



medicine man

A rarity: an amazing man who looks like a gap-year student, used to be a zookeeper (he loves gorillas) and is now a healer.

PAUL LENNARD has an uncanny ability to read people's energy and highlight any issues. Then he addresses them through an eclectic mix of **sports massage**, **Chi Nei Tsang** (Chinese tummy massage) and **craniosacral therapy**. All that pressing on energy cysts hurts, so much so that some clients blub. But the fact is that if you've had a bad back for years, and have seen everybody to no long-lasting avail, Paul is your Buddha on a motorbike. Chances are it's something other than your back that's the key cause. *020 7935 5281; £95 an hour*