

New courses in Chinese massage

Discover the benefits of Chinese massage

BY DEBBIE CLARKE

debbie.clarke@jpress.co.uk
Twitter: @ffpdebbie

A Fife couple have been discovering the benefits of traditional Chinese massage for **their baby boy after attending** a new class showcasing the treatment for babies and young children.

Liam and Jen Baillie recently attended a half-day session at Body in Balance with Kirkcaldy-based therapist Mariette Lobo who runs courses on Chinese massage healthcare and treatment techniques (also known as Tui Na Massage) for parents, grandparents, nursery staff, teachers and all those involved in the care of babies and children.

After a week of trying out the techniques they learned, Liam and Jen were already impressed by the improvement in baby James' posture, energy, appetite and sleep pattern.

Liam said: "James loves get-



Mariette Lobo of Body in Balance with parents Jen and Liam Baillie with James George, aged one.

ting the massage and seems very happy with the feeling he gets when we do it – we can even massage James when he is sleeping without disturbing him. Early indications are this has been a very positive move for his develop-

ment."

Tui Na Massage is a unique form of healthcare developed in China to promote the development of a healthy body and a strong immune system during a child's most crucial formative period – up to the

age of six.

Chinese massage is routinely available in China in hospitals of traditional Chinese medicine, where it's used for the treatment of coughs and colds. For more info visit www.mariettelobo.com

FIFE PHOTO AGENCY