



cosmic consultants

This unique approach combines a degree of counselling with astrology and psychic-oriented methods. Taking astrology to a fashion audience, Manhattan "cosmic consultants" Starsky & Cox (Stella Starsky and Quinn Cox), recently held their Cosmic Love Clinic in the window of the Marc Jacobs store in New York's SoHo, and at Colette in Paris. Isaac Mizrahi, Scarlett Johansson, Mario Testino and Jade Jagger are reported to have called upon their psychic charms. *From £120, for online and telephone consultations. (Starskyandcox.com)*

Scarlett Johansson



Jemma Kidd

psychic healing

Using clairvoyancy techniques, healer Mairead Neal works by "reading" the body to get a sense of things that are wrong or out of balance. She then aims to heal through the use of sound and energy- channelling. "I go to Mairead when my body needs an MOT," says Jemma Kidd. "She literally takes one look at you and psychically detects how your energy levels are, sorts out any imbalances, aches and pains, then basically harmonises your body by giving you a fabulous tune-up." *From £100, at Natureworks. (020 7629 2927; Psychichealing.org.uk)*



Elizabeth Hurley

pilates

Famous practitioners of pilates include Darcey Bussell, Madonna, Nicole Kidman and Elizabeth Hurley: all of whom can only be positive testimony to this method of body maintenance. Pilates' benefits range from pain relief to muscle strengthening and improved posture. Generally speaking, it's a much-advocated method of maintaining flexibility and fitness. Alan Herdman is the practitioner who introduced pilates to the UK back in the Seventies. He still has an impressive clientele of dancers, singers, and actors. *From £32. (020 7723 9953; Alanherdmanpilates.co.uk)*