

Who Is Dr. Dot?



It seems that everyone in the music business has a unique story of how they broke into the industry, but no one can say they had a hand - or two - in rock 'n' roll history quite like Dot Stein. Known as the "rock 'n' roll masseuse", Stein, more famously known as Dr. Dot, has tended to the musical elite for nearly two decades. The 33-year-old Connecticut native recently completed her first American book, "Butt-Naked and Backstage: Diary of the Worlds Greatest Rock and Roll Masseuse" and is currently being shopped amongst publishers.

Dr. Dot - a nickname given to Stein by Frank Zappa in 1988 - is a self-described "rock chick" who, as a teenager, wanted to meet her musical heroes, but without trading sexual favors. To get backstage, she would offer massages, which she had been perfecting since she was 5 years old. "I chose massage rather than the usual groupie route," says Dr. Dot. "I wanted to hang out with stars, and I wanted to know what they were like. They're never quite what you think they are."

After building a reputation as a fine masseuse, in 1985, Dr. Dot began to follow one of her favorite groups on tour, the Grateful Dead. "The band would always give me free tickets in exchange for massages", she says. At one concert, she met a clothing vendor from Germany who she says looked exactly like John Lennon. "I immediately fell in love with him," she says. Six months later, after becoming pregnant, Dr. Dot became determined to leave the rock lifestyle behind, and she moved to Germany to be with her new husband. Soon thereafter, however, the phone began to ring - first the Ramones, then the Rolling Stones, both of whom had tracked her down abroad. "It just started all over again," she says, laughing. "I couldn't hide."

She quickly became Germany's highest-profile masseuse, tending to the biggest names in music whose tour itineraries included Berlin. "It was a blessing to be in Germany, because I had access to every star," she explains. "I speak English, and I give the best massage in the world, so I cornered that market." Because she spoke English, Dr. Dot soon became known for more than her handiwork. "I've always been very good at entertaining the stars," she says. "That's why they love me. It's not like I'm a boring masseuse who goes in, massages and goes home. I make them laugh all night long. They didn't just want massages, they wanted me to bring them to the bank to change their money; they wanted me to bring them to the Laundromat, night clubs, and to the best restaurants." Famous clients included Sting, Eminem, the Rolling Stones, Sheryl Crow, Robert Plant, Kiss, Aerosmith, Blondie, Backstreet Boys, N'Sync, R. Kelly, The Ramones, Oasis, Lauryn Hill, The Who, Courtney Love, and Bruce Willis. She says Willis is the only client with whom she ever had an affair, and although she provides a full chapter of material, she does not write explicitly about their liaison in "Butt Naked and Backstage" - in part because she wanted to portray her customers respectfully. "It's not a Heidi Fleiss/Monica Lewinsky-style, tell-all book," she says. "I would never ridicule a star. I don't talk negatively about people's bodies. It's my life story, and I'm mentioning how lucky I am to have touched my heroes. But it's not a brown-nosing book, either, because you can't write about 20 years in rock 'n' roll and not have sex and drugs in it."

Because of the intimate nature of Dr. Dot's craft, she says stars were more than willing to open up to her. "I got the best interviews," she says. "Not many people know that Eminem is really a softie, or that Gene Simmons is a control freak who never got a massage in his life before he met me." Even early in her career, Dr. Dot knew she'd eventually have enough fodder for a book. She says her clients were all willing subjects, and even posed for photos with her. "I'd say, 'I'm writing a book about rock stars'".

■ "I'm Writing a book about rock stars"



Doc•tor (däk 'tar)

1. v. to make suitable or improve by altering in a certain way.
2. n. a person skilled in repairing or improving something broken or flawed.

She says. "I'd give them a massage, we'd hang out all night, and they'd do wild stuff. Rock stars love to play with fire. They know I'm writing a book and they still do crazy things."

Thanks to her years of experience, Dr. Dot has an answer for why celebrities behave the way they do. "They want to be written about," she says. "Don't let stars fool you. If you want to be a star and you fight your way to the top, you want to be talked about."

While living in Berlin, Dr. Dot wrote one book, in German, adding to her star status. "The first edition sold out," she recalls. "Americans are obsessed with stars, but Germans usually don't care - they're into politicians and athletes - so it's really amazing that this kind of book sold so well over there." The success of her book, and constant TV appearances, have made Dr. Dot a household name in Germany.

BUTT NAKED AND BACKSTAGE is "not just the German book translated," Dr. Dot explains. "The German book came out in 1999. Since then a WHOLE bunch of new wild things have happened. It's a rock and roll rollercoaster ride, and a part of Rock history."

Dr. Dot has returned to America, lives in NY and is getting her career going at full speed. She's already appeared on *The Howard Stern Show*, *Opie and Anthony* and in print. She was presented in a two page feature in the June issue of the international men's magazine *FHM*. She has been written up in *The Page Six* a few times and will be featured in the October issue of *Maxim's Blender* magazine.

Dr. Dot, who has been described as a mix of Dr. Ruth, Madonna, Lucille Ball and Eminem, has also completed work on a third book. Titled "For Guys Only: The cheat sheet for the Game of Love (and Sex)", it offers relationship advice with a comedic twist. "There's obviously a giant communication problem between men and women, and there's so many boring relationship books," she says. "You've got to have a bit of humor in it. I can't massage the whole world, but I can certainly give everybody advice." *THE DOCTOR IS IN!*

"I'm afraid you might write about me in your book!"

March 6th, 2002 • Howard Stern

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