



ZEST TEST

Power-Assisted Micro Manipulation

What is it? A treatment that claims to be good for back problems involving stiffness and lack of mobility, it involves being pummelled with a 'bionic hand'! Four pistons pump up and down at varying speeds along your spine and work more deeply than a person can with their hands.

Tester's verdict 'The sensation was bizarre, but not painful – like having a small robot walk up and down my back. Afterwards, I felt taller and looser, and the muscle pain in my upper back was reduced.'

Price £100 for first 45-minute session; £75 for further sessions (0870 2407972; www.backcare.org).

W