



Treatments SEASONAL FIXERS

Therapists who'll make sure you're at your best – winter, spring, summer and fall...

THE ACUPUNCTURIST

Who Ross Barr

The lowdown Ross is a skilled acupuncturist, as well as being divertingly handsome. He specialises in 'five element' acupuncture, which identifies you by one of five elements – wood, fire, earth, metal, water – and then needles related points (quickly, but you will feel the twinge) to bring you back in sync. It's useful when it's done seasonally (each element corresponds to one of five seasons in Chinese medicine) in what he calls a 'seasonal attunement'. This, he says, helps us to be strong enough to face each season's rigours and balanced enough to enjoy the 'climate, light and beauty' on an emotional level. And, like we said, he is very good-looking.

Our verdict You'll feel better – emotionally and physically. Trust us.

Details Initial consultation, £70. At Wimpole Therapeutics, 2 Wimpole Street, W1 (rossbarr.com; 07836 205076).

THE COLOURIST

Who Debbie Bhowmik

The lowdown Debbie is responsible for some of our greatest blondes – Rosamund Pike, Elizabeth Debicki, Tom Hiddleston... They love her not just because she is excellent, but also because she is vigilant. So she will spot that your hair has gone green from the pool before you do (and rectify it with a cleansing treatment), or that it's faded from the sun (cue some subtle highlights to bring back the shine). She also tweaks colour to suit the seasons: pale skin needs a warmer 'winter blonde', and redheads and brunettes require richer shades, and not just to match the autumn leaves.

Our verdict Bhowmik's edicts: SPF in the sun and sleeping on a silk pillow do improve hair quality. If it's good enough for Hiddleston...

Details Half-head highlights, from £230. At Nicky Clarke, 11 Carlos Place, W1 (nickyclarke.com; 020 7491 4700).

THE PERSONAL TRAINER

Who Louise Parker
The lowdown

Following Louise's fad-free method, you'll think, eat and exercise in a way that keeps you growing steadily leaner – but you'll also switch things up now and then. Not just so you don't die of boredom, but because change is the enemy of fat. So you'll boost your workouts from 20 minutes to 40 minutes after a boozy holiday, you'll walk as much as you can in the summer and you'll take up an intensive group class in January. Writing CHANGE in your diary every six weeks is a good place to start. As is her new book.

Our verdict Full of ideas to get you moving – even if you're flat out and can only manage a few squats while running the bath.

Details Programmes, from £2,000. At 81–83 Walton Street, SW3 (louiseparker.uk.com; 0800 0842828).

PICK ME!

THE STYLIST

Who John Vial

The lowdown John Vial is one of a kind: infectiously fun, technically brilliant, never not pleased to see you. But he's also cut hair for Bryan Adams, the late Dame Zaha Hadid and Helena Christensen – so when he tells you it's time for a change, chances are he's right. Appointments are from his elegant little salon in Sloane Square, and he'll scrutinise hair at length (even if you've been seeing him for years) before deciding what to do. In winter, that probably means a general chop of all the dead wood, making hair blunter and stronger; in the summer, he may add layers to soften it, leaving it looking dreamy and carefree.

Our verdict John is fabulous company, as is the whole team. Everything feels right when you leave: you, your hair, the world.

Details Cut, from £350.

At Salon Sloane, 2 Holbein Place, SW1 (salonsloane.com; 020 7259 0068).

THE FACIALIST

Who Joanne Evans

The lowdown Joanne has been sorting out dryness, spots and pigmentation for 25 years – so if your skin is in meltdown, she's your woman. Her approach in the autumn might seem hardcore – extractions to unclog pores and intense pulsed light to do away with post-sun speckles – but there's lots of hyaluronic acid and vitamin C when winter sets in, as well as ultrasound and LED lights. Puffy faces will take well to her whizzy suction tool: it gets circulation going and helps with bloating, so it's excellent when you've drunk too much wine.

Our verdict Joanne's utterly no-nonsense approach makes even the most hard-done-by skin look brand new.

Details £150 for 60 minutes. At Bodyism, 224 Westbourne Grove, W11 (skin-matters.co.uk; 07710 381438).