



NOTAI BENEFIT

ORIGINAL, HIGHLY DISCERNING TRAVEL AND LIFESTYLE INTELLIGENCE CURATED FOR A PRIVATE MEMBERSHIP

THE ALTERNATIVES

FROM ACUPUNCTURE TO NATUROPATHY, A SELECTION OF THE FINEST COMPLIMENTARY THERAPIES

NATUROPATHY

ELIZABETH PEYTON JONES

Herbalist & Naturopath. Focusing on a wide variety of disorders from IBS, eczema and infertility to diabetes and food intolerances. A combination of natural remedies and homeopathy using in-depth diagnostics and kinesiology naturopathy. The initial session involves a 45 minute, in-depth interview. **Need to know:** Has developed a unique "allergy removal" technique. **Wilbraham Clinic**
9a Wilbraham Place SW1X 9AE
tel +44 (0)20 7730 7928

ACUPUNCTURE

YVETTE MASURE

Excellent in analysis, energy rebalance and treatment of a wide variety of physical and emotional issues. Yvette specialises in facial rejuvenation. Trained in all three foundation philosophies of acupuncture, she incorporates TCM (Traditional Chinese Medicine), Stem Branch and classical Five Elements. **Balance**
250 Kings Road SW3 5UE

tel +44 (0)20 7565 0333
www.balancetheclinic.com
Panakeia Clinic
44 Pimlico Road SW1 8LP
tel +44 (0)20 7730 9977
www.panakeia.co.uk

ROBERT OGILVIE

Employing a medley of traditional Chinese medicine, stem, branch and "classical five elements" acupuncture, the emphasis here is on energy re-balance and emotional issues. Successful in treating numerous issues. His technique involves inserting needles to shock the system and encourage blood flow to specific areas. Can be painful, but after an hour in Ogilvie's hands you will emerge refreshed and energised. **Need to know:** Be prepared to answer personal questions. **55 Oxford Gardens W10 5JU**
tel +44 (0)20 8969 5262

JOHN TSAGARIS

Trained as a doctor in traditional Chinese herbal medicine and specialising in skin disorders. Ninety-minute treatments incorporating acupuncture, zen shiatsu bodywork and reiki. Treating everything from stress-related issues to fertility. **Need to know:** Wear loose-fitting clothing. Instead of checking pulse points, Tsagaris probes the abdomen, uncovering some incredibly accurate information.

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tel +44
www.va

REFLEXOLOGY

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tel +44 (0)20 7730 7928
mobile +44 (0)7788 956 563
www.thelifecentre.com

LOUISE TAYLOR

Visits clients at home in central London, Kensington and Chelsea. Initial consultation includes a series of questions. Jet lag relief is the signature treatment using reflexology to re-balance the system. Super-relaxing. **Need to know:** Describes her

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tel +44 (0)20 8969 5262

approach as a cross between medical and pampering. Also practices ante-natal reflexology. **tel +44 (0)7956 689707**

JET LAG CURE

To minimize post-flight dehydration and puffiness, take co-enzyme Q10 once a day, two days before the swollen

and ongoing problems. Practices "Posture Dynamics". **Need to know:** Pilates, sports massage and cranial sacral massage available. Two basement rooms – basic. Also sees patients at Club Kensington. **6 Lower Grosvenor Place SW1W 0EN**
tel +44 (0)20 7828 6888
mobile +44 (0)7970 521 266
Club Kensington
201 – 7 High Street SW8 6BA
tel +44 (0)20 7937 5386
www.clubkensington.com

KEVIN BELL AT THE HARCOURT CLINIC AND PILATES STUDIO

Osteopathy and Pilates centre also offering acupuncture, naturopathy, cranial-sacral massage and fertility treatments. **30 Harcourt Street W1H 4AA**
tel +44 (0)20 7724 2329
www.harcourtclinic.com

BARRIE SAVORY

Consultations are short and expensive, but good. "Old school", traditional osteopathy. Conservative approach with frequent follow-up appointments. Excellent with children. **Need to know:** Barrie's new book – The Good Back Guide (Random House). **27 Bickenhall Mansions Bickenhall Street W1U 6BR**
tel +44 (0)20 7935 0844
email b.savory.ost@tsbdiat.co.uk

CRANIAL OSTEO-PATHY & CRANIAL SACRAL

FREDERIC CABAZ AT KX

The emphasis here is on the release of physical negativity and adopting a more positive and balanced state of body and mind. The treatment will reduce tension and induce deep relaxation.

Need to know: Combines well with Tai Chi and similar programmes. Frederic works two weeks at KX and two weeks each month at his clinic in Monopoli, Puglia S. Italy. **151 Draycott Avenue SW3 3AL**
tel +44 (0)20 7584 5333
www.kxgym.co.uk

TAJ DEOORA AT DEOORA CLINIC

Specialising in paediatric cranial osteopathy, pregnancy and energy-related issues this is a spiritual approach that is based on Indian philosophies. Sound understanding of alternative remedies and treatments. **Need to know:** Taj leads a team of five osteopaths, two acupuncturists, facial acupuncturist Maura Bright and medic Dr Anne Wynne Simmonds. **Suite 10 103 – 105 Harley Street W1G 6AJ**
tel +44 (0)20 7487 4568

N.B. For impartial health advice on over 200 common conditions, log onto www.besttreatments.co.uk compiled by the British Medical Journal.

OSTEO-PATHY

DAREN FLETCHER AT VICTORIA OSTEO-PATHS

Daren Fletcher is our number one choice for fast results. Effective for both one-off injuries