

Portobello Massage Newsletter

March 2009

Hello!

Welcome to my March newsletter for Portobello Massage and happy International Women's Day!

I hope you're keeping well and enjoying the little glimpses of Spring we've had so far. I think the forecast for the next few days isn't great but I am assured that Spring will indeed come! It's wonderful to see the days getting longer and the nights shorter - the extra light must be good for the soul. The crocuses and snowdrops in the Meadows and Leith Links have cheered me up no end.

Just like a garden needs preparation for the Spring, we need to prepare ourselves for the best that is to come. Good days are coming and an active, engaged, confident and positive outlook will equip us well to make the most of our situations. Many of my clients tell me that massage helps them do just that. It helps them feel more centered, content and relaxed about the stresses they can't avoid but feel better able to handle. They find that having a massage in the diary to look forward to helps them cope with the day to day of the office.

The pregnancy massages have been superseded by people with neck pain and some specialised work in the neck and upper back areas is helping. I'm looking forward to taking some more CPD scheduled for early April and am keen to share my learning with my clients.

Mother's Day is just around the corner on Sunday 22 March. What better gift than a gift voucher for massage? The mothers who have come to me, both young and not so young, have often never had a massage before, yet have often requested a gift voucher from their families. They really enjoyed the individual attention and the chance to relax in a comfortable, homey atmosphere without a lot of chrome and pop music piped in.

Since the USA elected President Obama, I've had an unusually positive attitude towards Americans and today's quotes come from two Yanks.

'You can't see Canada across Lake Erie, but you know it's there. It's the same with spring. You have to have faith, especially in Cleveland.' ~ Paul Fleischman

'Spring is when you feel like whistling even with a shoe full of slush.' ~ Doug Larson

I searched high and low for an appropriate joke to send but just couldn't find one good enough (or bad enough!) this month. So, in keeping with the positive thoughts above, I bring you a quotation from then Senator Obama on the presidential election trail:

'When I was a kid I inhaled frequently. That was the point.'

What refreshing honesty!

Please pass this newsletter on to someone you know who might appreciate it. It may be just the thing to brighten their day! Who are you going to send it to?

I hope you've enjoyed this newsletter and I hope to see you soon for a massage.

Enjoy,

Ann Milović

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