

Portobello Massage Newsletter

September 2010

Hello there!

Welcome to the September edition of the Portobello Massage Newsletter. I hope you've had a wonderful summer and that you're looking forward to the next season.

No matter how long it's been since I was a pupil or a student, September will always mean to me going back to school or university. Fresh pencils, fresh notebooks, fresh start! A lot of people use September as a sort of second New Year, a chance to dust off some of those not-quite-gotten-around-to-it-yet resolutions, a chance to start anew. What might you do to bring some more energy or relaxation into your life? Whatever you do, I hope it nourishes your mind and body.

Handy Tips - Kindness and Digestion

Last week a regular client brought me flowers. It was quite unexpected and wonderful! She said that she was passing a flower stall on her way to her massage appointment and thought that I would like some flowers - and she was absolutely right! They have bloomed beautifully and made me smile every time I've seen them.

So how is this a handy tip? This was an act of kindness, much unexpected to the recipient, and certainly reminded and encouraged me to 'practice random acts of kindness'. It can do a power of good and needn't cost anything. I've attached a couple of websites merely to prompt your thinking, not as recommendations as such. These seemingly little acts can help make the world a better place.

<http://www.lifehack.org/articles/lifestyle/29-ways-to-carry-out-random-acts-of-kindness-every-day.html>

<http://www.helpothers.org/ideas.php>

Back in April, I mentioned that a client had said "It's so easy to forget it's all connected." Staying with this theme, this month's feature is digestion. Many clients' tummies rumble a bit when they are on my massage table, often near the end of the massage. Clients often apologize for the tummy rumbling but I take it as a compliment because it can be a sign that the body is relaxed. Sometimes when our tummies rumble, it's a sign that we're hungry but sometimes it's a sign that digestion is going on and that's a great thing. Digestion is a lot of work for the body and it's something that the body puts off if we're really stressed because it takes so much energy. In the recent BBC updated dramatization of Sherlock Holmes, the great detective declines to eat by saying "I don't eat when I'm working - digestion slows me down." If you've ever eaten a large meal and felt sleepy or lethargic afterwards, you'll know the signs.

Stress can be a contributory factor to illnesses such as stomach ulcers and irritable bowel syndrome. Massage, either to the abdomen directly or for the body in general, can promote relaxation and help the body get on with doing its work, such as digestion!

Reviews

Here are some of the comments clients said last month:

'I came in feeling discombobulated and disgruntled and after the massage feel combobulated and grunted. Thank you!'

'You got me through this past year.'

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

Positive thoughts

'Without a target you'll miss it every time.'

'Don't judge each day by the harvest you reap but by the seeds that you plant.' – Robert Louis Stevenson

'To accomplish great things, we must not only act, but also dream; not only plan, but also believe.' – Anatole France

The jokes

Where do retired detectives go to live? Sherlock Homes

A dog goes into a hardware store and says: "I'd like a job please." The hardware store owner says: "We don't hire dogs, why don't you go join the circus?" The dog replies: "Well, what would the circus want with a plumber?"

If you're being chased by a police dog, try not to go through a tunnel, then on to a little seesaw, then jump through a hoop of fire. They're trained for that.

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 very soon for a massage.

Enjoy!

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