



January 2025



NEWSLETTER

AISA WELL-BEING



Here we are in 2025, ready to embark on a new year full of promise and possibilities.

This is the perfect moment to take a pause, refocus, and reflect on our well-being.

Through this newsletter, we are committed to supporting you throughout the year in cultivating the best version of yourself, both physically and mentally.

Whether you're looking to adopt new healthy habits, find tips to reduce stress, or simply nourish your mind with positive thoughts, we will provide advice, inspiration, and resources to help you move forward with confidence.

In this season of renewal, let's choose well-being together for 2025... Because taking care of yourself is the first step in caring for others and the world around us.

**Happy reading;
May this year be a wonderful one for you !**

AISA WELL-BEING TEAM

FOR YOU, IN THIS EDITION....



DON'T MISS IT!

Upcoming Events; exciting moments ahead for our delight... And how about a conversation on "Chakras"?



WHAT'S NEW? REMINDERS, NEWS & ELSE

A wealth of updates about your favorite well-being association!



LUMINO-RELAXATION

The PSiO technology offers you an innovative, simple, and effective solution to regain balance and vitality.



SOPHROLOGY

A valuable ally to navigate this season with ease and serenity.



GETTING THROUGH WINTER WELL

Aromatherapy, phytotherapy, nutrition, physical exercises... get inspired with plenty of ideas!



TRADITIONAL CHINESE MEDICINE

A different perspective on winter...



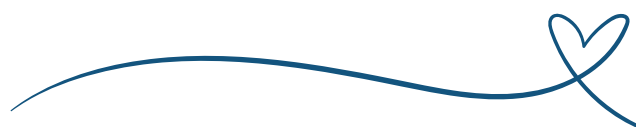
THE WELL-BEING QUESTION

Share your thoughts—keyboard ready!



WHAT'S NEW IN READING?

Cathy shares one of her favorites... available, of course, at the Well-Being Media Library!





DON'T MISS IT!

“Chakra” Workshops

To gently guide you into spring, the AISA Well-Being is delighted to offer a series of **7 workshops dedicated to the Chakras**.

These workshops will help you get to **know yourself better, listen to your body, and release sources of stress** by exploring the 7 main chakras: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown.

Chakras are the **energy centers** within the body, and when balanced, they allow our **energy to flow harmoniously**.

Each workshop is structured as follows:

- **Simple explanations** about one of the 7 Chakras (its role, functioning, and potential blockages).
- A **guided meditation**.
- A **sharing session** inspired by coaching questions.
- A **visualization exercise**.
- You will **leave feeling relaxed and equipped with a toolbox** you can use daily to **bring more balance** into your life.

You can sign up for a single workshop, several, or attend the full cycle of 7 workshops.

These workshops are created and led by **Sarah Brown Haté**, a certified coach, EFT/IET practitioner (emotional and energy healing), and bilingual English-French trainer.

To register, [visit EXTRA CLUB](#), under **Well-Being Events**.
Don't wait—**spaces are limited!**

WHAT'S NEW? REMINDERS, NEWS...



- **New Addition to the Multipass : Chrystelle PINCEMAIL's sophrology class** is now also available on **Tuesdays from 1:00 PM to 1:50 PM in Pavilions 1 & 2**, replacing sensory relaxation.

The Thursday sophrology session at B55 remains unchanged.

- Due to low attendance, **podo-relaxation sessions have been discontinued**. Our massage team is currently exploring alternative activities.
- **Spread the word!** We remind you that **Nelly** welcomes you for sessions of **hand reflexology, cranio-facial reflexology**, as well as **foot reflexology**.
- **AISA Reception at B55** between 12:00 PM and 2:00 PM and in the late afternoon: after several weeks of searching, we have found a replacement for Anne-Marie.
You'll get to meet **Sandra**; starting **mid-January**.
- All schedules are available on **Extraclub**.
- If you'd like to sign up for the **Multipass pack**, good news—it's still possible! It gives you access to sessions such as **Sophrology, Sound Journey, Yin & Nidra Yoga, Hypopressive Postural, Munz Floor, and Body Deep Balance**.
- **Stay in touch**: download the **AISA Life Apps!**



IT'S YOUR TURN!

