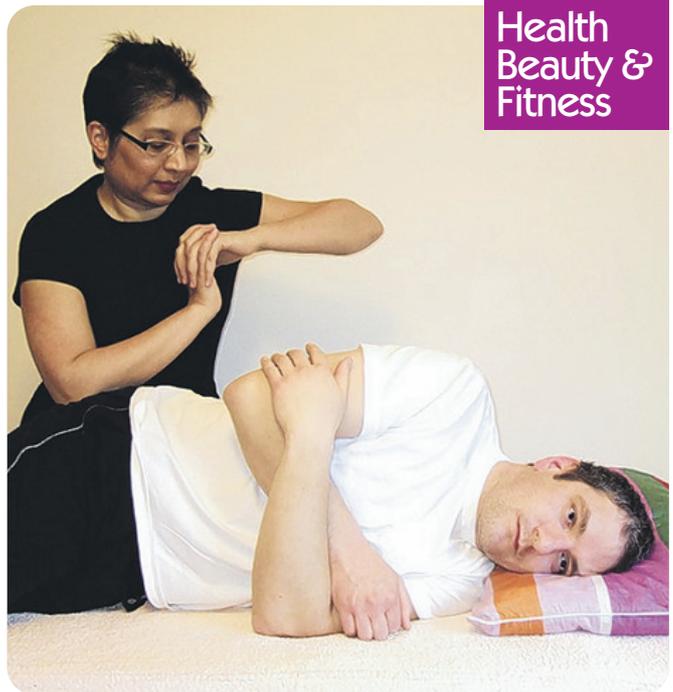


Therapy with pulling power

Feel invigorated and free from pain after submitting to some body realignment

EDITED BY GABY SOUTAR



Traditional Chinese medicine has been keeping billions of people ticking over for more than 4,000 years, so I'm inclined to trust it. One of the ancient healing arts falling under this rubric is a massage called Tuina (say twee-na), which translates into English as push and grasp. Forget your scented oils and the need to ensure you're wearing nice knickers, though, for Tuina is done on a massage table while the client is fully dressed. Be sure to wear comfortable, stretchy clothes such as tracksuit bottoms, a cotton T-shirt, and socks.

I'm always up for a rub down, so submit willingly to the ministrations of Fife's best kept secret, Mariette Lobo, who offers this therapy at an affordable price. Don't let her petite proportions fool you, years of piano playing have given her strong, supple

hands, and she's strong as an ox. She has to be, because they're not kidding about all this pushing and grasping. As I lay prone, she yanked me in every direction, pounded up and down on my back (it reminded me of the way little kids give each other mock massages), rotated my joints and realigned my bits. You spend roughly half the session face down, and half face up. She doesn't miss a bit of your body, either. As

Tuina costs £30 for a one hour session

Lobo moved over my prone form there was a lot of gentle slapping and shoogling, and I'm ashamed to say how much my wobbly bits reverberated. Tuina didn't lull me off into the land of sweet dreams, as some massages do, but it felt extraordinary and when it was over, I was invigorated and raring to go, while at the same time, my body felt pain free and relaxed. Thanks to all the stretching, I felt taller, but also as if my posture had improved.

Tuina, which is the historical precursor to Shiatsu, is ideal for the kinds of ailments you'd normally take to a chiropractor or physio. It can also help with constipation and other digestive diseases, headaches, insomnia, and more. And yes, your creaky joints are in for a wake up call, but Tuina works at a deeper level, via targeted pressure applied to your energy meridians to ensure that your Qi (the Chinese word for your life force, pronounced chee) flows

without impediment. As a one-off, it was great, but ideally, to combat chronic or intense problems, a series of weekly sessions is recommended, to allow the therapy time to work.

LEE RANDALL

For information, contact: Health Food and More, 142n St Clair Street, Kirkcaldy (01592 566446, www.healthfoodandherbal.co.uk)

Fab facts for a beautiful life

HEALTH

Sinless ciggies

SmokeStiks are a much-hyped alternative to puffing away on a Silk Cut. These electronic devices look like cigarettes and are designed to be inhaled but, according to the manufacturers, they're completely free of tar, carbon monoxide and carcinogenic chemicals. They do, however, give users the same nicotine hit – so think of them as an alternative to patches or gum, and a short-term way to wean yourself off your habit.

From £59 for a Starter Kit (www.smokestikuk.com)



BEAUTY

Bombora bombshell

Becca's new Bombora collection draws inspiration from Australian surf culture, with the Sheer Tint Lip Colour in Leticia (£21) providing lips with a wash of coral



colour and the limited-edition Bombora Palette (£55) consisting of sheer glowing shades for lids. Book now as, on Friday 16 and Saturday 17

April, this brand's make-up artist, Nikki Marriott, will be offering makeovers at DollyLeo for just £15 (redeemable against Becca products). DollyLeo, 22 Raeburn Place, Edinburgh (0131-315 2035, www.dollyleo.co.uk, www.beccacosmetics.com)

FITNESS

Give yourself the boot

Too busy to commit yourself to a proper residential boot camp? Then set some personal challenges at home, with *The New You Boot Camp* book. According to the authors, Sunny Moran and Jacqui Cleaver, this handbook can give you a taster of the military inspired fitness and weight loss routines that they administer at their various camps. The aim – to drop a dress size in two weeks. *The New You Boot Camp*, £10.99, Anova Books

