

# Portobello Massage Newsletter

August 2010

Hello there!

Welcome to the August edition of the Portobello Massage Newsletter. I just love summer and I hope you do, too. I also hope you get a bit of summer - not something we can always count on in these parts but I think Edinburgh's done fairly well so far. For some reason the sun always seems to come out for the tourists during the festival so welcome the tourists and the sun they bring!

## What's up?

In July I took a three day advanced course on stretching and it was fabulous. Many of you know that I usually incorporate a couple of neck exercises at the end of the massage, usually to stretch the trapezius muscle which most people need a little help with. The new stretches are great but even better are the variations on the familiar ones. Clients are reporting greater mobility, flexibility and generally feeling good.

I've also recently started working with people in a sheltered housing complex where the average age of my clients is 85! They are a great bunch of people. Despite having a lot of medical problems, aches and pains they are so positive. It's been delightful working with them and helping them with increased mobility and some pain relief, even if it is only temporary. It's easy to forget just how nourishing simple touch can be.

My way in to the sheltered housing complex came via a client who thoughtfully took one of my cards to the centre. If you know of some people who may benefit from massage, such as a quick 15 minute reviving treatment in a massage chair in the middle of a busy work day, please do speak to me about taking one of my cards and spreading the word about Portobello Massage. I would really appreciate it and the people you're thinking of may appreciate it, too.

## The Magic Word

A few years back we went to Florence. When we were up in the Duomo, there was a bit of graffiti that said 'Brunelleschi is magic!' (Fillippo Brunelleschi was the architect of that gorgeous dome). I agree. I also think that Breathing is Magic!

A lot of you will know from our work together how much pain can ease when we breathe through it rather than hold our breath. Clients often remark how much more quickly pain releases when they consciously breathe through those times when I'm pressing on a particularly painful spot. With the new stretching techniques I've learned, breathing is the key to getting more mobility and flexibility into muscles that have been tight for a long time. Breathing techniques are used in so many other areas, such as childbirth, meditation and weightlifting to name just a few.

So, the next time you're in a tight spot, or on a massage table, please remember the magic word - breathe!

Future handy tips will include tips for relaxation between massages. Any feedback on this new feature or suggestions for improvements to the newsletter will be gratefully received

## Reviews

Here are some of the comments clients have said this past month:

'Are you a faith healer or a witch doctor?? When I went to bed last night [after the massage], I realised that something was wrong. I tried to work out what it was and then it dawned on me - I had NO pain in my left shoulder blade. Absolutely none. Nada. Nietz! As a result, I had one of the deepest sleeps I've had for weeks and this morning, although there's a wee bit of pain, it's 90% better, if not 95. I'm wondering what's in that massage oil....'

'Thank you for the massage which left me feeling much improved! My body seems lighter and less toxic today and my digestion has also got better.'

'Thank you for an excellent massage yesterday. Last night I slept without dreading every turn. Bliss!'

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

## Positive thoughts

Just one this time: "Let the beauty of what you love, be what you do." – Rumi

## A seasonal joke:

What do you call a Frenchman in sandals? Philippe Flop.

Ouch!

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*

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

07854 916 847