

## THE TREATMENT

### MRS – Magnetic Resonance System

Developed for astronauts to help promote good health, improve the production of melatonin (the hormone that regulates sleep and wakefulness) and boost immunity, MRS is now available as a reviving, rebalancing treatment. It's best for when you're feeling stressed or under par, or suffering from jet lag. You lie on a magnetic mat for 10 to 30 minutes and wear a pair of flashing light goggles, *right*, which help to balance brainwave activity. Soothing music is also played to help you relax. This unconventional treatment leaves you feeling revitalised and centred. It will bring the colour back to your cheeks, too. **EH**



**THE LOWDOWN:** nutritional therapist Christina Barton incorporates MRS into an **Immune Boosting Treatment**, which includes reflexology, scented oils and nutritional advice, from £80, at 58b Crawford Street, London W1 (07785 730 874).