

Portobello Massage Newsletter

December 2009

Hello!

Welcome to the December edition of the Portobello Massage Newsletter.

A Stressful Time of Year – or perhaps not so stressful ...

If February is the shortest month then December is certainly the busiest.

Massage is not just an act of rejuvenation for the body, but also for the mind. So many of my clients say that just lying down on the table is part of the treatment. It's like they've given themselves permission to not do anything for an hour and a half, to have that time for themselves, to not have to tick things off lists just for that little bit of time. At the end of the massage, they always feel better able to do all the things that need doing because they've recharged their own batteries.

Table Thai massage

It's easy to feel sluggish around this time of the year, to feel that your energy has just drained out of you. Why not try a table Thai massage? Thai massage looks at the body as a series of energy pathways rather than muscles and bone. If those energy pathways get blocked, that can make us feel sore, out of sorts, sluggish. Might be just the ticket to get you moving again! I really enjoyed the training I did on this earlier in the year and am always keen to learn what can help people feel better.

Reviews

Here are some comments from clients in the last month.

"I really felt worn out when I arrived, fell asleep twice on your massage table, and then felt wide awake and refreshed. What's in that massage oil?"

"Just a note to thank you for the great pregnancy massages. They have definitely helped to relieve the aches and pains, but - perhaps more importantly - have helped me to unwind - not my strongest point!"

You don't need me to tell you how many shopping days until Christmas. If you're wondering what to get someone, **gift vouchers** are always a popular gift! They are available in every size, calorie free and don't require batteries - the perfect gift!

Positive thoughts

Here are some thoughts for the season.

"We work to become, not to acquire." Elbert Hubbard

"Not what we have, but what we enjoy, constitutes our abundance." Jean Antoine Petit-Senn

And on a lighter note...

"A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

Roald Dahl, The Twits

The groan-worthy jokes:

Ok, I haven't found anything nearly as good as last month's joke, but I hope these will bring a little smile to your face.

Why do birds fly south for the winter? Because it's too far to walk.

How many flies does it take to screw in lightbulb? Two - but I can't figure out how they got in the light bulb.

And one for my wonderful, patient husband – How do you get Holy Water? You boil the Hell out of it.

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.

I hope you've enjoyed this newsletter and look forward to seeing you soon for a massage. And if I don't see you beforehand, I hope you have a wonderful Christmas and a very happy New Year!

Enjoy,

Ann Milović

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