

## The Handbook Of Chinese Massage Tui Na Techniques To Awaken Body And Mind

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Chinese massage is the name for a family of massage therapies practiced within traditional Chinese medicine. In traditional Chinese practice, massage is one of the fundamental treatment modalities, along with dietary regulation, herbal medicine, acupuncture/moxibustion, and therapeutic exercise.

**Chinese Massage | Encyclopedia.com**

Chinese Massage techniques There are two main types of Chinese massage. Tui Na (pronounced "twee na") has some similarities to a Deep Tissue Massage, and uses kneading, chopping and stretching motions to relieve sore points and blockages in the body's muscular system.

**What Is Chinese Massage? - Urban Blog**

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