

TATLER

A black and white close-up portrait of Olympia of Greece, looking directly at the camera with her hand resting under her chin.

MARCH 14, 30

THE TATLER DATING RULES

Who to target,
when to lunge and
what to say in bed

HOW TO BE HAPPY

10 ways
to cheer up

FASHION HIT

190 knockout
spring looks.
You're going to
need a bigger
wardrobe

Teen Princess

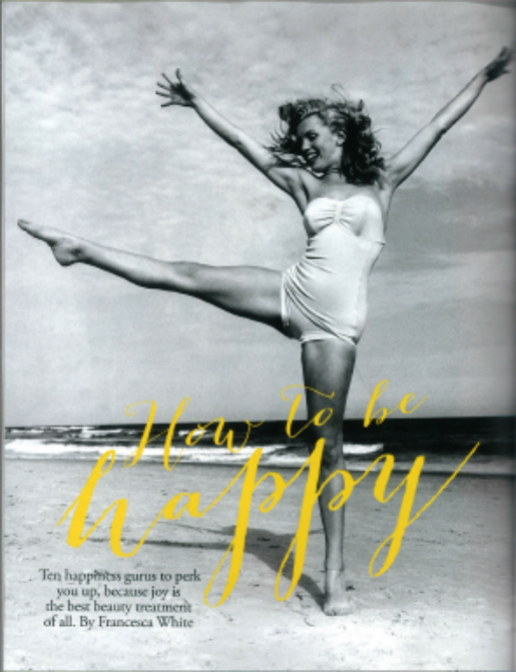
OLYMPIA OF GREECE:
THE MOST ELIGIBLE GIRL IN THE WORLD

HANDBAGS OF JOY!

GORGEOUS, HEAD-TURNING
SWAG TO BUY NOW

DESTROYING A DUCHESS

THE PLOT TO RUIN
MARGARET OF ARGYLL



How to be Happy

Ten happiness gurus to perk you up, because joy is the best beauty treatment of all. By Francesca White

1 THE ACUPUNCTURIST ROSS J BARR

Each session with Ross begins in the same way: You sit on a wooden chair in his cozy, quiety little room above Wimpole Street; he leans against the desk, slips a cup of green tea and asks the following: "What would you change about the way you feel right now?" It's a clever tactic, because it forces you to focus on the immediate cause of stress. So maybe you'll look in to see him when you're feeling exhausted. But if, when the appointment rolls around, your anxiety levels are through the roof, that's what his copper-tipped needles will target. He likes acupuncture so so much (it's an MDT) that he'll address the major imbalances—stress, grief, fertility—then start he'll begin that he's received some word-of-mouth, he'll start making smaller results, sort of fine-tuning. An absolute over-achiever, constantly building out observations on an iPad, he can help you get working against the headaches that are a red flag for fatigue; the colored bands of energy that indicate that your adrenaline levels are off-kilter. And he's not prissy. In fact, he's the opposite—down to earth, partial to witicism and genuine funny. He'll listen to your woes, but he'll also drag you back to reality with a good dollop of common sense (and the odd expletive). He's also very handsome—which helps. From \$100 for an initial consultation. At Wimpole Therapeutics, 27 Wimpole Street, W1 (warrs.com; 020 763 2050).



2 THE CHIROPRACTOR CARAGH PITTAM

Lithe and delicate, dressed in often trousers and a silk blouse, Caragh looks like a former ballerina, with quick, deft hands and ruffled pompadour horns of white paint (expert from a chiropractor). And she's fluidly in tune with her patients. She can spot the subtle joint problems a mile off (like your old, left-shoulder injury) and will work to soothe bigger issues (osteoarthritis, low bone density) as soon as you shuffle into her wood-paneled treatment room. She always opts for the most conservative line of treatment, which means a lot of soft-tissue work—and she knows the best surgeons, rheumatologists and alternative medicine specialists to fit what the car's. But it's her authority that really shines. She's highly sensitive to the psychological issues that come with chronic back pain (or

he's afraid to throw the hat, knee-struck around to prevent premature life changes. In short, she can help anyone back into shape. From £90 for an initial consultation. At Mindy Chiropractic Clinic, 128 Harley Street, W1 (warrs.com; 020 7613 1712).

