

GETTING RID OF YOUR DEMONS

What Counselling with Will Napier.

The lowdown Will, a chartered psychologist, is one of those brilliant people you want to tell everyone about. Insanely bright, he'll perch on the edge of an armchair in a tweed jacket, listen to what you have to say and get to the root of the problem, whether it's OCD or panic attacks. He has a way of making you admit – out loud – issues that you had buried, and he's utterly unfazable. But his real genius lies in exposing behavioural patterns. He'll help you identify what triggers the destructive thoughts and, crucially, how to stop them taking over.

Our verdict There are no wild promises or overnight transformations, but he will help you to live with the compulsive sides of your personality.

Details From £160. At 115a Harley Street, W1 (willnapier.co.uk; 07968 737678).



Treatments UNDER PRESSURE

How to get all those kinks fixed

STRAIGHTENING THINGS OUT

What Spine realignment at the Atlas Clinic.

The lowdown The Atlas Clinic has a novel way to get you standing tall again. Founder Matthew Voigts believes that 90 per cent of us have a rotated atlas bone (the topmost vertebra beneath your skull). The bad news is that, if this bone is misaligned, things can be achey. The good news? He has a cure! First, he measures your hips with a special ruler, to see if one side is higher. Next, some massage determines the angle of the atlas bone. Then you sit on a stool, with your head clasped to Matthew's chest, as he aims what feels like a rubber drill at the back of your neck, helping to move the bone back into its correct position.

Our verdict This sounds EXCRUCIATINGLY painful but it's not. And the results? Better posture, less back pain and the sensation of having grown a couple of inches.

Details From £225. At 142–146 Harley Street, W1 (theatlasclinic.com; 020 7160 0073).

PROBLEM SOLVING

What The Light Technique with Katie Light.

The lowdown You can trust Katie Light to get you back in sync. She takes all the little things that are bothering you and pieces them together to make a bigger picture – then tells you how to tackle it. She calls it the Light Technique. Sometimes a bit of intuitive massage is what it takes; at other times she'll get busy unblocking your chakras. But mostly she'll have you write your thoughts down, recall the times when you were happiest and teach you to replicate those emotions when you're feeling low.

Our verdict Katie is literally the nicest woman ever. And excellent company when you need a not-too-aggressive boot up the backside.

Details From £140. At Aromatherapy Associates, 5 Montpelier Street, SW7 (aromatherapyassociates.com; 020 7838 1117).

PICK ME!

FEELING OUT OF WHACK

What Bodyflow at-home reflexology.

The lowdown Normal reflexology doesn't always quite cut the mustard. There's the teeth-grinding resentment when you have to drag yourself off the bed; the post-treatment schlep in oily shoes that rather disrupts your zen. What a revelation, then, to discover Bodyflow – expert reflexologists who bring their unctions and upper-body strength right to your bedroom. A therapist ushers you into bed and says six magical words: 'I won't speak during your treatment.' What follows is 60 minutes of mind-bending foot therapy.

Our verdict A glorious way to shift stress. But the best bit? Being able to roll over and conk out straight afterwards.

Details £85 for 60 minutes (bodyflow.co.uk; 020 7376 5278).

WHEN YOU'RE TIGHTLY WOUND

What Thérapie Chi Rejuvenation Facial with Helen Brown.

The lowdown Clever, clever Triyoga for nabbing Helen Brown (beauty writer turned therapist, who happened to train with top-of-the-field Michelle Roques-O'Neil). She now pops by the Triyoga studio to administer facials from a candlelit room. And as well as making your skin bright and happy, they'll make you a calmer person. Yes, they will. Just try lying there as her fingers go tap, tap, tap between your brows and zone in on pressure points around eye sockets. But the wackiest thing of all is her Gua Sha – a polished piece of rose quartz that she runs across facial contours, ironing out tension like a teeny-tiny rolling pin.

Our verdict The only thing better than an hour-long facial? The 90-minute version.

Details From £85 for 60 minutes. At Triyoga Soho, Kingly Court, W1 (triyoga.co.uk; 020 7483 3344).