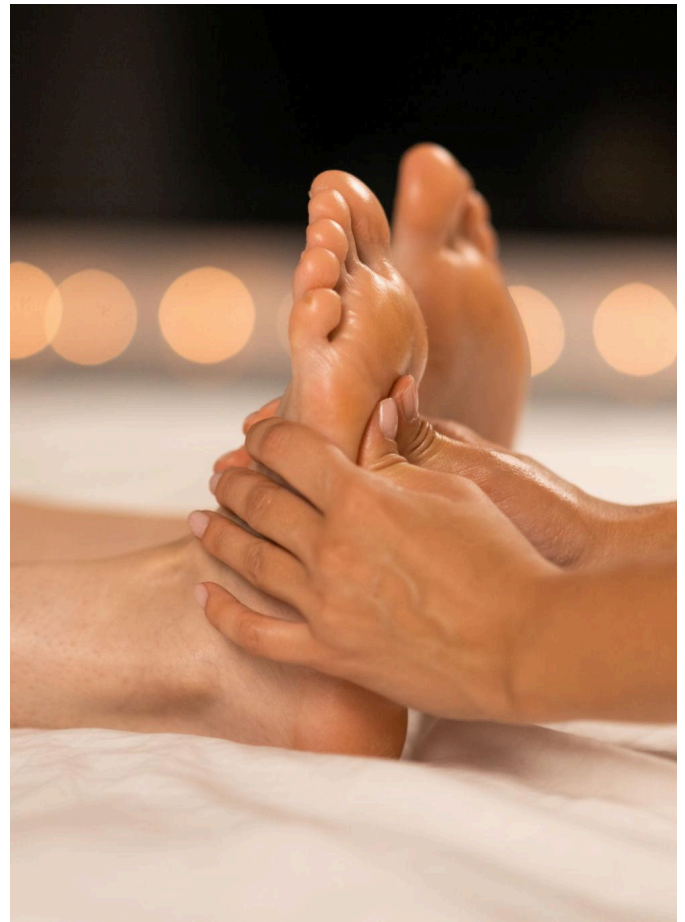
# Spotlight On Massage Therapy?!

Parris - Senior Massage Therapist  
Reflexology

**Reflexology:** Gentle Healing from the Ground Up  
Cold feet, tired legs, restless sleep, stress, tension, and feeling emotionally or physically “out of balance” can often creep in during winter. Sometimes what the body asks for most is not force, but gentle support.

Many historians believe early forms of reflexology can be traced back to ancient Egypt, where artwork found in the tomb of physicians at Saqqara (dating to around 2330 BCE) appears to show practitioners working on feet and hands.

Today, reflexology is widely used as a complementary wellness therapy to encourage relaxation, reduce stress, and support a sense of balance and wellbeing. While many people report feeling calmer and more relaxed after treatment, reflexology is generally considered supportive care rather than a replacement for medical treatment.



## How Reflexology Supports You

- Encourages deep relaxation and calm
- Helps reduce feelings of stress and tension
- Supports rest and sleep routines
- Encourages a sense of balance and grounding
- May help ease tired, aching feet and legs
- Provides time for your nervous system to reset
- Offers a gentle, non-invasive therapy

**A gentle note:** Reflexology is considered a complementary wellness therapy

## 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.

## Foot Reflexology

YOUR FEET REFLECT YOUR WHOLE BODY



RIGHT FOOT

LEFT FOOT

This map is for information purposes only and is not intended to diagnose, treat or cure.

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

# Winter Wellness & Immune Support..

Parris - Senior Massage Therapist

## Winter Wellness

When winter settles in, our bodies naturally slow down. Colder weather, shorter days, seasonal bugs, and tighter muscles can leave us feeling tired, stiff, and run-down. Winter is the perfect season to gently support your immune system and nourish your body with warmth, rest, movement, and self-care.

## Keep Warm Inside & Out

Cold weather can tighten muscles and slow circulation. Warm foods, soups, herbal teas, and cosy layers help the body feel safe and supported.

## Massage For Winter Wellness

Massage therapy can help your body feel more balanced during colder months by encouraging relaxation, reducing stress, easing tight muscles, and supporting circulation.

