

# Treatment of the month... tapping

If you're not a fan of those therapies where you're constantly prodded and poked by the therapist, the great thing about the tapping involved in meridian energy therapy (a part of the emotional freedom technique) is that you do it all yourself. Based on acupuncture and acupressure, the therapy works on the theory that gently tapping on each of the body's energy meridians will remove any disturbances in the energy flow to help treat a number of emotional and physical problems such as anxiety, cravings and stress. A session involves a combination of psychological consultation with tapping on the meridian points, to find the underlying cause of a problem so that it can be treated effectively. And the results are impressive, with many people noticing a dramatic improvement after just one session. In contrast to a number of other therapies, you are actually taught the procedure yourself, so you can carry on using it whenever you feel the need.

**Costs from £90 for one hour. Contact Nicola Phoenix at Neal's Yard Remedies Therapy Rooms on 020 7379 7662 for more detail.**



## 3 therapies with stones

**Pevonia Botanica Sabai Stone Therapy**  
Named after the Thai meaning for wellbeing, this mega pampering massage uses hand-crafted black granite stones and incorporates micronised minerals malachite and zincite within a pure essential oil base to wipe away tension. Helps to relieve stress and eliminate toxins.

**Costs from £80. To find a salon near you contact 01449 727000**

**Crystal Healing with Kate Tomas**  
This soul-boosting session starts with a quick consultation before the lovely Kate chooses specific crystals (from a selection of over 100) specifically for you. These are placed on and around your body while Kate, who is one of the UK's leading healers, gently uses her hands to channel healing energy into particular points of your body, and draw off any negativity or pain.  
**Costs from £70. For details call 07746 859531 or visit [katetomashealing.com](http://katetomashealing.com)**

**Phytomer Fleur's Viternal Age Facial Youth Treatment**  
Uses warm volcanic stones and rhodocrosite crystals in an upper body massage and anti-ageing facial. While the basalt stones are used to heighten the effects of the massage, rhodocrosite helps to regulate emotions, relieve stress and restores strength and vigour.  
**From £55 for 90 minutes. Call 01753 856 836 for nearest salon**

# What's the alternative?

Tap your way to good health, discover some scents and the best ways to get stoned...

## HOW TO BE AN... AROMATHERAPIST

### What is it?

Aromatherapy works on the premise that certain aromas can have a positive influence on our health. The therapist works holistically with literally hundreds of use of essential oils (extracts or essences) from flowers, herbs, and trees.

### How do you train?

Recognised qualifications are usually diploma level but it's possible to study for a degree in, for example, complementary medicine specialising in aromatherapy. The International Federation of Aromatherapists (IFA) will supply a list of accredited schools and colleges.

### How long will it take?

Diploma courses are likely to be part-time and last six to 18 months. Degree courses can take three or four years of full-time study. Those already holding qualifications in massage may be exempt from parts of courses.

### Where can I find out more?

Contact the IFA on 020 8992 9605 or visit [ifaroma.org](http://ifaroma.org)

**Want a set of sparklers like Kelly Brook? The glamorous presenter is a big fan of the new 'invisible braces' which correct dental inaccuracies without 'train track' braces or expensive veneers. Holistic dentists advise that your teeth are linked to meridians or energy channels in your body, so getting them aligned could be the key to good health. For details contact London Lingual Orthodontic Clinic at [londonlingualbraces.com](http://londonlingualbraces.com).**