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HIGH 50 LIFE

AGE HAS ITS BENEFITS

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28 April 2014 by Caroline Phillips

At home: your exclusive salon

Now lack of time is no excuse not to get your neck clicked, muscles massaged, hair cut, or guests fed. These elite wellbeing services will all come to you. Selected by Caroline Phillips



Time poor? Let the wellbeing gurus come to you. Photo from Corbis

It started with home shopping and home office. Now it's home everything. You don't have to schlepp anywhere nor waste time travelling.

There's no need to sit in waiting rooms, deal with receptionists or make small talk with salon assistants. Nor go food shopping, dirty so much as a saucepan or wash up after your dinner guests.

“ I'd do everything at home. Hang the expense. It's convenient, time efficient and intimate ”

Many are the joys of home visits. You can carry on working, in relative privacy, if you want to. If you're keen to keep your profile low, there are reasons aplenty to stay *chez vous*. And if you're unwell, home services are practically essential.

The downsides? Mess. Yours. Also, do you really want a treatment with your kids banging around/dog trying to clamber on to the therapist's table/phone and doorbell going?

Then there's the expense. True, a catered party at home can cost little more than taking your guests out. But is it worth having your hair coiffed at more than three times the salon cost, just for the privilege of staying in? (And no free magazines.)

Besides, sometimes it's simply nice to go out and have the experience, whatever it is, in someone else's space.

On balance, though, I'd do everything at home. Hang the expense. It's convenient, time efficient and intimate.



Osteopath and elite personal trainer Ranjith Chambers

Super-osteo

With wizard osteopath Ranjith Chambers you get an MOT for body, mind and spirit. He is a traditional osteopath as well as an intuitive masseur, energy worker and craniosacral specialist.

He works in people's homes from London to Ibiza, Geneva to Thailand, lugging his therapist's couch with him. And he's as passionate about travel as he is about fitness and health, so he's also a fabulous addition to any holiday.

If you want your postural issues sorted, or remedial massage or injury rehabilitation, he's your man. He'll work on your skeletal structure, release myofascial tension and give you top nutritional and mental wellbeing tips.

He's also an elite personal trainer, with a Popeye physique to prove it, so gives you good advice on keeping your body in shape while he works on yours.

He'll even reposition your organs. They can move centimetres if you put on weight, have been through pregnancy or had an accident.

"Organs are attached through fascial and ligamentous systems which are constantly fighting against gravity," he says. "With age in general, due to lack of *tonus* [yes, he talks in Latin, too], muscles and joints will be weak."

Just don't ask how far south your *viscera* (organs to you) may go, along with everything else in our fifties. You don't want to know.

[Ranjith Chambers](#) Price £150, home visits and holiday retreats only. Phone 07799 038399 or [email Ranjith](#)

Hairy bikers

Do you want the ultimate, private, pap-avoiding appointment? Then try colourist Daniel Galvin Jr and his blue-eyed sniper Joseph Bilton, who'll pitch up at your home astride their motorbike, if the price is right. Forget Two Fat Ladies, this is Two Thin Gents.

My appointment *chez moi* took place when I had broken my ankle, and there's nothing better for the immobile. They'll colour and cut your tresses, niftily mixing bowls of dye, painting it on your hair, touching

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up roots, doing low and highlights (that's Daniel), then washing it off and snipping your locks vogueishly (that's Joseph).

OK, so the Daniel Galvin Jr salon's basins and massage chairs are better than most of our bathroom sinks and seats. But afterwards Joseph will finish by giving you what Lady Thatcher called a 'blow job'. (She was a client of DG's hairdresser father, Daniel Galvin.)

Then the dynamic duo zoom away on their Ducati 1198S. And you haven't had to waste your time travelling.

Only a handful of top hairdressers will do home visits. And nobody else offers a two-on-a-bike service. Let alone anyone like the charming Joseph or indeed Daniel, a fourth-generation hairdresser who is also pioneering organic ranges with Prince Charles, an ambassador for the Prince's Trust, a quintessential Englishman and good-looking to boot. It's a spiffing service.

And the price for a locks on bikes appointment? A snip at £2,500 (compared with a haircut from £130 in the salon and £550 for colour by Daniel). Before you faint, it's what oligarchs call cut-price.

[Daniel Galvin Jr](#) Price: £2,500, central London only. Phone 020 3416 3116

Posh nosh

We love good fats. We love wheat and dairy-free. Smart & Balanced's waitress even gives the host/ess postcards emblazoned with those words.

Smart & Balanced serves nutritionally designed, synergetically balanced catering (for a minimum of eight people). Its rallying cries include "Learn why we use coconut oil in our cooking".

This caterer has eliminated the two most common foods for intolerances and provides food that helps to manage blood sugar levels and stabilise mood, optimise the absorption of vital vitamins and minerals, release energy slowly and enhance concentration.

Plus, they'll provide a dinner or event that will get guests talking. An alkaline starter, say, a wheat and dairy-free main, raw pud...

The truth is, I don't like brown food, the sort of organic sawdust that gets rammed down your throat in the name of healthiness. But this is different. It's health food gone sophisticated.

Ask them to do canapés, and they whirl up excellent, and modish, freeze-dried kale crisps (when did this humble leaf become a fashion statement?) with red pepper and cashew hummus, plus beetroot cured salmon with borscht jelly on raw flaxseed crackers.

A starter of kingfish carpaccio comes with alfalfa salad, a main course of John Dory with braised cavalo nero and root vegetable rosti.

Even their puds are imaginative and tasty. Think mini pavlova with sweet goat's cheese cream and quince. Now all they have to do is go sugar free.

[Smart & Balanced](#) Dinner starts at £100 a head for canapés and three courses, and includes a chef, kitchen porter and waitress. Phone 07876 136305

Caroline Phillips has written for several colour supps and glossies including Vanity Fair and Tatler. She is a consultant for travel site Globalista and contributing editor for Country & Town House.

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