



vogue's alternative address book

Alternative healthcare therapies are capable of unlocking your ultimate feel-good potential, but if you've never tried them, finding a good practitioner can be difficult. Here is Vogue's definitive address book

SWISS COLLAGEN REPAIR
FACIAL AT THE PARIS
BEAUTY INSTITUTE

Odile Makhoul's facial is unique because it involves an amazing collagen veil – originally developed for hospital use on burns victims – which is placed over the face after cleansing, exfoliation, extraction and a massage. The next morning, you'll find that any fledgling wrinkles have been smoothed away, your skin tone has evened out, your pores have tightened, and your skin is glowing and radiant.

PRICE GUIDE: £75 for an hour and a half

CONTACT: Paris Beauty Institute, 32 Thurloe Place, SW7 (020 7581 0085)

REIKI SUMEI

Reiki Sumei, the spiritual equivalent of a detox treatment, is extremely powerful, quick and focused. During the half-hour session, energy is channelled through Tareth or Samantha to rebalance your chakras. It can make the quartz crystals placed at strategic points on your body crackle. Afterwards, you'll feel super-charged and very grounded.

PRICE GUIDE: £45 for the first half-hour session; £25 thereafter

CONTACT: call Tareth or Samantha Beaumont-Collins on 020 8297 0496, or email reikisumei@aol.com

BODY BALANCING THERAPY
AT SPACE.NK

Combine aromatherapy, massage and a touch of acupressure and reflexology, and you get Michelle Roques-O'Neil's Body Balancing Therapy – an hour and a half of total relaxation. The perfect mix of luxurious pampering and serious treatment, it's an ideal way to de-stress.

PRICE GUIDE: £80 for an hour and a half

CONTACT: SPACe.NK, 127-131 Westbourne Grove, W2 (020 7727 8002) >



B

BIOLOGICAL
MEDICINE
THOMAS

MARSHALL-MANIFOLD
THE WIMBLEDON CLINIC
OF NATURAL MEDICINE

Marshall-Manifold's informal approach and his commitment to getting right down to the nitty-gritty of a problem make him an extremely popular therapist. He approaches problems using a combination of meridian measurements and more conventional medical screenings, and he is renowned for his use of homeopathic hormones.

PRICE GUIDE: £95 for the first session, £50 thereafter

CONTACT: 1 Evelyn Road, Wimbledon, SW19 (020 8543 5477)

"I like to treat myself to a relaxing treatment at the Aromatherapy Associates spa off the Fulham road"

Lyn Harris, perfumer

C

CHAVUTTI
THIRUMAL
JESSICA LOEB
NATUREWORKS

From the first stroke of her feet, (that is how this South Indian massage is given), you'll be hooked on Loeb, whose warm, calming personality makes this an utterly relaxing treatment.

She has been practising since 1987 and says that Chavutti Thirumal – one of the earthiest forms of therapy she knows – is great for stress, the digestive

system and the circulatory

PRICE GUIDE: from £5 for one and a half to two

CONTACT: 16 Balderton W1 (020 7355 4036)

CHINESE MEDICINE
DR SONG KE
LONDON

Referred to by his patients "simply the best", Ke has been working in traditional Chinese medicine for more than 20 years, using acupuncture and herbs. Trained in both Western and Chinese medicine, he teaches across the UK, throughout Europe and the USA. PRICE GUIDE: £55 for t