

SO BITE ME!

The woman behind Hollywood's latest massage craze reveals all about the A-listers she's been sinking her teeth into

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WHAT DO LIAM GALLAGHER, Kanye West, Pharrell Williams and Eva Longoria have in common? A-list status aside, they've all employed the services of therapist Dorothy Stein – to bite them. Dorothy, 48, provides the A-list health trend of the moment – a massage during which she uses her lips and teeth to ease away muscle knots. Yes, really.

'My massage is like cupping but better, as I don't suck, I bite – pulling the muscle up and then releasing it,' says Dorothy. 'The heat from my mouth

helps oxygen and blood to circulate, and encourages healing.'

The treatment, which leaves red marks for around an hour, has amassed quite a fan base. Simon Cowell, Courtney Love, Harry Connick Jr, The Rolling Stones, Robert Plant, Danny O'Donoghue, Josh Groban, Eminem, Sting, Steven Tyler, Sheryl Crow and even the late David Bowie ▶



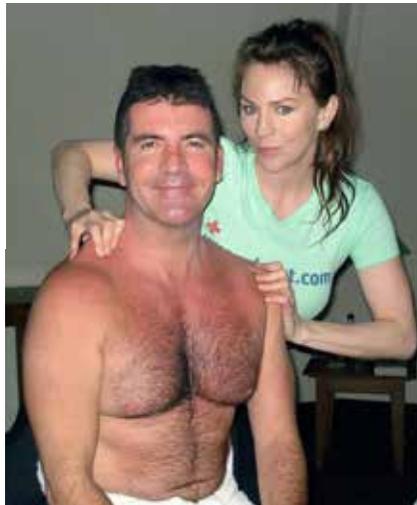
have all been bitten by Dorothy – who also goes by the nickname ‘Dr Dot’.

Dr Dot’s technique? She begins by biting at the top of a client’s neck before working down alongside the spine with her mouth. She then completes the experience with a more traditional massage. ‘I bite the neck, shoulder and back and sometimes the glutes,’ she told us. ‘It’s divine for the client as it’s a sensation they’ve never experienced before. They’re marching into the unknown and putting their trust in me.’

Dorothy – who charges £150 per hour – went on to train at a medical massage school in Berlin when she left school and soon made a name for herself as the go-to masseuse to A-list stars visiting Germany. ‘I gave Oasis the first massage they’d ever had. Both Gallagher brothers were so cute. I had some impure thoughts massaging them!’

Unsurprisingly, Dorothy’s unique treatment has been met with a mixed reaction from the massage community. While some therapists beg to work with her, there have been some who have labelled her technique unethical or unhygienic. Her response? ‘Everyone gets sympathy but you have to earn envy. There’s plenty of gimmicks in massage that go in and out of fashion but nothing beats good body work.’

Simon Cowell was such a fan of Dorothy’s that he once flew her from Berlin to London just to be on call to massage – and bite – him. ‘He thought I was mad but he loved the biting,’ she said. ‘He enjoyed the sensation but didn’t want me to go deep. I haven’t massaged



From top: Dr Dot has a long list of celebrity clients, including Simon Cowell and Katy Perry



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him since he became a father but I’m sure he needs one more than ever now.’

The celebrity stories trip off her tongue – the time she fell over a stool while massaging Bruce Willis in a pitch black room; how Kayne West is actually a cool guy who likes to be massaged to Hendrix music. Ronnie Wood was one of the most restless clients she’s ever had on her massage table. ‘He’ll hold a cigarette in one hand, play CDs on the stereo next to the massage table with the other and call people on his phone while sipping wine.’

‘Courtney Love is not shy. She was laughing and joking the whole way through the treatment, asking me which Hollywood stars I wanted to sleep with then telling me gossip about them.’

‘Debbie Harry met me in a robe and slippers in her hotel lobby. At one point she even jumped off the table naked to act out a joke.’

With so many celebrities to pamper, Dorothy also has an army of ‘Dot Bots’ on her books – almost 1,000 therapists based all over the world. Not so long ago, she got a call from a flummoxed masseuse who had got lost searching for Pharrell Williams in his huge home. *Dr Dot has a new line of organic, multipurpose massage oils. For more information visit drdot.com*