

Treatments

NO IDEA WHAT'S WRONG?

We can work it out

THE HEALER

Who Paul Lennard

The lowdown Getting an appointment with Lennard is tricky, but persevere. Because the 'Buddha on a Bike', as he's known, practises what he calls 'energy therapy'. And it's remarkably effective if, for want of a better explanation, you're not feeling yourself. Lennard will ask you spookily on-point questions as you lie there: he has a way of making you remember events that you'd forgotten – an accident that left you in shock, a destructive relationship from years ago. Stranger still is his bodywork: he may zero in on painful areas using deep-tissue or cranio – other times, his hands hover over your skin, triggering an inexplicable heat.

Our verdict It could be a result of that extraordinary massage. But when you walk out, it's like a weight has been lifted.

Details £140 for 60 minutes. At COMO Shambhala, Metropolitan London, Park Lane, W1 (comohotels.com; 020 7447 5750).



PICK
ME!