

spa report

gurus to go

Shannon Leeman reveals the who's who of portable experts to tailor-make your own spa. Fitness instructor Matt Roberts and spiritual guru Alla Svirinskaya go on location

DIET/FITNESS

Nutritionist/naturopath:

Vicki Edgson

(tel: 020 7938 2205)

Author and nutritionist Edgson specialises in eating disorders, female hormone issues and children. She turns clients on to food, not off it. Also trained in naturopathy, reiki, and kinesiology.

Aromatherapist/naturopath:

Lola Collaudin (tel: 020 7731 6355)

Collaudin has travelled all over the world, working with people who want to stop smoking, regulate their diet, or chill out. Practising combinations of aromatherapy, reflexology, Thai massage and nutrition, she eases clients into a state of awareness and harmony with their bodies.

Naturopath: Christiana Robilliard

(tel: 020 7286 5070)

Robilliard's clients include the principals from ballet and opera companies. Consultations with her involve supplement-compatibility testing and

diet evaluation. Her programme includes soft-tissue massage, healthy eating and exercise.

Chef: Caroline Scrase Dickins

(tel: 07971 869142)

Scrase Dickins specialises in the impossible and has arranged meals for 500 in a tent with no electricity and no running water. She will also cook calorie-counted meals on request.

Tibetan doctor: Christopher Hansard

(tel: 020 7881 5800)

A master physician in Tibetan medicine, Hansard works with pulses, herbs, diet, meditation and 27 forms of acupuncture. He travels with a Gladstone bag filled with the traditional Tibetan tools and 400 herbal compounds.

Personal trainer: Josh Salzman

(tel: 0973 884153)

When on the road with clients, Salzman uses his hands as resistance instead of weights. 'I adjust to the client. I am the equipment, the Joshatron.' He will organise a nutritionist, and empowers

such clients as Kenneth Branagh and Fergie to work at a 'comfortably uncomfortable level'.

Hellerwork: Roger Golten

(tel: 0956 514522)

Muscles hum following a treatment from Golten. Kashoggi took treatments on his yacht, and desk-bound CEOs and City people sing his praises. Focusing on harmony and balance, you can achieve a powerful yet joyful release.

Personal trainer: Brett Paton

(tel: 07970 017729)

Paton begins by concentrating on a client's goal. 'There must be a partnership.' High-voltage and passionate, Paton tailors work-outs to the client. 'Think tough guy, not t'ai chi,' he says.



WELL-BEING

Chartered counselling psychotherapist:

Martin Lloyd-Elliott (tel: 020 7881 5800)

Dynamic and proactive in his therapy, Lloyd-Elliott creates a safe, no-risk environment for his patients. His goal is to empower and help clients to 'develop emotional intelligence and impulse control'. Most of his clients are from the music business.

gurus on location



Anna Pasternak

Guru:

Alla Svirinskaya

Spa:

Chiva Som

Location:

Thailand

RESERVATIONS: Tropical Locations

(tel: 020 8427 7300).

Alla Svirinskaya practises at the

Life Centre (tel: 020 7221 4602).

RATES: five-night stay starts from £1,284.

TREATMENTS: bio energy healing, £50.



Four months of a new marriage, a new home and never-ending film script traumas had wiped me out down to the level of my soul. They say that if someone breaks your spirit, someone else always restores your hope. That is exactly what happened during my five-day stay at the magical health resort of Chiva Som, where I met the healer Alla Svirinskaya. With Svirinskaya on board, Chiva Som, a small idyll overlooking the Gulf of Siam, is a far cry from being just another exotic, swanky spa. Sure, every inch has been feng shui-ed so the physical attention to detail is outstanding but the resort also has a real commitment to healing.

'Chiva Som is like the most exclusive healing hospital in the world,' says Svirinskaya, who believes that crucial to healing is the chance for integration. 'To open up and

release negative energies, we need to be in a secure environment.' Certainly with everything in such abundance at Chiva Som (there is an endless supply of fresh white towels and fresh juices), you feel nurtured and safe enough really to let go.



Svirinskaya, in her late 20s, is a fifth-generation Russian healer who practises bio energy healing. 'I have the ability to sense people's auras, and by channelling energy through the hands. I can balance their energetic field.' Her staggering international client list includes Cherie Blair, Hugh Grant and Elizabeth Hurley.

When Svirinskaya treated me, I felt electric sparks shooting from my head. 'It's just energy moving,' she said. 'You're letting go of negative energy.' She diagnosed a hereditary thyroid problem, over-exhausted adrenal glands and an allergy to wheat. I felt spaced-out and weepy after her sessions, so it was heaven to be able to lie in the sun and re-group. After three treatments, my raging hunger subsided and my hands stopped trembling. I left feeling emotionally grounded and spiritually replete.

