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# Our Pick Of The Best At-Home Treatments

By Caroline Phillips  
5 Days Ago

*Self-care without a trip to the spa? Yes, please...*



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Pexels

**Caroline Phillips** rounds up the best treatments from the most qualified experts to have in the comfort of your own home.

## The Best At-Home Treatments

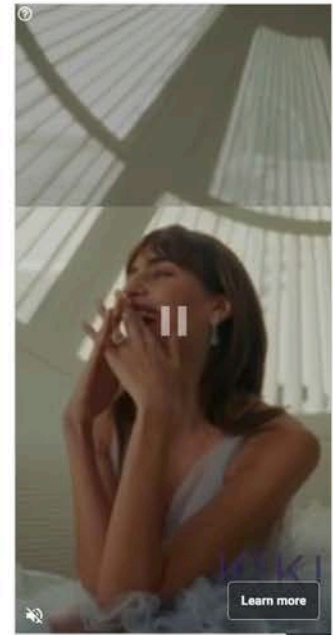
### Yoga With Rebecca Moore



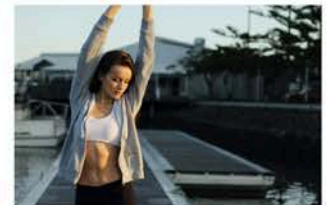
Author, artist and yogini, this Bajan/Kiwi Londoner is trained in Vinyasa, Meridian and Kundalini yoga (not to mention breathwork, bodywork, energy healing, aromatherapy and nutrition). She'll glide into your home in cream loungewear and bearing yoga mats, wind chimes and Tibetan bowls to curate a transformational Vinyasa experience for you. You'll find yourself connecting more deeply to yourself as she guides you slowly through Kriya (a sequence of movements), breathwork, chanting (she gives you mantra sheets to follow) and mudras (hand gestures), leaving you feeling present and calm. Her (just published) book, *Radical Self-Care: Rituals for Inner Resilience*, is well worth a read too, with its bite-sized suggestions to weave into your day. Make some of the internal shifts she recommends and you'll soon find your outer world changing. *£180 for 50 minutes. [rebecca-moore.com](http://rebecca-moore.com)*

### Dry Needling With Phoebus Tian

When Phoebus is not tending to the ailing of Knightsbridge in his clinic, he'll put your wrists on a cushion and kneel by your sofa to read your pulses or gently prod your belly for diagnostic purposes. Then he'll fascinate you (but only if you ask him) with details on Traditional Chinese Medicine, astrology and the relationship between fire and the heart or water, the kidneys and fear – the complex ancient system behind healing your organs and balancing your emotions. Wearing self-made crystal bracelets and with a bearing that speaks of his qi gong training, he comes over, above all, as a gentle soul. He's also a brilliant practitioner who started learning his art aged 13 with family friends, and later completed a six-year training in mainland China. You may book him for pain management,



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By Camilla Hewitt



stress or fertility issues, but he'll treat you holistically. And possibly offer you herbs or granules too: take them, the man's a magician. £200 for a one-hour home visit.

[phoebustian.com](http://phoebustian.com)

### Lashes With Beauty by Sézen



If there's space for only one beauty therapist in your life, it has to be this one-woman dynamo. She counts Naomi (yes, that Naomi, and named only with permission) and Chanel models as clients. Formerly at Knightsbridge's Bvlgari Spa, she comes to your home – working between Dubai, Ibiza, Istanbul and London. From deep cleansing facials to manicures, she's a dab hand at everything. But she's the undisputed Queen of Eyes – whether threading, tinting or doing brow lamination. After two hours on her heated couch (listening to a podcast), you'll have unbeatable, natural-looking silk eyelash extensions. She's also launching a moisturising body exfoliation treatment for that beach or wedding-ready body – with thermal elements, effleurage (circular flowing movements) massage and Temple Spa products. Take your place in the queue, folks. *Eyelash extensions, £130.*

[beautybysezen.com](http://beautybysezen.com)

