

BEAUTY BAZAAR

acupuncture on my legs and hips. I leave feeling overwhelmingly sad, a sensation Waterworth recommends I embrace in order to re-engage with my emotions and keep my energy balanced. But I fear the melancholia is too strong for me to want to repeat the treatment.

For a full Reiki experience, I visit Katie Light at Wakeman Road, a wellbeing centre in north London. While her hands hover over my chakras, I close my eyes and see yellow roses floating up to the sky. Light says yellow is the colour of the stomach chakra (solar plexus) and represents the relationship between work and life. Not everyone sees visions during the treatment; some can hear noises, and others experience nothing at all. For the sceptics, Light offers food for thought: 'Think about radio frequency: you can't see radio waves happening, but you know they are there. It's the same with Reiki – it goes from the practitioner to the client and there's a balancing of energy,' she says.

The fourth healer I see is Ben Barnett, who gives me a full-body massage on a warm water bed with guided meditation. It's one of the best deep-tissue massages I've ever experienced – reason enough to book another session. I choose 'positivity' as my desired result at the beginning of the treatment, and within 45 minutes I certainly feel uplifted. I leave the private members' club in Knightsbridge standing slightly taller. Barnett then emails me a recording of the session, so I can listen to the meditation whenever I need to.

By the time I speak to the contemporary shamanic healer James Philip on the phone, I'm starting to feel overwhelmed by all the treatments. Philip's advice is to slow down, not read too many self-help books and find a healer I can resonate with. I feel he may be the man for me – practical and brisk.

All of the healers I have seen pinpoint that the energy in the left part of my body (the female side) doesn't flow as fluidly as in the right. This is a common problem for women, apparently, for whom any display of emotion, especially crying, is seen as a sign of weakness. So to get ahead in life and to be successful women sometimes suppress tears. When I ask how I can loosen my control over my emotions and be less frosty, the advice is generally to live in the moment, mindful of my feelings. It is Philip's prescription that strikes a chord with me: 'Go to a comedy show and laugh until you cry, or watch a tear-jerking movie and do not be afraid to weep,' he says. The following weekend I watch *Beaches* and sob for the final 30 minutes. It feels cathartic. That I cry again the following Thursday is something of a triumph; the ice is starting to melt. □

ADDRESS BOOK

1
BEN BARNETT AT GRACE BELGRAVIA
11c West Halkin Street,
London SW1 (020 7235 8900)
Hydrotherm 3D treatment,
£150 for 60 minutes



Body oil,
£64
Maui



Bracelet,
from £325
Venusrox

2
ROLAND TORIKIAN AT TRIYOGA
57 Jamestown Road,
London NW1
(020 7483 3344)
Maya Medicine session,
£70 for 40 minutes



Pendant,
£3,600
Bee Goddess

3
SUZANNE WATERWORTH AT TRIYOGA
57 Jamestown Road,
London NW1
(020 7483 3344)
Resistance Stretching,
£70 for 60 minutes

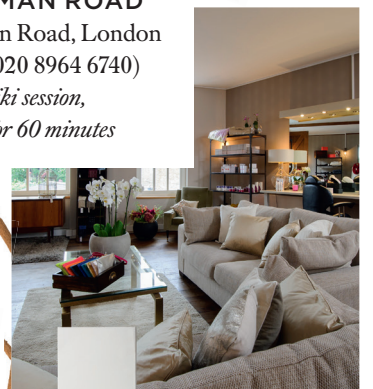


4
KATIE LIGHT AT WAKEMAN ROAD
4 Wakeman Road, London
NW10 (020 8964 6740)
Reiki session,
£85 for 60 minutes



MantraBand,
from £25
MantraBand

5
JAMES PHILIP AT NEAL'S YARD REMEDIES
2 Neal's Yard, London
WC2 (020 7379 7662)
Energy healing session,
£95 for 60 minutes



Incense sticks, £12
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