

# Portobello Massage Newsletter

July 2011

Hello there!

Welcome to the July edition of the Portobello Massage Newsletter! Happy Canada Day, too!

As I mentioned in my last newsletter, in June I went down to Brighton again to take a course in **Hot Stone Fusion massage** and it was fabulous. We were asked to describe it for our clients and lots of people talked about how the heat from the stones seems to go directly into the muscles to help relax them, how the heat helped make the massage longer lasting, how using cold stones helped to ease really sore muscles. The description that I came up with is:

It's massage, Jim, but not as we know it. It's better.

All of the clients who have tried out some stones have really enjoyed it and were keen to have more. One spoke of how the heat from the stones was soothing, another said it was comforting and another said it rocked. You may just have to find out for yourself. What surprised one client was that the stones move - so many pictures show the stones lying on someone's back. Let me assure you, I use the stones as I would my hands for some lovely broad strokes and for some more specific work, but those stones certainly do move! A full hot stone fusion massage will be £60 but on for a special price of £55 for July and August. Please let me know in advance that you would like a hot stone fusion massage - it takes a little while for the stones to become hot!

## Reviews

'My neck feels so much longer!'

'You certainly know where the tension is.'

'It's so nice to have my head held.'

'I've been practicing my superheroness.' (Don't know what that means? Come for a massage and find out!)

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

## Positive thoughts

"The most invisible creators I know of are those artists whose medium is life itself. The ones who express the inexpressible - without brush, hammer, clay or guitar. They neither paint nor sculpt - their medium is their being. Whatever their presence touches has increased life. They see and don't have to draw. They are the artists of being alive." - J. Stone

## The groan-worthy jokes

With holidays looming for many, a few actual complaints received by Thomas Cook. Thanks Stewart!

1. "I think it should be explained in the brochure that the local store does not sell proper biscuits like custard creams or ginger nuts."
2. "It's lazy of the local shopkeepers to close in the afternoons. I often needed to buy things during 'siesta' time - this should be banned."
3. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food at all."
4. "We booked an excursion to a water park but no-one told us we had to bring our swimming costumes and towels."
5. A tourist at a top African game lodge over looking a water hole, who spotted a visibly aroused elephant, complained that the sight of this rampant beast ruined his honeymoon by making him feel "inadequate".
6. A woman threatened to call police after claiming that she'd been locked in by staff. When in fact, she had mistaken the "do not disturb" sign on the back of the door as a warning to remain in the room.
7. "The beach was too sandy."
8. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as yellow but it was white."
9. A guest at a Novotel in Australia complained his soup was too thick and strong. He was inadvertently slurping the gravy at the time.
10. "Topless sunbathing on the beach should be banned. The holiday was ruined as my husband spent all day looking at other women."
11. "We bought 'Ray-Ban' sunglasses for five Euros from a street trader, only to find out they were fake."
12. "No-one told us there would be fish in the sea. The children were startled."
13. "There was no egg slicer in the apartment..."

14. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish..."
15. "The roads were uneven."
16. "It took us nine hours to fly home from Jamaica to England it only took the Americans three hours to get home."
17. "I compared the size of our one-bedroom apartment to our friends' three-bedroom apartment and ours was significantly smaller."
18. "The brochure stated: 'No hairdressers at the accommodation'. We're trainee hairdressers - will we be OK staying there?"
19. "There are too many Spanish people. The receptionist speaks Spanish. The food is Spanish. Too many foreigners now live abroad"
20. "We had to queue outside with no air conditioning."
21. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
22. "I was bitten by a mosquito - no-one said they could bite."
23. "My fiancé and I booked a twin-bedded room but we were placed in a double-bedded room. We now hold you responsible for the fact that I find myself pregnant. This would not have happened if you had put us in the room that we booked."

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.

If you're on Facebook check out our page for little tidbits between newsletters - just look up Portobello Massage from your home page (or click [here](#)) and click 'Like' to have more regular updates.

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

Enjoy!

*Ann Milović*

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