

STRESS

Who Sinéad de Hóra

The lowdown Gifted intuitive counsellor Sinéad is an Irish girl from the Wicklow Mountains who says she has been communing with spirits (in a friendly way) since she was four years old. What's more, she has a wealth of hands-on healing under her belt (acupressure, shiatsu, deep tissue and aromatherapy) and reads your body language to determine what will work best. Maybe it's your neck that needs addressing; your shoulders that need work. She may also surprise you, if she 'picks up' on a message of hope or direction by, she says, connecting with the 'spirit world'. Wait and see.

Our verdict There's no pre-treatment consultation, which makes Sinéad's insights weirdly, er, insightful. That aside? It's a damn good massage that'll have you feeling inches taller.

Details £190 for 90 minutes. At Akasha, Café Royal, Regent Street, W1 (hotelcaferoyal.com; 020 7406 3360).



EXHAUSTION

Who Susie Anthony

The lowdown Susie is what's known as a 'reiki master' – which means that she claims to channel positive energy into your body, to help when you're mentally, emotionally or physically wrung-out. It sounds zany but Susie, who works from Somerset, is surprisingly normal, motherly even (despite the gobstopper jewels on her fingers and cut-glass vowels). She talks without pausing for breath: about your birth number, your traits, throwing out seemingly random sentences, like 'Are your eyes always sore?' and 'Eat prawns, they're good for the spleen.' Until you get on the bed, when she lapses into silence, whips out a pair of tuning forks that hum quietly and touches them to healing points on your feet, head and chest. Their sound waves are said to lower stress.

Our verdict You'll come to, alert yet weirdly peaceful. If Somerset is a schlepp, Susie also works from London eight days a month.

Details £150 for 120 minutes. At the Well House, Draycott, Somerset (07973 111552; psalifemastery.com).

EMOTIONS

Who Holly Warren

The lowdown You might not expect to find a healer beneath a hair salon, but you would be wrong. Not only is Holly uncannily perceptive, but she says that her kundalini treatment comes into people's lives when they need it most. So you may turn up thinking you're in line for a relaxing massage (and you are) – but if there's an issue that's rankling, Holly seems to just know. You'll spend the session face down on the bed, her hands moving from the base of your spine (where your kundalini, a 'dormant energy', is stored) along your chakras, up to your skull. Releasing this energy helps to rebalance the body.

Our verdict You may laugh, cry or simply conk out. But 90 minutes with Holly and things feel OK again.

Details £140 for 90 minutes. At Gielly Green, 42–44 George Street, W1 (020 7034 3060; giellygreen.co.uk).

Treatments

I PUT A SPELL ON YOU...

Super natural healers

HORMONES

Who Mihaela Mitroescu

The lowdown Mihaela looks like she's stepped out of a Grimm's fairytale – all rippling brown hair, glowing skin and a perpetual smile. And her ethos is just as enchanting. In Mihaela's eyes, your menstrual cycle is something to be celebrated – as are the cramps, headaches and mood swings that come with it. So she sticks needles in points around the body with the speed, confidence and quiet efficiency of a surgeon – helping to settle periods, regulate hormones and soothe a harried mind. And she offers advice as she goes: instructing you to learn to love yourself, to see yourself objectively and to surround yourself with positivity.

Our verdict Mihaela is trust personified and you'll tell her everything (even the stuff you didn't know was niggling). One session and you'll fall for her philosophy – hook, line and sinker.

Details Initial consultation, £60 for 60 minutes. At 57a Wimpole Street, W1 (07789 774884).



ANTI-AGEING

Who Laura Jones

The lowdown Laura's technique to get you looking younger is four-pronged: body acupuncture, facial acupuncture, a bit of reiki and a thoroughly good facial. But because she's slightly magical, she might well come out with some unexpected pronouncements, like 'It's important that you ride a horse,' as you lie there with a row of tiny needles in your forehead, around your frown lines and under your chin. You might see mad colours as she does her reiki; she says she can see what you used to look like when you were younger, which is why she knows precisely where to place her pins and exactly how to lift your facial muscles. Spooky but nice, no?

Our verdict Like a shrink, Laura will sort out the bits of you that you can't see. Not only do you look younger at the end, but you feel younger too. Mind- (and face-)altering stuff.

Details £160 for 90 minutes. At the Hale Clinic, 7 Park Crescent, W1 (020 7631 0156; haleclinic.com).