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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](http://nelsonshp.com)). To find a practitioner near you, go to [acupuncture.org.uk](http://acupuncture.org.uk).