### Injectables With Dr Jenny Doyle Ameela

If you want injectables (or numerous other excellent, non-surgical aesthetic procedures) done with discretion in the privacy of your home, it doesn't get better than this. Book an Ameela appointment – the so-called salmon-sperm 'facial' that Jennifer Aniston and Kim Kardashian rightly adore – and this consultant oculoplastic surgeon and assistant arrive bearing medical emergency, safety and sterilising equipment. First, Dr Doyle numbs your face. After half an hour, well anaesthetised, you'll hop on the couch for your 10-minute treatment. The needle bit's a tad ouchy (although it's over quickly) but so worth it for this wonder therapy. Afterwards your skin glows, is tightened (fibroblast cells stimulated to secrete collagen) and under-eye puffiness has gone. The polynucleotides even slow down ageing by neutralising free radicals. An unbeatable concierge service for rich folk. Maybe the Beckhams, who live across the road from her clinic, use it? *From £800.*

[theclinichollandpark.com](http://theclinichollandpark.com)

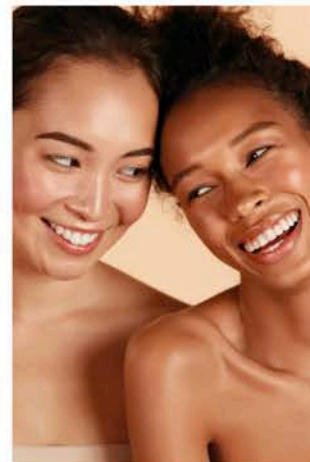
### Aromatherapy With Abi Titterington Lough



HEALTH & BEAUTY

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By Guest Writer



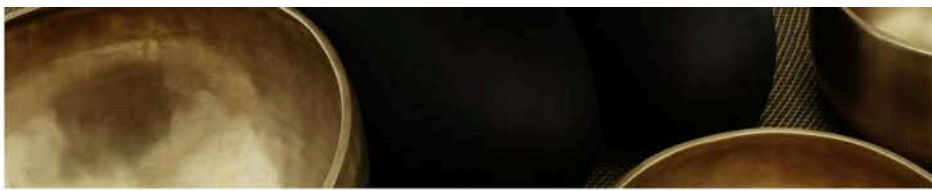
This softly-spoken Edinburgh lass is a tip-top holistic facialist, aromatherapist and alchemist who's often found doing wellbeing events for the likes of Stella McCartney. Invite Abi to your office or home. After a tarot-style reading from cards she's co-created – bearing words such as 'craving' and 'surrender' – you'll select pungent and often rare aromatherapy oils from her wooden box, then she'll mix bespoke potions for you in teeny glass beakers, maybe Blue Tansy for times of change. A personalised facial – including cupping – that focuses on your physical, energetic and emotional needs follows. You'll be sad when the Reiki, Palo Santo woody incense and a steaming face towel signal the end of your treatment. But she'll gift you some of her superb 20A brand elixirs: perhaps a customised roll-on therapeutic scent or home-blended herbal tea for your specific needs. You'll feel sensorially nourished, inspired and reset by this heavenly session. £285 for home visits of up to 150 minutes. [20a.co](http://20a.co)

### **Tea Ceremony & Vortex Energy Healing With Lera Zujeva**

Sip cuppas in a Zen-style tea ceremony followed by Vortex Energy Healing (like Reiki). This ethereal practitioner pours your rose-infused tea contemplatively, incense burning beside her, while sitting with you on the floor at a bamboo mat in your home, office or an 'om' hotel room in the Jumeirah Carlton Tower, Knightsbridge. As she turns the bowls in a calming, repetitive ritual, you'll feel your shoulders drop. 'Hold your bowl with both hands, beside the heart, to encourage feeling centred,' she whispers. It's bliss having nothing to do, simply being mindful and present. Rewiring your brain. Pausing and noticing feelings. You may become aware of your purpose in life. Or perhaps you'll feel so chilled that you sleep through the Vortex healing. Catch her for a full moon ceremony. £300 for a private tea group of up to 15 people. [t-lovers.com](http://t-lovers.com); [jumeirah.com](http://jumeirah.com)

