

Tuina (Chinese Acupressure massage)

Pitch 2 - afternoon Therapist: David Lamb



Tuina is a Chinese acupressure therapy which centres around energy channels and points. It is similar to acupuncture except that the hands and fingers are used rather than needles.

A wide variety of techniques are used to balance the body's energy. Pressure can be soft or hard, superficial or deep, general or more precise and movements can be slow or fast, etc. The practitioner aims to balance up the Qi energy, the vital substances, and the internal organs on which the health of a person's body and mind depend.

Like all forms of massage, many of the effects of Tuina stimulate the flow of Qi, blood, and body fluids. Many of our health problems are caused by blockages in these vital substances, leading to pain, swelling, a build-up of toxins, and other symptoms. Getting things moving again re-establishes the proper functioning of the body and the recovery of damaged tissues.

Tuina works holistically, treating the mind through the body and vice versa. It leaves people with a deep sense of physical and mental relaxation, revitalisation and well-being. An important effect of Tuina is to bring a person's awareness back to their own body and what's going on in it – an essential first step in any healing process.