

# Portobello Massage Newsletter

July 2010

Hello there!

Welcome to the July edition of the Portobello Massage Newsletter. I hope you're well and thriving. It feels like summer's finally arrived and I'm so grateful for the lovely weather we've had. So, with that in mind, I offer you a shorter newsletter this month so that we can all get outside and soak up some of the weather while it lasts!

## **Fancy something a little different for summer?**

People often think of massage in terms of relaxation from the stresses of work or life in general. With summer holidays and sometimes a less hectic pace at work, people are often less in need of relaxation and more keen to try new things. How about a Table Thai massage? It's a method I learned last summer and was recently reminded about by a client. Table Thai is based on the traditional Thai massage usually carried out on the floor on a futon but adapted for work on a massage table. Thai massage uses different techniques to western style massages and looks at the body in terms of energy lines known as 'sen' rather than muscles, tendons and ligaments. The aim of a Thai massage session is to balance energies throughout the body by working these lines through palm and thumb techniques and a series of powerful stretches that resemble a kind of assisted yoga. It can leave one feeling invigorated rather than sleepy!

## **New Training**

Last month I went down to London to do advanced training on the Hip and Pelvis region. It was a great course and helped fill in the gaps between the lower back training and the recent work on the leg, knee and foot. I certainly feel that I have a much better understanding of the workings of this complicated area and work I've done so far with people with lower back problems has been very positive.

In July I'm doing a three day course on advanced sports stretching. Please don't be put off by the name - it's stretching for everyone, not just athletes! So many of my clients say they love the neck stretches we do at the end of the massage and I'm hoping that this course will provide me with many more stretches that I can use and can teach clients to do between massages.

## **Reviews**

Here are some of the comments clients have said this past month:

'This work has been revolutionary. I have made so much progress with the pain using this interactive approach and working together. I want to thank you as the massages have made a significant difference to my hip pain and given me a better understanding of how to prevent pain flare-ups.'

'My friends say I smile more after a massage.'

'I could just purr like a cat!'

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

## **Positive thoughts**

To mark the Dalai Lama's 75th birthday, here is a quote I keep on the massage room door:

'The true meaning of life.

We are visitors on this planet. We are here for ninety or one hundred years at the very most. During that period, we must try to do something good, something useful with our lives. If you contribute to other people's happiness, you will find the true goal, the true meaning of life.'

- H.H. the 14th Dalai Lama

## **The joke!**

With the World Cup nearly at an end I thought it appropriate to have a football related joke, so here goes. Thanks go out to Stewart.

God and the Devil were having an argument: who could turn out the best football team? Much to the God's surprise the Devil proposed a football match to settle their dispute.

God said to the Devil, 'Don't you realise that all the 'good' players go to heaven?'

The Devil, smiling, responded "Yeah, but we've got all the refs!"

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*

[www.portobellomassage.com](http://www.portobellomassage.com)

07854 916 847