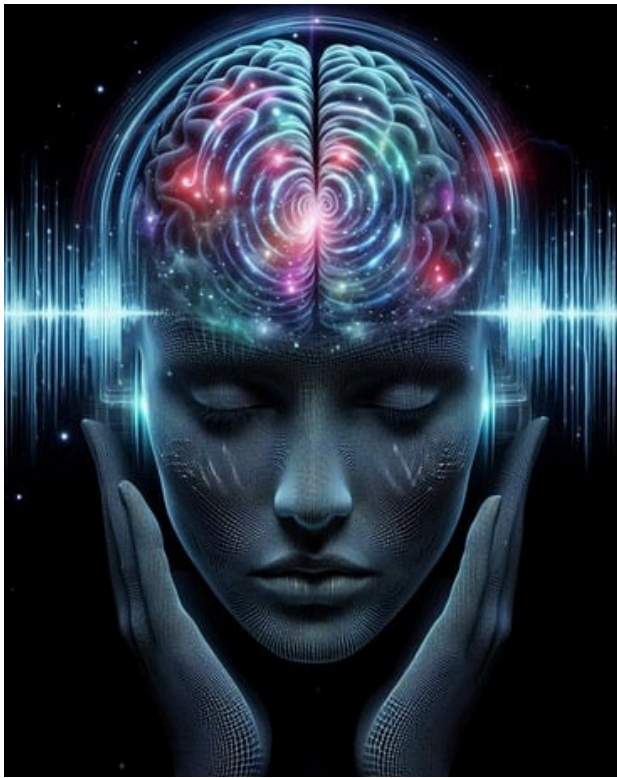
What do you think of our new newsletter?

What would you like to see included?

What would you like to remove?

Write **HERE!**





LUMINO-RELAXATION

Offered by AISA Well-Being, the PSiO technology provides an innovative, simple, and effective solution to restore balance and vitality.

For over 20 years, PSiO technology has been successfully used in hospitals, particularly for stress management in local anesthesia, recovery rooms, and sleep labs.

NASA recently purchased the PSiO to test its effectiveness in managing jet lag and stress for astronauts.

Safe to Use: Unlike medication, this method has proven over 20 years of practice to have no side effects. PSiO has also obtained a total safety certification for the eyes from the French National Laboratory of Measurement (LNE).

But what exactly is PSiO?

PSiO is a sophisticated pair of glasses equipped with an MP3 player and lenses that emit light in either pulsed or continuous mode.

The pulsed mode helps you relax quickly and stop overthinking.

The continuous mode is primarily used for light therapy.

In PSiO programs, the frequency of visual stimulation varies between 3 and 12 cycles per second, making it easy to reach a state of "letting go," conducive to positive suggestion.

This induced rest triggers automatic recovery, while the light provides an energizing effect, similar to a rejuvenating nap—except here, you control it, whenever you want!

Various programs are available: Boost immunity / Manage emotions and appetite / Enhance energy / Let go / Relaxation / Back relief (functional issues) Or simply try a discovery session!

Precautions: Light relaxation is not recommended for individuals with epilepsy. Please consult your doctor for advice.

Contact us to help tailor your session!

SOPHROLOGY



Offered by AISA Well-Being, sophrology, a discipline that combines relaxation techniques, breathing exercises, and visualization, offers numerous benefits, especially during winter.

In this season, when days are shorter and temperatures lower, the advantages of sophrology prove particularly valuable for maintaining physical and emotional balance.

Here are some of the benefits of sophrology during winter:

1. Boosting immunity and preventing illness

Winter often brings an increase in infections such as colds and flu. Sophrology helps stimulate the immune system by promoting relaxation and deep breathing. Relaxation techniques reduce stress and support better hormonal balance, which strengthens the body's natural defenses.

2. Combating the winter blues

The lack of light during winter can lead to mood disorders such as the "winter blues" or seasonal depression. Through relaxation and positive visualization exercises, sophrology helps restore emotional balance. Sessions encourage reconnection with inner resources and foster a more positive attitude toward seasonal challenges.

3. Relieving muscle tension

Cold weather and temperature changes can cause muscle tension, particularly in the neck, shoulders, and back. Sophrology offers muscle relaxation techniques that help release this tension and promote physical well-being. This is especially important during winter months when the body may tense up more due to the climate.

