



medicine man

A rarity: an amazing man who looks like a gap-year student, used to be a zookeeper (he loves gorillas) and is now a healer. **PAUL LENNARD** has an uncanny ability to read people's energy and highlight any issues. Then he addresses them through an eclectic mix of sports massage, Chi Nei Tsang (Chinese tummy massage) and craniosacral therapy. All that pressing on energy cysts hurts, so much so that some clients blub. But the fact is that if you've had a bad back for years, and have seen everybody to no long-lasting avail, Paul is your Buddha on a motorbike. Chances are it's something other than your back that's the key cause. 020 7935 5281; £95 an hour