

# TATLER<sup>®</sup>



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## NEW MONEY

BECOME A  
MILLIONAIRE  
OVERNIGHT

## JAUNTY HATS

MAKE  
EVERYTHING  
BETTER

## LOCK UP YOUR VASES!

The art thieves  
raiding England's  
country houses

## ARE YOU GETTING ENOUGH...

Sleep? Thought not.  
We've got the answer

HOLIDAYS  
WHERE THE  
PAPARAZZI  
WON'T  
FIND YOU

# CROSS DRESSING!

## HOW TO DATE A LORD

Top toff tips from  
a lucky lady  
who's been there

FASHION'S NAUGHTY MOMENT

## CRASHING OUT

**What** At-home massage with Tomoko Burgess.

**The lowdown** Tomoko is TINY but deceptively strong. The diminutive masseuse will pitch up at your house – any time, anywhere – and give a knockout session of deep tissue (she doesn't do airy-fairy stuff) and so-good-it-hurts reflexology. She doesn't bring a treatment table, so either order one from Amazon or just plonk yourself down on your bed. That way she can let herself out afterwards and you don't even have to move.

**Our verdict** Tomoko sorts all sorts – dodgy digestion, mind-numbing migraines, perennial exhaustion – and her technique is so intense you'll pass out cold. And we're not talking a dream-laced doze here. We're talking a proper, sleep-like-you've-never-slept-before kind of torpor.

**Details** At-home visits from £50 for 60 minutes (no website; 07951 032343).



# Treatments TIRED?

*Yep, us too. Here's how to find the off-switch*

## HONING YOUR CRAFT

**What** The Train Trip: To Sleep.

**The lowdown** You're running at 100 miles per hour, and then you wonder why, WHY, when you finally climb under the duvet, you can't nod off. Here's where Terrence the Teacher, a motivational coach turned hypnotist, comes in. His seven-day sleep programme doesn't just lull you into a snooze-prone state on a sofa across town – it does it via an app, from your very own bed. His theory? Get the body to relax and the mind will follow. Expect lots of visualisation (picturing places where you feel relaxed) and countdown techniques to slow the mind. If all goes to plan, you should be left with a subconscious state in which the body feels ready to let go and – fingers crossed – sleep.

**Our verdict** Don't expect it to work overnight. But persevere. Take it to bed with you, switch off the light, listen for 20 minutes – and let the nights of tossing and turning be gone.

**Details** From £5.49 at the App Store (apple.com).

## JETLAG

**What** Watsu massage.

**The lowdown** Straight off a red-eye flight? Body clock all over the place? Can't for the life of you get back on the right time zone? Then try this. The spanking-new Akasha spa is the only place in London where you can get a real slice of Watsu, which – to the uninitiated – is basically underwater massage. Imagine feeling weightless yet supported, gently rocked about by the watery motion as your therapist (yep, they're in there with you too, in a full-on wetsuit) stretches your limbs, does a spot of shiatsu, or just lets you float. Simply extraordinary.

**Our verdict** Be prepared to let yourself go, because this is weirdly intimate. But it works: brains stop ticking, time is suspended, drowsiness descends.

**Details** At Café Royal, 68 Regent Street, W1. From £120 for 50 minutes (hotelcaferoyal.com; 020 7406 3360).

PICK ME!

## ESTABLISHING ORDER

**What** Ila Bio Rhythm Ritual.

**The lowdown** It's quiet down here, in the Sussex countryside. But this hotel spa – full of ayurvedic know-how – is worth shouting about. The biorhythm treatment is all about balancing the body's circadian rhythm. First, the scrub, with coarse crystals of Himalayan salt; next, lashings of thick, rosy-smelling green mud. Wash it all off before warm lavender poultices are placed in your palms, lined up along your back, even balanced on your bottom. Your chakras are what are being targeted here, to quieten points that are off-kilter and perk up those that are feeling cold. Get them all playing to the same beat and everything feels much calmer.

**Our verdict** Don't expect anything too bone-crunching from the massage. But all that chakra work means, come night-time, you will sleep. Deeply.

**Details** £165 for 120 minutes. At Ockenden Manor, Cuckfield, West Sussex (hshotels.co.uk; 01444 416111).

## ANXIETY

**What** Sound Bath.

**The lowdown** Sound therapy uses (you guessed it) sound to retune your body's frequencies to a more peaceful tempo. And Susan Rozo is just who'll you want to see for it. You're put on the spot as she asks you to rate yourself physically and mentally out of 10, helping her to detect the cause of sleeplessness – whether it's persistent headaches or stress. Then out come the instruments: little pigskin drums, rain sticks and glass bells, which she taps lightly as she walks around you. Music rings out around the tiny room as you drift in and out of consciousness. And it sounds rather nice.

**Our verdict** Spectral or not, you'll find yourself rubbing your eyes and edging down the treatment bed as she works.

**Details** From £50 for an initial session. At Celestine Eleven, 4 Holywell Lane, EC2 (celestineeleven.com; 020 7729 2987).