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WELL-BEING



Give stress
the elbow
with a tui na
massage

I tried it...

Tui na

Louise Dear, 42,
from Guildford,
Surrey



What is it?

A traditional Chinese massage. The words tui na mean 'push and grasp', as the therapist uses her hands and elbows to knead and roll the muscles.

Why did you have it? I wanted help relaxing. When I'm stressed, I also find it difficult to eat, and she said that she could help.

So what was the massage like? Amazing – within five minutes, my mind had stopped racing with all the things I had to do. And I've eaten much better since the treatment.

● Louise's tui na cost £60 for an hour at Nelson's Homeopathic Pharmacy, London (020 7629 3118; nelsonshp.com). To find a practitioner near you, go to acupuncture.org.uk.