

Portobello Massage Newsletter

January 2010

Hello!

Happy New Year! Welcome to the January 2010 edition of the Portobello Massage Newsletter.

New Year Special for new clients!

I thought I'd start the new year and the new decade with a little special offer. 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!

Resolutions for the New Year

Some people really love making new year resolutions and others don't see the point. I'm afraid I'm in the former category. I won't bore you with my personal hopes for the year ahead, but thought you might like to know about further courses I'm planning to take this year.

In January I'm heading down to Brighton to take a specialist advanced course on lower back pain, followed in February by a course on the complete shoulder girdle, which should complement the work I've already done on the neck and upper shoulder. These are the two most common complaints for clients and I'm hoping to help a lot more people out of pain.

Later in the year I'm planning to start a diploma course on sports massage therapy. I may be looking for some people to practice on, so watch out! I'm not intending to become a full time sports massage therapist, but I know there are lots of techniques that sports massage therapists use that can be helpful to even the most sedentary of people. The way I look at it, the more tools in my toolkit, the more likely I'm able to help someone. I hope that you will find the new learning useful, too!

Reviews

December was the cause for a lot of stress for a lot of people, and it showed in some of their comments.

'I didn't realise how tense I was until I lay down on the table. I now feel better than when I walked in, a lot better!'

'I hoped you could sort me out and that's exactly what you did. Thank you.'

'I think I'll just go home now, put on my pyjamas and have my tea.'

Please remember that **gift vouchers** are always a popular gift!

Positive thoughts

Attitudes are contagious. Are yours worth catching? (as seen on a jute reuseable bag)

To think of trying to change yourself without love is like trying to move a car with the hand brake on.

The groan-worthy joke:

If you didn't have enough Christmas crackers....

I've started dating a Jewish podiatrist. I'm in love with her footspa. - Phil Nichol

How many ears did Captain Kirk have? Three - the left ear, the right ear and the final frontier. - Ben Miller

What do you call a man who's been diagnosed with attention deficit disorder? These are good crackers, aren't they? Who bought these? - Chris Addison

Why did the turkey cross the road? It's Christmas - he should run a mile! - Stephen K Amos

Why did the atheist cross the road? So he could see both sides. - Tom Wrigglesworth

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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