3 THE DERMATOLOGIST SAM BU 4TING

The thing about Sam is that she always has an answer. The unexplained rashes, the sudden flare-ups, the persistent eczema that makes you want to claw at your face. She's seen it all before—even if you haven't. Straight-talking and over-the-top affable, she offers definitive answers when you're feeling defeated by your skin's behavior—simple solutions that will get you on the road, and without, more to recovery. That means topical and systemic—even steroids if immediate action is required. Consultations involve a lot of chat about skin, plus a quick scrutiny of your own, under a long, bright light. Then it's over to her desk, where she'll load up little tubes of her recommended cream—(or Graphil creamer to Boderms eye make-up remover and ObagiNuNu—) for you to play with. And she's ready and waiting with a line of make-up that won't aggravate angry skin. From brands that you actually use. Like Giorgio Armani (Bellaire for Makeup), Lancôme and Nars (before stated restaurants don't sleep good). She's always on call: If things take a turn for the worse, and quick to see your initial at ease if they do. She also runs a Galley Skin. From £100 for an initial consultation. At 70 Harley Street, W1 (sambu4ting.com; 020 7467 4995).

4 THE CP GUY STAGHT & CAROLINE BEALING

They both go to Caroline. That's how it works here to everyone feels comfortable, so? So go up in 1994 by Guy Staught, deputy chief medical officer to the British Pharmacology Authority and now used to be the Queen's GP (he's named it down), the Night Practitioner is a senior but barely plus, a world away from the crowded, Med-to-buzzing doctor's surgeries of 2005. And crucially, both Guy (left), sharp as a tack,

completely encyclopedic when it comes to health) and Caroline (right) to work on a micro-sensor, called the Atlantic) have paper time for your appointments are 50 minutes, and they'll happily block out an hour if you list of complaints is on the lengthier side. They're also remarkably old-school. Guy is the kind of man that shops can pull their pants down in front of during a routine medical, then look in the eye straight after. Whereas Caroline is constantly cross-checking, flicking through big notes on her desk, making sure you know exactly—exactly—what she did it, whether you've come to her with a cough or something more serious. She'll come here because you need simple, straightforward advice—and you'll leave with just that. From £75 for a 30-minute consultation. At the Single Practice, 2 Fildes Street, SW7 (stagnapraetice.co.uk; 020 7581 4222).

5 THE LIFE COACH FIONA ARRIGO

After running around in circles, repeating the same mistakes. Perhaps your confidence is there to please, your independence non-existent. You're finding it difficult to make decisions. Or you can't stop crying. Sometimes talking things through with a stranger can work wonders. Especially if that stranger is Fiona Arrigo. Beautifully spoken, married in pain, she opens as she opens up black-framed glasses, spinning slightly, softly laughing, then breaks out into a smile and laughs loudly when you say something unexpected. As fun her questioning is rapid, unscripted. She lets you take the lead, allows you to drink a pint of what you are in your life for her. Then her open-up quick, more precise, getting right to the core of the issue. Seated side by side on a sofa, or speaking to you via Skype, she diagnoses the logical "head stuff"—her style of therapy, honed over 30 years, is more instinctive. "There's a lot of talking about learning to create your timeline, about letting go of perfectionism. She helps you to realize that although things might be chaotic, you're working properly, it doesn't make you a failure. She draws connections between your thoughts, feelings and actions that you can't see for yourself. And you'll learn when she does, because they ring true. And they show you what needs to change. From £215 for an initial consultation. At Guy Medical, 117 The Mallin Street, SW7 (guymedical.com; 020 7225 4900).

