

# Portobello Massage Newsletter

November 2009

Hello!

Welcome to the November edition of the Portobello Massage Newsletter.

## **Maintenance**

You know, I really don't like seeing people in pain. I'm sure people don't like being in pain. And yet I've seen a few clients over the past month who have had little niggles that they have ignored until they built up into pain that they can't ignore. Unsurprisingly, it takes a little longer to get somebody out of pain if they've been in pain for a while. The longer they leave it, the longer it takes to get them out of pain.

Logically a lot of people realize that so much about good health and having a happy relationship with their body relies on maintenance. We can't eat well for one day and then have junk food for the rest of the week and expect to feel good. We can't exercise one day and sit around on the couch for the rest of the month and expect to feel fit. These things have to be done regularly.

People should have regular massages for the same reasons. Some people have recurring problems with their shoulders and neck, for example, and the best way to help is to get on top of the problem and then maintain that progress. One of my clients says that she used to have between 8 and 12 headaches a week due to tight shoulder and neck muscles and that since she's been coming to see me regularly her headaches have decreased dramatically. In the last two weeks she's had no headaches at all! Massage isn't just about feeling relaxed - it's an important component for a healthy body and a healthy mind.

## **Reviews**

I have some lovely clients and they say lovely things such as "I came in with a headache and now it's gone." Another said, "after a long day at work, that was exactly what I needed." Sometimes the smallest things speak volumes - "Grand!"

You don't need me to tell you that the year is drawing to a close - the late nights do that all by themselves. If you're wondering what to get someone for the end of next month, **gift vouchers** are always a popular gift!

## **Positive thoughts**

This month's thoughts are unashamedly positive.

"Happiness involves taking part in the game of life, not standing on the edge of things and frowning."

"Passion is the element in which we live...." – Lord Byron

"Tension is who you think you should be. Relaxation is who you are." – Chinese proverb

## **The not so terrible joke**

This joke is courtesy of Helen Webster and I'm grateful to her.

Where is contentment made?  
In the satisfactory!

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*

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