

# Portobello Massage Newsletter

September 2009

Hello!

Welcome to the September edition of the Portobello Massage Newsletter.

I can't quite believe it's September already, but I hope you had a good summer. September always reminds me of going back to school, new notebooks, freshly sharpened pencils: a fresh start. For me, it's a time to see what I can accomplish with the rest of this year and what goals I might want to set for the future.

## Time out

I'm reminded of a bit of street art I saw during the Festivals. It said "It was on a day like this when Marco Polo set sail for China. What are your plans for today?" It's easy to say something like that, but where do you find the time to sit and think about what you really want to do with so much going on? Well, that's what some people do in a massage. Some people use massage as a way of checking back in with their body, to see how it's feeling, to take the time to listen to it. Some people use massage as a time to talk to themselves, rather than answering everyone else's questions, emails, texts, voice mails... These people use it as a time to listen to themselves, what they want to say, sometimes to find their own voice again. And some people use it as a chance to catch up on some lost sleep - it's all good! Come and find out what massage can mean for you.

## Reviews

People continue to say some lovely things - hurrah! I've been doing a lot of neck and shoulder work and this can sometimes be painful to get at some of the underlying causes of stiffness. I joked with a client that she wouldn't come back to see me because I was causing her so much pain and she said, 'No, that's why I'll come back. You're getting to the root of the problem.' Another client came just a few days before giving birth and after the massage said that she hadn't felt so good in months!

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:

"How wonderful it is that nobody need wait a single moment before starting to improve the world." - Anne Frank

"No longer accept the unacceptable. Change what is believed to be possible. And always make the choice for hope." - Jim Wallis

## The inevitable joke:

An Englishman, Scotsman and Irishman walk into the pub of destiny and the bartender says 'Sorry, we don't serve clichés in here'.

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile!

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

Enjoy,

*Ann Milović*

[www.portbellomassage.com](http://www.portbellomassage.com)

07854 916 847