

Portobello Massage Newsletter

April 2013

Dear lovely Clients

Hello and welcome to the April edition of the Portobello Massage Newsletter! I particularly love April. Ok, this year spring is a little late in coming but hasn't the clock change made such a difference? I'm still pinching myself that we have light at 8 pm.

How'd that happen? However that BST thing works, I'm grateful for it. I've come to think that we're all a little like sunflowers - bending our faces to the sun to feel those affirming rays. [Please remember to wear sun block.]

Handy Tip

Here's something that has caught my attention - I'd be interested to hear if it catches yours.

Based on an Italian goodwill tradition, suspended coffees are pre-paid coffees purchased at a participating cafe that enables you to provide a warm cup of coffee to someone who could not afford it. Customers can purchase additional coffees in advance for someone who may be finding it tough. A person purchases two coffees, one for themselves, the other to be held as a 'suspended coffee'. Someone who needs the coffee is welcome to come in and ask if there are any 'suspended coffees' available.

This seems like such a wonderfully practical way to 'pay it forward'. I haven't heard of any participating cafes in Edinburgh yet but please don't let that stop you from carrying out a random act of kindness, whatever way suits you.

Positive thoughts

"I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living." - Dr Seuss

"The more you approve of your own decisions in life, the less you feel the need to have them approved or accepted by others." - Unknown

"Never underestimate your own strength. You were born for a purpose and are blessed with the power to achieve it." - Leon Brown

The groan worthy jokes...

I'm running a little low this month, so here are a few hand-chosen classics.

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

The shinbone is a device for finding furniture in a dark room.

Please remember to [pass this newsletter on](#) to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under [Contact](#). Please remember that [gift vouchers](#) are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available [here](#).

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

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