



## Therapy at Work; Alternative medicine may just be the job to improve the health of the workforce. (Features)



Daily Record (Glasgow, Scotland)

January 14, 1999

WOULDN'T you just love your boss to come in and tell you he has employed a trained masseuse to soothe away your stress?

And that he has found one who practises a 4000-year-old discipline of Chinese complementary therapy in which you can sit at your desk and keep all your clothes on while she works?

While that may spoil the mental picture for some, it greatly increases the versatility and work-friendliness of the Tui Na massage practised by Mariette Lobo.

She is one of just two practitioners in Scotland trained in the Body Harmonics system.

Tui Na literally translates as 'push' and 'grasp' and is part of a triad of ancient Chinese therapies including acupuncture and herbal medicine.

Some of the movements are similar to the much younger Japanese derivative of Shiatsu.

But others are strange and move from deep tissue massage to rapidly repeated rolling movements on the shoulders, arms and hands.

"Modern worries about recession, redundancy and work pressure all take their toll on the body," says Mariette.

"Massage in the workplace is good at promoting energy flow. Tui Na is particularly good for muscular-skeletal problems and for pain relief such as repetitive strain injuries."

Mariette gave up a business career two years ago to pursue her interest of complementary therapies full-time.

She is currently working from the Health and Vitality Clinic in the West End of Glasgow and is particularly enthusiastic about Tui Na because of its versatility in the

workplace.

Tui Na is already popular in a business setting in London and other big cities because it can mean as little as half an hour of therapy.

Like all holistic treatment, it rests on the belief that prevention is better than cure.

"Holistic medicine is very different from the Western quick-fix mentality," says Mariette.

"The deep tissue work affects emotions as well and leaves people feeling positive, happy and energised resulting in a big drop in time off sick."

Costs for on-site massage are surprisingly reasonable, says Mariette who reckons she can treat up to six people in a typical half-day's session.

She is already working with a martial arts club, a football club and a university sports centre.

For information, call Mariette at Health and Vitality on 0141-339 1878.

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