## Nourish Your Body with Winter Foods

Winter wellness starts in the kitchen.

Immune-friendly foods:

- Citrus fruits
- Garlic & ginger
- Leafy greens
- Homemade soups & slow-cooked meals
- Nuts, seeds & healthy proteins



## Sleep is Winter Medicine

The immune system does much of its repair work during sleep.

Try:

- Earlier nights
- Less screen time before bed
- A warm magnesium bath or foot soak
- Relaxing tea and calming rituals

## Breathe Fresh Air & Move Gently

Even on cooler days, gentle movement supports mood, circulation, and wellbeing.

Ideas:

- A beach or harbour walk
- Gentle stretching
- Yoga or mobility work
- Gardening between sunny moments

## Winter Comfort Crystals

Helpful winter companions:

- Carnelian → warmth, motivation & vitality
- Amethyst → calm & restful sleep
- Smoky Quartz → grounding during stressful seasons
- Citrine → brightness for darker days

## Be Gentle with Yourself

Winter naturally asks us to slow down.

Rest more.

- Say no when needed.
- Drink the tea.
- Take the massage.
- Wrap up warm

**“Winter is not a season to rush through. It is a season to restore.” Stay Bright”**

# Healing Through Touch



## The Power of Human Connection

From the moment we are born, touch becomes one of the first ways we experience comfort, safety, and connection. A reassuring hand, a warm embrace, or a gentle touch can communicate care in ways that words sometimes cannot. In today's fast-paced world, meaningful touch is often overlooked. Yet it remains one of the most natural and powerful ways to support wellbeing.

*At its heart, massage therapy is more than working on muscles and joints. It is about creating a safe space where the body can soften, the mind can quieten, and the nervous system can begin to settle.*

## Why Touch Matters

Research has shown that positive therapeutic touch may help encourage relaxation and support emotional wellbeing. When we feel safe and cared for, our bodies often respond by releasing tension, slowing the breath, and allowing the nervous system to shift into a more restorative state.

The benefits of therapeutic touch may include:

- Reduced feelings of stress and anxiety
- Relief from muscular tension and stiffness
- Improved body awareness
- Enhanced feelings of connection and wellbeing
- Support for healthy sleep patterns
- Encouragement of rest and recovery
- Time to reconnect with yourself

## Touch and the Nervous System

When we are stressed, our bodies often hold tension without us even realising it. Shoulders rise, jaws tighten, breathing becomes shallow, and muscles stay contracted.

Therapeutic touch can help signal to the body that it is safe to relax.

As the nervous system settles, breathing often becomes deeper, muscles soften, and the body can begin to move from a state of "survival" towards a state of restoration.

# Stress, Sleep & the Nervous System

## Why Rest is One of the Most Powerful Forms of Healing

In today's busy world, many of us spend far too much time in "go mode." Work pressures, family commitments, financial concerns, health challenges, screens, social media, and the constant pace of modern life can leave our nervous system stuck in a state of stress.

Winter offers a gentle invitation to slow down. As the days become shorter and cooler, nature encourages us to rest, restore, and recharge. Just as trees conserve their energy through winter, our bodies and minds benefit from periods of stillness and recovery.

### Understanding Your Nervous System

Your nervous system has two key modes:

#### 1: Fight, Flight or Freeze

This is your body's stress response. It helps protect you during danger but is not designed to stay switched on continuously.

#### Signs you may be stuck in stress mode include:

- Difficulty falling asleep
- Frequent waking during the night
- Tight neck and shoulders
- Headaches
- Feeling anxious or overwhelmed
- Digestive discomfort
- Fatigue despite being tired
- Racing thoughts
- Increased muscle tension

#### 2: Rest and Restore

This is the body's healing state.

When activated, your body can:

- Relax muscles
- Improve digestion
- Lower stress hormones
- Support immune function
- Improve sleep quality
- Enhance healing and recovery
- Create feelings of calm and wellbeing

The goal isn't to eliminate stress completely. It's helping the body return to balance.



### How Massage Supports the Nervous System

Massage therapy provides more than relief for sore muscles.

Therapeutic touch can encourage the body to shift from a stressed state into a calmer, restorative state. Many clients notice slower breathing, deeper relaxation, reduced tension, and improved sleep following treatment.

