

Guru

THE FEEL-GOOD PROFESSIONALS

They're the New Age practitioners on the end of celebrities' speed dials, but can they boost our mood?



**JONATHAN
LE BON**
CRANIOSACRAL
THERAPY
What's that?

The therapist places their hands on the patient, which allows them to 'listen' to the movements of the bones in the head, said to be linked to mental and emotional health.

What did it involve?

It was as odd as it sounds. I lay on the couch while Le Bon (Simon's brother who has treated sister-in-law Yasmin, as well as Kate Moss) placed his hands on my head for ten minutes or so, and then moved them below my coccyx. He diagnosed an energy blockage and manipulated my back until, unnervingly, it clicked. He's a member of the General Osteopathic Council so I wasn't too concerned.

Did you leave smiling?

I felt tearful during the treatment, but that may have been the result of a stressful day, and I had no noticeable ongoing mood improvement. *The Berkeley Clinic, 19 Upper Berkeley Street, London W1 (theberkeleyclinic.com).*

60-minute sessions costs £120.

Ellie O'Mahoney



Marie Claire - April 2009