

Portobello Massage Newsletter

October 2011

Hello there!

Welcome to the October edition of the Portobello Massage Newsletter! I hope you had a lovely autumnal equinox and are ready for a stunning change of season. As I write this, we've had several days of gorgeous weather. Right now it's 9:30 at night, the windows are open and I'm not wearing a cardigan - unprecedented! Let's enjoy each gorgeous day that comes our way.

I had an interesting experience a few weeks ago. I woke up one Saturday morning with an incredibly sore lower back. Touch wood, I've never really had a problem with my lower back so this took me by surprise. I tried all sorts of things to lessen the pain and the words 'massage therapist, heal thyself' kept running through my head. Well, I couldn't heal myself and I went to see a massage therapist I trained with to help me out. She used the same techniques I use and I felt a hundred times better. Having such a sore back was a reminder of the pain some of my clients are in when they come to see me and having the massage was another reminder that these techniques really do work. While it's good to be reminded, it's even better to be out of pain.

I had a great graduation down in Brighton last month - if you fancy seeing some of the pictures, just click 'like' on the [Portobello Massage page on Facebook](#).

Reviews

A client came to see me and said 'please fix me'. After an hour and a half she said that she was smiling for the first time that day. I just love this job and that says it all, really.

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

Positive thoughts

"Everything is an affirmation." - Louise Hay

"Opportunities are usually disguised as hard work, so most people don't recognize them." - Ann Landers

"One of the things I learned the hard way was that it doesn't pay to get discouraged." - Lucille Ball

The groan-worthy jokes

Some of the favourite jokes from the comedy shows at the Edinburgh Festival.

I saw my boyfriend in a suit and I must admit I was a little bit turned on. I think it was the prospect of a regular income. - Sarah Millican

Due to the economy, profiteroles will now be called deficiteroles. - Tom Webb

What is it about half-men, half-horses that they've always got to be at the centaur of attention? - Nick Helm

I'm not saying I am on TV a lot, but during an argument my daughter tried to put me on mute. - Phill Jupitus

Thanks Stewart!

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 I look forward to seeing you very soon for a massage.

Enjoy!

Ann Milović

www.portobellomassage.com

07854 916 847