

From a power-walking weekend to a 'miracle' cream that banishes wrinkles in minutes... Here we bring you the very best things – all tried and tested by team *Stella* – to make you feel good and look absolutely great

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WAYS TO LOOK 10 YEARS YOUNGER

22 The acupuncture MOT

The man who can help you get back even the most recalcitrant mojo is Gerad Kite, a practitioner of an ancient variety of Chinese acupuncture known as Classical Five Element. The theory goes that our physical and mental wellbeing is governed by a quintet of elements. One of these will be a person's weakest link – the first thing to go off balance at times of pressure – and, depending on which element this is, it leads to a particular set of problems. Kite uses his needles to rebalance you. This might mean that you are suddenly sleeping like a baby, or have untold energy, or feel happy for the first time in years. Whatever needs 'fixing' Kite is the man to do it. *From £85 an hour (020 7408 0341; kiteclinic.co.uk)*