

Features

'Reiki is healing, basically, so you need your healer to have an aptitude for the technique, not just the right number of weekend courses'

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At the London Medical Centre, W1 (020 7935 0023), £60.

Simeon Niel-Asher: Highgate-based, and a favourite with rock-star celebs (including Martin Kemp, who credits Simeon for much of his recovery after surgery for his brain tumour), now specialising in sorting out frozen shoulders (020 8347 6160), £55.

David Probert: at Dolphin Square Health Clinic, SW1 (020 7798 8685), £50 for first appointment, then £35.

Valeria Ferreira: osteo and cranio-sacral therapy at the Wren Clinic, EC3 (020 7283 8908) £65, £50 thereafter, and Muswell Hill Healing Arts (020 8365 3545), £50.

Peter Bartlett: also good for cranial osteopathy and he's a naturopath, too. At the Hale Clinic, W1 (020 7631 0156), £70.

Grania Stewart-Smith: based in St John's Wood, she specialises in necks and also biorhythms, using them to

diagnose and treat allergies (020 7286 2615), £55.

Piers Spencer: Belgrave Medical Centre, SW1 (020 7824 8234), £35, £25 thereafter, and David Lloyd Centre, Raynes Park, (0208 543 8297), £30.

Stuart Korth: director of the Osteopathic Centre for Children (020 7486 6160), £25. Practises privately near Baker Street on Tuesdays and Thursdays (eight-week waiting list). Children only (020 7935 0844), £70.

Julian Cowan-Hill: cranio-sacral specialist, has had good results with tinnitus. At the London Medical Centre (020 7935 0023), or privately (07890 845 978), £40.

Andrew Ferguson: yesterday we said he was a chiropractor, but he is an osteopath at the Notting Hill Osteopathic Practice, £60 (020 7937 2298).

■ PILATES

Developed in New York in the 1930s. Like yoga, but without the spiritual element, pilates is a series of controlled exercises that work the abdominal and back muscles. Benefits posture and is particularly good for those with back problems.

Alan Herdman: the man who brought the technique to Britain from New York. Alan still teaches at his Marylebone studio (020 7723 9853), classes arranged by appointment, £23.50 per class, and he is mastering the new pilates studio within the Harbour Club.

Gordon Thomas: has been teaching pilates for 25 years and runs the Body Control pilates and rehabilitation studios in SW7. Classes and personal training from £10-£50 (020 7581 7041).

Trevor Blount Studio: SW7 (020 7584 0680), £40 per class (there's a two-month waiting list).

Chris Hocking: One of the longest-established teachers with her own mat-based method. Always evolving, say fans. For details of her affordable group classes in central London, fax 020 7240 5922.

Lynne Robinson: has brought Pilates to the masses with her Body Control Pilates method (books and videos too numerous to mention); for your nearest BCP trained teachers, call 0870 169 0000. Group classes cost £6-£9.

■ RADIONICS

"A parapsychical method of diagnosis and treatment, utilising the faculty of extra-sensory perception." Hmm. So "out there" it's off the scale, but **Renée Ganger**, who does radionics with colour therapy, comes very highly recommended for re-establishing well-being and a positive state of mind. Hale Clinic (020 7631 0156), £95, £60 thereafter.

■ REIKI

Japanese technique for rebalancing the "universal life energy", it can be used to treat anything and everything. It's healing, basically, so you need your healer to have an aptitude for the technique, not just the right number of weekend courses.

Steven Langley: master Reiki healer. He is also a naturopath, herbalist, homeopath, acupuncturist and fabulous at Lomi Lomi (Hawaiian massage). At the Hale Clinic (020 7631 0156), £75 for 90 minutes.

Samantha Beaumont-Collins: Samantha runs courses at Regent's

College (£180 a day), for details call 020 8274 2594. She gives one-to-one sessions at the Hale Clinic, £70 (020 7631 0156).

■ REFLEXOLOGY

Think of the foot as a map of the body — where particular spots correspond to, say, the kidneys, or the brain. Hit the right spot and energy will flow freely, bringing the body's own healing mechanisms into play.

Bernadette Baldwin: Notting Hill-based advanced reflexologist, cranio-sacral therapist and also a rejuvenance expert (the fingertip face-lift) (020 8969 1695), from £45-£55.

Gillian Hamer: she's also a nutritionist, so can dispense tips on what to eat on the side while working on the feet. Based at the Wren Clinic in the City (020 7283 8906), £50.

Shailu Karia: at Bharti Vyas, W1. Bharti's younger daughter is "awesome", say fans (020 7935 5312), £30.

Dominique Mestre: at K Daniel, Middlesex St, E1 (020 7247 0336), £30.

Diana Hoyer: Home visits, west and central London only, £60 (0973 104 039).

■ SHIATSU

More far-reaching than massage, it aims to balance the whole system.

Max Forsyth: excellent and dedicated, with more than 30 years in practice. Find him at Wardrobe, W1 (020 7287 3976) on Wed and Fri, £60; otherwise in Harrow (020 8909 1544), call for prices.

■ YOGA

Not so much mere exercise, as a way of life. "I couldn't live without it," says Kathy Phillips, Vogue's health and beauty director, and herself a qualified yoga teacher. Her forthcoming book, *The Spirit of Yoga*, is dedicated to Mary Stewart, with whom she has been studying for 10 years. "The most interesting thing is to make yoga work for you in Western society. Go to a yoga centre," she advises, "and try more than one teacher to find who suits you."

Amy Ku Redler: trained by Mary Stewart (see also Sophie

Alexander), Redler teaches hatha-based yoga, £75 for private tuition. She also practises and teaches Thai massage, £85 for a two-hour massage at the Kailash Centre, NW8 (020 7722 3939) and teaches yoga classes in central London, £7-10. Details on 020 7267 3382.

Sophie Alexander: teaches from her home in Spitalfields, E1. Classes £10, one to one £40 (020 7377 0604).

Kisen: practises ashtanga vinyasa, a dynamic form of yoga. He has taught Geri, Lulu, Neil Tennant, artist Sam Taylor-Wood, Elisabeth Shue and Patrick Cox. His client list is full, but you can catch him on ClubZebra, on HomeChoice TV (0800 092 3333).

Gingi: has taught Sting and Trudi. His drop-in ashtanga class is at the Sangham studio in Battersea Rise (020 7585 0546), £8.

Liz Lark: also at the above address. Her private clients include Ralph Fiennes. Or practise with Liz's new book *Yoga for Life* (Carlton Books, £14.99).

Faustomaria: founded the Innergy Yoga Centre in Kensal Road, and still teaches hatha yoga (the ancient, classical form) there. Loyal students include Joseph Fiennes (020 8968 1178), £8-£10 per class.

Simon Low: is director of yoga at Triyoga, which attracts droves of celebrities (Jude Law, Sadie Frost, Geri Halliwell, Mel C); three of his teachers currently teach Madonna. His own classes, as he modestly says, are always full (020 7483 3344), £8-£11.

Leela Miller: (Faustomaria's ex-wife) used to teach Madonna, Sting and Trudy, and Gwyneth Paltrow, and has achieved cult status. She teaches ashtanga privately (prices vary, call 020 8968 1492), and at the Tabernacle Community Centre, Powis Square, W11, Weds 6pm, Fri 8am (£5.50, all levels), and an advanced class at Triyoga, NW3, Saturday 4-6pm, £11 (020 7483 3344).

Andrews: at the Life Centre, Edge Street, W11, the ultra-trendy place for Notting Hillites and celeb magnet (Jemima Khan, Koo Stark, Jerry Hall and Ruby Wax have all been spotted trooping in there over the years).