

## Massage gets the better of me

Of late, due to fussy and buzzy work events that require me to rush in & out of the office to co-ordinate and tie up final details, I also have to work on PowerPoint slides and Word documents at my desk. The PC mouse is always on the go as if it was literally chased by a cat!

Jokes aside, other than feeling constant fatigue, my arms are feeling the ache and stiffness too. When I touch the joint between the shoulders and neck, it feels as hard as a rock. And I hate the unconscious gesture of cracking my wrists. Super unglamorous and it's become a bad habit. Can you imagine cracking your wrists in public without any reason? \*wide eyed\*

Perhaps, December is the only month of the year that you can see joyous faces around rather than tired & grouchy ones all over the streets. Maybe they are all lacking Mr *OSIM*'s products especially the [uPapa Hug](#) for the OL (office ladies)& OM (office men).

Thanks to Mr *OSIM*, I am enjoying the [uPapa Hug](#) in the comfort of my favourite arm chair & with my legs taken care of by the iSqueez. I am *OSIM*-nised but I am thrown off by the price tag that comes with the [uDream](#). It is completely out of my reach so another alternative will be to buy different products to form my own *uDream*, in this case, I named it as 'j*Dream*'.

Isn't this cool? I am luring my creativity! For sure they are different products being combined so definitely, the results will not be as comfortable as the exact massage chair. If I have the means, getting the [uDream](#) will no longer be a DREAM.



I love to go for spa services such as 1- 2 hours of full body massages. My longest record will be 3 1/2 hours during my getaway in Phuket . It is not always easy to book an appointment in

Singapore especially during the festive months. And when laziness creeps in, I am marvelled by the technology such as the above gadgets, all at the comfort in my room.



It is simply delightful and soothing to hear the familiar drum-massage rhythmic sounds & experience strong ‘punches’ at the aching areas. I literally felt as though there is really someone massaging me. Simply lurve the ‘me’ time especially after a very long day, meeting & dealing with very difficult people, and being able to pound all these frustrations away with my [uPapa Hug](#) !

*Such bliss indeed, you can totally see it on my face*



Don't you lurve it when you are in control? With my own massaging devices, I can determine how long I like to have the massage for, without additional charges. Plug in my iPod and select my favourite song list or to read a book – I am all set and most importantly, no hassle of changing and at times ‘pleading’ to squeeze my slot in the schedule. Also if need be, I can pause the massage as and when I like and continue with it again. I love my room. And the new venting outlet to tackle my body aches and mental frustrations, to reset and start each new day afresh! =)

Everyone should let go of their frustrations & negative feelings at the end of the day so maybe there will be lesser grouchy and more happy people. Give someone a smile today!