

Portobello Massage Newsletter

February 2010

Hello there!

Welcome to the February edition of the Portobello Massage Newsletter. February may be the shortest month but it can really drag unless you have things to look forward to. I hope you're well and thriving!

New Year Special for new clients!

The New Year Special for new clients is proving to be popular. If you come for a massage, the second massage will be half price! This offer only applies to brand new clients, like yourself, and the first massage has to be taken before 31 March 2010. I look forward to seeing you for your first appointment!

New Training

In January I went to Brighton to take a specialist advanced course on lower back pain, and it was wonderful. I've learned all sorts of new techniques to help with that nagging, annoying lower back pain. Lower back pain can be caused by many things, but do please come along to see if the problem is muscular to get you out of pain.

Later this month I'm back down to Brighton to take a specialist advance course on the shoulder girdle, that area around and below the shoulder blade. This will complement the work I've already learned on the neck and upper shoulder that so many clients have benefitted from.

Handy Tip

I thought I would start a new feature in the newsletters - the handy tip. This month's feature is sleeping. A few clients have mentioned problems with sleeping, so I thought these links may help:

<http://www.bbc.co.uk/science/humanbody/sleep/articles/advicetips.shtml>

http://www.helpguide.org/life/sleep_tips.htm#tips2

Future handy tips may include stretching, meditation and walking (not necessarily all at once). Any feedback on this new feature or suggestions for improvements to the newsletter will be gratefully received.

Reviews

Here are some of the comments client have said this month:

'I wouldn't think twice about going to a chiropractor, but I always associated massage with a pampering session. It wasn't until I started coming to see you that I realized that massage can be about treatment rather than just a treat.'

'My back hasn't felt that good in I don't remember how long.'

'I'm feeling better already!'

'That was a splendid massage!'

Please remember that **gift vouchers** are always a popular gift, especially with Valentine's Day and Mother's Day coming up! Gift vouchers have zero calories, no cholesterol and make one's hips feel better, not worse!

Positive thoughts

I've used this one before, but it seemed apt for this time of year –

"It's better to light a candle than to curse the darkness."

The joke:

Trawl as I might, I just couldn't find a decent joke - yes, even this newsletter has standards for jokes! Instead, I thought you might enjoy this poem:

Last night in London Airport
I saw a wooden bin
labeled UNWANTED LITERATURE
IS TO BE PLACED HEREIN
So I wrote a poem
and popped it in.

– Christopher Logue (b. 1926)

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.

Enjoy!

Ann Milović

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