

Portobello Massage Newsletter

June 2009

Hello!

Welcome to the June edition of the Portobello Massage Newsletter. I hope you're well and thriving now that summer appears to be here. To quote Rabbin Burns (with it being Homecoming and all) 'The winter it is past, and the summer comes at last'.

Special Offer

My special offer was so popular last month I've decided to continue it for another month. As you know, I'm keen to build up my business and part of that effort means sending this newsletter to more people. This is where I hope for your assistance. I am offering **£5 off the next massage** to clients who help me add five people to my mailing list. If you copy me into an email to five people you know who live in the Edinburgh area and whom you think would be genuinely interested in receiving this newsletter, you will pay £5 less on your next massage. You can't just send it to a bunch of your colleagues who can't stand the idea of massage! (Not that you would do that, right?).

Reviews and suggestions

The new training is getting rave reviews, alongside some older, trusted techniques. I'm due to take a bit more training next month, so stay tuned! Client comments recently have included, 'That was worth every penny - and more!'. My favourite this month is:

"Life enhancing, life affirming and life changing. My first massage with Ann came at a time of much stress, especially at work. The stress was taking over, and life didn't feel all that rewarding. My first, second, third visits to Ann made me re-evaluate how I felt, and in particular helped me to realise that I didn't need to feel taken over. I resolved not to allow a busy job to dominate; I resolved that it was legitimate to take time for myself; I resolved that I was no longer going to let negativity get the upper hand. I have no doubt that Ann's reassuring and calming approach has helped me reassess my life in very positive ways."

Some clients have also found that massage is making a difference in their lives, allowing them a bit of space to think, relax and reassess. Why not give yourself or a friend the gift of massage? **Gift vouchers** are always a popular gift!

Positive thoughts and the Jokes!

The other day I was reading some massage trade journals and was reminded how many different types of therapies there are on offer these days, some that seem brand new and some that say they come from ancient practice in other parts of the world. Just as I was contemplating these many approaches, my husband happened to play Eric Morecombe and Ernie Wise singing 'Bring me sunshine in your smile' and I couldn't help but smile. There's a lot to be said for sunshine, which we can't always predict in Scotland, but we can always smile! Here are some positive thoughts and the inevitable bad joke, aimed at making you laugh.

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."
Joseph Addison

"If we treated everyone we meet with the same affection we bestow upon our favorite cat, they, too, would purr." Martin Delany

A lot of people liked a joke from the last newsletter:

'The Dalai Lama goes up to a hot dog seller and the hot dog seller asks if he wants onions, mustard, pickle, ketchup or chili with his hot dog. 'Make me one with everything', the Dalai Lama replied. So the hot dog seller makes him a hot dog with the works. The Dalai Lama pays the hot dog seller and asks for his change. The hot dog seller says, 'change must come from within!'

Just when you thought your groaning was over, it continues:

'The Dalai Lama admitted this was true and ate his hot dog, but it gave him bad breath and bothered his sore tooth. The Dalai Lama then walked to the dentist to get a filling. Although old and frail, he walked often and he walked barefoot, as evidenced by the thickness of the soles of his feet. It is for this reason that he is known as the 'super calloused fragile mystic vexed by halitosis'.

The dentist inspected the Dalai Lama's tooth and said he could fill the cavity right away. When he offered to use Novacaine, the Dalai Lama declined, saying he wanted to 'transcendental medication.'

Oh, I know...!

Please remember to **pass this newsletter on** to someone you know who might appreciate it. It may be just the thing to brighten their day! And if you send it on to five people and copy me in, you'll get £5 off your next massage.

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

Enjoy,

Ann Milović

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