#### Potential benefits include:

- Reduced feelings of stress and anxiety
- Relief from muscular tension
- Improved relaxation
- Better quality sleep
- Increased body awareness
- A greater sense of calm and wellbeing
- Support for emotional balance
- Time to pause and reconnect with yourself

### Winter Reflection

Sometimes the most productive thing we can do is rest. Winter reminds us that healing doesn't always happen through action. Often it happens in the quiet moments. In the pause. In the deep breath

**“Rest is not the absence of progress. Rest is where recovery, resilience and healing being”**

# Crystal of the Month..

Toni - Owner of The Crystal Shop

## SMOKY QUARTZ

As winter encourages us to slow down and turn inward, there is no better crystal companion than Smoky Quartz. Known for its beautiful smoky brown to deep charcoal colouring,

Smoky Quartz has long been treasured as a stone of grounding, protection, and emotional balance. It is often associated with helping us stay centred during stressful times while encouraging a sense of stability and calm.

Like the roots of a mighty tree anchoring deep into the earth, Smoky Quartz reminds us to stay connected, present, and steady when life feels overwhelming.

### Spiritual & Emotional Benefits

- Encourages grounding and emotional stability
- Helps create feelings of calm and balance
- Supports letting go of negativity and stress  
Encourages resilience during challenging times
- Promotes a sense of safety and security
- Assists with focus and mental clarity
- Supports meditation and mindfulness practices
- Encourages connection to the present moment



### Why Smoky Quartz is Perfect for Winter

Winter can bring shorter days, lower energy, increased stress, and feelings of emotional heaviness. Smoky Quartz is often chosen during this season because of its nurturing and stabilising qualities.

### Many people enjoy keeping Smoky Quartz:

- Beside the bed
- In a pocket or handbag
- On a work desk
- In a meditation space
- Near the entrance of the home
- In living areas to create a calm atmosphere

### Crystal Care

To keep your Smoky Quartz feeling refreshed:

- 🌙 Place under moonlight
- 🌿 Smudge with sage or palo santo
- 💧 Rest on a selenite charging plate
- 💧 Gently cleanse with water if suitable for your specimen

## Available at The Crystal Shop

Discover beautiful Smoky Quartz points, clusters, tumbles, jewellery and gift pieces at

The Crystal Shop at the Tauranga Wellness Centre.

# 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..



## Winter Keto Pumpkin Soup

A warming, nourishing winter soup that feels like a soft blanket in a bowl. Low-carb, comforting, and packed with flavour, this keto-friendly pumpkin soup is perfect after a chilly day or massage session.

### Ingredients

- 750g pumpkin (peeled and chopped)
- 1 medium onion, diced
- 2 cloves garlic, crushed
- 2 tbsp butter or olive oil
- 3 cups chicken or vegetable stock
- ½ cup cream or coconut cream
- ½ tsp ground ginger (optional)
- ½ tsp turmeric (optional immune-loving boost)
- Salt & pepper to taste
- Small pinch nutmeg (optional)

### Method

1. Melt butter in a pot over medium heat. Add onion and garlic, cooking until soft and fragrant.
2. Add pumpkin and stir for 2–3 minutes.
3. Pour in stock and simmer for about 20 minutes until pumpkin is soft.
4. Blend until smooth using a stick blender or blender.
5. Stir through cream (or coconut cream), ginger, turmeric, salt, pepper, and nutmeg.
6. Simmer gently for another 5 minutes.
7. Serve warm with toppings of your choice.

### Why It's Great in Winter

- Pumpkin provides fibre and nutrients while staying lower carb than potatoes.
- Ginger & turmeric add warming comfort and flavour.
- Healthy fats from cream help keep you fuller longer and suit keto lifestyles.
- Warm soups are wonderfully comforting during colder months.

