



## JAW MASSEUSE HYUN MARTIN

PEOPLE PAY HYUN MARTIN TO STICK HER FINGERS IN THEIR MOUTHS, but she's no dentist. She's an expert in the art of jaw massage, a series of techniques designed to release tension in the small triangular joints connecting the mandible to the skull. Tightness in those areas can be precipitated by anything from a one-time fender bender to continuous stress. In its worst forms, it can prevent sufferers from opening their mouths more than an inch or two. Martin's typical 50-minute massage works the muscles of the cranium, neck, shoulders and, of course, jaw to soothe that pain.

Martin learned massage in the late 1990s, when she was an executive charged with hiring massage therapists for local fitness clubs and wanted to be able to evaluate the candidates' skills. Her adeptness at her new hobby persuaded her to change direction, and demand for her services quickly escalated. "My reputation was as a celebrity massage therapist. It was very much a jet-set lifestyle," she says. When a dentist told her that most people have some level of trouble with the temporomandibular joints, she added jaw massage to her services.

Eventually, work trips to London and Los Angeles to treat such clients as Metallica's James Hetfield and King Constantine of Greece paled next to the appeal of staying in the Washington area with her husband and children. Eight months ago, Martin opened her Bethesda spa, Be You Bi Yu. ("Bi Yu," translates as "beauty having fun" in Japanese, Martin says.) Martin emphasizes the spiritual side of massage and believes simple mechanical technique is only part of a holistic healing process. Still, "if you only want massage, that is fine. I'm not going to shove it down your throat," she says. Unless that's called for, of course.