

# Portobello Massage Newsletter

February 2018

Hello Everyone!

Welcome to the February 2018 edition of the Portobello Massage Newsletter. I hope you're having a good year so far. The snows of January have passed and the nights are fair drawing out (as one of my clients said today). I think we're all solar-powered and we need that bit of extra light in the sky. That bit of extra light gets me thinking about spring, about tulips and budding trees...

## Maintenance

You know, I really don't like seeing people in pain. I'm sure people don't like being in pain. And yet I've seen a few clients over the past month who have had little niggles that they have ignored until they built up into pain that they can't ignore. Unsurprisingly, it takes a little longer to get somebody out of pain if they've been in pain for a while. The longer they leave it, the longer it takes to get them out of pain.

Logically a lot of people realize that so much about good health and having a happy relationship with their body relies on maintenance. We can't eat well for one day and then have junk food for the rest of the week and expect to feel good. We can't exercise one day and sit around on the couch for the rest of the month and expect to feel fit. These things have to be done regularly.

People should have regular massages for the same reasons. Some people have recurring problems with their shoulders and neck, for example, and the best way to help is to get on top of the problem and then maintain that progress. One of my clients says that she used to have between 8 and 12 headaches a week due to tight shoulder and neck muscles and that since she's been coming to see me regularly her headaches have decreased dramatically. In the last two weeks she's had no headaches at all! Massage isn't just about feeling relaxed - it's an important component for a healthy body and a healthy mind.

## Positive Quote

This quote came to mind with another client today. I'm going to leave it all alone this month to help it really sink in.

"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it."  
- Johann Wolfgang von Goethe

## The not so terrible joke

Where is contentment made?  
In the satisfactory!

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!

Annie Milović

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