

Time Out

New York

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Summer Getaways 2007

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LONG-WEEKEND ESCAPE

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GREAT WALKS

12 tailor-made tours
for exploring
the city on foot

INCLUDING
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in Central Park



Here's the rub

"Walking and acupressure complement each other to move qi (energy) throughout the whole body," explains Joseph Alban, a specialist in Chinese acupuncture and body work (917-887-4946, albanacupuncture.com). Since so many channels run through the feet, massaging them can affect you above the ankles, too.

1. Move each joint in the foot and rotate the ankle. Use the pads of your thumbs to rub small circles on the balls of the feet. "Kidney 1 is a focal point for qi," Alban explains. That spot is in the center, just below the ball of the foot. Rub this gently in a circle for a minute, then move down through the arch to the heel. Stroke the heel with the tips of your

thumbs, then grasp each toe at its base using your thumb and index finger and rub in a circle, moving your fingers to the end of the toe. Squeeze the tips of the toes and use your fingers and fingernails to lightly graze the pads of the toes.

2. On the top of the foot, rub the space in the middle of the toe

bones. "Between the junction of the big toe and the second toe is Liver 3, a point that moves qi and relieves stress," says Alban. Massage this for a minute, then rub in between the other toe bones. In a straight line, rub the inside of the foot, from the big toe to the ankle. "This is relaxing and can also help digestion."