

# THE NEW HEALTH GURUS

*Want rock-hard abs, glowing skin or perfect posture? Meet the elite health and beauty professionals that Londoners in the know will be turning to in 2014, says Jo Foley*

## THE TRAINER

Personal trainer Andy Elliott has an impressive hardware collection, from a metal foot tool to a vast steel stretching cage. With the former, he gently works on the soles of your feet to loosen tissue, massage muscles and enable the bones (there are 26 per foot, 52 in total) to move correctly. "The feet take all the weight and a lot of the wear and tear so they need help loosening up, massage and care," he says, "It's best to make sure they are working properly before doing anything else." Once he's happy with your feet, your training session can begin.

Each programme is bespoke, created around the client's needs, aims and available time. Elliot works with you either at your home or in the gym at the Milestone Hotel, Kensington – where the stretching cage awaits. Forget Christian Grey, this is serious body conditioning, with Elliott's series of stretches devised to ensure that everything from fingers to toes to thighs gets a proper work out – great for backs, amazing for shoulders (combating all the hours on computers), not to mention calves and hamstrings. It's surprisingly addictive; one client later sourced one of these cages for his private jet.

Andy can also take you food shopping, help work out your eating programme, tell you what to order in restaurants, on flights and at your

desk. He will even text or email you regularly to help you stay with the programme. "Give me 12 weeks and not only will you feel the difference," he promises, "you will see it."

**Cost** From £950, an annual fee for up to four sessions a week.

**Contact** [mytrainerandy@gmail.com](mailto:mytrainerandy@gmail.com)

## THE POSTURE SPECIALIST

Tanya Fitzpatrick is the body professional behind Align Somatics, a therapy based on neuro-muscular reprogramming to improve posture and movement and relieve pain.

Fitzpatrick, who flits between Dublin and London on a weekly basis, seems to move like a gazelle and encourages you to achieve the same mobility, but that of course takes a little time. And if you thought you just 'knew' how to walk, you might change your mind after a session with her.

Align Somatics promises to alleviate back pain, free breathing, improve posture, movement and reduce stiffness, dependent on your own commitment and time investment. That said, after five one-hour sessions many have made real progress and have acquired the 'tools' to continue to improve.

**Cost** Private consultations in Harley Street and Clerkenwell start at £85. A six-week group class in Somatic Movement is £90.

**Contact** [info@alignsomatic.com](mailto:info@alignsomatic.com)

## THE BOXING COACH

Boxing – the non-contact variety – is enjoying a resurgence in popularity as a fitness aid and Raman Akay is the man to know. He's a trainer who introduces boxing into his programme for all ages and all fitness levels, alongside core work, weights and cardio.

Raman's family is behind one of the capital's most respected boxing venues, All Stars Boxing Gym in north-west London, which started life as a charity to help keep kids off the streets but where top fighters including Lennox Lewis, Joe Calzaghe and Evander Holyfield have all been known to train. You don't have to be a pro though; pop in any day of the week and you will find classes for children and teens as well as private sessions

Akay says that incorporating his boxing techniques into your fitness regime releases energy, re-invigorates your mind as well as your body and is a great stress reducer. "Just think of all that pent up aggression we carry around," he says. "Here you can just let it go. With women in particular, boxing gives them confidence and it empowers them, it helps show them how strong they can be, which in turn can help them deal with any situation, which they love."

**Cost** Session with Raman, £50

([r.akay@gmail.com](mailto:r.akay@gmail.com)); classes from £10; annual membership of AllStars £65.

**Contact** [allstars-gym.co.uk](http://allstars-gym.co.uk)

## THE SKIN DOCTOR

Elegant and softly spoken, Dr Rabia Malik does not believe in miracles, does not approve of injectables, but does not allow clients to retain their skin problems. Whether it's acne, ageing or pigmentation you're worried about, your skin is safe in her hands.

A qualified doctor who worked as a GP for many years, skin became Malik's passion and she is now devoted to finding holistic solutions to maintaining healthy, radiant skin for both men and women. All consultations (at her rooms in Wimpole Street) include an in-depth analysis

with a skin imager for before and after shots. Diet, light therapy and oxygen infusions (in which a serum is applied to the skin and then a strong blast of oxygen helps infuse it) are all part of her repertoire. She also offers 'metabolic peels': with alpha and beta hydroxy acids, or the new generation of combination peels. A dermaroller with some 200 fine needles is passed over the skin (this helps stimulate the collagen) after which the appropriate peel product is applied. For a fast result before a special occasion (always welcome), try her oxygen infusion facial.

**Cost** Consultation from £250; a course of three peels costs £1,200.

**Contact** [drabiamalik.com](http://drabiamalik.com)

## THE CELLULITE ZAPPER

Dr Barbara Kubicka is a whizz with a needle, which she uses with all the dexterity and skill that gets her around corners at Silverstone or Brands Hatch on one of her racing days. When she is not steering her Ginetta G40 at full power, this doctor is delicately dealing with lines, wrinkles, cellulite, hair loss and ageing concerns at her ClinicBe in Belgravia.

After an initial consultation Kubicka will make her recommendations, which include advice on nutrition and lifestyle, as well as cosmetic treatment options. She is constantly researching new techniques and technology to help keep the ageing process at bay.

One of her most popular therapies is Triple Synergy, which deals with hair loss by slowing down the process and helping stimulate the growth of natural healthy hair. It consists of several elements – biotin injections, mesotherapy supplements and topical treatment plus some home medication – and treatments which are administered every two weeks for three months.

Also on offer are i-lipo sessions to help fat removal, cellulite and body sculpting alongside better-known treatments such as botox injections and dermal fillers.

**Cost** Triple Synergy £200 for three months; other treatments from £220.

**Contact** [clinicbe.com](http://clinicbe.com)

