

'Magical' massage therapist opens Surrey clinic

Tim Wong, master of Chinese massotherapy (Tui-Na) has opened Surrey's first specialist Tui-Na clinic in Brighton Road, Surbiton. Master Wong, who worked with Glenn Close during the filming of *101 Dalmations* in London, has been practicing Tui-Na in the UK for more than ten years. Some of his other well-known clients include Saskia Reeves and Cate Blanchette, as well as Richard E. Grant, who said, following treatment for a back problem, "That man's a magician!"

Tui-Na is widely practiced in China where it has equal ranking with acupuncture and herbal medicine. It has a curative effect on arthritis, back pain, digestive problems, fatigue, frozen shoulder, headache, rheumatism, R.S.I., tennis elbow, and stress.

An ancient form of systematic massage based on Chinese medicine, Tui-Na maximises the amount of internal energy that flows through the body, promotes well-being, increases harmony between mind and body, and slows down the ageing process.

Tim, who gained his skills in Hong Kong and went on to train masseurs, said: "This is the first Chinese massage therapy clinic in Surrey specialising in Tui-Na and a wonderful opportunity to bring an alternative form of healthcare to the local community.

Traditional Chinese Massotherapy Tui-Na,
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Tim Wong, Master of Chinese massotherapy

MONOCLE
Surrey April 2001

Cannons Masters Body Combat

Body Combat, the latest form of martial fitness, will be taught at Cannons Health Club in Cheam when the new club opens this month. Open to all fitness abilities and ages, the weekly total body workout classes will include a combination of powerhouse moves and stances developed from a range of self-defence disciplines such as Karate, Kick-boxing and Tae Kwon Do.

Call 020 8770 7858 for details.

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