

Portobello Massage Newsletter

December 2010

Hello there!

Welcome to the December edition of the Portobello Massage Newsletter!

I don't know about you but I've really enjoyed the snow the last few days - it's made me feel very much at home. I appreciate that I've had it easy - we've got a good central heating system, the roof's been recently repaired and I haven't been stuck in a snow drift. One of the things I've noticed, especially on Monday with the schools and so many organizations being closed, is that people have seemed to be moving a little slower, whether deliberately or because they've had little choice. It's put me in mind of a not-so-seasonal song lyric:

Slow down, you move too fast
You've got to make the moment last
Just kicking down the cobble stones
Looking for fun and feeling groovvvvyyyy.....

(Dear Messrs Simon and Garfunkel: I respectfully request permission to quote your timeless lyrics. Ta very much!)

Handy Tip

This month's handy tip is to read the first couple of lines of that lyric again. Repeat as necessary. I've been struck this year at how many people have talked about getting Christmas 'out of the way' and that seems like a shame. This is a time of year when many faiths celebrate - Hannukah starts today at sundown, the Winter Solstice is coming up and of course Christmas is on its way. Whatever your faith or non-faith, this can seem like a crazy time of year with too many things to do and not enough time to do them. I have certainly had Christmas breaks in the past that have left me longing for a holiday to recover!

Sometimes it helps to just take a little time out for ourselves to sit still, be quiet and allow ourselves to settle. I'm always amazed at how much I benefit from even just a few minutes of stillness.

Gift vouchers

It's that time of year again and if you're like me, you'll have someone on your list who presents a challenge to the gift giving experience. Might a gift voucher for a massage be that magic something that helps you both? Gift vouchers are always the right size and colour, are custom made for the recipient and are always popular.

Reviews

Here are some of the comments clients said last month:

'Was feeling a wee bit achy last night but much better today - thanks to your Magic Hands!'

One client wanted 'straightforward pampering' and at the end declared the massage 'gorgeously lovely!'

Another client was saying that her shoulders and neck didn't feel as stiff and knotted as usual and she put that down to having regular massages to maintain flexibility and ease of movement rather than waiting to come for a massage until she feels all blocked up.

A friend of a client noticed that the client was moving his arm more easily and asked the client if his arm was feeling better after the massage. The client replied, 'Better? It's marvellous!'

One client texted after a massage: 'Just wanted to say Thank You again for super massage last week. Had v successful surgery and am recouperating well. Your massage played no small part in helping me cope as well as the outcome.'

Positive thoughts

'Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.' - Marcel Proust

'Someday perhaps the inner light will shine forth from us, and then we'll need no other light.' - Marcel Proust

'Learning is a treasure that will follow its owner everywhere.' - Chinese proverb

'The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.' - Plato

'True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.' - Karl Wilhelm von Humboldt

The groan-inducing, really bad joke

This was gleaned from one of those spam emails asking for your bank details to 'relieve you' of some of your own funds. Something about it caught my ear - it's not a joke as such, but something no Anglophone would ever write but perhaps wish we could:

A rhythm pumps throughout an inherited teapot. Should the earned chief discontinue the coincidence?

Ok, back to the really bad joke...

It was early in December and the judge was in a good mood: holidays were on their way. A man appears in the dock. 'What's the charge against you?', asks the judge. 'I was caught doing my Christmas shopping very early,' replied the man. 'That doesn't seem like an offence to me!' exclaimed the judge. 'What do you mean by "very early"?'

'The shop wasn't open yet.'

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.

Also, I've finally caught up with 2010 and now have a page on Facebook - just click [here](#) or on the Facebook button on the Contact page then click 'Like' to have more regular updates. Don't worry, I'm far too lazy to inundate you.

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

Enjoy!

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