### **Sound Healing With Jasmin Harsono**





If you're suffering with anything from low mood to chronic pain, this one's for you. Music as medicine. Imagine your home with the healing sounds and vibrations of crystal sound bowls, elemental chimes, tuning forks, an ocean drum, metal singing bowls and a wahwah (a tube instrument). Add to that Jasmin's own 'instrument,' a voice borrowed from a celestial choir. And finish the session with Reiki. You'll find you're getting one of the most sublime, immersive and transformative energy and sound journeys you can take. (Offered remotely and in your office too.) Boffins have shown that music triggers healing (including lighting up the bits in the brain engaged during spiritual experiences), lowers the heart rate and stimulates the vagus nerve (boosting the parasympathetic nervous system, reducing anxiety). So sound healing is based on science. At the end of your one-hour session, you'll feel deeply relaxed and as aligned as a tuned orchestra. *From £300. [emeraldandtiger.com](http://emeraldandtiger.com)*

### **All About Hair With Luana From BYOUty**

This chic and vivacious Italian – who has a Masters in trichology and has done Vogue covers – arrives at your houseboat/office/home with a wheelie suitcase-cum-mobile hair salon. She can give you a half or full head of highlights or colour your hair, all with natural dyes, or simply cut your locks and blow them dry. Book a detoxifying treatment for your scalp (great for psoriasis to hair loss) for that autumn boost. She uses a micro camera to check your scalp then does a 10-minute circulation-boosting 'tuina' (ancient Chinese) massage and rubs a Phitofilos concoction – natural, organic products smelling divinely of rosemary and sage – onto your head. The treatment helps with hydration and hair repair and lasts five weeks. Your scalp will feel soothed and nourished. And your tresses will thank her for the visit. *£60 for a 40-minute scalp detox treatment. [byouty.uk](http://byouty.uk)*

### **Holistic Therapy With Angela Pfeiffenberger-Stacey**



If harmonising your inner and outer worlds helps you to be your most authentic self, read on. Angela offers a wowza multidimensional programme – tackling mind, body and soul – with transformational coaching, body treatments and space organising. And all chez vous. First, a coaching session – including somatic therapies – addresses your needs, challenges and self-perception. Having uncovered your goals this former interior designer guides you

in reorganising your home, removing clutter and leaving your space calm. ('Your mind, body and space are interconnected,' is her mantra.) Her taster package also includes a sublime Ayurvedic massage (from a range including Abhyanga, Indian head massage, and foot massage) with dosha-specific, warm, organic Maui oils or a Reiki treatment, moving stagnant energy and blockages. She brings your physical and emotional imbalances into harmony. And your house will be so much tidier too. It's transformative. *From £295 for four hours. [thebodymindspace.com](http://thebodymindspace.com)*

### Sports Massage With Sandra Diaz

You get a bit of Swedish massage, trigger point therapy (applying pressure to knots), myofascial release (the relaxing of soft tissue that's become restricted) and muscle energy techniques in this at-home sports massage. Above all, Sandra focuses on therapeutic bodywork, soft tissue techniques and release – providing you with a bespoke combo after gauging 'what your tissues are telling (her)'. She might even crack your neck or target your tension headaches. She's also passionate about movement and a session will likely end with her prescribing an exercise or two. A full-time bodywork practitioner since 2002, she's worked with sports teams to Cirque du Soleil. So you're in good hands. Her treatments are more remedial than pampering. And she expects her clients to have their own massage couches. But expect your back pain, neck tension and tight calves to be eased. *Supple's the word. £250 for 75 minutes. 07376 575660*

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## These Lovely Buys Will Instantly Level Up Your Lifestyle

### The Cure For Seasonally Fatigued Skin? It Has To Be This Serum-Cream Duo

In the world of French aesthetic medicine, none are doing it quite like [Laboratoires FILORGA](http://Laboratoires FILORGA). Having been in business since 1978, when founder Dr. Michel Tordjman set up shop in Paris, the brand has become a leader in [anti-aging cosmetic treatments](#). It's skincare lines similarly uphold this level of prestige. The brand combines its medical expertise with state-of-the-art skincare solutions – promising visible results in just seven days. It's a bold claim, one we're excited to put to the test with the FILORGA's latest [NCEF Revitalize line](#).



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