

Portobello Massage Newsletter

May 2011

Hello there!

Happy May Day! Welcome to the May edition of the Portobello Massage Newsletter!

In March I took my massage exams and in April it was confirmed that I passed them - hurrah! I put a lot of hard work into them, they were hard exams and I'm so glad I took them because they've pushed my practice up a notch or two. Now I have the distinction of being able to put ACMT after my name - Advanced Clinical Massage Therapist - just trips off the tongue! I'd like to thank all my clients for their support and letting me practise on them (especially when they didn't know I was practising!).

I'm now wondering about the next learning opportunity to take and I would very much like your feedback. I'm thinking of taking a course on hot stone fusion massage which has been described as a massage and a sauna combined, without having to breathe in steam. I've described it before as a really lovely sensation, like having mini hot water bottles working into the skin (still using oil as in a regular massage) to help muscles release their tension more quickly. If anyone thinks this would be a good next step (or perhaps not so good) I would very much appreciate it if you could please let me know.

Reviews

'You know exactly where I need work, even when I don't.'

'I'm always surprised how much stress my body carries around, even when I think I've got it out of my head.'

'I need my monthly MOT massage.'

Please remember that [gift vouchers](#) are always a popular gift.

Positive thoughts

'It's your world. Shape it, or someone will shape it for you.'

'We either make ourselves happy or miserable. The amount of work is the same.' - Carlos Castaneda

And nicked from the nuptials:

'Be who God meant you to be and you will set the world on fire.' - St Catherine of Sienna

The groan-worthy joke

The children were lined up in the cafeteria of a faith school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray:

'Take only ONE . God is watching.'

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, 'Take all you want. God is watching the apples.'

For something a little different, a wee one minute piece from Action for Happiness. I hope you enjoy it: <http://www.youtube.com/watch?v=Bc6WW1GGjbk>

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.

Also, I've finally caught up with the modern world and now have a page on Facebook - just look up Portobello Massage from your home page (or click [here](#)) then click 'Like' to have more regular updates. Don't worry, I'm far too lazy to inundate you.

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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