

The Alternative

Meet the people at the cutting edge of complementary health

.....

The jaw is one of our most important joints," explains Lynn Rae, who, after many years of practising body work, has developed a specialised treatment. "It is where we hold most of our stress, emotional and physical. And when you clench your jaw or grind your teeth, you trigger your parasympathetic nervous system, your fight-or-flight response." Which can, if it becomes a default state, cause a wide range of health issues. Until now, says Rae, "it

'The jaw is where we hold our stress – when you clench you trigger your fight-or-flight response'

has been hard to find the right person to help when you are struggling with jaw tension". The gentle-mannered, strong-fingered Rae is definitively that; what's more, the 52-year-old's firm jawline and smooth features make her her own best advert for the aesthetic aspect of her work. Many of her clients visit her as an intensive form of anti-ageing treatment – your face visibly lifts after the first session. But others visit with specific health issues, from neck and jaw tension to Bell's palsy. Rae's own recent experience of cancer – she has just received the all-clear – has influenced the way she now works. "The muscles inside the mouth... you have to be very gentle... you are kind of listening with your fingers, having a conversation. The more gentle you are the more effect you can have. If you press too hard you can create tension. If you feel and wait and move a little bit, it kind of happens." Rae also gives her clients techniques to build upon her work in their daily life. "I teach improved posture and alignment. The tongue should sit on the roof of the mouth, for example, which relaxes the neck muscles, allows the face to lift, and improves posture." **Anna Murphy**



LYNN RAE

Remedial face and jaw realignment

.....

What is it?

What begins as a top-notch but straightforward neck and shoulder massage mutates into an incredibly precise and, at times, intense facial – and oral – workout. Yes, that's right: Rae also massages *inside* the mouth to release tension and create more interior space.

What is it good for?

Many clients come with tension or pain in their jaw and/or neck, with night-time teeth-grinding, with headaches, or with "a feeling

of being locked". Rae also works with sufferers of Bell's palsy, and with people who have had facial or oral injury or cancer. In addition she works at a dentist's on patients pre- and post-treatment.

How did it start?

Rae trained as a sports remedial massage therapist, and as an instructor in both Pilates and the related Method Putisko. Having found the jaw to be one of the most important joints in the body – "it's where we hold most of our

stress" – Rae developed a cross-disciplinary therapy to focus on this area.

How does it work?

Just one session can be transformative, both in terms of pain and also aesthetics (release tension in the jaw and your lower face lifts). "I work first on the fascia, the layer just below the skin, to relieve 'stuckness', and then on the muscles." It takes at least three sessions to effect more permanent change. ●
£115; lynnrae.co.uk