

Jonathan Le Bon has always had healing hands. His osteopathic treatment is just one of many therapies available at his clinic, he tells Selma Day

JONATHAN LE BON, an osteopath who runs the Berkeley Clinic at Upper Berkeley Street, is the spitting image of his brother Simon Le Bon who fronts pop band Duran Duran. The resemblance is a little unnerving – I'm almost expecting him to come out with a rendition of "Rio" or "Wild Boys".

"Actually, I did help my brother write his first album," says Jonathan, then adds: "I've listened to two tracks off my brother's new album, which isn't released yet, and he needs to work a little bit more on them."

Jonathan was never tempted to go down the musical route himself. He did, however, have a stab at other things before deciding to go into the medical world. His first venture was a motorcycle business in Antigua in the Caribbean. He then started working on boats and worked his way up to captain a yacht by the age of 22. "They used to call me nipper skipper because I was a youngster," he says. Since then, he has been a chef, a pilot, built houses on a beach in Florida and sailed around the world twice. And he is still only 40.

Jonathan was interested in medical matters from a young age. "I always had an ability to help people medically," he says. "If someone had a sore neck, I'd massage them and they'd feel fine, and if someone had something wrong I'd know instinctively what it was."

It was only when he came back from one of his round-the-world sailing trips, though, that he decided to capitalise on what some would call a natural gift. "I came back after doing one of the races in the freezing cold in the southern ocean and didn't think I was up to doing it again, so I started building classic boats. I got involved in one project that was particularly time-consuming and was taking up all my energy. I just thought it was about time I put more energy into me."

So, at the age of 26, Jonathan did a pre-medical access course. He decided that being a GP wasn't for him and studied physiological medicine instead. He trained at the European School of Osteopathy in Maidstone, Kent and worked at Maidstone General Hospital in the maternity ward delivery suite.

He now has a practice on the south coast, where he lives, and has been in the West End for 10 years, first in Seymour Place, followed by Harley Street and now at the Berkeley Clinic (formerly the Penninghame Clinic), which he took over earlier this year.

The clinic is a family-run business and his wife, Gwen, is practice manager. It offers a range of new and traditional therapies such as aromatherapy, osteopathy, homeopathy, psychotherapy, hypnotherapy, Chinese medicine and phytobiophysics (the healing properties of plant essences). It also provides nutritional advice, life coaching, and sports and deep-tissue massage.

"We have a fantastic bunch of professionals working here who are carefully selected," says Jonathan. "I only have people working here who I get on with and we all have great fun together."

Handy man

born to the elderly as well as pregnant women and post-partum women. He treats a range of complaints from neck and back pain and joint problems to depression, fatigue and post-traumatic stress disorder.

Children make up a large chunk of the business. When treating babies and children, Jonathan uses a drug-free regime and gentle, cranial techniques, which also suit those of a nervous disposition.

"You have to treat everybody as an individual," he says. "Everybody has a different demeanour and different understanding of themselves. A lot of people can take gentle, articulated techniques but can't take the more vigorous treatments that perhaps sports people are happy with and suit their bodies more."

Jonathan treats many sports personalities, including world-class yachtsmen, athletes and world-champion powerboat racers. He also looks after celebrities such as Kate Moss, hypnotist Paul McKenna, the Red Hot Chili Peppers and, of course, his brother Simon and his wife Yasmin, but he stresses that he doesn't run an exclusive celebrity practice.

"People come from all over the place," he says. "I get a lot of locals and people in and around Edgware Road. I get a lot of business from people around here and we do things socially with them. We'll go for dinner at somewhere like Locanda Locatelli, or see a show."

Although running a business with 30 practitioners in the West End is "like keeping 15 hot potatoes in the air", he wouldn't have it any other way. "As an individual practitioner you can do quite well on your own in a room tucked away somewhere, but there's something inside me that makes me want to do a little bit more."

"I'm never afraid to try because in life you have to if you want to get anywhere, otherwise you end up sitting by the fire reading books, which is probably a lovely pastime, but it's not for me."

The Berkeley Clinic, 19 Upper Berkeley Street, tel: 020





Oriental stress-busting

A POWERFUL AND INTENSE treatment to help combat stress is being offered by John Yiannis Tsagaris, a doctor of Chinese medicine who works at the Vaishaly Facialist Clinic at 51 Paddington Street. He Mu (pronounced "hey moo") is an integration of traditional Chinese and Oriental medicine that is said to boost the immune system and restore a sense of harmony.

A treatment with John begins with a detailed personal consultation that covers lifestyle, emotional and physical health and eating/exercise habits.

Using Oriental techniques - including tongue, pulse and facial diagnosis and initial massage of the abdomen - John will pinpoint any physical, psychological and emotional weaknesses.

These are then worked on during the treatment, which is carried out on a padded futon.

Based on the diagnosis, John tailors the 90-minute session to each patient's needs, but at some point it will include acupuncture, zen shiatsu (an ancient system of massage), reiki energetic healing and traditional Chinese herbal medicine.

For further information, call 020 7224 6088.

