



Can I health you, sir?

Whether it's a hangover or jetlag you're suffering from, a chic one-stop, cure-all clinic at Harrods has all the latest remedies. By *Jeremy Langmead*

STAYING FIT FOR purpose – alert for work and weekend-ready – can be a full-time job in itself. Follow the advice of well-meaning friends and experts and you could spend your week running all over town flitting from gyms and Pilates classes to acupuncture and therapy sessions, in between appointments knocking back vitamin prescriptions and dishes piled high with kale and broccoli, washed down with gallons of Vita Coco water or Itsu watermelon juice.

All very good, but also quite exhausting. If only there was a one-stop shop that offered all the latest treatments (from the tried or tested to the latest fads) so that you could dart from one life-enhancing treatment to another with barely a soft-shoe shuffle. Well, as it happens, a new-age nirvana has just opened in Harrods. Climb up the escalators to the store's fourth floor (that's your cardio done), step past rails of cutting-edge fashion (that's the retail therapy sorted) and you will find the new Wellness Clinic, a serene 10,500sq ft cherry timber and moleanos stone space with 14 treatment rooms, two personal training studios and even a photography space with a 3D scanner.

Harrods has handpicked the capital's most in-demand wellness and beauty experts and persuaded them all to offer their services here. You could, for example, pop in for a dose of



CHILLING OUT
The cryotherapy chamber delivers an arctic blast

cryotherapy – slightly odd, but all the rage at the moment. You basically stand in a small transparent chamber wearing little more than a face mask, slippers and shorts for three minutes while the temperature drops to roughly minus 80C (minus 111F). The arctic blast is claimed to improve mood and circulation, aid muscle repair and decrease inflammation post-workout (it's popular with many professional athletes). I tried it. You stand in the 111Cryo chamber, frost clinging to your limbs, encouraged by the therapist on the other side of the door to move in time to a Beyoncé soundtrack. Not the best look, I'm afraid.

Does it work? There is no doubt that after three minutes, when I was able to step back into the warmth, there was an instant feeling of euphoria – but whether that was the joy of still being alive or the benefits of the big chill, I'm not so sure. It did, I have to admit, give me a spring (or should that be winter) in my step for the remainder of the afternoon.

Another treatment du jour is Elixir Clinic's VitaDrip. Popular in the US, the concoction of vitamins, amino acids and minerals is fed into your bloodstream, enabling you to absorb higher doses than through the digestive system. I've tried these before – in Oscars week in LA, natch – and they do give you an energy boost, help hangovers, and take the edge off jetlag. Worth a try.

A more traditional offering is acupuncture with Ross J Barr. This can help with everything from stress and sleeplessness to infertility. I was a little suspicious when someone recommended that I try acupuncture more than 20 years ago, but it has been miraculous in staving off illness, boosting my energy levels and restoring my equilibrium for decades. Barr's insightful approach with his German-engineered gold needles (this is Harrods, after all) is painless and soothing. He also has clinics in Wimpole Street and Notting Hill (clients often use his services to ward off Monday-morning blues after over-indulgent weekends).

Harrods' new haven offers everything from cosmetic procedures to nutritional advice and dermatology. Basically if you have beauty and fitness FOMO, this is the place to catch up on everything that's on offer in the wellness world without having to spend all day in an Uber. And if you don't want anyone to know what you've been up to, you can say that you just popped into the store for a pair of a socks and a steak.

Gene genies

GETTING THE RIGHT balance of vitamins tailored to your particular needs is another potential headache. It's hard to know what your body's requirements are, and you don't want to spend the day carrying a Holland & Barrett bag rattling with pills and potions. Pure Genetic Lifestyle, a company based in the

Netherlands, has a very neat solution. Its staff analyse your DNA from a saliva swab (you can meet them in person or send it via the post). Their laboratory analyses your genetic profile (what diseases you may be prone to, any food intolerances you may be subject to, what nutrition you could be lacking etc)

then devises a tailor-made vitamin programme that arrives in a box of sachets containing supplements with everything that you need to take each day. Does it work? Well I'm still here to write this piece...so far, so good (some of you may disagree). puregeneticlifestyle.com for more details