

MASSAGE

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TIPS FOR
GREEN LIVING

APPS FOR YOUR
GREEN PRACTICE

SPECIAL

CREATE **LIFETIME**
CLIENTS

5 WAYS TO ADD
ESSENTIAL OILS TO
YOUR PRACTICE

THE PSOAS:
TO STRETCH
OR NOT TO
STRETCH?

MINDFUL
CONNECTION
WITH CLIENTS

SELF-MASSAGE
FOR PAIN RELIEF

Annual
GREEN
Issue



SOMBRA.
natural pain-relieving gel