4. Improving sleep quality

Winter nights can sometimes be longer but less restorative due to temperature fluctuations or accumulated stress. Sophrology, with its relaxation and stress management exercises, helps prepare the body and mind for better-quality sleep. By calming the mind, it facilitates falling asleep and enhances nighttime recovery.

5. Managing winter-related anxiety

Winter can also be a time of increased anxiety, particularly due to reduced daylight, cold weather, or the obligations tied to the holiday season. Sophrology helps manage this anxiety by teaching breathing techniques and mindfulness practices. These tools reduce pressure and restore a sense of calm, even in challenging environments.

6. Boosting energy and vitality

Winter is often associated with decreased vitality due to limited sunlight and colder temperatures. Sophrology helps regulate energy levels by teaching you to listen to and respect your body's needs. Breathing exercises and visualizations can rejuvenate both mind and body, making it easier to combat fatigue and low energy typical of the colder season.

7. Improving focus and managing stress at work

During winter, work can feel more burdensome, especially as the holidays approach or when the days seem long. Sophrology sessions, with their relaxation techniques, help improve focus and reduce workplace stress. This is particularly beneficial for managing professional pressures and tackling daily tasks with calm and efficiency.



8. Cultivating serenity and optimism amid winter gloom

Winter often brings gray and gloomy days, which can impact one's mood. Sophrology helps cultivate a positive attitude by teaching you to focus on the present moment and practice visualizations that bring warmth and inner light. These exercises foster optimism and help you approach darker days with calm and serenity.

Conclusion

Sophrology proves to be a valuable ally during winter.

By enhancing physical and emotional well-being, it helps you navigate this season with ease, improving stress management, sleep quality, energy levels, and maintaining mental and physical balance.

It's a simple and effective method to experience winter in a more pleasant and harmonious way.

[Book your session on our website!](#)



GETTING THROUGH WINTER WELL

Winter, with its cold temperatures, shortened days, and lack of light, can be a challenge for our well-being.

Fortunately, several natural approaches can help us navigate this season with calmness, vitality, and energy.

Here are some practical tips to help you stay in great shape this winter!

1. **AROMATHERAPY:** Essential oils (EO) to boost immunity and uplift your mood.

Aromatherapy is a gentle and effective method for combating the discomforts of winter. Certain essential oils can support the immune system, soothe the respiratory tract, or even boost your mood.



- **Boost immunity:** : Use essential oils like eucalyptus radiata or ravintsara for their antiviral and invigorating properties. Inhaling these oils helps purify the air and stimulate the body's natural defenses. (**See usage precautions at the end of the article.*)
- **Relief respiratory tract issues:** : Peppermint essential oil is ideal for diffusion* or inhalation* to decongest and open the airways. (**See usage precautions at the end of the article.*)
- **Combat winter blues:** : Sweet orange or rose geranium essential oils can be used to combat seasonal depression and improve mood. Diffuse them* in your living space or apply them as a massage diluted in a carrier oil*. (**See usage precautions at the end of the article.*)
- **Protect the skin:** In winter, the skin suffers from cold and wind. Mix* a few drops of true lavender or ylang-ylang essential oil with jojoba carrier oil to nourish and soothe dry skin. (**See usage precautions at the end of the article.*)

Precautions to take before using essential oils

Due to the high concentration of active compounds in essential oils, improper use can lead to adverse effects. It is therefore essential to follow certain precautions to enjoy the benefits of essential oils safely:

- **Always dilute essential oils (EOs) in a carrier oil before applying them to the skin** (such as sweet almond, apricot, jojoba oil...). A dilution of 1% to 3% is sufficient for skincare. This corresponds to about 1 to 3 drops of essential oil per tablespoon of carrier oil.
- **This dilution also applies when adding EOs to bathwater:** Always dilute essential oils in a dispersant (like Epsom salt, neutral bath base, or milk) before adding them to hot water. This prevents skin irritation caused by direct contact with undiluted oils.
- **Children and pregnant women:** the use of certain essential oils is possible but must always be done under the advice and supervision of a specialist.
- **Specific medical conditions** (such as asthma, epilepsy, hypertension, heart problems, or hormonal treatments): Some essential oils should be avoided. Consult a specialist before use.
- **Diffusion** : Diffusing essential oils into the air is a safe and effective way to purify the air and create a pleasant atmosphere. However, do not diffuse essential oils continuously for more than 30 minutes to 1 hour in a closed room.
- **Inhalation** : Direct inhalation can be very effective for clearing the respiratory tract, but it should be done occasionally, with short inhalations (5 to 10 minutes maximum) to avoid irritating the mucous membranes.
- **Allergic reactions and tolerance tests:** Apply a small amount of diluted essential oil to the inside of your elbow or behind your ear. Wait 24 hours to check for any irritation, redness, or itching before regular use.

