



THE AROMATHERAPIST

Who Pamela Tinker

The low-down Petite and bird-like, Pamela fuses classic aromatherapy techniques with home-blended oils and some unusual equipment: the buckwheat-filled pillow, for example, which she places beneath your knees (to boost circulation), and a duvet stuffed with sheep's wool (it makes for a cosy hour-and-a-half). The magic truly begins with the massage: light, sweeping strokes to soothe the nervous system, interspersed with forceful kneading to stimulate organs. Her oils – such as pine for colds and jasmine for dehydration – are extracted from plants that grow at different altitudes, so Pamela can mix different strengths for targeted treatments. (Ask nicely and she'll send you off with some tiny bottles for tipping in the bath back at home.)

Our verdict A hypnotic experience – and so is the sleep that follows.

Details £150 for 90 minutes. At Richard Ward Salon, 82 Duke of York Square, SW3. (07841 904 871; pamelatinker.com)

THE FACIALIST

Who Ziggie Bergman

The low-down With her flame-coloured hair and shaman-learned techniques, Ziggie is not your average facialist. Her Zone Face Lift treatment starts with a single feather, brushed across the skin (to 'expel negative energy') before a cool disc of volcanic rock is placed on your forehead (to 'absorb negative thoughts'). The facial massage that follows is extraordinary: her fingers flutter across your jawline faster than a croupier's, before pressing methodically on pressure points. Cheekbones are sculpted with a Japanese gua sha tool, while the sage-infused oil and icy quartz balls brings tightness to slack skin.

Our verdict Ziggie swears it's an alternative to injectables – we agree.

Details From £185 for 60 minutes. At Grace Belgravia, 11c West Halkin Street, SW1. (020 7235 8900; grace-belgravia.com)

the smart reset

Start the year right with the ultimate entourage of body and soul specialists

By FRANCESCA WHITE

THE MASSEUSE

Who Marzena Zawadzka

The low-down Marzena – who works from the sleek Bulgari spa as well as doing home visits – emits a special sort of energy. Her body-work techniques (deep tissue, acupressure and myofascial release – a series of slow stretches that work on connective tissue) unravel physical tension while bringing a sense of peace to her clients (one liked the treatment so much she flew Marzena to Monte Carlo for three days to treat her friends). But she's also a highly skilled reflexologist, with a special interest in prenatal therapy. Sessions begin with her placing a set of headphones, gently, on your bump before she begins: the strains of classical music are soothing for the developing baby (as well as having a remedial effect on weary mothers-to-be).

Our verdict You'll walk out feeling taller, lighter and happier.

Details £300 for 90 minutes. At Bulgari Hotel, Knightsbridge, SW1. (07801 490232; bulgarihotellondon.com)

THE HEALTH COACH

Who Tori Boughey

The low-down In an airy garden flat just off the King's Road you'll find Tori – a holistic health coach with a soft voice and some insightful methods. Her 12-week courses not only bring a sense of empowerment to the clients who sit at her kitchen table but also help to set them on a clear path to achieving their goals – whether it's to quieten anxiety, improve sleep patterns or strengthen relationships. She'll pour you a cup of tea, then ask questions: about your routine, how you cope under stress, who you turn to in a crisis. As you talk, she offers practical, easy to instil suggestions – about establishing boundaries or ways to structure your time. And it helps.

Our verdict Cosy, conversational and completely unthreatening. In just three months, life seems clearer, simpler and more exciting.

Details £90 for 60 minutes; £520 for a course of six sessions. Chebea, SW3 (tbalance.co.uk)