

TUI-NA COMES TO YORK

NATALYA WILSON TRIES OUT A SESSION OF TUI-NA AT THE HEALING CLINIC IN FULFORD

Errol Dexter Lynch practices what he preaches on a regular basis, so I guessed that if I left The Healing Clinic feeling half as relaxed as he looked on my arrival, then I would be feeling pretty great!

Errol practices and teaches Tui-na at the Clinic, which is one of the latest therapies to arrive in the West from China, as well as practising the art part-time in various places around London.

And he looks well on it.

"When I visit China, which is at least twice a year, I have a Tui-na massage once a day and reflexology twice. It really does sort me out for the day," he said.

As well as practising Tui-na, which he has been doing for the past five years, Errol also teaches it, running workshops at The Healing Clinic, as well as taking students to China to see how the masters do it.

Tui-na differs from other massage in the way the hands are used and the pressure applied and is quite an aggressive form of massage. It can be used on various parts of the body including the back, neck, ankles, knees, wrists and elbows.

First off, Errol treated my feet to a session of reflexology which felt fantastic, if a little painful at times. The technique I had experienced when having reflexology was the Westernised 'finger walk', but

Errol used the Tui-na technique on this occasion, which is a bit more aggressive – more of a kneading effect – which invigorates the blood circulation and the hormones (did you know that you can actually be allergic to your own hormones – that was a new one on me!)

Says Errol, "Tui-na is quite systematic and rhythmic really – you go through each body part, starting with the kidney area, as this is the first organ which kicks into action when any others come under stress."

The same can be said of the Tui-na back massage. This utilises the rolling knuckles (or 'gunfa') technique, feeling the areas that need the most work through a sheet, so that you don't come away looking or feeling bruised! Errol kneaded the acupuncture points to loosen my tense muscles, finding that my one major problem is my posture, evidenced by the slight over-arching on the lower back and the tension in the areas relating to posture. This also showed up in the reflexology I'd had previously.

After the session, I felt a lot less achy and, funnily enough, quite elated and chilled out. Because it is quite an aggressive form of massage, you feel your problem areas have been thoroughly worked. I'll definitely be going back to ease away any future aches, pains and tensions.



For more information and prices, contact The Healing Clinic 679868 or log onto www.thehealingclinic.co.uk

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READER'S QUESTIONS AND ANSWERS

I have noticed the appearance of 'frown marks' between my eyes, and I am seriously considering botox injections. Can you suggest an alternative?

The most important advice I can suggest is to remove the cause of the frowning! Is it the need for strong sunglasses? Is it stress? Is it misery or unhappiness which makes you frown? Nature does not offer anything comparable to injecting poison into your face so I can only suggest a course of anti-wrinkle facials and the use of high quality skin care products such as Alquimia.

I am going on holiday soon and hate the chemical based suncreams that are available. Do you have any natural non-chemical alternatives?

Sesame oil has a natural sun protection factor of 4 and does not clog pores. I suggest that this is fine for darker skins, but paler faces should invest in wide brimmed hat.

My nails are dry, brittle and very weak. Is there anything I can do to improve their appearance without using nail varnish or chemicals?

Regular manicures are the best prescription. A series of professional spa manicures can have your nails in excellent condition in no time. Massaging the cuticles with a simple pure almond oil every day can help. Don't forget to use rubber gloves as much as possible whenever doing household chores.