2. **PHYTOTHERAPY: Plants to boost vitality and resilience**

Phytotherapy is an excellent ally for getting through the winter.

Plants can help boost the immune system, fight infections, and maintain energy levels.



- **Echinacea** : This plant is renowned for its immune-boosting properties. As a dietary supplement, echinacea can be taken in the form of capsules, tinctures, or herbal teas to prevent respiratory infections.
- **Black elderberry** : In cases of colds or flu, black elderberry flowers are an excellent remedy to stimulate natural defenses and soothe coughs.
- **Ginseng** : If you feel tired or drained due to the lack of sunlight, ginseng is an adaptogenic plant that supports energy and resilience to stress.
- **Herbal tea with thyme, rosemary, and nettle** : These antioxidant-rich plants are perfect for helping cleanse the body and strengthen immune defenses.

3. **NUTRITION: Foods to boost immunity and keep warm**

In winter, a balanced diet is essential to support the immune system, maintain good energy levels, and cope with cold snaps.

- **Vitamin C** : Consume citrus fruits (oranges, grapefruits), kiwis, or red bell peppers to strengthen your natural defenses.
- **Vitamine D**: Essential in winter for boosting the immune system and preventing respiratory infections, it also helps maintain bone health by facilitating calcium absorption. Additionally, it improves mood and combats seasonal depression, often exacerbated by a lack of sunlight.
- **Foods rich in Omega-3** : Fatty fish like salmon or flaxseeds are rich in omega-3, which promote good cellular health and have anti-inflammatory properties. Walnuts and chia seeds are also excellent plant-based sources.

- **Warming spices** : Cinnamon, ginger, turmeric, and cayenne pepper are spices that stimulate blood circulation, warm the body, and add a touch of heat to your dishes.
- **Soups and broths** : Homemade soups made with seasonal vegetables such as cabbage, carrots, leeks, or squash provide an excellent source of vitamins and minerals while being nourishing and comforting.
- **Probiotics**: Consume fermented foods like yogurt, kefir, or sauerkraut to support your gut flora, which is essential for a strong immune system.

4. Physical exercise: staying active to maintain energy

Winter can be a time when it's easy to fall into a sedentary lifestyle. However, physical activity is crucial for maintaining good circulation, strengthening the immune system, and combating winter blues.



- **Outdoor exercise** : Take advantage of sunny days to go for walks. Fresh air, natural light, and the benefits of walking help stimulate circulation and strengthen the body.
- **Yoga or Pilates** : If the cold discourages you from going outside, yoga and Pilates are ideal indoor activities to maintain flexibility, reduce stress, and boost energy.
*Try our **Yin and Nidra Yoga** sessions with **Séverine Dhont!***
- **Low-impact cardio exercises** : If you enjoy working out but prefer staying warm, opt for cardio exercises such as dancing, indoor cycling, or even trampoline sessions at home to stay in shape.
- **Strength training** : Winter is also a great time to strengthen your muscles with targeted exercises. Use weights or do squats and push-ups to stimulate the body and prevent fatigue.

AISA Well-Being offers **Holistic Fitness**, suitable for all levels and physical conditions.

Contact **Carl!**



TRADITIONAL CHINESE MEDICINE

Winter marks the end of the yearly cycle; the earth is exhausted and must now rest to nourish and prepare for the birth of a new cycle.

Tradition tells us that "Heaven and Earth no longer communicate."

The earth is left to its own devices, and its energies work deeply within. All of nature sleeps on the surface of the soil; outward signs of life are reduced to a minimum.

We often associate winter with death, the expression of maximum Yin, characterized by introspection and withdrawal. Life focuses inward rather than outward.

This should be a time for us to rest and restore our strength to be reborn anew... but carried away by the frenzy of our society, our rhythm is far from this, and we often forget to slow down.

However, as Isabelle Lauding writes in "The Five Seasons of Energy":

"Aligning with the rhythms of nature allows us to transform the burdens of life into an art of living."