**Chavutti thirumal
masseur: Candida
Valentino (tel: 020 881 5800)**

Valentino's clients are used to being walked all over. Practising a centuries-old form of massage from southern India, using the feet instead of the hands, Valentino says her work is 'all about the heart'. Intended to create harmony in mind and body, the massage is intense. She puts together a programme of nutrition, yoga, breathing and meditation.

**Body masseur: Barry Pluke
(tel: 07977 535377)**

Pluke massages some of the most famous names in showbusiness and fashion. His speciality is relief of deep tensions and stress. He performs up to three hours' work on an individual per day and will work on a whole household to create a balanced and stress-free environment for the client. 'I massage anything from soft creatures to tough guys,' he says.

**Chiropractor: Stephanie Wright
(tel: 020 7881 5800)**

Specialising in women's and children's health, Wright uses her Tibetan training, alongside more traditional chiropody, including soft-tissue



work, acupuncture, pulses and cupping to increase mobility, reduce stress and improve sleeping. Children who suffer from growing pains, asthma, ear infections and sleep disorders also benefit.

**Reflexologist/
chiropodist: Michael Keet
(tel: 020 7240 1438)**

'Keet for feet' is so loved and respected one client said she would take him away with her, even if he didn't work miracles.

A full programme of healing, including shiatsu, nutrition (he loves to cook for clients) and yoga, can be arranged. Clients include Kathleen Turner (who credits Keet with saving her life), John Cleese and Shirley Maclaine. Keet travels light with only 'my hands and my spirit'.

BEAUTY

**Natural-facelift practitioner: Gita Breslin
(tel: 07932 630651)**

Throw away the scalpels and go electric. The 'Breslin Process' uses currents to tone, tighten muscles and regenerate collagen. Many of the world's mega stars (Madonna, Goldie Hawn, Jane Fonda) have felt Breslin's electrifying touch.

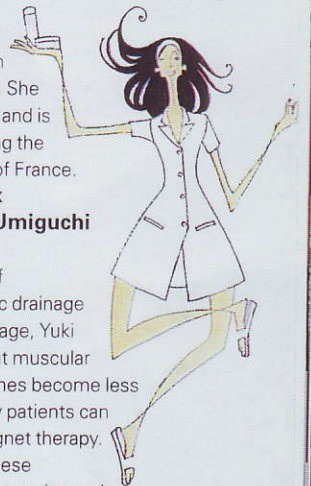
Also used post-surgery to reduce swelling and promote healing. Results are immediate and the benefits last for months.

**Manicurist/pedicurist: Sandy Hoppe
(tel: 0976 401153)**

Hoppe doesn't travel light. With a foot spa, heated gloves and over 300 polishes in her collection, she offers a stress-free, relaxing treatment, with great attention to detail. Her manicure/pedicure can take up to three hours. She travels all over Europe and is in heavy demand during the summer in the South of France.

**Oriental face-mask
practitioner: Yuki Umiguchi
(tel: 0956 476042)**

Using a combination of acupuncture, lymphatic drainage and oriental face massage, Yuki achieves almost instant muscular tightening, and facial lines become less noticeable. Needle-shy patients can opt for shiatsu and magnet therapy. A programme of Japanese nutrition, harmonising exercise and therapy can be organised around the client.



When the invitation to go away for a week with the personal trainer/gym whizzkid Matt Roberts arrived, I was thrilled. My mind was filled with scenes of sun-drenched days spent sipping exotic potions, swathed in a perfectly wrapped sarong. But looking past the pictures of the stunning St Geran Hotel in Mauritius to the proposed daily work-out schedule soon banished any thoughts of lazy lounging.

Before leaving, I underwent a full battery of tests to determine my toxic levels (nuclear), and was duly armed with a detox programme to kick-start my sluggish system. There is a homoeopathic jet-lag pack on boarding (business class) and relaxing massage on landing.



After I had produced my full medical history, including body mass index and work-out history, we were off and running – literally. Each day consists of a round of interval training, 'to eliminate fat and create a lean body'. The training is gently pushy. My first day went superbly. I was going to devote my life to fitness... But by day three, my muscles were groaning. Roberts softly but insistently egged me on. Some hypnotic power made me want to please him.

Twice-daily treatments of steams, creams and scrubs, provided by the Givenchy Spa, offset all the hard work (a benevolent god created the four-hand massage). Incredibly, at the end of an intensive week, I didn't feel sore – just stronger and proud. Roberts wasn't surprised. 'We have created a programme of intense work balanced by super-nutritious food, body treatments and proper recovery time.' I was given goals to take away with me, including a work-out and dietary suggestions. Burning questions remain: will this be the jump-start I've been looking for? Can I pack Roberts in my bag?



Shannon Leeman
Trainer:
Matt Roberts
Spa:
St Geran
Location:
Mauritius

RESERVATIONS: Seasons in Style
(tel: 0151 342 0505).

RATES: one week with Matt Roberts starts from £4,635. His London telephone number is 020 7937 7722.