**“Sometimes healing arrives in quiet ways... a warm bowl, a slow breath, and a moment to simply rest.”**

# 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)

##### Lovely Time To Grow Winter Herbs

- Parsley
- Coriander (cool weather favourite)
- Chives
- Thyme
- Sage

#### 🌒 First Quarter → Full Moon (Waxing)

##### Sow Peas & Winter Veges

- Silverbeet
- Spinach
- Lettuce
- Peas
- Broccoli
- Herbs



#### 🌓 Full Moon → Last Quarter (Waning)

##### Winter pruning is ideal during this phase:

- Remove dead or damaged growth
- Shape shrubs and fruit trees
- Cut back tired plants
- Tidy winter gardens

#### 🌔 Last Quarter → New Moon (Waning)

##### Root Crops & Soil Care During The Waning Moon

- Garlic planting 🧄
- Onion sets
- Soil feeding and composting
- Weeding and pruning
- Garden maintenance

#### 🌿 Bay of Plenty Winter Tip

Even in winter, sunny pockets of the garden can thrive. Plant leafy greens where they'll enjoy morning sun and shelter from cold winds. **Winter Solstice:** 21 June

#### Quick Winter Moon Guide

- 🌑 New Moon → First Quarter = plant leafy greens, herbs & seedlings
- 🌒 First Quarter → Full Moon = support growth, fertilise lightly & tend plants
- 🌓 Full Moon → Last Quarter = prune, mulch, compost & plant garlic
- 🌔 Last Quarter → New Moon = tidy, weed, rest & prepare soil

# CoCo's

## Pet Care Winter Tips

\*with Luna (Sometimes!!)

### Keeping Our Furry Friends Happy & Healthy This Winter

As winter settles in, it's not just humans who feel the cold. Our beloved pets can also experience changes in their comfort, mobility, energy levels, and overall wellbeing during the cooler months.

Just like us, many animals prefer warm beds, cosy blankets, and a little extra TLC when temperatures drop.

Here are some simple ways to help your furry family members stay healthy and comfortable this winter.

### Keep Them Warm

Older pets, smaller breeds, short-haired animals, and those with arthritis often feel the cold more than others.

Consider:

- Warm bedding away from drafts
- Extra blankets
- Pet jackets for walks
- Indoor sleeping areas during frosty nights
- Warm, dry spaces for outdoor pets

**Our pets may not speak our language, but they have a remarkable way of reminding us what matters most:**

- Rest when you're tired
- Enjoy the simple moments
- Stay connected to those you love
- Never underestimate the healing power of a cuddle



### Watch for Joint Stiffness

Winter can sometimes make arthritis and joint discomfort more noticeable.

Signs may include:

- Reluctance to jump
- Slower movement
- Difficulty standing
- Stiffness after resting
- Reduced enthusiasm for walks

If you notice changes, consult your veterinarian for advice and support.

### Winter Safety

A few winter reminders:

- Dry paws after wet walks
- Check bedding stays dry
- Keep pets visible on dark evenings
- Watch for slippery surfaces
- Ensure outdoor pets have shelter from wind and rain
- Coco's Winter Wellness Tip

### Coco's Winter Wellness Tip

"The best winter medicine is a warm blanket, a gentle cuddle, and staying close to your favourite humans."

As many Hands to Heal visitors know, Coco loves finding the warmest spot in the clinic and reminding everyone that sometimes slowing down and resting is exactly what we need.

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# Mā te wā

Appreciate you! See you next time!



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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 Yummies
- Mini Mindful Tips
- Animal Corner with Dr Liza
- Mat te wa

## Big Shoutout - To You All

### Until Next Time...

As winter gently wraps itself around us, may this season remind you that slowing down is not standing still. Nature rests, restores, and quietly gathers strength beneath the surface, and perhaps we are invited to do the same. Take time to nourish yourself with warm meals, kind thoughts, healing touch, and moments of stillness. Wrap yourself in warmth, walk slowly where you can, breathe deeply, and remember that even in the colder months, growth continues quietly within.

Whether it's a comforting massage, a soothing crystal, a walk beneath the winter sky, or simply a cup of tea in peaceful silence, may you find moments that refill your cup.

As the light slowly begins its return after midwinter, may your spirit feel warmed, supported, and gently restored.

**From all of us at Hands to Heal Massage Therapy and The Crystal Shop, thank you for sharing this season with us.**

**Stay warm. Stay kind to yourself. Keep healing.** ❄️❤️

Aroha Always,

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

"Winter teaches us that rest is part of growth, and healing often happens quietly beneath the surface." 🌙

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