Our professional activity already demands enough effort during winter; dare to slow down in other areas. Pick up a good book, let your thoughts wander, stroll, and dream. You may feel that slowing down goes against your nature, tastes, or capabilities, but embrace the experience. Adapt, like water taking the shape of its container.

The element of water is indeed associated with winter because its power mirrors the life force working within the seed buried in the earth during winter. The seed contains the tree; imagine the vital energy contained within the frozen soil of January!

Winter organs: the kidney and bladder pair

The kidneys store Jing, the essence of life.

We inherit an energy reserve from our parents, which decreases throughout our lives (though it can be maintained). The bones, marrow, and brain are governed by kidney energy, as are the hair, teeth, and ears.

This explains why aging can weaken bones, teeth, cause hair loss, and/or lead to hearing loss.

Organ energy can also be affected by intense emotions, with fear being the one linked to the kidneys. In Traditional Chinese Medicine (TCM), fear often explains sudden hair loss or lower back pain.

Kidney energy is also linked to sexual and reproductive energy. Sexual disorders (impotence, premature ejaculation, low libido) or infertility may indicate kidney energy weakness.

The kidneys manage bodily fluids and urination. Dysfunction may lead to edema, excessive urination, or frequent urination.

In Chinese dietetics, the kidney season corresponds to the salty flavor.

Consuming salty foods helps strengthen kidney energy.

Some tips for a healthy winter according to TCM

- Consume salty-flavored foods: seafood (oysters, shrimp, crab), scallops, seaweed, soy products, etc.
- Regularly cook root vegetables: carrots, onions, turnips, rutabagas, potatoes...
- Use spices like cinnamon, black sesame, caraway seeds, cloves, Sichuan pepper, and star anise in your dishes, desserts, or hot drinks.
- Enjoy pistachios, cashews, and walnuts.
- Eat warm foods and avoid raw vegetables (or chew them thoroughly and pair them with a hot drink to warm the digestive process).
- Protect your lower back from the cold.
- Protect your head whenever possible, as there is an important energy point at the top of the skull (GV20) that gathers Yang energy.
- Always keep your feet warm.



These measures mainly aim to prevent the cold from "entering" the body.



THE WELL-BEING QUESTION...

Which vitamin is especially important in winter to support the immune system?

- a) Vitamin A b) Vitamin C c) Vitamin D

Answer in the next newsletter...



WHAT'S NEW IN READING?

Cathy will be delighted to welcome you and provide guidance during the **open hours of our library!**

Cathy's January selection (French version only)... Follow the guide!

Become the architect of your well-being!

Discover the incredible potential of essential oils for your health, beauty, well-being, for a healthier and more pleasant home, and for more flavorful and digestible dishes!

In this unique guide, the most comprehensive and practical, master the 78 most effective essential oils: tea tree, lavender, rosemary, wintergreen, helichrysum, ylang-ylang... each with its unique properties.

Use the most appropriate methods of application for maximum efficiency and safety.

Visualize application zones with our clear illustrations and adopt complementary good practices.

Create your personalized kit to always have your must-have bottles on hand. Slip a few emergency essential oils into your purse: headache relief and easy digestion (peppermint), anti-stress (chamomile)!



The "Feel Good" novel that delights readers...

Gina, a charming elderly Italian lady living modestly in Paris, plays the slot machines every month. One day, she wins. And she makes a bold decision: she will share the money with people who played a role in her life but whom she never had the chance to thank.

Secretly, she embarks on a journey to reconnect with her past...

When her granddaughter Chloé discovers her beloved grandmother's "escape" to New York, she sets off to find her, accompanied by Olga, Gina's best friend, who has a knack for landing them in impossible situations.

Thus begins an emotional journey for the three women, filled with laughter and tears, gratitude and legacy, as Gina's secrets and echoes of a not-so-distant history unfold.

Would you like to suggest or discover new books not yet in our catalog?

Contact us!



THIS EDITION COMES TO AN END;

THANK YOU FOR READING IT TO THE VERY LAST WORD!

WE HOPE YOU ENJOYED READING THIS NEWSLETTER

AS MUCH AS WE ENJOYED WRITING IT.

WISHING YOU A SMOOTH START; SEE YOU SOON!

THE AISA WELL-BEING TEAM

